



Effect of Videos in Reducing Anxiety In Patients Undergoing Dental Treatment

N.Abhishek

Student, BDS, Saveetha Dental College
162 P.H road, chennai, tamilnadu, 600077
Phno: 8056272892

Abstract:

Aim To evaluate effect of videos in reducing the anxiety of patients undergoing dental treatment

Objective To provide videos to reduce anxiety in patients undergoing dental treatment

Background Dental anxiety is highly prevalent among patients. As the result of this anxiety most of the patients delay treatment. Soothing videos have been documented to improve patient compliance and also helps in reducing anxiety. Hence this study is carried out to evaluate if videos help in reducing anxiety amongst dental patients.

Reason for the project To evaluate if videos have an impact on reducing the anxiety of dental patients undergoing treatment

INTRODUCTION

In general patients are scared of dentists, because of which they develop stress and associated problems, ultimately resulting in delay of treatment, and related complications etc. Anxiety is characterised by symptoms such as palpitations, sweating, shivers, shortness of breath. Anxiety activates the sympathetic nervous system leading to a variety of physiological responses, such as tachycardia, sweating, increased oxygen consumption, hypertension, which can worsen the situation of the patient. In addition, anxiety can have a negative effect on a patient's clinical outcomes such as treatment refusal and reduced tolerance to pain. So many dentists have tried audio visual videos, ambient lighting, counselling, play area for kids, to reduce the anxiety in patients and to increase their cooperation

towards the dental procedures. Videos and interactive games for Kids appear to be most effective, whereas music therapy and Internet programs, ambient lighting, counselling are proven to be less effective.

METHODS AND MATERIALS

For this research the sample size is taken as 60 they are divided into control group and test group each group of 30 patients. Patients in the test group are asked to watch the soothing videos displayed on the tv and then a questionnaire is given to them to assess the anxiety in patients. Patients in the control group the videos are not shown to them and they are given a questionnaire to check levels of anxiety without watching videos. T- Test and chi test

RESULTS

Control Group Correlations
T-Test $p > 0.05$ Not significant

Descriptive Statistics

	Mean	Std. Deviation	N
AGE	33.50	10.231	30
ANXIETY SCORE	94.03	15.893	30

Correlations

		AGE	ANXIETY SCORE
AGE	Pearson Correlation	1	-.109
	Sig. (2-tailed)		.568
	N	30	30
ANXIETY SCORE	Pearson Correlation	-.109	1
	Sig. (2-tailed)	.568	
	N	30	30

Descriptive Statistics

	Mean	Std. Deviation	N
AGE	34.20	12.791	30
ANXIETY SCORE	90.67	15.758	30

Test Group Correlations:

Descriptive Statistics

	Mean	Std. Deviation	N
AGE	34.20	12.791	30
ANXIETY SCORE	90.67	15.758	30

Correlations

		AGE	ANXIETY SCORE
AGE	Pearson Correlation	1	.023
	Sig. (2-tailed)		.902
	N	30	30
ANXIETY SCORE	Pearson Correlation	.023	1
	Sig. (2-tailed)	.902	
	N	30	30

LEVEL OF ANXIETY SCORE * GROUP Crosstabulation

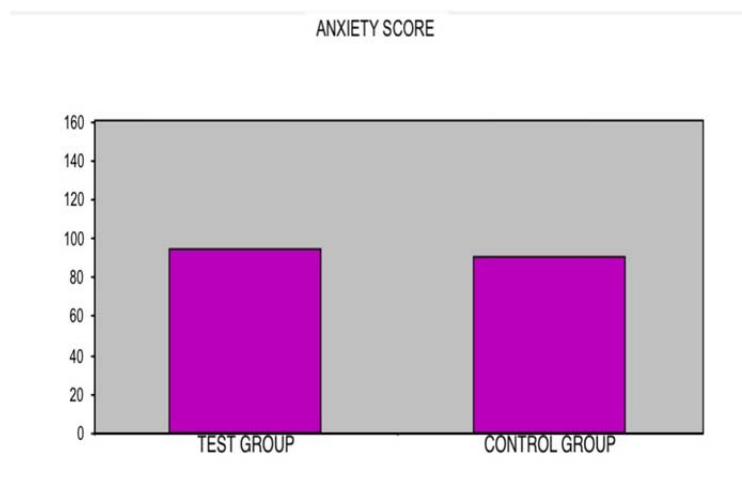
			GROUP		Total
			TEST GROUP	CONTROL GROUP	
LEVEL OF ANXIETY SCORE	MILD	Count	5	10	15
		% within GROUP	16.7%	33.3%	25.0%
	MODERATE	Count	25	19	44
		% within GROUP	83.3%	63.3%	73.3%
	HIGH	Count	0	1	1
		% within GROUP	.0%	3.3%	1.7%
Total	Count	30	30	60	
	% within GROUP	100.0%	100.0%	100.0%	

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	3.485 ^a	2	.175
Likelihood Ratio	3.906	2	.142
Linear-by-Linear Association	1.236	1	.266
N of Valid Cases	60		

a. 2 cells (33.3%) have expected count less than 5. The minimum expected count is .50.

CROSSTABS

**DISCUSSION**

This study had been selected because of reduced literature that evaluated the effects of videos on dental anxiety of patients in the waiting hall. In the present study analysis was done over sixty patients. reduction in anxiety can be related to the type of videos being displayed. However, further research is required with greater sample size involving more ways to reduce anxiety in patients..

CONCLUSION .

From the results obtained it is proved that displaying the videos in the waiting hall of the dental clinic does not considerably reduces the dental anxiety in the patients undergoing dental treatment, displaying some other type of videos and songs and interactive games may show positive effect in reducing anxiety in patients and improved prognosis of the treatment.

REFERENCES

1. Med Teach. 2015 Apr;37 Suppl 1:S75-81. doi: 10.3109/0142159X.2015.1006612. Epub 2015 Feb 4. Psychological well-being status among medical and dental students in Makkah, Saudi Arabia: a cross- sectional study.Aboalshamat K1, Hou XY, Strodl E
2. Reducing anxiety in pediatric patients. Hart J1.Pediatr Dent. 2014 Jan-Feb;36(1):29-33.
3. Managing dental fear and anxiety in pediatric patients: A qualitative study from the public's perspective.Hamzah HS1, Gao X2, Yung Yiu CK3, McGrath C4, King NM5.
4. Int J Yoga. 2012 Jan;5(1):48-51. doi: 10.4103/0973-6131.91714.The effect of yoga in stress reduction for dental students performing their first periodontal surgery: A randomized controlled study.Shankarapillai R1, Nair MA, George R.
5. J Pediatr Psychol. 2016 Mar;41(2):182-203. doi: 10.1093/jpepsy/jsv094. Epub 2015 Oct 17. Systematic Review: Audiovisual Interventions for Reducing Preoperative Anxiety in Children Undergoing Elective Surgery.Chow CH1, Van Lieshout RJ2, Schmidt LA3, Dobson KG4, Buckley N5.
6. Br Dent J. 2014 Jun;216(12):675-9. doi: 10.1038/sj.bdj.2014.497.Video modelling and reducing anxiety related to dental injections - a randomised clinical trial.AL-Namankany A1, Petrie A1, Ashley P
7. effectiveness and comparison of various audio distraction aids in management of anxious dental paediatric patients. Navit.s et.al