

HOW AFRAID ARE YOU?

Dental Anxiety Scale

Directions: After each of these questions, circle the number of the answer that corresponds most closely to your feelings. Then add up the numbers to arrive at a total score.

- A. If you had to go to the dentist tomorrow, how would you feel about it?
1. I would look forward to it as a reasonably enjoyable experience.
 2. I wouldn't care about it one way or the other.
 3. I would be a little uneasy about it.
 4. I would be afraid that it would be unpleasant and painful.
 5. I would be very frightened of what the dentist might do.
- B. When you are waiting in the dentist's office for your turn in the chair, how do you feel?
1. Relaxed.
 2. A little uneasy.
 3. Tense.
 4. Anxious.
 5. So anxious that I sometimes start to sweat or feel almost physically sick.
- C. When you are in the chair waiting while the dentist gets the drill ready to begin working on your teeth, how do you feel?
1. Relaxed.
 2. A little uneasy.
 3. Tense.
 4. Anxious.
 5. So anxious that I sometimes start to sweat or feel almost physically sick.
- D. You are in the dentist's chair to have your teeth cleaned. While you are waiting, and the dentist is getting out the instruments used to scrape your teeth around the gums, how do you feel?
1. Relaxed.
 2. A little uneasy.
 3. Tense.
 4. Anxious.
 5. So anxious that I sometimes start to sweat or feel almost physically sick.

The lowest possible score on this scale is 4. Scores of 5 through 8 suggest a "normally reluctant" patient, who undergoes treatment willingly but with some trepidation. A score of 9 through 12 indicates that you are a moderately anxious patient and that you may habitually forget appointments, arrive late, or use minor excuses to cancel. A score of 13 to 15 reveals an anxiety so extreme that you are likely to avoid regular treatment. A score above 15 is evidence of anxiety or phobia so severe that you would probably consent to treatment only in an emergency.