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P R E S E N T S

THE DENTAL ANXIETY CLINIC



*A One-Day Seminar for
Dentists & Dental Nurses
on the Nature, Assessment and
Treatment of Dental Anxiety*

C L I N I C C O - O R D I N A T O R :

Dr. Heather Buchanan
M.Sc., Ph.D., C.Psychol.

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About the Tutor

Heather Buchanan's primary research interests concern the assessment of dental anxiety in children and paediatric management techniques in the dental clinic.

She is a Lecturer in Psychology and Joint Course Director of the MSc degree in Health Psychology at Derby University. She is a Chartered Health Psychologist and a Member of the Health Psychology Division of the British Psychological Society.

In addition to writing for various academic publications, Dr. Buchanan has presented her research findings at various international conferences. She is an Associate Consultant with MBI.

About MBI

MBI (Medical Biology Interactive) delivers one-day and half-day courses, seminars and tutorials in epidemiology, occupational health and the human sciences to the health service, industry and education. All MBI seminars are written and run by academics and health specialists, each of whom has considerable experience in research and its practical applications. Seminars are delivered at the hospital, workplace or school, based on cutting-edge research and current practice benchmarks, and tailored to the needs and concerns of the client.

Some of the courses and tutorials that MBI currently offers are listed in this pamphlet.

For further information and full programmes, please contact Dr. Guy Sutton; tel. 07941 039670,
e-mail: gmsutton@mbi-consultancy.co.uk.



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**Seminars & Tutorials For The
Health Service, Industry & Education**

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WHY A DENTAL ANXIETY CLINIC?

Children's dental anxiety has been recognised as a source of problems in patient management for many years. Furthermore, the effects of this anxiety have been shown to persist into adulthood, which often leads to dental avoidance and subsequent deterioration of oral health.

It is important for dentists to be able to assess dental anxiety in their child patients as early as possible in order to identify those who are of special need with regards to their fear, and to enable them to evaluate the effectiveness of management techniques. For this purpose formal assessment measures are essential.

It has become common for health-care professionals to help children manage the stress of dental procedures by preparing them for the upcoming event. Preparation is based on the belief that patients will cope more effectively and be more co-operative if they understand what will happen and how they need to behave.

Typically, children are prepared by providing an explanation of the procedure, by using visual materials and medical equipment, and by encouraging them to ask questions and express their fears. However, despite decades of research, the evidence for the value of these interventions remains equivocal.

Recent research suggests that children's dental-specific coping styles have implications for information-based management techniques such as the Tell-Show-Do technique.

WHO WILL BENEFIT FROM THE SEMINAR?

The Dental Anxiety Clinic will be of use to anyone who deals with dentally anxious patients (for example, dental practitioners and dental nurses)

AIMS OF THE TUTORIAL

- to present and evaluate the current assessment measures available for assessing dental anxiety;
- to consider the application and scoring of dental anxiety measures in the dental clinic and the implications for the dentist, practice, patient and parent;
- to examine the research evidence and possible implications of children's individual coping styles for the dental practitioner's management techniques.

TOPICS TO BE COVERED

A variety of topics and issues relating to dental anxiety and its management will be covered.

Some of these topics are listed below:

- **What is dental anxiety?** *The differences between dental anxiety and dental phobia.*
- **The causes of dental anxiety:** *A comprehensive review of the various causes.*
- **Implications of dental anxiety:** *The effects of dental anxiety on the patient and the practitioner.*
- **Measurement issues:** *Evaluation of appropriate dental anxiety assessment measures for the dental clinical.*
- **Children's dental anxiety:** *The practicalities of assessing and treating dentally-anxious children.*
- **Individual differences in children's dental-specific coping styles:** *The use of information in paediatric management techniques and the role of the child's coping style.*
- **Coping with anxiety:** *relaxation techniques for adults and children in the dental clinic.*



The seminar runs from 9.30 to 3.15. Tutorial dates can be confirmed and arranged by contacting MBI or visiting the MBI website.

Format is varied, with interactive, multimedia lectures, group discussions and practical work. There are optional sessions on the nature and treatment of generalised anxiety and progressive muscle relaxation.

Each attendee receives an interactive CD-ROM featuring complementary seminar material, additional literature and web links.

OTHER SEMINARS & TUTORIALS

FOR THE HEALTH SERVICE & INDUSTRY

STATISTICS & EPIDEMIOLOGY IN CLINICAL PRACTICE

MEDICAL GENETICS (FOR GENERAL PRACTITIONERS)

HEALTH & STRESS MANAGEMENT

APPLIED PROBLEM SOLVING

THE HEADACHE CLINIC

FOR EDUCATION

DNA DAY (FOR 'A' LEVEL STUDENTS)

BRAIN DAY (FOR 'A' LEVEL STUDENTS)

STRESS DAY (FOR 'A' LEVEL STUDENTS)

THE ASSESSMENT OF DEVELOPMENTAL DISORDERS