

ORAL HEALTH CONDITION AND HYGIENIC HABITS AMONG ADULT PATIENTS WITH RESPECT TO THEIR LEVEL OF DENTAL ANXIETY

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Purpose: Dental anxiety is a common phenomenon influencing the relationship between a patient and a doctor as well as the course of treatment. The aim of the study was to assess the oral health status and hygienic habits among adult patients with respect to their level of dental anxiety.

Material and methods: In the study we included 117 consecutive adult patients referred to the Department of Conservative Dentistry and Pedodontics of Wrocław Medical University. There were 58 women (49.57%) and 59 men (50.43%). The mean age of the patients was 36.57 ± 16.76 years. The level of dental anxiety was assessed by Modified Dental Anxiety Scale (MDAS). To evaluate dental health status and oral hygiene the following indices were used: total number of decayed, missing and filled teeth (DMF/T) as well as surfaces (DMF/S), Approximal Plaque Index (API), Oral Hygiene Index (OHI) - Debris Index (DI) and Calculus Index (CI).

Results: The higher was the level of dental anxiety measured by MDAS, the lower was the number of filled teeth (F/T) and the number of filled dental surfaces (F/S) and the higher was the Calculus Index (CI). There was no significant difference between dental anxiety measured by MDAS and age, gender or level of education; however, smokers had significantly higher anxiety level than non-smokers.

Conclusions: Dental anxiety has disadvantageous influence on oral health status. Low dental and periodontal health status may have many somatic as well as psychosocial consequences, both lowering quality of life of the patient.