



Can dentists cure dental phobia?

Results from a clinical trial:

**Nitrous Oxide Sedation, Cognitive
Therapy and Applied Relaxation**

-still effect after 5 years?

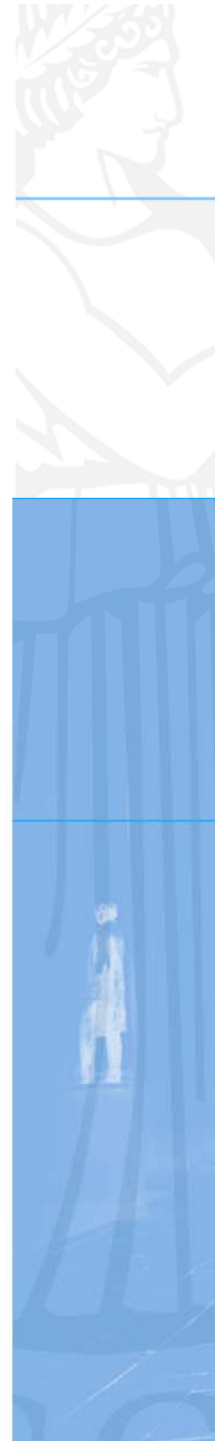
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The treatment methods

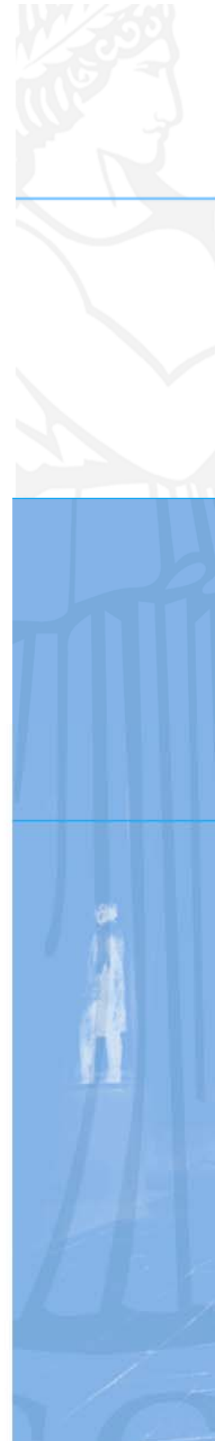
- All treatment should be done by a dentist with minimum of technical equipment.
- Based on previous research
- Treatment manuals.





Treatment methods

- Cognitive Behavioural Therapy (CT)
- Applied Relaxation (AR)
- Nitrous Oxide Sedation (NO)

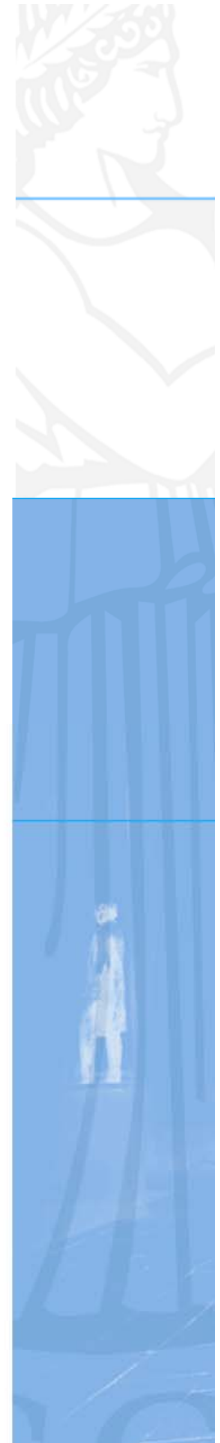
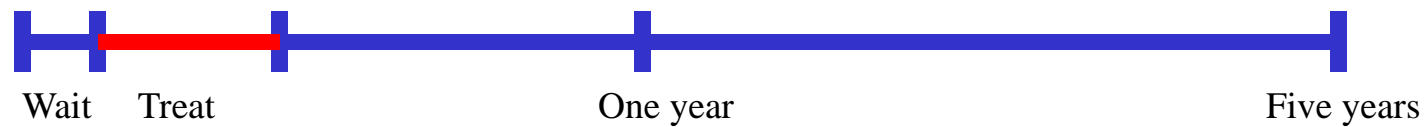




Study design

- Controlled (waiting list)
- Randomised

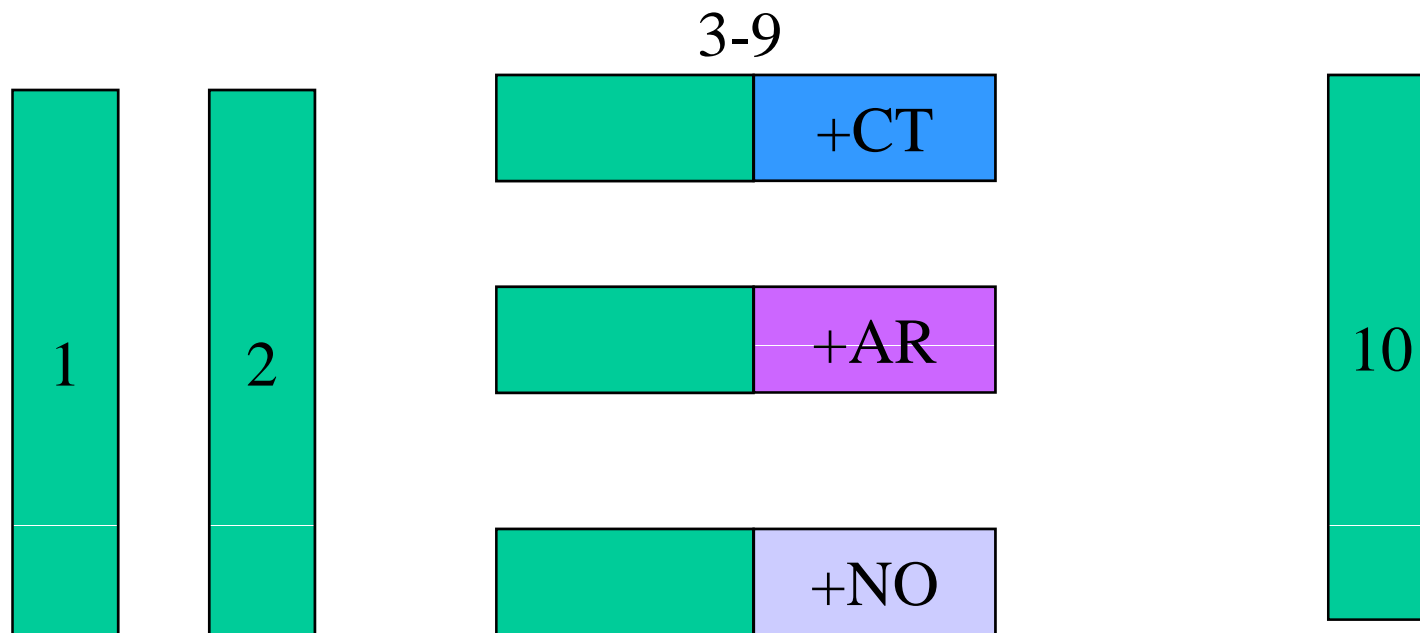
Assessments





Were did the treatment methods differ?

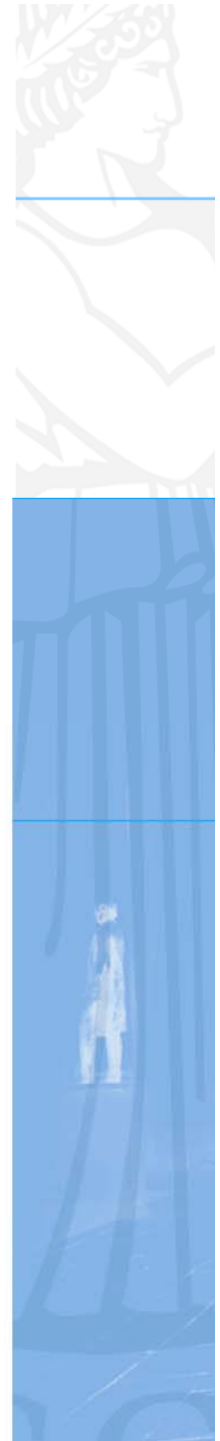
 = equal across treatment method





General treatment principles

1. Empathy, respect and understanding
2. Education about fear.
3. Written description (1-2 pages) of the treatment method.
4. Control
5. Pain control
6. Positive feedback
7. Relaxing music
8. All appointments scheduled at the start of the treatment.





First session

- History of dental fear





The first session

Clinical exam- tell the patient about dental status





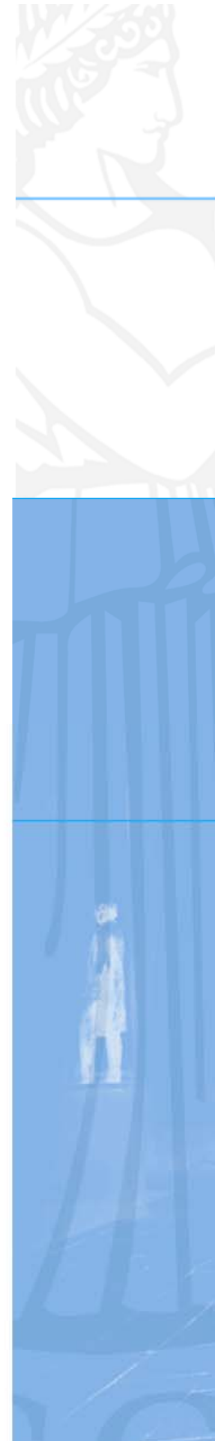
First session

- Discussion of clinical examination
- Fear hierarchy
- What is happening next session





What is this?

















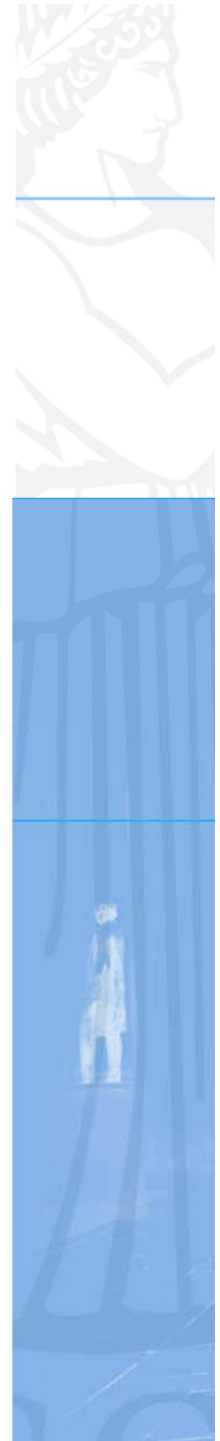


Very effective: The patient assembles the anesthetic syringe





Feels the effect from topical anesthetics





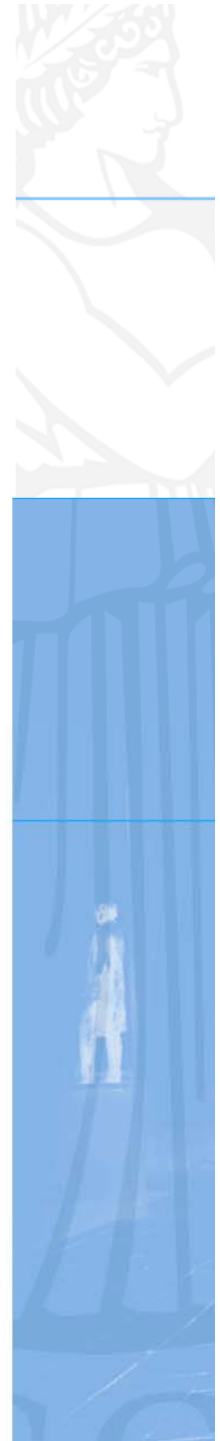
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Cognitive behavioral treatment (CT)

- Based on the cognitive model for treatment of panic with agoraphobia, developed by Beck and Emery (1985) and Clarke (1986).
- Considers anxiety as a cognitive process.
- A combination of Socratic dialogue and behavioral experiments.





Applied relaxation (AR)

- Modified version of applied relaxation developed by Lars Goran Öst in Sweden (Öst, 1986; 1988).

Theory:

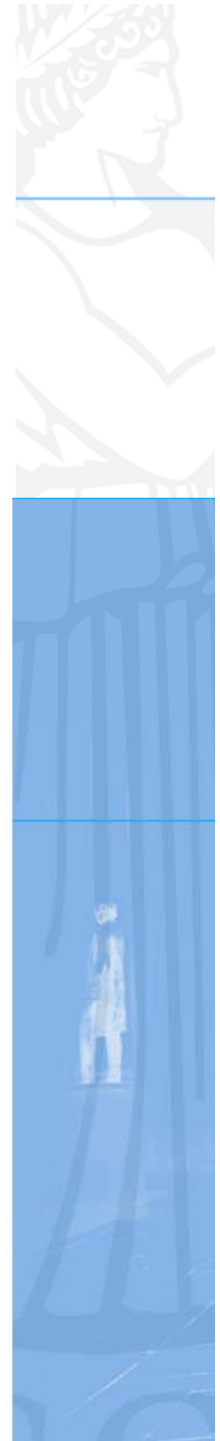
- panic starts with a small and insignificant change in bodily sensations..

The patient is:

- trained to recognize the early signs of anxiety, and
- to use relaxation techniques to cope with, or eliminate, the phobic stress response.
- .

Homework

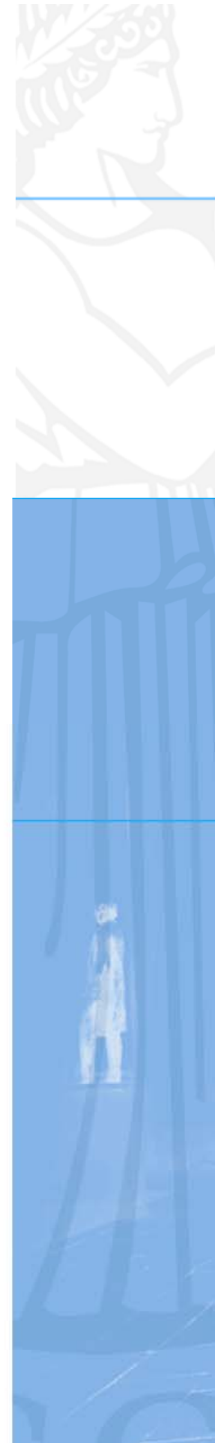
- The patients practice relaxation training according to a CD-recorded program of progressive relaxation every day.





Nitrous oxide sedation

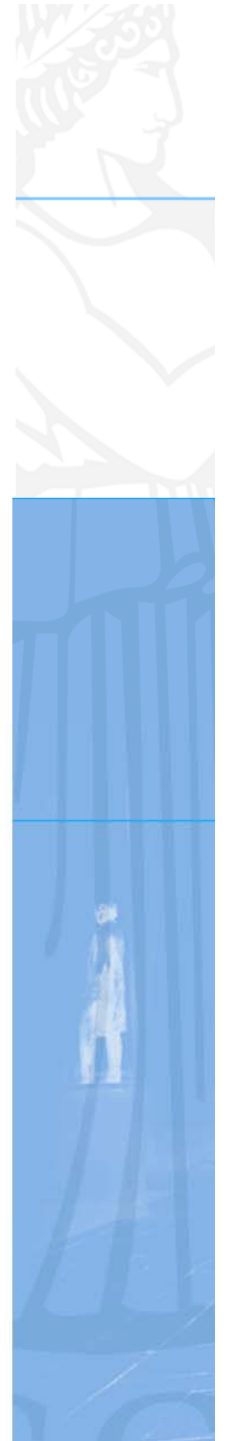
- Used according to standard procedures





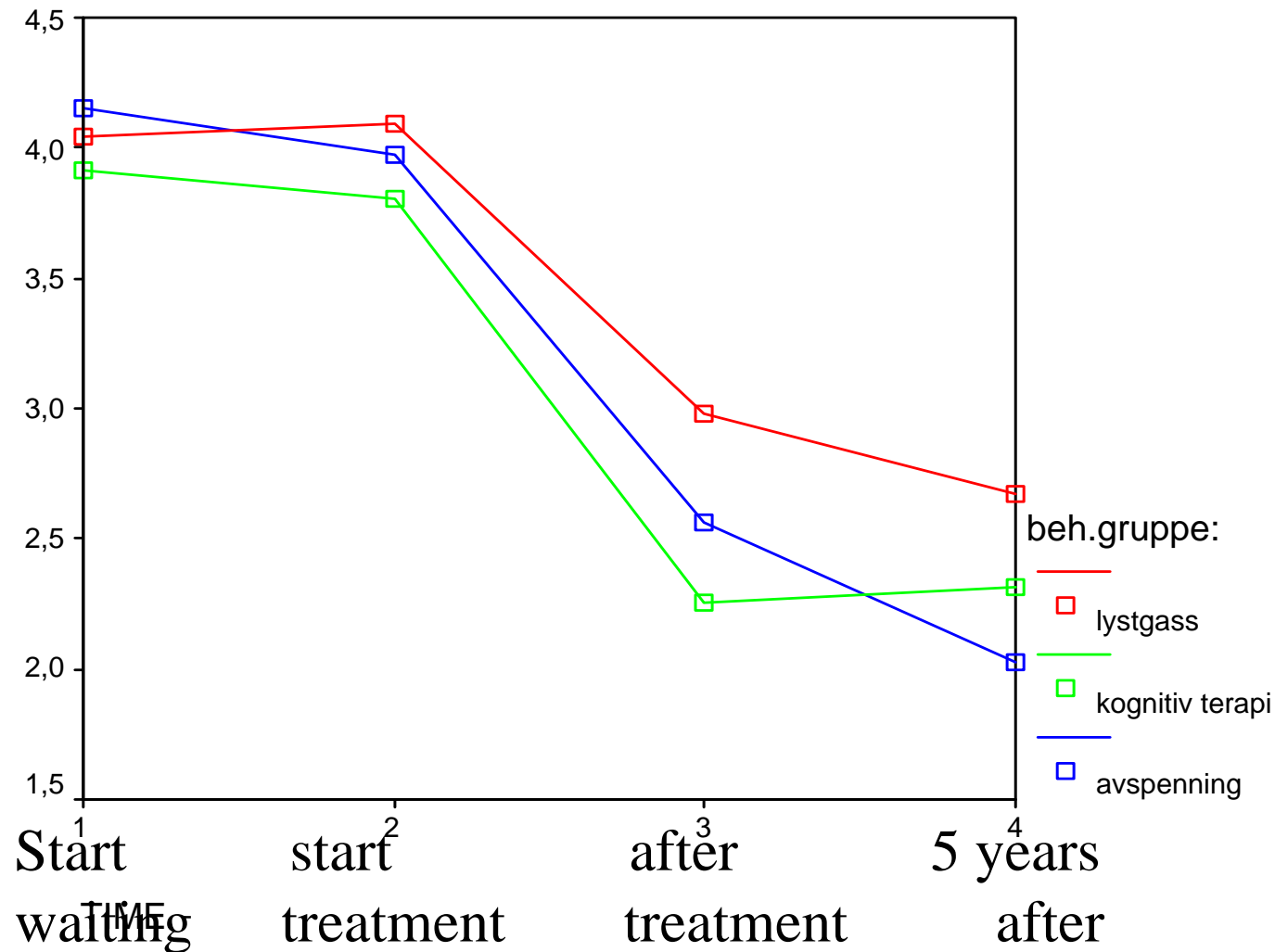
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Results



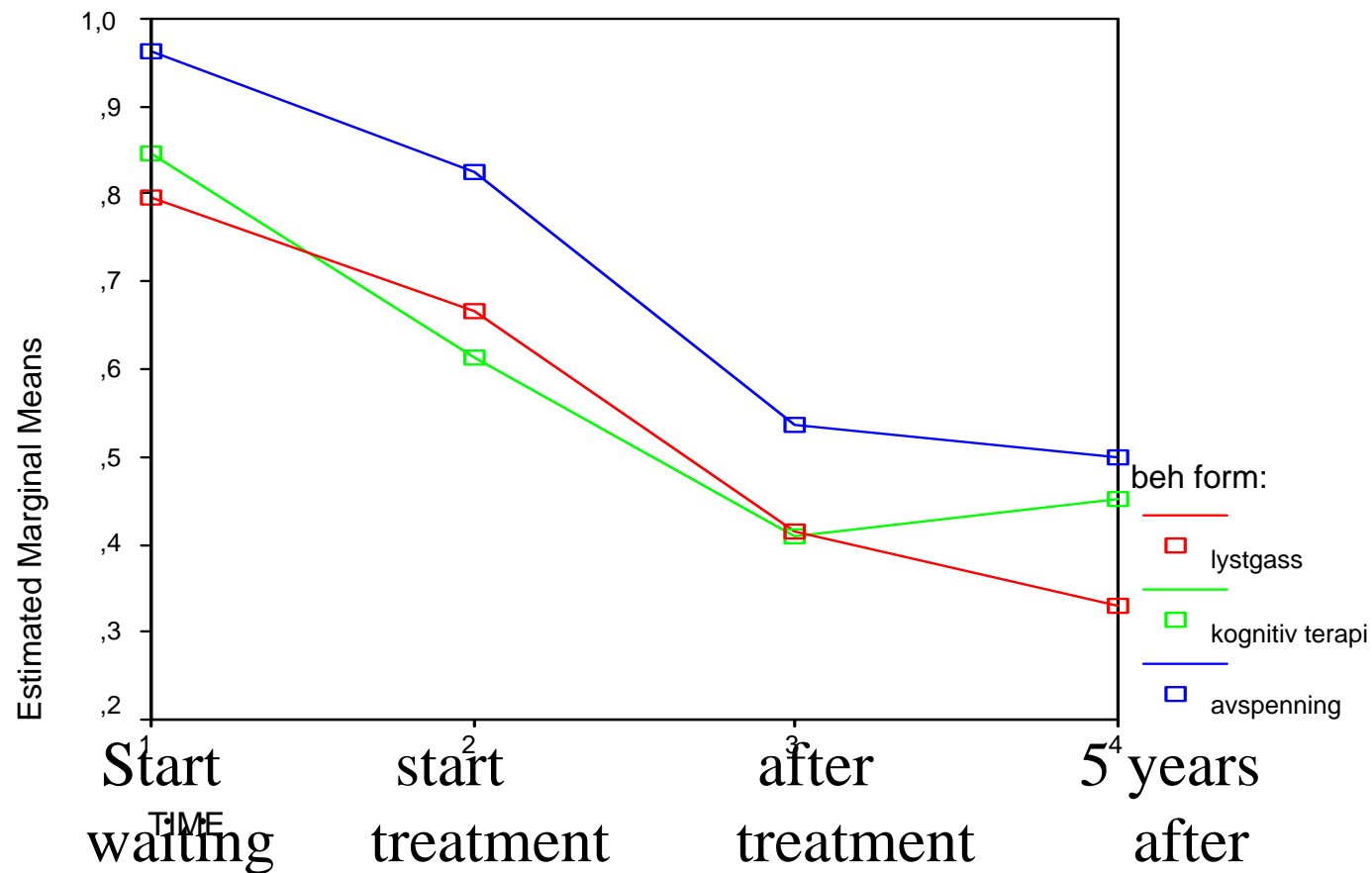


Treatment outcome, dental fear (DFS)





Treatment outcome general distress (SCL-90)



Benefit from various elements in

treatment.....

1= no benefit

5= very much benefit

No sign. differences
between the groups



	Mean	(SD)
Specific treatment, NO, CT, AR	3.9	(1.5)

Non-specific factors:

To know what will happen	4.0	(1.2)
Control	4.3	(0.9)
Pain control	4.4	(1.0)
The dentist's behaviour during treatment	4.1	(1.3)
The dental assistant's behaviour during treatment	4.0	(1.4)
Increased self efficacy	4.1	(1.0)



The treatment methods were equally successful

- Statistical errors?
- All methods trigger same cognitive processes?
- Non specific factors important?





IMPORTANT FACTORS?????