

### INTRODUCTION

Why are we afraid of the dentist? When there are many conditions for dental procedures to be painless. Patients, due to fear may act inadequately and interfere with the doctor.

There is very little public or statistical data on this issue. Dental phobias belong to specific phobias. It should be noted that, according to psychiatrists, dental phobia does not occur separately. As a rule, such patients suffer from an anxiety disorder and not only one form of it.

The fact should be noted, that, according to the literature, during orthodontic procedures, fear develops in different ways in individual patients.

### OBJECTIVES

The aim of our research is to study the causes of fear, anxiety, and phobia during dental and orthodontic procedures in a certain group of the Georgian population

### METHODS & MATERIAL

The study involved 503 patients (12-50 years of age) of which 93 patients were interviewed at the "Orthodontic Center" under the guidance of Professor Tina Mikadze, the survey covered the age of 12-25 years, and 410 people were interviewed via e-mail, their age was 25- 50. They were sent tests, asking what causes the stress in the patient. Two tests were presented:

"Attitudes towards procedures during a visit to the dentist", suggested by Norman Korakhis (1965-1996).

"Dental anxiety among future and existing orthodontic patients". The test, suggested by Joanie Roy (2000)

Both of them have been adapted by us.

The first test was completed by all 503 respondents, and the second by 429 ones.

Received results were processed using the SPSS program.

A survey was conducted according to the scheme "Attitude to procedures during a visit to the dentist"

### RESULTS

"Attitudes towards procedures during a visit to the dentist", suggested by Norman Korakhis (1965-1996).

The survey data showed that majority of respondents (25.4% - 27.3%) are anxious about a visit to the dentist, the rest are simply afraid of the upcoming procedures, and only 5.3% are looking forward to a visit to the doctor.

It turned out that when patients are waiting directly at the office, their anxiety doubles - 41.3%. Despite the fact that 28.6% are relaxed, the indicator of tension (24.6%) is less by 4%.

It should be noted that these two tests are interrelated. Considering the first question, it can be assumed that 50% of the respondents are experiencing anxiety about a visit to the dentist, the anxiety and tension are increasing directly in the lobby.

It turned out that when preparing the drilling machine and dental instruments, the anxiety of patients is higher, when preparing the drilling machine, (40%) than when preparing the instruments (26%), and as for the tension, vice versa, when preparing the instruments, it is much higher (35.5%) than when preparing the drilling machine (1.5%), while fear was not reported in any of the cases.

"Dental anxiety among future and existing orthodontic patients".

The test, suggested by Joanie Roy (2000) consisted of five questions and five answers.:

1.What feeling arises, or what did you feel during the first visit to the orthodontist?

2.What is the feeling experienced when visiting the orthodontist while waiting in line in the lobby?

For the first two questions, the data shows that majority of the patients do not experience anxiety.

3. How would you feel if the treatment with brackets is planned?

4.What does it feel when getting used to the brackets?

5.What does it feel like during taking the dental impressions?

During orthodontic procedures, such as placing brackets, rings, and taking dental impressions, it turned out that in all three cases, the frequency of anxiety increases, as well as the feeling of fear.

### CONCLUSION

Based on this, the anxiety among the answers of both tests has a percentage value, although less was recorded in the test (visit to the orthodontist). This can be explained by the fact that patients have to make frequent visits due to the long treatment period at the orthodontist, in accordance with which communication is increasing, which is essential for successful treatment. Since anxiety still dominated in both tests, we offer the following recommendations to overcome it:

- An individual approach to each patient is required.
- During the first visit, communication should be increased in order to reduce the patient's fear and anxiety.
- Instruments and a drilling machine must be prepared before the patient enters the office.
- At each visit, before the start of treatment, it is necessary to explain in detail the procedure which should be performed to patients
- In the case of serious anxiety, especially in children, in accordance with the recommendation of a pediatrician, it is possible to use mild tranquilizers.
- If the patient is very anxious, and the communication is complicated, it is necessary to give the advice to consult a clinical psychologist.