

NAME _____

DENTAL ANXIETY SCALE

1. If you had to go to the dentist tomorrow, how would you feel about it?

- a) I would look forward to it as a reasonably enjoyable experience.
- b) I wouldn't care one way or the other.
- c) I would be a little uneasy about it.
- d) I would be very frightened of what the dentist might do.

2. When you are waiting in the dentist's office for your turn in the chair, how do you feel?

- a) Relaxed
- b) A little uneasy.
- c) Tense
- d) Anxious
- e) So anxious that I sometimes break out in a sweat or almost feel physically sick.

3. When you are in the dentist's chair waiting while he/she gets the drill ready to begin working on your teeth, how do you feel?

- a) Relaxed
- b) A little uneasy
- c) Tense
- d) Anxious
- e) So anxious that I sometimes break out in a sweat or almost feel physically sick.

4. You are in the dentist's chair to have your teeth cleaned. While you are waiting and the dentist is getting out the instruments to scrape your teeth around the gums, how do you feel?

- a) Relaxed
- b) A little uneasy
- c) Tense
- d) Anxious
- e) So anxious that I sometimes break out in a sweat or almost feel physically sick.