

How can I access the service?

Your dentist or doctor can send a referral form to us, or you can ring us yourself on **01902 444182**.

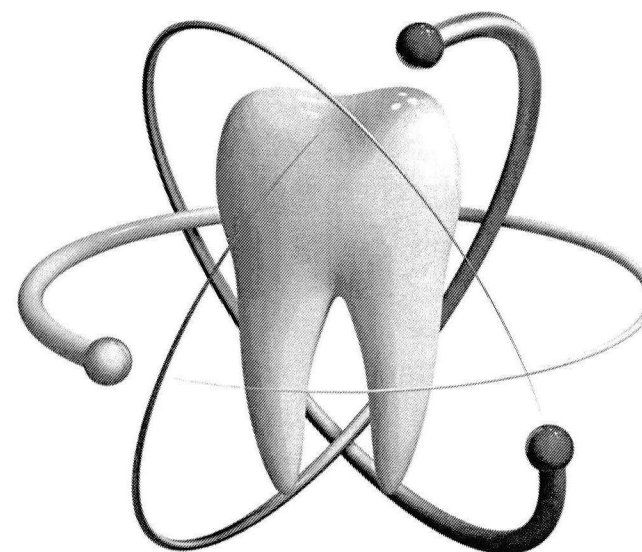
To help you decide if the DAMS is right for you. Please complete the questionnaire below. If you score 15 or more points, then you are suitable for our service.

	Not Anxious	Slightly Anxious	Fairly Anxious	Very Anxious	Extremely Anxious
1. If you went to your dentist for treatment tomorrow, how would you feel?	1	2	3	4	5
2. If you were sitting in the waiting room (waiting for treatment), how would you feel?	1	2	3	4	5
3. If you were about to have a tooth drilled, how would you feel?	1	2	3	4	5
4. If you were about to have your teeth scaled and polished, how would you feel?	1	2	3	4	5
5. If you were about to have a local anaesthetic injection in your gum, above an upper back tooth, how would you feel?	1	2	3	4	5

For more information contact:

Dr Natasha Sharma
Dental Management Office
Pennfields Medical Centre
Upper Zoar Street
Wolverhampton
WV3 0JH
Tel: **01902 444182**

Cognitive Behavioural Therapy (CBT) for Dental Anxiety



Patient Information

Is dental anxiety common?

Dental anxiety is the most common phobia in adults and an estimated 40% of adults are afraid to visit the dentist. Extreme dental anxiety has been reported by around 12% of adults—that could mean 30,000 adults in Wolverhampton alone! For some people this anxiety is so severe that it gets in the way of their treatment or stops them from attending at all.

What is the Dental Anxiety Management Service (DAMS) provided by Wolverhampton Special Care Dentistry?

We are a specialist team who can help people overcome their fears so that they can get the treatment they need and deserve to keep their smiles healthy. Our service is provided by a **psychologist** and **trained nurses** who use Cognitive Behavioural Therapy (CBT) to help patients manage their problems by changing the way they think.

What is CBT?

CBT stands for Cognitive Behaviour Therapy. It involves talking about thoughts, feelings and behaviours. CBT also involves completing tasks in-between sessions, doing mini-experiments to test thought patterns, and learning new behaviours like relaxation. CBT has been found to be effective in helping people with a range of problems such as phobias, anxiety, and depression. CBT generally takes less time than other therapies and typically lasts about 6-10 sessions.

Engagement in CBT

CBT helps you to understand and test the way you think. It involves tasks in and out of sessions. The more involved you are, the more effective the treatment will be. In a way, therapy teaches you to become your own therapist.

How many appointments for CBT will I need?

This varies from person to person and will be discussed with you at your assessment. You can stop seeing the psychologist at any time you like, but we hope this will be after your anxiety has improved. In the long term if you feel that you need more help with your dental anxiety, then you are free to come back to the service.

We can offer appointments at:

- Phoenix Health Centre, Parkfields Road, WV4 6ED
- Pennfields Health Centre, Upper Zoar St, WV3 0JH
- Pendeford Health Centre, Whitburn Close, WV9 5NJ

Confidentiality and Privacy

Your visits to the service are private and confidential. Information on your appointments with the psychologist will be held in your dental notes. These notes are only available to those immediately involved in your care. At the end of your CBT intervention, we will write to the person who referred you to let them know how the sessions went and the progress you have made. At that point we will also discuss with you your dental needs and decide the most appropriate setting for future treatment.