

The Modified Dental Anxiety Scale (MDAS)

Can you tell us how anxious you get, if at all, with your dental visit?

PLEASE INDICATE BY INSERTING 'X' IN THE APPROPRIATE BOX

*If you went to your dentist for **treatment tomorrow**, how would you feel?*

- Not anxious*
- Slightly anxious*
- Fairly anxious*
- Very anxious*
- Extremely anxious*

*If you were sitting in the **waiting room** (waiting for treatment), how would you feel?*

- Not anxious*
- Slightly anxious*
- Fairly anxious*
- Very anxious*
- Extremely anxious*

*If you were about to have a **tooth drilled**, how would you feel?*

- Not anxious*
- Slightly anxious*
- Fairly anxious*
- Very anxious*
- Extremely anxious*

*If you were about to have your **teeth scaled and polished**, how would you feel?*

- Not anxious*
- Slightly anxious*
- Fairly anxious*
- Very anxious*
- Extremely anxious*

If you were about to have a local anaesthetic injection in your gum, about an upper back tooth, how would you feel?

- Not anxious*
- Slightly anxious*
- Fairly anxious*
- Very anxious*
- Extremely anxious*

TO BE COMPLETED BY HAMILTON DENTAL CENTRE

Instructions for scoring The Modified Dental Anxiety Scale

(Remove this section below before copying for use with patients)

Each item scored as follows:

- 1 = Not anxious*
- 2 = Slightly anxious*
- 3 = Fairly anxious*
- 4 = Very anxious*
- 5 = Extremely anxious*

Total score is a sum of all fine items, range 5 to 25: Cut-off is 19 or above which indicates a highly dentally anxious patient, possibly dentally phobic.