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 Modifies 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.