

Cognitive Behavioral Therapy for Children with Dental Anxiety

A Randomized Controlled Trial

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Appendix A

Description of treatment as usual

Treatment as usual begins with an initial examination/planning session. A specialist or post-graduate student and a dental assistant meet the parent and patient during 45-60 minutes. The standard procedure is several sessions (usually 3) of familiarizing the dentistry for the child, based on Tell-Show-Do method after the first visit. Familiarization often takes place before performing dental care and is offered by a dentist or dental assistant. Dental treatment is sometimes performed in combination with sedation and/or distraction techniques, depending on the dentist's evaluation of dental treatment needs and the child's ability to cooperate. In some cases familiarization is offered after an initial dental treatment under sedation.

Treatment as usual was not standardized and controlled in this study and pediatric dentists varied in their use of techniques to manage the child dental anxiety.

Method	Description
Tell-show-do	Tell-show-do is a way to familiarize and gradually expose a child for dentistry. This is done by first describing a dental procedure or instrument for a child and then showing the instruments needed and sometimes trying the instrument, for instance sensing drill vibration on the nails and a teeth and at last performing the dental care.
Distraction	A behavior management technique that reduces behavioral distress by diverting children's attention away from distressing or painful stimuli during invasive dental procedures.
Sedation using midazolam	Oral midazolam, 0.4 mg/kg body weight for sedation during the dental procedure is used. No solid foods or non-clear liquids should be taken 4 hours before sedation. Midazolam has depressant effects on the central nervous system (CNS) with rapid onset of action and causes anxiolysis, muscle relaxation and retrograde amnesia and also reduce stress and pain perception.
Nitrous oxide sedation	A mix of 40% nitrous oxide/60% oxygen is inhaled using a nose mask during the dental procedure. It induces anxiolysis,

	<p>muscle relaxation and sometimes euphoria. Includes an initial session to familiarize the child with the mask and introducing deep breathing techniques. No solid foods or non-clear liquids should be taken 4 hours before sedation. Nitrous oxide makes the child calm and increases cooperation with the dental staff.</p>
General anesthesia	<p>The dental procedure is performed under general anesthesia. Includes a prior visit for anesthetic evaluation. On the day of treatment, the patient is received in an operating room, given premedication with benzodiazepines and the full anesthesia is administered. Local anesthesia is given when oral surgery/extractions is indicated, all dental procedures are performed, and finally post-treatment analgesics are administered. The patient is then transported to a recovery room and discharged the same day with necessary analgesics administered.</p>