**CAN YOU TELL US HOW ANXIOUS YOU GET, IF AT ALL, WITH YOUR DENTAL VISIT?**

**PLEASE INDICATE BY INSERTING ‘X’ IN THE APPROPRIATE BOX**

1. If you went to your Dentist for TREATMENT TOMORROW, how would you feel?
   
   Not Anxious □  Slightly Anxious □  Fairly Anxious □  Very Anxious □  Extremely Anxious □

2. 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 □

3. If you were about to have a TOOTH DRILLED, how would you feel?
   
   Not Anxious □  Slightly Anxious □  Fairly Anxious □  Very Anxious □  Extremely Anxious □

4. 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 □

5. If you were about to have a LOCAL ANAESTHETIC INJECTION in your gum, above an upper back tooth, how would you feel?
   
   Not Anxious □  Slightly Anxious □  Fairly Anxious □  Very Anxious □  Extremely Anxious □

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**Instructions for scoring** (remove this section below before copying for use with patients)
The Modified Dental Anxiety Scale. Each item scored as follows:

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

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