

**Title of Intervention:** A Video Brief Intervention Package to Reduce Dental Fear

**Intervention Strategies:** Group Education

**Purpose of the Intervention:** To reduce dental fear in children

**Population:** School children ages 7-9

**Setting:** A public school in rural southwestern Washington State; school-based

**Partners:** None mentioned

**Intervention Description:**

- Group Education: The children viewed a short video about a child's visit to the dentist. The child portrayed in the video expressed common fears and anxiety. The video discussed the pain associated with oral health procedures, the injection of numbing medications and the use of nitrous oxide. At the end of the video the child resolved his fears about visiting the dentist.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Not mentioned
- Training: Not mentioned
- Technology: Audiovisual equipment
- Space: Classroom
- Budget: Not mentioned
- Intervention: Video
- Evaluation: Printed questionnaire

**Evaluation:**

- Design: One group, pre- and post-test
- Methods and Measures:
  - Questionnaire to measure the children's fear of dental shots

**Outcomes:**

- Short Term Impact: Fear of shots was significantly reduced.
- Long Term Impact: Not measured

**Maintenance:** Not mentioned

**Lessons Learned:** The children's age presented challenges to investigators. Their ability and willingness to comprehend and follow instructions appeared to increase with age. Working with individuals rather than groups of children may increase their attention and cooperation. The brevity of the intervention package has a virtue; such brief interventions can be readily used in waiting rooms and other clinical settings, with a minimum of cost and interruption to the normal clinical course of events.

**Citation(s):**

Weinstein P, Raadal M, Naidu S, Yoshida T, Kvale G, Milgrom P. A videotaped intervention to enhance child control and reduce anxiety of the pain of dental injections. Eur J Paediatr Dent. Dec 2003;4(4):181-185.