

Title of Intervention: An Intervention to Decrease Fear and Anxiety in Mentally Disabled Children

Intervention Strategies: Group Education

Purpose of the Intervention: To reduce fear and anxiety for mentally disabled children

Population: Mentally disabled children

Setting: Trakya University Training and Research Center for Mentally and Physically Handicapped Children in Turkey; health care facility-based

Partners: None mentioned

Intervention Description:

- Group Education: Children were given a special dental training where they were taught about dental procedures, given demonstrations, introduced to the dental office, shown the instruments, given a slide presentation and observed a child being examined and given a prophylaxis. Sedation was also given to the children, and instruments were given childish terms such as 'Mr. Wind' and 'Dancing brush.'

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Specialized teacher, dentist, models
- Training: Not mentioned
- Technology: Audiovisual equipment
- Space: Classrooms, oral health care facility
- Budget: Not mentioned
- Intervention: Presentation materials, dental instruments, sedation drugs,
- Evaluation: Observation protocol

Evaluation:

- Design: One group, pre/post evaluation
- Methods and Measures:
 - Observation to assess individual's reactions in the dental office

Outcomes:

- Short Term Impact: The overall levels of fear and anxiety decreased significantly following the intervention.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: A special dental training program for mentally disabled children can help diminish the number of negative reactions to a dental exam and help make preventive procedures possible.

Citation(s):

Yilmaz S, Ozlu Y, Ekuklu G. The effect of dental training on the reactions of mentally handicapped children's behavior in the dental office. ASDC J Dent Child. May-Jun 1999;66(3):188-191, 154-185.