

Drs. Elias, Opdahl & Bowen

Help us get to know you by answering the following questions:

When I think about coming to the dentist I feel:

- ☐ Comfortable – I have no anxiety about seeing the dentist or dental procedures
- ☐ Anxious – I don't want to come but I make myself, however I am seldom comfortable
- ☐ Fearful – I have stayed away from the dentist because of my fear and avoid coming unless absolutely necessary
- ☐ Extremely fearful – I cannot cope with dental visits and have avoided the dentist for years to the detriment of my dental health

I have avoided the dentist because of:

- ☐ My anxiety and fear
- ☐ Cost
- ☐ Other _____
- ☐ Past experiences

My childhood dental experiences were:

- ☐ Completely pain free and comfortable
- ☐ Traumatic
- ☐ I did not go to the dentist as a child
- ☐ Painful
- ☐ Somewhat uncomfortable

My dental experiences as an adult have been:

- ☐ Completely pain free and comfortable
- ☐ Painful
- ☐ Somewhat uncomfortable
- ☐ Traumatic
- ☐ I have not seen the dentist as an adult or my visits have been very few

I have a fear of – I have concerns about:

- ☐ Experiencing pain
- ☐ Not being numb
- ☐ Needles
- ☐ Unnecessary or wrong treatment
- ☐ Gagging
- ☐ Losing control
- ☐ Losing my teeth
- ☐ Being scolded or made to feel ashamed
- ☐ Catching a disease
- ☐ Having something put over my mouth
- ☐ Having to wear a denture or partial
- ☐ Other _____

The following makes me uncomfortable:

- ☐ The sounds of a dental drill
- ☐ Laying down in a dental chair
- ☐ The smells in a dental office
- ☐ Being numb
- ☐ Having to wait in the reception room
- ☐ Other _____

The following things are important to me:

- ☐ Getting as much work done in as few appointments as possible
- ☐ Temperature of the treatment rooms
- ☐ Available financing
- ☐ Being able to use my insurance benefits
- ☐ Being able to watch TV or listen to music while having dental work done
- ☐ Being offered a pillow and blanket for my comfort
- ☐ Having Nitrous Oxide available
- ☐ Privacy issues
- ☐ Other _____

My preference would be:

- ☐ To be told in detail about what is going on in my mouth
- ☐ To be told in general terms what is going on in my mouth
- ☐ To be shown pictures so that I can understand and see what is going on in my mouth
- ☐ To read pamphlets and/or books to get more information about my dental problems and solutions
- ☐ To dialogue with a team member about my dental problems and solutions
- ☐ Other _____

My immediate concern about my teeth and my smile is: _____