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ART AS A WAY OF COPING WITH PATIENTS' DENTAL ANXIETY

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Relevance. Some people are afraid of dentists. It has negative impact on their dental health for their reluctance to have a regular check-up. There are different ways of coping with people's anxiety, such as having someone close as moral support, music, TV-shows, or art. We are constantly surrounded by all possible kinds of colors that can influence our mood in various ways. For example, soft colors like lilac, teal, or tan can soothe one's anxiety. Colors can create magnificent paintings with intricate patterns. It allows people to get absorbed in them. For somebody, art can be of great help in distracting from anxious thoughts, meaning that patients will be more relaxed during the treatment.

Aim: first of all, the research main purpose is to determine how many people are afraid of dentists or/and have dental anxiety. Secondly, how many of them can use art as calming or distracting measure.

Materials and methods. The survey was carried out on the online platform Google Forms among the population various categories, including the BSMU students. The questionnaire was sent to volunteers via different social media, such as "VK", "WhatsApp" and "Telegram". We wanted to find out whether the respondents had experienced any fears or/and dental anxiety. In case of positive answer, diverse options were suggested to manage the stress. Those who replied negatively were asked on the clinic decoration general opinion.

Results and discussion. In total, 150 interviewers participated. 67 of them were afraid of dentists, concerning painful previous experience, the dentist's action misunderstanding or even fear of being infected. Speaking about fear intensity, 58 participants noticed no physical symptoms, 17 observed symptoms, and 1 showed such experience, they might faint. The majority of the respondents was more likely to relax having factors like music (40), familiar place and dentist (55), pleasant atmosphere (48), friendly staff (60), and moral support (25).

Although the major part (88) of all participants expressed indifference towards artwork on walls, 70 still would like to have the paintings and posters around; to the question whether volunteers could calm down or get distracted by art in the waiting area or dentist's office 46 answered positively, 58 turned out to be dependent on their stress level.

Conclusions. Our study showed the majority of respondents hadn't experienced dental anxiety. However, there was a significant part with fear feeling, concerning different circumstances. To manage they used various methods, involving art. Summarizing, art is believed to be of great help in reducing anxiety, at the same time it's still worth focusing on interaction and relation development between the doctor and patient.