

Short version of the Dental Anxiety Inventory (S-DAI)

This questionnaire consists of nine statements that are related to the dentist. Would you please indicate for each statement to what extent it applies to you personally?

You may not have been in the given situation before. In that case, please try to imagine the situation as best as you can and indicate what your reaction would be. Indicate for each statement the number belonging to the answer which matches your feelings best.

- | | 1-----2-----3-----4-----5 | | | | |
|---|---------------------------|-----------------|---|---|---|
| | totally untrue | hardly true | | | |
| | | partly true | | | |
| | | quite true | | | |
| | | completely true | | | |
| 1. I become nervous when the dentist invites me to sit down in the chair. | 1 | 2 | 3 | 4 | 5 |
| 2. When I know the dentist is going to extract a tooth, I am already afraid in the waiting room. | 1 | 2 | 3 | 4 | 5 |
| 3. When I think of the sound of the drilling machine on my way to the dentist, I would rather go back. | 1 | 2 | 3 | 4 | 5 |
| 4. I want to walk out of the waiting room the moment I think the dentist will not explain what she/he is going to do in my mouth. | 1 | 2 | 3 | 4 | 5 |
| 5. As soon as the dentist gets his/her needle ready for the anaesthetic, I shut my eyes tight. | 1 | 2 | 3 | 4 | 5 |
| 6. In the waiting room, I sweat or freeze when I think of sitting down in the dentist's chair. | 1 | 2 | 3 | 4 | 5 |
| 7. On my way to the dentist, I get anxious at the thought that she/he will have to drill. | 1 | 2 | 3 | 4 | 5 |
| 8. When I am sitting in the dentist's chair not knowing what is going on in my mouth, I break into a cold sweat. | 1 | 2 | 3 | 4 | 5 |
| 9. On my way to the dentist, the idea of being in the chair already makes me nervous. | 1 | 2 | 3 | 4 | 5 |