

**ORIGINAL PAPER**

**Dental Cognition and Anxiety Related to Dental Treatment among Adolescence students in Jordan National Schools**

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**Abstract**

**Introduction:** Negative cognition and anxiety related to dental treatment continues to be a major obstacle for oral health care.

**Aim:** This study aims to explore the dental cognition (thoughts and believes) and anxiety related to dental treatment among adolescents in Jordan National Schools.

**Design:** A descriptive cross sectional research design was utilized in this study.

**Setting:** The study was conducted at Jordan National Schools (Private Schools) were located in Irbid City, Jordan.

**Sample:** One hundred fifty students who are eligible and meet the inclusive criteria.

**Tools:** The following instruments were utilized: 1) Soci-Demographic- Dental Characteristics Sheet; 2) Dental Hygiene Practices through asking questions; 3) Common Dental Problems Sheet; 4) The Dental Cognitions Questionnaire; 5) The Modified Dental Anxiety Scale.

**Findings:** The primary findings showed that almost half of the students between 12 to less 15 years of age and slightly more than three fourths of them were female. About half of them have an average school achievement. More than half of them have unsatisfactory practices about teeth brushing. While half of them have pain during chewing and two thirds have bleeding gum followed by dental decay, while the majority complains of dental pain. Also, two groups of the studied children were similar regarding both their visiting to the dentist more than twice a year and once per year for treatment. Also statistically significant differences between studied children regarding their anxiety associated with dental visiting. There was positive relationship between studied children's age& dental cognition and their anxiety while there was negative relation between gender and their anxiety.

**Recommendation:** Activate the role of both school health nurse and pediatric nurse practitioner to provide oral health screening, early risk assessment, and preventive services as well as appropriate referrals to children who are at the highest risk for early childhood caries.

**Keywords:** Dental Practices, Dental Anxiety, Negative Dental Cognition, Adolescents.