

Fear and Anxiety Among Young Adults of General Population on Visit to the Dental Clinic During the Covid-19 Pandemic - A Web Based Study

Kartika Nair, Amitha Ramesh, Biju Thomas, Rahul Bhandary

Dr. Karthika Nair, PG, AB Shetty Memorial Institute of Dental Sciences, Deralakatte. Email id: karthikanair2297@gmail.com

Abstract

Background: This study was performed to evaluate the number of people willing to visit the dental clinic during the pandemic with dental pain/ routine check-up. There is also evaluation about the number of people willing to visit the dental clinic during the pandemic with vaccination or without vaccination. Assessment of fear and anxiety levels of the participants is also seen. It also reveals if any participants experienced any pain during the Covid-19 pandemic and what all necessary steps were taken by the subjects to reduce the intensity of the pain or any other dental issues **Methods:** Data was collected from 200 young adults around the age group of 18-40 regarding the fear and anxiety to visit the dental clinic during the COVID-19 pandemic through a web-based survey. Online forms were circulated across various online and social media platforms and subjects willing to participate in the survey were asked to fill the form only after signing the informed consent. Participation was entirely voluntary. Anxiety levels among the participants were determined using Hospital anxiety and depression scale (HADS) and analysed. **Results:** It is remarkably evident that 48% of the population were definitely anxious about the sanitization and sterilisation protocols followed in the dental clinic. Whereas almost 49.5% were hardly anxious on the day they were tested positive. 59% were seen to be definitely anxious about the situation of the nation. 33.5% were hardly anxious about re-infection. **Conclusion:** The present study thereby shows that the anxiety levels were comparatively more considering the sanitization and sterilization protocols in particular rather than visiting the dental clinic. This study also helps to identify the source of information from where the subjects were informed about the covid-19 pandemic. This study also brings into account whether the participants are vaccinated, tried any home remedies or painkillers to relieve the dental pain during the pandemic.