

Researchers Discover How to Conquer Fear of Dentists

VOCABULARY WORDS

1. terrified /'ter.ə.faid/ (adjective) very frightened
Example: I'm terrified of the dark.
2. overcome /,oʊ.və-'kʌm/ (verb) to defeat or succeed in controlling or dealing with something:
Example: Eventually she managed to overcome her shyness in class.
3. phobia /'fou.bi.ə/ (noun) an extreme fear or dislike of a particular thing or situation, especially one that is not reasonable
Example: Why is there this phobia about women doing so-called men's jobs?
4. admit /əd'mɪt/ (verb) to agree that something is true, especially unwillingly
Example: He admitted his mistake.
5. sedation /sə'dei.fən/ (noun) the use of a drug or other means to make someone calm or to make them go to sleep
Example: Sedation is often given to allow a patient to be comfortable during a surgical or medical procedure.



There is fresh hope for the many people around the globe who are **terrified** of going to the dentist. New research suggests that a course of counseling can help to **overcome** the fear of sitting in the dentist's chair. The research was conducted by the King's College London Dental Institute Health Psychology Service. It focused on the effects of cognitive behavioral therapy (CBT) in treating dental **phobia**, also called dentophobia.

Researchers discovered that the biggest fears among patients were of pain-relieving injections and the dentist's drill. Doctors believe that between six to ten sessions of CBT are enough for patients to be able to have stress-free visits to a dental surgery and cure this phobia.

Researchers say that over 10 percent of people suffer from extreme anxiety about seeing their dentist, which stops many people from getting dental treatment. This

level of anxiety often results in more dental problems because people delay going to the dentist until they have a toothache, by which time the treatment will be more painful.

Three percent of patients surveyed **admitted** having thoughts of committing suicide rather than seeing a dentist. Lead researcher, professor Tim Newton, said: "The primary goal of our CBT service is to enable patients to receive dental treatment without the need for **sedation**, by working with each individual patient to set goals according to their priorities."

DISCUSSION

1. Why are so many people afraid of the dentist?
2. How do you think dentists feel about people fearing them?
3. What do you do to take care of your teeth?
4. What phobias do you have?
5. How can we overcome our fears, anxieties and phobias?