

Article Review

Prabhakar A. R., Marwah N, Raju O.S. (2007). A comparison between audio and audiovisual distraction techniques in managing anxious pediatric dental patients. *Journal of Indian Society of Pedodontics and Preventive Dentistry*, 25(4), 177-182

Pediatric dental practices are finding themselves with many fearful children during their first visit to the dentist. Dentists use a wide variety of techniques to assist in anxiety management such as tell-show-do, relaxation, distraction, systematic desensitization, modeling, audio analgesia, hypnosis and behavioral rehearsal. The main reason for this study was to evaluate and compare two different distraction techniques in the pediatric dental practices. This study will concentrate on audio and audiovisual distractions.

The study focused on sixty children between the ages of 4 and 8 with no previous dental experience during four dental visits. The children were separated into three groups of 20. One group was the control group whom had a normal dental setup. Another group listened to audio presentation through headphones throughout the procedures. The third group was shown audiovisual presentation through television. The children's anxiety levels were measured using four tests including Venham's picture test, Veham's rating of clinical anxiety, pulse rate and oxygen saturation.

In the control group there was no significant difference between Venham's anxiety scale during the patients' four visits. In the audio distraction group there were statistically significant differences in the reliable measures of self-reported anxiety of the patients, Venham's anxiety scale. Even though there was a decrease in the oxygen saturation as the pulse rate increased, there was no significant difference between the control and audio groups. In the visits that had cavity preparation and restoration increased the anxiety of the patients. This was due to the sound and sight of the hand piece. It can also be due to the sight and the anticipation of the injection. The results showed that the audiovisual distractions were the most effective of managing the anxiety in the patients. Other studies

have also shown the effectiveness of audiovisual distraction in adult patients.

As a result from this study audiovisual distraction techniques were more effective compared to audio distraction techniques and normal dental settings. It also found the anxiety levels were commonly observed during routine procedures and were maximum during extractions. They also concluded that the effectiveness of audiovisual distraction for the patient is multi-sensory because they are watching the TV screen and the sound is also eliminating the sound of the dental procedures.

The researchers did conclude that due to using different methods and techniques that the results may have made a difference. They also had the patients themselves choose which distraction they wanted to use to gain control over the unpleasant stimulus and give them a feeling of being in a familiar environment.