

# MANIFESTATIONS OF ANXIETY IN PATIENTS WITH GENERALIZED PERIODONTIS WHEN PROVIDING DENTAL CARE

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**Problem.** Generalized periodontitis is one of the most common diseases in the world. According to WHO data, which are based on surveys of the population of 53 countries of the world, indicate that the highest level of prevalence of generalized periodontitis in different countries of the world ranges from 65.0% to 95.0%.

Epidemiological studies conducted in Ukraine show that the prevalence of periodontal disease in Ukraine ranges from 74.0% to 92.0%, depending on the region and age of the subjects. Inadequate oral hygiene contributes to bad breath, which reduces self-confidence, interferes with communication, causes psychosomatic diseases, anxiety and depression. Scientific studies have shown that with the constant accumulation of microorganisms in the oral cavity, they enter the digestive system, from there into the circulatory system and reach various organs and systems, which can lead to diseases of the heart, lungs, joints and kidneys.

The high level of prevalence of generalized periodontal diseases is stably maintained and acquires special social significance among different strata of the population of our country. The structure of periodontal diseases includes inflammatory and dystrophic-inflammatory diseases (gingivitis and periodontitis). It should be noted that there is a persistent tendency towards the predominance of dystrophic-inflammatory processes over inflammatory ones, which causes serious concern among domestic dentists.

During the treatment of this disease, according to Ukrainian dental practitioners, there is a persistent psycho-emotional attitude of the patient to pain,

a negative experience of previous treatment, dental anxiety, which gives reasons for patients to postpone visits to the doctor for a long time, and this aggravates and complicates the dental health of the individual.

Anxiety states and negative psycho-emotional background of patients with generalized periodontitis during the provision of dental care are currently one of the main problems and tasks of research and elimination of anxiety reactions that occur during the reception of patients at the dentist. A high level of anxiety in a person is a risk factor in which a person tends to perceive a threat to his own life in a wide range of situations, which leads to the development of somatic diseases, lack of confidence in his communication capabilities, forms conflict relationships, etc.

A successful solution to the problem of anxiety in patients at a dental appointment is possible on the basis of a careful study of the entire set of medical psychological and functional-adaptive reactions of the body. Therefore, in modern conditions, a comprehensive approach to the patient, which is based on the idea of the patient's emotional and personal integrity and his individual typological characteristics, is becoming more and more necessary to provide full medical care to dental patients.

**The aim of the study** - to investigate the anxiety and well-being of patients with generalized periodontitis with manifestations of anxiety during the provision of dental care.

**Research material and methods.** In order to study anxiety in patients with generalized periodontitis, we conducted a questionnaire according to the "Anxiety Study" method by Ch.D. Spielberger, Yu.L. Khanin, and observation and interview methods were also used. Our research work is based on the results of a comprehensive examination of 115 patients with chronic generalized periodontitis aged 35-55. Among the examined were 47 (43.1%) men and 68 (56.9%) women. Research and treatment and rehabilitation measures were carried out at the clinical base of the Department of Therapeutic Dentistry of the O.O. Bogomolets National Medical University and the Oxi Den Klinik dental clinic.

**Research results and their discussion.** The criteria for selecting patients for the study were as follows: first, patients with generalized periodontitis with an average degree of severity, which is confirmed by clinical and radiological research methods, the absence of high-quality treatment and preventive measures in the oral cavity for the past 5-7 months or more; secondly, patients who differed in dental anxiety and fear of treatment. All recipients gave voluntary informed consent to participate in the studies.

Dental examination of patients with the aim of detecting generalized periodontitis was carried out by generally accepted clinical methods: complaints, history were studied; during the examination of the oral cavity, the color (hyperemia, cyanosis), condition of the mucous membrane of the gums (relief, consistency of the gingival papillae; change in shape and size due to edema, hypertrophy, etc.) were noted; the depth of the gingival groove; in the presence of periodontal pockets - their depth, the degree of gum recession, pathological tooth mobility. The presence of local irritating factors was also taken into account, in particular, soft mineralized dental deposits, defective fillings, prostheses, traumatic occlusion, etc.

The algorithm for identifying patients with a level of anxiety before the appointment included observation of physiological and behavioral manifestations of dental anxiety. Thus, at the physiological level, 22.0% of women and 16.2% of men had sweating, rapid breathing, hand tremors, etc. At the behavioral level, it manifested itself in the form of irritation, inattention, insecurity, etc. Such observations of patients give grounds for asserting that they are in a state of anxiety and psycho-emotional tension, feel fear, feel uncomfortable.

During conversations with the examinees, we found that 47.0% of dental practice patients are characterized by anxiety about toothache; 23.3% of patients from the total number of respondents feel fear and anxiety before the drill; 18.5% of patients worry about complications during treatment. In addition, 72.1% of visitors to the dentist during the conversation noted their well-being as "bad", 27.9% as "normal". 43.2% of patients observed an increase in blood pressure, palpitations and anxiety.

In order to investigate the problem of patients' anxiety about generalized periodontitis, a patient questionnaire was conducted according to the method of Ch.D. Spielberger, Yu.L. Khanina. The obtained results showed that of the total number of examined, 38.3% of men and 24.5% of women were diagnosed with a low level of anxiety, 41.7% of women and 44.3% of men with an increased level of anxiety, 33.8% of women and 17.4% of men have a high level of anxiety. Based on the above, we can state that women, unlike men, have a high level of anxiety at the dental appointment.

Based on the obtained data, it is also possible to generalize that patients diagnosed with a high level of anxiety postpone visiting the dentist for a long time, which complicates the treatment, which is characterized by inflammation in the gums, their swelling, bleeding, and the formation of pathological pockets with a depth of 3 up to 6 mm. This state of the disease prevents patients from living, working and feeling comfortable.

**Conclusions.** Thus, we can state that anxiety is an individual psychological feature, which is manifested in a person's tendency to experience anxiety and is perceived as a property of temperament due to the weakness of nervous processes. The obtained results of the study of anxiety in patients with generalized periodontitis during the provision of dental care indicate that both male and female patients have manifestations of anxiety. They come to the dentist in a depressed state, not always in a good mood, they are predisposed to a bad treatment result, they postpone the treatment for a long time, which causes the development of gum disease, which is characterized by the destruction of the tooth-gingival attachment and the formation of pathological pockets (the space between the tooth and the gums) with a depth of 2 to 10 mm, resorption (destruction) of the bone, recession (reduction) of the gums and exposure of the necks of the teeth.

Anxiety and a high level of emotional tension can threaten the development of mental disorders of the neurotic spectrum, therefore patients with generalized periodontal disease with increased anxiety during the provision of dental care need a comprehensive approach of the dentist, which includes not

only the treatment of the patient, but also psychological support, preventive measures and psycho-emotional training to relieve tension and anxiety.

Prospects for further research consist in the study of medico-social, psychological and general clinical factors of the development of generalized periodontal lesions in patients with manifestations of anxiety.

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