The effect of narrative therapy on anxiety, pain and anger dentists in dental care for children 8-4 years under the city of Neka and Sari

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Abstract

Background and Objectives: The purpose of the present study was to investigate the effect of storytelling on anxiety, pain and anger of dentistry among 4-8 years old children.

Materials and Methods: The children referred to dentist, daycare center, creativity center and play center of Neka and Sari were included in the study. Thirty-nine children, who referred to the researcher, were selected via convenience sampling method and randomly divided into three groups (experimental, placebo and control group). They completed Venham picture test, Wong-baker faces pain scale and Children's Inventory of Anger. The experimental group received 8 session of group therapy. The control groups received no intervention, but placebo group received 8 sessions of vulgar storytelling. The data analyzed by SPSS-16 and significant level was chosen less than 0.05.

Results: The results of MANCOVA and bonferroni post- test and follow-up showed that there were significant reductions on the frequency of dental anxiety, pain and anger in the experimental group compared with, placebo and control groups.

Conclusion: The findings suggest that storytelling can be used as a well-established psychotherapy for children to reduce symptoms of dental anxiety, pain and anger.

Key words: Storytelling, Anxiety, Pain, Dental visit