Supplementary File 1

Patient Questionnaire (English version)

Originally developed in Portuguese for this study; English translation provided for supplementary purposes.

Purpose: To identify factors associated with dental phobia, prior experiences, physical and emotional symptoms, and perceptions regarding dental care.

Patient profile

Age: _____

Gender: _____

Frequency of dental visits (per year): _____

Have you ever postponed or avoided a dental appointment due to fear or anxiety?

1 = Not at all 2 = A little 3 = Moderately 4 = A lot 5 = Extremely

How do you feel when you think about each of the situations below?

1 = Not at all 2 = A little 3 = Moderately 4 = A lot 5 = Extremely

1. Dental anxiety assessment

( ) Scheduling a dental appointment
( ) Sitting in the dentist's chair for an examination
( ) Hearing the sound of the high-speed drill
( ) Receiving an anesthetic injection
( ) Starting a procedure such as an extraction or root canal treatment

2. Physical and emotional symptoms

( ) Excessive sweating
( ) Rapid heartbeat
( ) Trembling in the hands or legs
( ) Shortness of breath
( ) Dizziness or feeling faint
( ) A sense of panic or an urge to leave immediately

3. Causes and triggers of dental fear

1 = Strongly disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly agree

( ) Do you associate your fear with the clinical environment (noises, smells)?

( ) Do you associate your fear with the procedures and instruments used in the office (the drill, anesthesia)?

( ) Do you feel anticipatory fear before a procedure? (e.g., before the drill touches the tooth, or before the anesthetic is administered)

( ) Does the perception of pain influence your fear of going to the dentist?

( ) Do you believe the relationship with your dentist influences your anxiety during care?

( ) Would you feel more comfortable if the dentist explained each step of the procedure before performing it?

4. Solutions and expectations

What could make your experience at the dental office more comfortable?

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Have you ever tried a relaxation technique during dental care? If so, which one?

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