

## Dr. Zahraei Dentis Method, Ending of Odontophobia for the First Time in the World

**Seyed Ali Hossein Zahraei\***

*Medical Doctor at Shiraz University of Medical Sciences, Shiraz, Iran*

**\*Corresponding Author:** Seyed Ali Hossein Zahraei, Medical Doctor at Shiraz University of Medical Sciences, Shiraz, Iran.

**Received:** October 25, 2021; **Published:** June 28, 2022

### Abstract

Odontophobia (dental fear) is a “unique phobia with unique psychosomatic aspects that have an effect on on the dental fitness of the odontophobic persons”. By combining virtual reality headsets, hypnosis abstracts which displays from the VR headset and merging dental devices noise with these abstract movements we can manage audio-visual fears and put the patient in hypnotic situation.

**Keywords:** *Odontophobia; Dental Fitness; Audio-Visual Fears*

### Introduction

Odontophobia (dental fear) is a “unique phobia with unique psychosomatic aspects that have an effect on the dental fitness of the odontophobic persons” [1]. For some individuals, dental anxiety may additionally be so exquisite that everyday lifestyles is impaired. In these instances, the character experiences concern or nervousness that is out of share to the true risk existing in the situation. This frequently leads to avoidance behavior; and clinically huge degrees of misery or impaired functioning [2]. Such avoidance conduct is properly regarded with the aid of any dentist who has dealt with sufferers with excessive ranges of dental anxiety before. In Australia, people with greater tiers of dental anxiety have a tendency to keep away from the dentist and have irregular attendance records, commonly in search of treatment when symptomatic [3,4]. Processes acknowledged to make contributions to the etiology of dental anxiety and phobia consist of a range of genetic, behavioral, and cognitive factors. An individual’s dental fear/phobia is probably to have been created by way of involving a multitude of factors [5].

### Methodology and Conclusion

By combining virtual reality headsets, hypnosis abstracts which displays from the VR headset and merging dental devices noise with these abstract movements we can manage audio-visual fears and put the patient in hypnotic situation.

This method will reduce dentistry anxiety and help dentists to focus on treatment more comfortable, also it will level up the clinics that use such innovative methods.

### Bibliography

1. Moore R and Birn H. “Phenomenon of dental fear”. *Tandlaegebladet* 94.2 (1990): 34-41.
2. Moore R and Brødsgaard I. “Differential diagnosis of odontophobic patients using the DSM-IV”. *European Journal of Oral Sciences* 103.2 (1995): 121-126.

3. Armfield JM., *et al.* "The vicious cycle of dental fear: exploring the interplay between oral health, service utilization and dental fear". *BMC Oral Health* 7.1 (2007): 1-5.
4. Armfield JM., *et al.* "Dental fear in Australia: who's afraid of the dentist?". *Australian Dental Journal* 51.1 (2006): 78-85.
5. Carter AE., *et al.* "Pathways of fear and anxiety in dentistry: A review". *World Journal of Clinical Cases: WJCC* 2.11 (2014): 642-653.

**Volume 21 Issue 7 July 2022**

**© All rights reserved by Seyed Ali Hossein Zahraei.**