

## The effectiveness Mindfulness training on reducing of anxiety and pain intensity resulting from dentistry procedures in children

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### Abstract

**Background and Aims:** Dental environment is associated with unpleasant experiences and anxiety for most children. The aim of this study the effectiveness of mindfulness training on reducing anxiety and pain of dental practices in children.

**Materials and Methods:** The study method was experimental pretest-posttest design with a control group. A total of 30 child were selected for sampling and then were randomly assigned into two experiment and control groups . who referred to Dental Clinic Arak city. 8 sessions for 90-minute mindfulness with experiment .The Modified child Dental Anxiety Scale, Wong & Baker pain Questionnaire were used for collecting the data in pre-test and post-test stages. analysis of covariance was used for analyzing the data.

**Results :**The results showed that there was meaningful difference between pretest-posttest experimental groups in the mean score of pain, anxiety, though a meaningful difference was no observed between these pretest-posttest groups control group

**Conclusion:** The results support the effectiveness of MT in decreasing pain and anxiety. .According to the data based on the positive impact of MT, it is recommended the method to be used in dental centers

**Keywords :**Mindfulness; Pain; Dental Anxiety