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Non- pharmacological interventions for reducing mental distress in patients undergoing dental procedures: Systematic review and meta-analysis

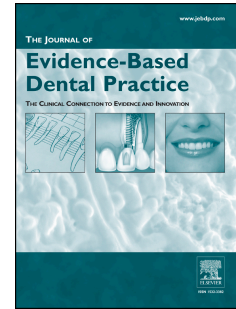
Lisa J. Heaton

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Review Analysis and Evaluation – Diagnosis/Treatment/Prognosis**Non-Pharmacological Interventions May Reduce Mental Distress
in Adults Undergoing Dental Treatment**

- **Article Title and Bibliographic Information:** *Non-pharmacological interventions for reducing mental distress in patients undergoing dental procedures: Systematic review and meta-analysis.* Burghardt S, Koranyi S, Magnucki G, Strauss B, Rosendahl J. J Dent. 2018 Feb;69:22-31.
- **Purpose/question:** The authors conducted a meta-analysis of randomized controlled trials examining the effect of non-pharmacological interventions with dentally anxious adults undergoing dental treatment on the primary outcome of mental distress and secondary outcomes of pain intensity and analgesic use.
- **Source of funding:** None reported.
- **Type of study design:** Meta-analysis of randomized controlled trials.
- **Key words:** Dental anxiety, Controlled clinical trial, Behavior therapy, Dental hypnosis

Strength of Recommendation Grade: Grade B: Inconsistent or limited-quality patient-oriented evidence

Level of Evidence: Level 2: Limited-quality, patient-oriented evidence

Reviewer: Lisa J Heaton

SUMMARY*Selection Criteria*

Two investigators reviewed 5 databases (MEDLINE, CENTRAL, Web of Science, PsycINFO, and ProQuest Dissertations and Theses Full Text Database) for randomized controlled trials (RCTs) describing non-pharmacological interventions in adults (18 years and older) with mild to moderate dental anxiety (DA) implemented prior to or

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