

Development and testing of a Cognitive Behavioural Therapy resource for children's dental anxiety

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N=85 children met inclusion criteria and given study information during the new patient assessment appointment

N=56 children consented to participate in study (66% response rate).

Participants were given CBT self-help resource and completed base-line questionnaires (T1).

N=48 (86%) participants attended three treatment appointments using the CBT self-help resource and completed follow-up questionnaires (T2) N=29 children refused to participate in study

- 7 children refused at the initial appointment
- 22 children were given the information but did not consent to participate (reasons for non-participation included: presented in pain, needed urgent general anaesthetic, referred to another department)

N=8 (14%) participants did not attend the three treatment appointments supported by the CBT self-help resource OR did not complete follow-up questionnaires