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How an educational video affects anxiety in patients having a tooth extraction

Submission date 18/09/2025	**Recruitment status** No longer recruiting	[_] Prospectively registered [X] Protocol [_] Statistical analysis plan [_] Results [_] Individual participant data [_] Record updated in last year
Registration date 22/09/2025	**Overall study status** Completed	
Last Edited 22/09/2025	**Condition category** Oral Health	

Plain English summary of protocol
Background and study aims
Dental anxiety is a common emotional reaction that affects many people and can make dental treatments stressful. This study aims to explore whether watching an educational video before a dental extraction can affect the anxiety levels of patients compared to receiving only verbal instructions.

Who can participate?
Adults aged 18 years and older who are undergoing simple dental extraction at the dental clinics of Umm Al-Qura University Teaching Hospital.

What does the study involve?
Participants will be randomly assigned to either watch an educational video about the dental extraction procedure (intervention group) or receive only verbal instructions (control group). Their anxiety levels will be measured before and after the procedure using validated questionnaires.

What are the possible benefits and risks of participating?
Participation may help patients feel more informed about dental procedures. Risks are minimal and limited to potential discomfort or anxiety during the extraction, which is part of routine dental care.

Where is the study run from?
Umm Al-Qura University, Makkah (Saudi Arabia)

When is the study starting and how long is it expected to run for?
December 2024 to March 2025

Who is funding the study?
Investigator initiated and funded

Who is the main contact?
Dr Shahinaz Sembawa, snsimbawa@uqu.edu.sa

Contact information

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Public, Scientific, Principal investigator

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Study information

Scientific Title
Effect of an educational video on anxiety levels in patients undergoing simple dental extraction compared to standard verbal instructions: a randomized controlled trial

Acronym
EDU-ANX-RCT

Study objectives

To explore the effect of educational video on the level of anxiety in patients undergoing dental extraction.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 09/12/2024, Umm Al-Qura University Faculty of Dentistry Biomedical Research Ethics Committee (Taif Road, Al-abdiyyah, Makkah, 21955, Saudi Arabia; +966 (0)125280347; cscenter@uqu.edu.sa), ref: YHGH011224

Primary study design
Interventional

Study design
Randomized controlled trial

Study type(s)
Other

Health condition(s) or problem(s) studied
Dental anxiety in patients undergoing dental extraction

Interventions
Intervention group:
Participants in the intervention group receive an educational video demonstrating the dental extraction procedure. The video familiarizes patients with the steps of the extraction and aims to reduce anxiety associated with the procedure. Each participant watches the 1-minute video prior to the extraction.

Control group:
Participants in the control group receive the standard verbal instructions regarding the dental extraction procedure without access to the educational video.

Randomization:
Participants are assigned to one of the two groups using simple randomization. Each participant draws a paper from a set containing equal options for the control or intervention group, ensuring equal chance of placement in either group.

Intervention Type
Procedure/Surgery

Primary outcome(s)
Dental anxiety measured using the Shortened Dental Anxiety Inventory (SDAI) and Visual Analogue Scale (VAS) at pre-intervention and post-intervention

Key secondary outcome(s)
There are no secondary outcome measures

Completion date

12/03/2025

Eligibility

Key inclusion criteria
1. Adults aged 18 years or older
2. Patients undergoing simple dental extraction
3. Able to understand Arabic or English language

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
70 Years

Sex
All

Total final enrolment
60

Key exclusion criteria
1. Pediatric patients (under 18 years old)
2. Patients with visual, hearing, or mental disabilities
3. Patients unable to understand Arabic or English language
4. Patients undergoing procedures other than teeth extraction
5. Patients undergoing surgical extraction

Date of first enrolment
11/12/2024

Date of final enrolment
28/02/2025

Locations

Countries of recruitment
Saudi Arabia

Study participating centre
Umm Al-Qura University, Dental Hospital
Taif Road
Al-Abdiyyah
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Sponsor information

Organisation
Umm al-Qura University

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated and analyzed during the current study will be available from the corresponding author, Dr Shahinaz N. Sembawa (snsimbawa@uqu.edu.sa), upon reasonable request. The data will be available for 2 years after study completion. Data may be accessed by journals to which the article is submitted, Saudi governmental authorities, or researchers whose scientific purpose is deemed appropriate. All data are anonymized and will be used only for the purposes of this study.

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol file			22/09/2025	No	No