

# Evaluation of the Prediction of the Anxiety Level at the Time of an Oral Surgery with the State-Trait Anxiety Inventory (STAI) : Comparison with the STAI-X and STAI-JYZ

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**Abstract** : Anxiety is an extremely common state, and most people experience some degree of dental anxiety. It is therefore predicted that patients experience a high degree of anxiety before undergoing oral surgery. The Spielberger's state-trait anxiety inventory (STAI) can be used to simultaneously evaluate the levels of state and trait anxiety. State anxiety is defined as subjective feelings of nervousness, while trait anxiety is an individual's underlying tendency to perceive a situation. We assessed presurgical anxiety by using the STAI-form X (STAI-X) and performed intravenous sedation for patients whose level of state anxiety was higher than stage IV. Recently, the STAI-form JYZ (STAI-JYZ) modified for the Japanese population has been used. After we started using the STAI-JYZ, the number of patients who were determined to have a high state anxiety level decreased. We examined whether there was a difference between the determination of the STAI-X and STAI-JYZ. We also assessed the factors which caused the differences in the anxiety level as determined by the STAI-X and STAI-JYZ. State anxiety was the highest at stage V in the determination of the STAI-X, but stage III was the highest as determined by the STAI-JYZ. There were few differences among the trait-anxiety levels. Some question items added to STAI-JYZ were regarded to be responsible for the lower anxiety determined by the STAI-JYZ than the STAI-X. We concluded that the STAI-X was superior to the STAI-JYZ for predicting the presurgical anxiety level.

**Key words** : Oral Surgery, Presurgical Anxiety, STAI from X, STAI from JYZ