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### **The Effect of Periodontal Therapy on Social Anxiety Levels**

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**Objectives** Social anxiety is a psychological disorder that causes individuals to feel highly uncomfortable in social situations. The aim of this study was to evaluate the effect of periodontal treatment on social anxiety levels in patients with periodontitis.

**Methods** Twenty-five patients with periodontitis (stage III-IV) were included in this study. Sociodemographic data and clinical periodontal parameters were recorded. The social anxiety levels were assessed at baseline, 1st month, and 3rd month after non-surgical periodontal treatment (NSPT) by the Liebowitz social anxiety scale (LSAS) in patients. The cut-off score was determined to be 50 for Liebowitz total anxiety score.

**Results** Plaque index (PI), gingival index (GI), clinical attachment loss (CAL), and missing tooth numbers values were lower in patients with low Liebowitz total anxiety score ( $p < 0.005$ ). After the periodontal treatment, Liebowitz total, total anxiety, performance anxiety, socially related anxiety, total avoidance, performance avoidance, and socially related avoidance scores decreased from baseline to the 1st and 3rd months ( $p < 0.001$ ). There were positive correlations mostly between Liebowitz total scores and all sub-scores and plaque index, gingival index, probing pocket depths, and clinical attachment loss ( $p < 0.005$ ).

**Conclusions** LSAS scores gradually decreased after NSPT. The findings of the study suggest that periodontitis can have a negative effect on social anxiety levels. NSPT contributes to improving social anxiety levels.