

Examining the Level of Anxiety and Stress in Dental Students

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Abstract : Background and purpose: Dentistry is a stressful profession, and dental students are exposed to educational and clinical stress. The present study was conducted to investigate the level of stress and its factors in dental students of Kerman University of Medical Sciences in 2013. Methodology: This was a descriptive cross-sectional study conducted on dental students in Kerman. The data collection tool was the standard DASS-21 questionnaire (Depression-anxiety-stress scale-21 and the demographic information questionnaire. After collecting the data in SPSS statistical software, using Linear regression analysis test regression), the t-test was subjected to statistical analysis. Results: 32.6% of students had moderate stress and 4.3% had severe stress, and no significant statistical difference was observed between the two genders were living, there was a significant difference with others ($P=0.047$). There was no significant relationship between the stress factor and the academic year ($P=0.037$). 66% of people were affected by university issues. Conclusion: According to the results of this research, the level of stress is relatively high and it seems necessary to pay attention to this issue.

Keywords : stress, dental students, Nakhchivan, self care

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