

Examining the Level of Anxiety and Stress in Dental Students

Authors : Vusale Aliyev, Khalil Aryanfar

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 Nakhjavan University of Medical Sciences in 2023. Methodology: This was a descriptive cross-sectional study conducted on dental students in Nakhjavan. 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 and t-tests were 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 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 related to 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, Nakhichevan State University, anxiety

Conference Title : ICD 2025 : International Conference on Dentistry

Conference Location : Istanbul, Türkiye

Conference Dates : February 10-11, 2025