

Abstract

Evaluation of Depression, Perceived Stress and Hypochondriasis during Covid-19 Pandemic among Dental Students of Ardabil University of Medical Sciences in 2020

Background: Caring and maintaining the mental health of dentists during treatment of infectious patients with COVID-19 who are sometimes asymptomatic; is very important. The aim of this study was Evaluation of Depression, Perceived Stress and Hypochondriasis during Covid-19 Pandemic among Dental Students of Ardabil University of Medical Sciences in 2020.

Materials and Methods: The present descriptive-analytical cross-sectional study was conducted in the second half of 2020. The study population consisted of 196 external and intern dental students studying in the dental training clinic of Ardabil University of Medical Sciences. Sampling method will be easy and available. After obtaining informed consent, four questionnaires including questionnaire related to demographic characteristics, Depression Inventory, Cohen Perceived Stress Questionnaire (PSS-14) and Evans Self-Illness Questionnaire were distributed among eligible students to complete. Then, the collected data were analyzed using statistical methods by SPSS software version 22.

Results: The results showed that there were a statistically significant difference between the proportion of depressive categories in the course of COVID-19 pandemic among dental students of Ardabil University of Medical Sciences ($p = 0.001$). Most students were in the relatively depressed class (56.1) and severe depression (30.6). There was a statistically significant difference between the proportion of different types of perceived stress categories during the COVID-19 pandemic among dental students of Ardabil University of Medical Sciences ($p = 0.001$). Most students were in the category of moderate perceived stress (69.9) and high perceived stress (24.5). There was a statistically significant difference between the proportion of patients with different types of self-morbidity during the COVID-19 pandemic among dental students of Ardabil University of Medical Sciences ($p = 0.026$). Most of the students were in the category of moderate morbidity (37.8) and severe self-morbidity (37.6) (30.6). There was a statistically significant relationship between dental students' depression and variables such as marital status, work experience and birth rank ($p < 0.05$). There was a statistically significant relationship between perceived stress of dental students and variables such as age, work experience and birth rank ($p < 0.05$). There was a statistically significant relationship between dental students' self-morbidity and variables such as marital status and work experience ($p < 0.05$).

Conclusion: Considering that depression, perceived stress and feelings of self-illness are among the issues that can affect the professional and social functioning of dentists; Therefore, recognizing the factors that affect their occurrence is very important and reminds us of the need to make appropriate decisions to prevent or treat such problems, especially during disasters and pandemics such as COVID-19

Keyword: Depression; Perceived Stress; Hypochondriasis; Covid-19 Disease .