

Abstract

Assessment of Perceived Stress and Quality of Life in Students and Professors of Ardabil Dental School During the Covid-19 Epidemic (2020-2021)

Introduction: On March 11, 2020, due to the rapid global spread of coronavirus 2019, the disease was declared an epidemic by the World Health Organization. The 2019 coronavirus epidemic poses a great threat to the world's public health due to unprecedented personal and social fears and anxieties, and also exposes healthcare professionals to increased patient burdens, unprecedented abnormalities in normal life, and a high risk of exposure to stressful conditions. Meanwhile, dentists as a healthcare staff have a high risk of becoming ill due to close contact with patients. Therefore, this study was conducted to investigate the perceived stress level and quality of life of students and professors of the School of Dentistry of Ardabil University of Medical Sciences in the face of the outbreak of coronavirus 2019 in the academic year 1399-1400.

Methods In this cross-sectional descriptive study, a perceived stress questionnaire was used to measure perceived stress. In order to assess the quality of life, the standard quality of life questionnaire of the World Health Organization-briefed was used. The statistical population in the present study is all dental professors and students of Ardabil Dental School. The questionnaire was distributed electronically among the study participants. SPSS version 26 was used for data analysis.

Results: A total of 227 people, including 33 professors and 194 students, participated in the study. There was no significant relationship between gender, age, history of corona disease and place of residence with perceived stress variables and quality of life in both groups of participants. Perceived stress and quality of life were higher among professors than students. There was a linear relationship between perceived stress variables and quality of life in both groups of students and professors. The level of perceived stress in both groups of students and professors participating in this study was less than desirable and also the quality of life in both groups was more than desirable.

Conclusion: Students and professors of the Faculty of Dentistry of Ardabil University of Medical Sciences experienced moderate stress during the Covid 19 epidemic period and had a good quality of life also, gender, age, history of corona disease and place of residence of students and professors had no effect on perceived stress and quality of life.

Keywords: Coronavirus, Dentist, Perceived stress, Quality of life