

Abstract

Evaluation of occupational stress and its relationship with oral and dental tissue in nurses of Ardabil University of Medical Sciences in 1402

Introduction: No study has been conducted on the state of occupational stress and its relationship with oral and dental tissues in nurses, so in order to fill the scientific and research gap in this field, the present study was conducted with the aim of investigating the state of occupational stress and its relationship with oral and dental tissue damage in nurses of Ardabil University of Medical Sciences in 1402.

Materials and methods: In this descriptive-analytical study, 338 nurses working in different departments of public hospitals in Ardabil city were examined. The research tools in the study included 2 questionnaires: 1- Demographic questionnaire, 2- Occupational stress questionnaire of Toft and Anderson nurses and a checklist of the condition of oral and dental tissues related to stress, questionnaires and checklist after collecting Data were entered into SPSS version 24 software and analyzed with logistic regression. A significance level of less than 0.05 was considered.

Results: The results of the survey showed that the occupational stress of Ardabil nurses was at a moderate level in most cases (86.3%). The most problems in the state of oral and dental tissues related to stress in nurses are related to dry mouth (33.6 %), mouth sores (23.5 %), jaw pain after waking up in the morning (23.1 %). And the least case was loose teeth (2.9 %). Also, the results showed that occupational stress of nurses has a significant effect on teeth wear, difficulty in chewing and the presence of broken teeth apart from physical trauma ($P < 0.05$).

Conclusion: The occupational stress of the investigated nurses was at a medium level, which caused problems such as tooth wear, difficulty in chewing, and the presence of broken teeth in addition to physical trauma.

Keywords: Stress, Occupational Stress, Oral and Dental Tissues.