

Abstract:

Title: Evaluation of Stress Level and Related Factors among Students of Ardabil Dental School in Academic year of 2017-2018

Introduction: Dental students are exposed to clinical environmental stresses in addition to educational environmental stresses. If psychological stressors become chronic and/or remain untreated, they result in psychological and physical symptoms. The aim of this study was to assess stress level and related factors sorted among dental students of Ardabil University of Medical Sciences during 2017-2018.

Materials and Methods: This study was a description-analytical and cross-sectional study. In this research two questionnaires were used concurrently and the information obtained was analyzed by the SPSS software version 22. ANOVA, Dukey, Dunnett T3 and independent t-test were used to analyse collected data.

Results: 59.5% of students showed abnormal levels of stress. Students of fifth academic year showed the highest level of stress ($P=0.00$). Stress levels in two genders were significantly different ($P=0.029$). Marital status was not statistically significant ($P=0.065$). There was no statistic significance found between students lived with their parents and those who were not ($P=0.348$). It was also characterized that university stressors played a more significant role in stress level than non-university stressors.

Conclusion: Based on the results of this study, and the findings of, high levels of stress among dental students as well as the harmfulness of high levels of stress, greater attentions must be given to this issue by the uthorities. Furthermore, the fifth year students who have recently entered the clinic, are in the greatest need of help. Special attention should be designated to population of girls regard to their high stress level in comparison to their counterparts.

Key words: Stress, stressors (stress factors), dentistry student.