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## Psychological stress and burnout among healthcare workers in Department of Dental Services, MNGHA (Ministry of National Guard - Health Affairs): A cross sectional survey

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**Introduction:** Professional burnout, a prolonged response to stress, would possibly affect the standards of patient care. Burnout is defined as emotional exhaustion, depersonalization, and diminished personal accomplishment.

**Aim:** To identify and compare psychological stress and burnout levels among different job titles and specialties in dental department, MNGHA. Also, to determine the effect of marital status, age, and gender on stress and burnout levels.

**Methods:** Convenient sampling approach was used to distribute the questionnaire in the dental department, MNGHA (n=177, response rate=88.5%). Two validated questionnaires, psychological stress measure-9 (PSM-9) and Maslach Burnout Inventory-Human Services Survey (MBI-HSS), were used.

**Results:** Mean level (and standard deviation) of stress was 32.60 (11.43), with the highest stress levels seen in consultants and residents (39.17% and 38.33%). Hygienists and technicians scored the highest lack of personal accomplishment (24.53%), consultants scored the highest emotional exhaustion (24.64%), while residents scored the highest impersonal response toward patients (26.67%).

**Conclusion:** Participants with the job title consultant and resident are shown to be the most stressed and burnt-out category among the dental department. Specialty, gender, age and marital status are not shown to be risk factors in our study. Stress and burnout should be reduced to maintain the standards of patient care.

### Biography

Ragad M Albani is currently a fifth year Senior Dental student who is looking forward to graduate by next year. She is looking forward to be an Oncology Specialist and she has an interest in doing research and being a researcher.

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