

Evaluation of Depression, Anxiety and Stress Levels Among Dental Students of Zanjan University of Medical Sciences in Academic year of 2015-2016

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Introduction: Depression, anxiety and stress prevalence is important problem among dental students. Due to psychiatric side effects among students, this study was done for evaluating the amount of depression, anxiety and stress among Zanjan dental students in academic year of 2015-2016(Iran).

Material and methods: This study with designing of cross sectional-description was done on 160 people of dental students. Samples selection were accidentally and information were completed by questionnaires. In this research questionnaire DASS21 was used for investigating amount of depression, anxiety and stress and questionnaires DESQ was used for investigating stress source factors. Results were analyzed statistically by t-test and chi-square.

Results: This study showed 31.5%, 40.3% and 41.6% of dental students have faced depression, anxiety and stress respectively with various intensities. Depression, anxiety and stress levels were not significantly different statistically in two genders and also students with various residence locations ($p>0.05$). Also depression and stress was significantly different statistically by taking into consideration of academic year ($p<0.05$). The most important stress source factors from students' point of view were as follows:

- In educational field was fear of failing (57%)
- In clinical field was responsibilities for comprehensive patient care (36.2%)
- In outside of university was living far from family (37.5%)

Conclusion: According to mentioned depression, anxiety and stress prevalence and of course existing stress source factors, it is recommended that authorities endeavor to decrease these factors and prepare a better educational atmosphere for students.

Biography

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