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Effectiveness of a dental student's stress management program

Abdullah Mohammed Alzahem

King Saud-bin Abdelaziz University, Saudi Arabia

The dental education stress effects and sources were explored thoroughly in the literature, but the effectiveness of stress management programs received less attention. This study introduced a new stress management program, named Dental Education Stress Management (DESM) program. It showed its effectiveness in a quasi-experimental pretest-posttest-follow-up-control group design. The new program was based on the principle of psycho-education and consisted of three 90-minute sessions, to teach dental students how to better deal with their stress symptoms and to reduce their general stress level. Two instruments were used to assess the level of stress of the dental students, namely the Dental Environment Stress questionnaire (DES) and the Psychological Stress Measure (PSM-9). Results show that the DESM program has the desired effect of decreasing the stress levels of its participants and these effects lasted for at least two weeks. Because of several methodological limitations of the study more research is needed to draw more generalizable conclusions.

Biography

Abdullah Alzahem earned his BDS degree from King Saud University on 1995. In 1997, he completed a fellowship program in the field of Temporo-mandibular Joint with Tufts School of Dental Medicine, Boston, MA. In 1998, he completed advanced education in General Dentistry Residency program in Baylor College of Dentistry, Dallas, TX. In 2004 he was announced as Fellow of Academy of General Dentistry and appointed as Dental Consultant. In 2009 he completed Master in Medical Education in King Saud bin Abdulaziz University for Health Sciences. In 2015 he earned a PhD degree from Erasmus University Rotterdam, The Netherlands.

zahem@yahoo.com

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