



# Health and stress

(week 1)

Course code: Dent325

## Introduction

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# Outlines

- Stress
- The Significance of stress on human health
- Psychoemotional factors
- Research data
- Psychological health stress
- Stress in dental practice

# Objectives

- Define stress
- Compare between the types of stress.
- Analyze the available research data

# Stress

- 1. Selected environmental conditions and experiences.
- 2. Variables thought to be reactions to such environmental conditions.
- 3. Indicators of distress or tension, whether or not they are linked up to any particular environmental condition.
- 4. Stable personal traits or characteristics that may link up with chronic or repeated exposures or with reactions of distress and tension.

- According to Lazarus and Folkman, the definition of stress is 'a particular relationship between the person and the environment that is appraised by the person as taxing or exceeding his or her resources and endangering his or her well-being'.
- Whereas Spielberger described anxiety as a transient condition, caused by a particular situation of a given individual, characterized by feeling of concern and tension, **interacting with the activation of the autonomic nervous system.**
- Among the medical professions, dentistry is suggested to be the most stressful.

# The Significance of stress on human health

- **Occupational stress** is associated with numerous health problems that cost organisations considerable resources.
- **Self-employed people** experience greater stress than employees
  - they experience a positive impact of stress on income despite a negative impact on physical health.

- It is wrong to approach the stress and disease studies as if we were examining the evidence for or against a very specific research hypothesis (such as:
- Does an increase in regular physical activity among middle-aged men reduce total serum cholesterol?).

# Psychoemotional factors

- Play a significant, causative role in the development of many so civilization diseases, such as **high blood pressure, heart disease, diabetes mellitus and temporomandibular disorder (TMD)**.
- According to the World Health Organization, **temporomandibular disorders** are the third most common reason, after caries and paradontopathy, for referral to a dental office.

# Research data

- Student populations are being placed under a greater level of stressful situations than the average representative of society,
- with the most common stressors including: coping with exams and grading, limited free time, long teaching hours, high workload and high competitiveness.
- **Levels of stress among dental students are significantly higher than in students from different disciplines, not only medical.**

- **Stress in the workplace is now widely recognized as a major problem facing worldwide industry.**
- Companies are offering some form of stress management intervention.
- Defects in providing Stress management activities.
- Managers are beginning to realize that preventive health and stress management **can save money for the organization** while improving the quality of work life for employees.

# Psychological health stress

To what extent do health-related quality of life, study satisfaction and stress management strategies differ from students of human medicine (Medical students) and dentistry students?

- **Results:** Both human (HM) and dental students (ZM) showed themselves to be severely impaired in the psychological scales. Every fifth ZM showed a mild to moderate depression in the Beck Depression\*. Despite the heavy workload, HM were more satisfied with their studies than ZM.
- **Over 50% of all students lack adequate stress management strategies.**
- better life and study satisfaction, in the future, strategies for dealing with study-specific stressors and the requirements of medical profession will be required for both disciplines, which could take the form of **special practical courses**.

\*is one of the most widely used self-report instruments for detecting and measuring the severity of depression in college students and normal people.

# Dental practice

- has been considered to be the most stressful of the health care professions.
- Increasingly dentists in general practice seem to experience more **physical and mental ill** health compared with other health professionals and this has been recognised to be a consequence of **occupational stress**.
- Since dentists are faced daily with potential **occupational stressors** one way of controlling stress is through **its recognition**.

# References

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