

Self-Perceived Sources of Stress and Burnout Determinants in Dentistry - A Systematic Review

Nadya Avramova¹ 

Abstract

Introduction. In recent decades, under the influence of various factors, there has been a serious increase in psycho-emotional tension and stress. Furthermore, considering unprecedented times of global pandemic threat, stress levels can rise significantly. Dental profession is physically and mentally stressful as dentists encounter a number of occupational hazards of a biological, chemical, physical, and psycho-emotional nature.

Objective. The current review paper aimed to answer the question: what are the most important stressors and burnout determinants in daily dental practice?

Materials and Methods. The Web of Science Core Collection database was searched for according to the PRISMA guidelines in September 2022. Empirical studies - observational, experimental, cross-sectional, and longitudinal studies published in English were considered for inclusion.

Results. The initial search yielded 355 articles. Eighteen studies met inclusion criteria and were considered for the final analysis. Two articles reported identical data; therefore, they were not included in the current report. Finally, this review presented 16 reports with a total of 8,824 subjects.

Conclusions. Both long-term and short-term stress can cause negative effects on practitioner's physical, mental, and emotional functioning. As healthcare providers, dentists should be aware of these risk factors, as well as they need to be sufficiently motivated to know the risks and inconveniences of their profession, learning effective strategies how to deal with adverse conditions, factors, and relationships. Providing information on this issue will contribute to increasing dentists' awareness and improving their personal and professional performance.

Keywords

Burnout Syndrome; Coping Strategies; Dentistry; Job Satisfaction; Stress

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Introduction

Dentistry is a branch of medicine that deals with treatment and prevention of diseases of the teeth, periodontal tissues, jaws, and orofacial complex [1]. The care provided by dentists is a complex set of instrumental and social technologies to restore the harmony and full functions of the masticatory and speech apparatus [2]. The result of dental activity is a factor for effective socialization of the individual and improvement of quality of life [3, 4]. In medicine, preventive and cosmetic activities can be conditionally distinguished, while in dentistry, a mandatory condition is the unity of recovery, function, and aesthetics [2].

In recent decades, under the influence of various factors, there has been a serious increase in psycho-emotional tension and stress [5]. Stress is a normal psycho-physiological state of the body, which accompanies a person with vari-

ous changes in the environment, positive or negative, and shows the body's adaptability to them [6]. It is an inevitable consequence of life, and it is very important what the stress response is. Stress can be seen as a balance between the requirements of the environment (stressors) and the individual's ability to cope with these requirements (buffers) [5, 6].

In dental practice, the problem of stress is of particular importance as dentistry has been identified as one of the most stressful professions [7]. Dentists face a wide variety of physiological, psychological, and emotional inconveniences in their practice every day [8, 9]. Working on a very small operating field, sometimes poorly visible and poorly lit, causes real stress on the visual analyzer [10]. Turbine handpiece, compressor, HVE (high volume evacuator), amalgam mixer, etc. are sources of noise and stress which in a long time could cause hearing damage [11, 12]. Another real stress factor in daily dental

Surviving In Dentistry The Sources Of Stress

Joe Everett Dunlap



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Surviving in Dentistry Joe Everett Dunlap,1977 How to Survive Dental Performance Difficulties Janine Brooks,2018-05-29 *How to Survive Dental Performance Difficulties* offers an authoritative guide for successfully navigating and overcoming dental performance issues Offers a practical guide for preventing and overcoming dental performance issues Highlights case studies of dental professionals who have direct experience of being referred for fitness to practise issues Includes information on the support available to dental professionals the requirements that need to be met and how to meet them Contains information on the effective use of evidence improvement practice tools such as personal development plans continuing professional education reflective diaries and audits Offers guidance on how to increase self awareness and insight

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In a global driven by information and connectivity, the energy of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Surviving In Dentistry The Sources Of Stress**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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