Attitude and Views towards Mental Health among Dental Students

Sangaraju Soumya Sri, A. Jothi Priya and R. Gayatri Devi

*Saveetha Dental College and Hospital, Saveetha Institute of Medical and Technical Sciences, Saveetha University, Chennai-600077, India.

Department of Physiology, Saveetha Dental College and Hospital, Saveetha Institute of Medical and Technical Sciences, Saveetha University, Chennai -600077, India.

Authors’ contributions

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

Article Information

DOI: 10.9734/JPRI/2021/v33i60A34449

Original Research Article

Received 09 October 2021
Accepted 18 December 2021
Published 19 December 2021

ABSTRACT

Introduction: Stress can be a feeling of emotional or physical tension. It can come from any event or thought that can make us feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demands.

Aim: The aim of the study is to assess attitude and views towards mental health and psychiatry among dental students.

Materials and Methods: Study Setting is prospective observational study. The advantages of this study was economical, easy to create, wide reach, and gathering larger data. Quick Interpretation. It was approved by the scientific review Board Saveetha Dental college Chennai. Number of participants involved in this study are 138 college students. The responses from the google sheet were transferred into excel. Inferential statistics was done using Chi square test and exported to SPSS software, version 25.

Results: From the survey conducted among dental students on mental health and psychiatry. Majority of dental students were female participants compared male participants. Interpretation was based on a p value less than 0.05, which was considered to be statistically significant.

Conclusion: The findings of the present study proves that the majority of dental students have awareness of attitudes and views of mental health. Among dental students, females are the major participants compared to males. In order to develop psychiatric and mental health services, public acceptance is necessary.

*Corresponding author: E-mail: a.jothipriya88@gmail.com, jothipriya.sdc@saveetha.com;
Keywords: Attitude; mental health; psychiatry; stress; anger management.

1. INTRODUCTION

Stress can be a feeling of emotional or physical tension. It can come from any event or thought that can make us feel frustrated, angry, or nervous. Stress is your body’s reaction to a challenge or demand stress includes both physiological and psychological changes [1]. Stress can cause physical and psychological distress, which affect the students performance in academics [2]. Stress is defined as a strain that accompanies a demand perceived to be either challenging or threatening [3] No control in anger management is one of the major prevalent psychological and behavioural problems among the adolescent girls and boys some psychiatric doctors believe that no control in anger management results in personal discomfort and conflicts [4–9],[10],[11]. Anger management training among adolescent girls and boys may decrease their aggressive behaviour in a short time period [12] anger is caused or linked to emotional and physical abuse, crime, loss of concentration, insomnia and self harm [13]. Depression, anxiety and stress have been shown to be linked or lead to poor academics, problems with peers, low performance in class and problems with public speaking [14]. Mental health refers to [15,16], behavioral and emotional well-being. It is all about how we think, feel and act with people. Sometimes we use the term ‘mental health’ to mean the absence of a mental disorder [17–21]. However, self esteem has been helpful for mental health issues and leads to positive outcomes. Other studies have found correlation between low socioeconomic status and depression [22],[23]. Mental health can affect daily living, relationships and physical health looking after mental health can preserve a person’s ability to enjoy life doing this involves reaching a balance between life activities, responsibilities and efforts to achieve psychological resilience stigma known as sign of shame that leads an individual being rejected and discriminated against and excluded from society [24]. Conditions such as stress, depression and anxiety can all affect mental health and disrupt persons routine. Although the term mental health is in common use, many doctors recognize that psychological disorders have physical roots [10,25]. Stress has been the most used word in our daily existence, stress can cause many physical And emotional symptoms some times, you may not realize these symptoms are caused by stress therefore, favourable changes in attitudes have been focus, and there have been some studies that have investigated the effects of mental health [26][4–9][26]. Psychiatry is the medical specialty devoted to the diagnosis, prevention and treatment of mental disorders examinations, fear of failing, workload and completing course [27–29]. This impact on stress on the academic performance of dental students [30]. The aim of the study is to assess attitude and views towards mental health and psychiatry among dental students.

2. MATERIALS AND METHODS

Study Setting is prospective observational study. The advantages of this study was economical, easy to create, and Quick interpretation can be done. Number of participants involved in this study is 138 college students. All those who were willing to participate were included in the study. Those who were not willing and those who had a language barrier in answering the english version of the questionnaire were excluded from the study. The responses from the google sheet were transferred into excel and were then exported to SPSS software, version 25. Descriptive statistics was done using frequency and percentage. Inferential statistics was done using Chi square test. Comparisons were done between independent variables like age, gender, occupation and knowledge, attitude practice responses by the participants.

3. RESULTS AND DISCUSSION

In the present study [Fig. 1] 54.65% respondents answered that they never took medication due to studies. Majority of respondents were females compared to male, [Fig. 2] 32.18% of respondents said never about feeling mentally stressed, [Fig. 3] 63.64% of the participants said yes as a response whether they had problems with work or daily life due to any emotional stress such as feeling depressed. [Fig.4] 55.68% of the participants said the average for overall how you
Fig. 1. Pie chart representing percentage distribution of responses of medication intake due to studies 54.65%- never (green), 25.58%- sometimes (purple), 12.79%- regular(grey), 6.98%- frequently (blue)

Fig. 2. Pie chart representing percentage distribution of responses about are you feeling mentally stressed 32.18%-never(green), 25.29%- occasionally(grey),29.89%- sometimes(purple), 12.64%- frequently(blue)
Fig. 3. Pie chart representing percentage distribution of responses about have you had any problems with your work or daily life due stress 63.64% - yes(green), 36.36% - no(blue)

Fig. 4. Pie chart representing percentage distribution of responses about overall how would you rate your mental health 55.68% - average (blue), 21.59% - excellent(green), 12.50% - poor(purple), 10.23% - not sure(grey)
Fig. 5. Pie chart representing percentage distribution of responses about have you ever been diagnosed with a mental disorder before 65.91% - no (blue), 34.09% - yes (green)

Fig. 6. Pie chart representing percentage distribution of responses about when did you last get your mental health check up done 44.83% - never got tested (yellow), 18.39% - more than a year ago (purple), 20.69% - 6 months ago (blue), 10.34% - less than 6 months (grey), 5.75% - a year ago (green)
Fig. 7. Pie chart representing percentage distribution of responses about whether there is a history of mental disorder in your family 65.91% - no (green), 28.41% - yes (grey), 5.68% - maybe (blue)

Fig. 8. Pie chart representing percentage distribution of responses about how many hours do you sleep per day 52.87% - 7-9 hours (green), 27.59% - 4-6 hours (blue), 13.79% - less than 4 hours (purple), 5.75% - 9+ hours (grey)
Fig. 9. Bar graph showing association between gender (x-axis) and responses to medication intake due to stress (y-axis). 34.88% (green) of the female never took medication and 12.79% (purple) of the female took medication sometimes, 5.81% (grey) took medication regularly 3.49% (blue) of female took frequently, 19.77% (green) of male never took medication, 12.79% (purple) of male took medication sometimes, 6.98% (grey) of male took medication regularly, 3.49% (blue) of the male took medication frequently. Chi square value is 3.549, P value is 0.470 (p>0.005) hence, not statistically significant.

Fig. 10. Bar graph showing the association between gender (x-axis) and have you been diagnosed with mental disorder before (y-axis) 42.05% (blue) of female said no, 15.91% (green) of female said yes, 23.86% (blue) of male said no, 18.18% (green) of male said yes. Chi square value is 2.380, p value is 0.172 (p>0.05) hence not statistically significant.
would rate your mental health. [Fig. 5] 65.91% of the participants answered no to whether they were diagnosed with a mental disorder before. From [Fig. 6] we can say that 44.83% of the participants never got tested from a mental health examination. [Fig. 7] 65.91% of the participants answered no for there is a history of mental disorder in your family. [Fig. 8] we can say that 52.87% of the participants say that they sleep 7-9hrs per day. [Fig. 9] we can see the association between gender and frequency of medication intake due to stress value is 0.470 [p> 0.05] hence, not statistically significant. [Fig. 10] representing the association between gender and frequency of have you ever been diagnosed with mental disorder chi square value 2.380, p value is 0.172 [p>0.05] hence, not statistically significant. [Fig. 11] 52.87% of respondents said they would sleep for 7 to 8 hrs and majority of respondents were females. This study examined the knowledge of attitude and views towards mental health and psychiatry among dental students. From the survey medication due to studies the majority of.

The limitations of our present study are it was done in a small population of dental students and within a limited age group. In the future an extensive study can be done with a large population sample in a different group to get better interventions in the results.

4. CONCLUSION

The findings of this present study proves that the majority of dental students have awareness of attitudes and views of mental health. Among dental students, females are the major participants compared to males. In order to develop psychiatric and mental health services, public acceptance is necessary.

CONSENT

It is not applicable.

ETHICAL APPROVAL

It is not applicable.

COMPETING INTERESTS

Authors have declared that no competing interests exist.
REFERENCES

1. H. L. The Stress of Life. Hans Selye, M.D. New York, McGraw-Hill Book Company, Inc. 1956. $5.95 [Internet]. The Journal of Bone & Joint Surgery. 1957;39:479.

2. Prabhu GS, Yen JTM, Amalaraj JJP, Jone ETY, Kumar N. Anger management among medical undergraduate students and its impact on their mental health and curricular activities [Internet]. Education Research International. 2016;2016:1–6.

3. Dodge WW, Dale RA, Hendricson WD. A preliminary study of the effect of eliminating requirements on clinical performance [Internet]. Journal of Dental Education. 1993;57:667–72.

4. Rajakumari R, Volova T, Oluwafemi OS, Rajesh Kumar S, Thomas S, Kalarikkal N. Grape seed extract-soluplus dispersion and its antioxidant activity. Drug Dev Ind Pharm. 2020 Aug;46(8):1219–29.

5. Clarizia G, Bernardo P. Diverse applications of organic-inorganic nanocomposites: Emerging research and opportunities: Emerging research and opportunities. IGI Global. 2019:237.

6. Prakash AKS, Devaraj E. Cytotoxic potentials of S. cumini methanolic seed kernel extract in human hepatoma HepG2 cells [Internet]. Environmental Toxicology. 2019;34:1313–9.

7. Tahmasebi S, Qasim MT, Krivenkova MV, Zekiy AO, Thangavelu L, Aravindhan S, et al. The effects of oxygen-ozone therapy on regulatory T-cell responses in multiple sclerosis patients. Cell Biol Int. 2021 Jul;45(7):1498–509.

8. Wadhwa R, Paudel KR, Chin LH, Hon CM, Madheswaran T, Gupta G, et al. Anti-inflammatory and anticancer activities of Naringenin-loaded liquid crystalline nanoparticles in vitro. J Food Biochem. 2021 Jan;45(1):e13572.

9. Vivekanandhan K, Shanmugam P, Bababadi H, Arumugam V, Raj DDRD, Sivasubramanian M, et al. Emerging Therapeutic Approaches to Combat COVID-19: Present Status and Future Perspectives [Internet]. Frontiers in Molecular Biosciences. 2021;8. Available: http://dx.doi.org/10.3389/fmolb.2021.604447

10. Ezhararasan D. Critical role of estrogen in the progression of chronic liver diseases. Hepatobiliary Pancreat Dis Int. 2020 Oct;19(5):429–34.

11. Cox DL, Stabb SD, Bruckner KH, Bruckner K. Women’s Anger: Clinical and Developmental Perspectives. Psychology Press; 1999. 254 p.

12. Feindler EL, Marriott SA, Iwata M. Group Anger Control Training for junior high school delinquents [Internet]. Vol. 8, Cognitive Therapy and Research. 1984. p. 299–311. Available: http://dx.doi.org/10.1007/bf01173000

13. Knowledge, Preventive Practices, and Depression Among Chinese University Students in Korea and China During the COVID-19 Pandemic: An Online Cross-sectional Study [Internet]. Available: http://dx.doi.org/10.21203/rs.3.rs-48092/v6

14. Baxter H, Singh SP, Standen P, Duggan C. The attitudes of “tomorrow’s doctors” towards mental illness and psychiatry: changes during the final undergraduate year [Internet]. Vol. 35, Medical Education. 2001:35:381–3. Available: http://dx.doi.org/10.1046/j.1365-2923.2001.00902.x

15. Barabadi H, Mojab F, Vahidi H, Marashi B, Talank N, Hosseini O, et al. Green synthesis, characterization, antibacterial and biofilm inhibitory activity of silver nanoparticles compared to commercial silver nanoparticles [Internet]. Inorganic Chemistry Communications. 2021;129108647:. Available: http://dx.doi.org/10.1016/j.inoche.2021.108647

16. Bharath B, Perinbam K, Devanesan S, AlSalhi MS, Saravanan M. Evaluation of the anticancer potential of Hexadecanoic acid from brown algae Turbinaria ornata on HT–29 colon cancer cells [Internet]. Journal of Molecular Structure. 2021; 1235:130229. Available: http://dx.doi.org/10.1016/j.molstruc.2021.130229

17. Sridharan G, Ramani P, Patankar S, Vijayaraghavan R. Evaluation of salivary metabolomics in oral leukoplakia and oral squamous cell carcinoma. J Oral Pathol Med. 2019 Apr;48(4):299–306.

18. R H, Hannah R, Ramani P, Ramanathan
A, Jancy MR, Gheena S, et al. CYP2 C9 polymorphism among patients with oral squamous cell carcinoma and its role in altering the metabolism of benzo[a]pyrene [Internet]. Oral Surgery, Oral Medicine, Oral Pathology and Oral Radiology. 2020;130:306–12. Available: http://dx.doi.org/10.1016/j.oooo.2020.06.021

22. JPC, Pradeep CJ, Marimuthu T, Krithika C, Devadoss P, Kumar SM. Prevalence and measurement of anterior loop of the mandibular canal using CBCT: A cross sectional study [Internet]. Clinical Implant Dentistry and Related Research. 2018;20:531–4. Available: http://dx.doi.org/10.1111/cid.12609

23. Wahab PUA, Abdul Wahab PU, Madhulaxmi M, Senthilnathan P, Muthusekhar MR, Vohra Y, et al. Scalpel versus diathermy in wound healing after mucosal incisions: A split-mouth study [Internet]. Journal of Oral and Maxillofacial Surgery. 2018;76:1160–4. Available: http://dx.doi.org/10.1016/j.joms.2017.12.020

24. Janca A. World and mental health in 2001 [Internet]. Current Psychiatry Reports. 2001;3:77–8. Available: http://dx.doi.org/10.1007/s11920-001-0001-6

25. Davidson I. Medical students’ attitude to psychiatry [Internet]. Vol. 10. Bulletin of the Royal College of Psychiatrists. 1986. p. 155–155. Available: http://dx.doi.org/10.1192/pb.10.6.155

26. Al-Sowygh ZH. Academic distress, perceived stress and coping strategies among dental students in Saudi Arabia [Internet]. The Saudi Dental Journal. 2013;25:97–105. Available: http://dx.doi.org/10.1016/j.sdentj.2013.05.02

27. Saraswathi I, Saikarthik J, Senthil Kumar K, Madhan Srinivasan K, Ardhanaari M, Gunapiya R. Impact of COVID-19 outbreak on the mental health status of undergraduate medical students in a COVID-19 treating medical college: a prospective longitudinal study. PeerJ. 2020 Oct 16;8:e10164.

28. Santhakumar P, Roy A, Mohanraj KG, Jayaraman S, Durairaj R. Ethanolic extract of Capparis decidua fruit ameliorates methotrexate-induced hepatotoxicity by activating Nrf2/HO-1 and PPARγ Mediated Pathways. Ind J Pharm Educ. 2021 Mar 19;55[1s]:s265–74.

29. Nambi G, Kamal W, Es S, Joshi S, Trivedi P. Spinal manipulation plus laser therapy versus laser therapy alone in the treatment of chronic non-specific low back pain: a randomized controlled study. Eur J Phys Rehabil Med. 2018 Dec;54[6]:880–9.

30. Sanders AE, Lushington K. Effect of perceived stress on student performance in dental school [Internet]. Journal of Dental Education. 2002;66:75–81. Available: http://dx.doi.org/10.1002/j.0022-0337.2002.66.1.tb03510.x

© 2021 Sri et al.; This is an Open Access article distributed under the terms of the Creative Commons Attribution License [http://creativecommons.org/licenses/by/4.0], which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Peer-review history:
The peer review history for this paper can be accessed here:
https://www.sdiarticle5.com/review-history/78827