

# Stress among Dental Students

---

*Abdullah M. Alzahem*

## **Propositions:**

1. The most common sources of stress in dental education are exams and clinical requirements. (This thesis)
2. Stress causes various symptoms. These symptoms then can cause more stress, which can increase symptoms. (This thesis)
3. Although from all available stress measurement tools, the Dental Environment Stress (DES) questionnaire has been most frequently used to measure stress among dental students, it still needs improvement. (This thesis)
4. As students move through the years of their study, both their level of stress and stress sources keep changing. (This thesis)
5. Compared to the huge number of studies about the sources of stress in dental students, the number of studies concerning stress management are only limited. (This thesis)
6. A short stress management program consisting of exercises for stress awareness, a seven-step procedure to reduce irrational thoughts, and time management skills is effective in reducing the stress level of dental students. (This thesis)
7. Exposing students to patients as early as possible in the dental curriculum helps to reduce stress and increases their self-confidence.
8. The best way to protect yourself as dental student against stress is to determine your sources of stress and the stress symptoms as soon as possible and manage them properly.
9. Manage your time properly and you'll have time to spare for leisure.
10. Being a tough dental school does not mean that the school offers effective dental education.
11. Good things you love might have negative consequences, and bad things sometimes turn out to be good.