

# Stress among dentists in Jeddah, Saudi Arabia

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**OBJECTIVES:** The objective of this study was to identify various stress factors affecting dentists and to evaluate their stress manifestations and stress management. **MATERIALS and METHODS:** A questionnaire was distributed among dentists residing in Jeddah, Saudi Arabia. The questionnaire classified stress factors into professional, patient-related, dental procedure-related, and office management factors. Sign and symptoms of stress manifestations and management were also evaluated. The sample included 80 females and 75 males, with 47% of them below the age of 30 years. **RESULTS:** Out of the total sample, the largest percentage (60.6%) were general practitioners, 47.7% had experience of less than 5 years and 32.2% had 11 years of experience. The highest mean scores of stress were related to professional factors and dental procedure-related factors. Among those, the main significant factors that caused stress in the surveyed sample were lack of time in relation to workload (76.1%), limited visibility and accessibility (67.7%). The most common manifestations of stress were nervousness (95%), musculoskeletal fatigue (72%) and anger (58%). Dentists predominantly managed their stress by praying and reading holy books (80%) and by spending time alone (75%) or with family and friends (70%). **CONCLUSIONS:** The most prevalent and significant causes of stress among dentists working in Jeddah, Saudi Arabia were professional in nature. Stress has been manifested by nervousness and musculoskeletal problem and was mainly managed by praying and spending time alone or with family and friends.

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