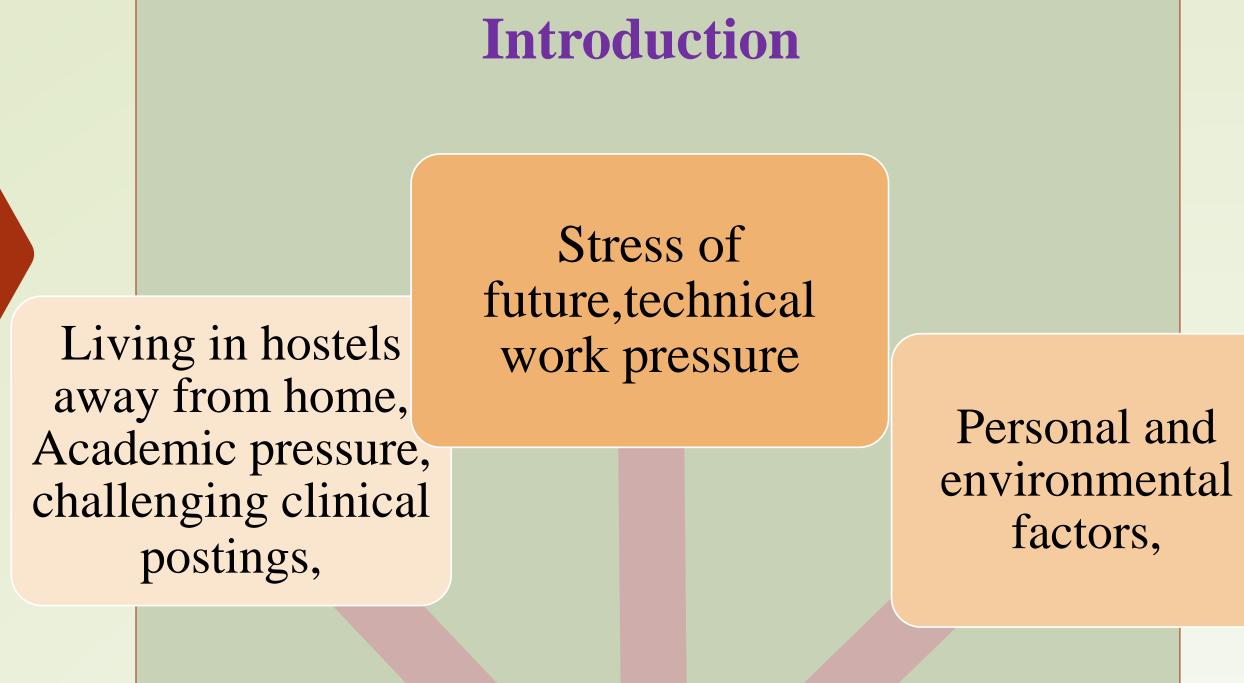


# **DENTISSTRI:** Development of a DENTal Student STress Rating Index Dr Rhythm, Dr Vivek Bains, Dr Rameshwari Singhal

Personal and

factors,



Methodology

A consent was tam the students participating in the survey.

A Google form was shared with BDS third and final year students asking for stressors.

The list was carefully studied by the authors (RB, VB and RS) and grouped into separate

These stressors were then grouped into domains removing the duplicates



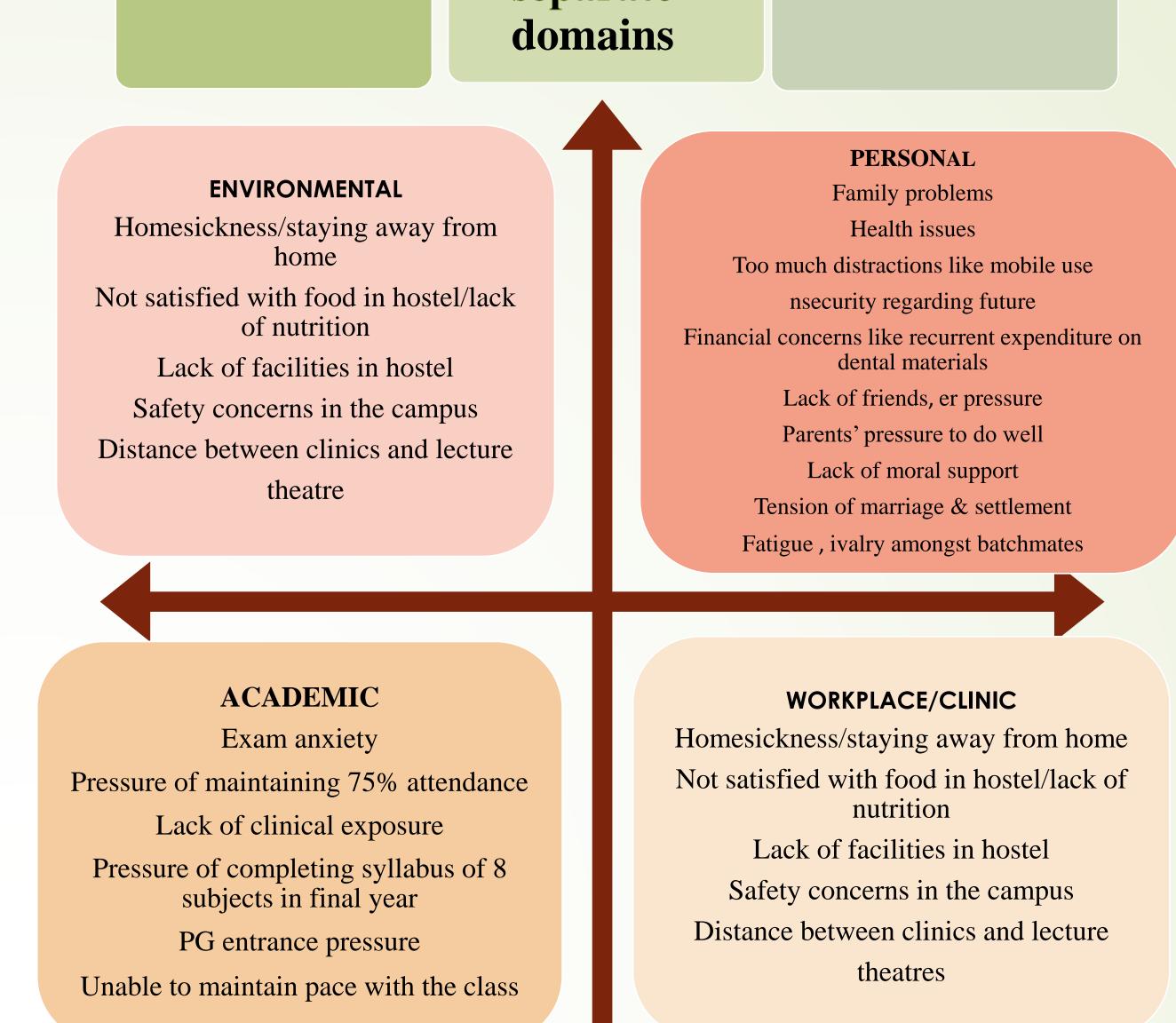


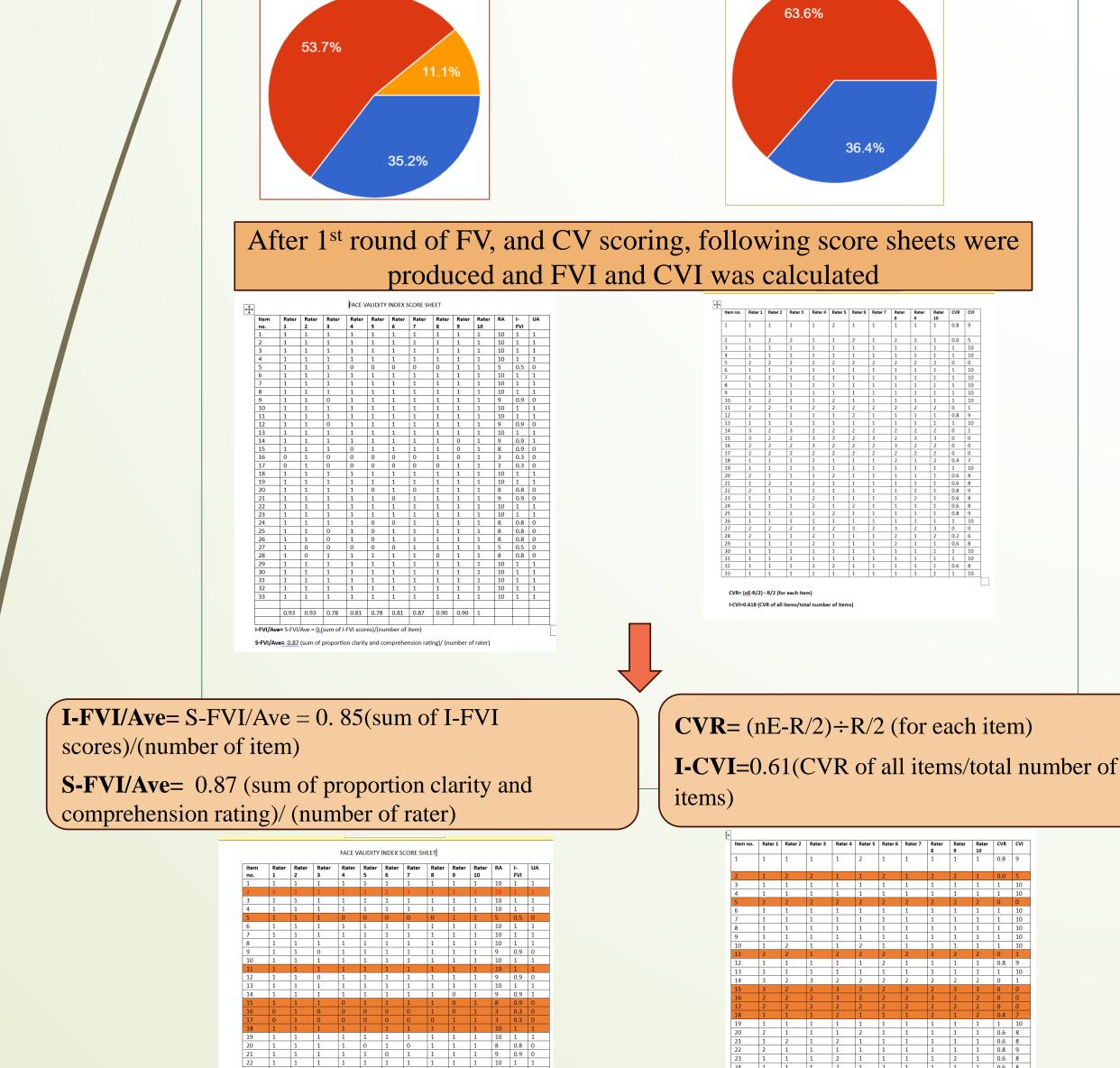
The aim of this poster is to list down the reasons for stress, and develop a **DENTal Student Stress Rating Index (DENTiSTRI)** 

To collect To validate Develop a reasons for the Stress stress rating stress in Rating index dental Index students

## Results

A total of 54 students responded to the form and a total of 235 stressors were listed by them





The final stressors (33) were listed and shared with 10 nonsubject experts, & 10 Subject expeerts for caluculating Face Validity and Content Validity respectively

### Degree of clarity and comprehension (FV):

14/111

1= the item is not clear and understandable 2= the item is somewhat clear and understandable 3= the item is clear and understandable 4= the item is very clear & understandable

#### Indicators of Stress in Dental Undergraduate Dear evaluators Kindly rate the following items on the following scale in terms of clarity & comprehension for the following 2= the item is somewhat clear and understanda 3= the item is clear and understandable 4= the item is very clear & understandab tem No. Stress Factor Your Rating Staying away from home Nutrition/food in the hoste Adequacy of hostel faciliti Safety concerns in the hoste Distance between hostel a Family problem Too much distractions like mobile use Insecurity regarding futu Peer pressure

# **Measure of Essentiality** 1=Essential 2= Useful but not essential 3= Not essesntial

whic 1= E	lly rate the following items on the following		
	h will be asked to evaluate stress factors in de		
	Essential	-	
2= 0	Jseful but not essential		
3=1	Not essential		
Item No.	Stress Factors	Your Rating	Any suggestions
1.	Staying away from home		
2.	Nutrition/food in the hostel		
3.	Adequacy of hostel facilities		
4.	Safety concerns in the hostel		
5.	Distance between hostel and college		
б.	Family problems		
7.	Health Issues		
8.	Too much distractions like mobile use		
9.	Insecurity regarding future		
10.	Financial concerns like recurrent		
	expenditure on dental materials		
11.	Lack of friends		
12.	Peer pressure		
13.	Parents' pressure to do well		
14.	Lack of moral support		
15.	Tension of marriage & settlement		
16.	Fatigue		
17.	Politics by batchmates		
18.	Language/cultural variations		
19.	Exam anxiety		
20.	Stress of 8 subjects in final year		
21.	Only one exam in whole year		
22.	Stress for preparation of PG entrance		
	exam		
23.	Pressure of maintaining 75% attendance		
24.	Competition amongst batchmates		
25.	Lack of clinical exposure		
26.	Adequacy of infrastructure in the clinics		
27.	Distance between clinics & lecture theatres		
28.	Time management		
29.	Stress of completion of clinical quota		
30.	Stress of patient management		
31.	Lack of guidance regarding clinical work		
	Stress of finding patients for exams		
32.			

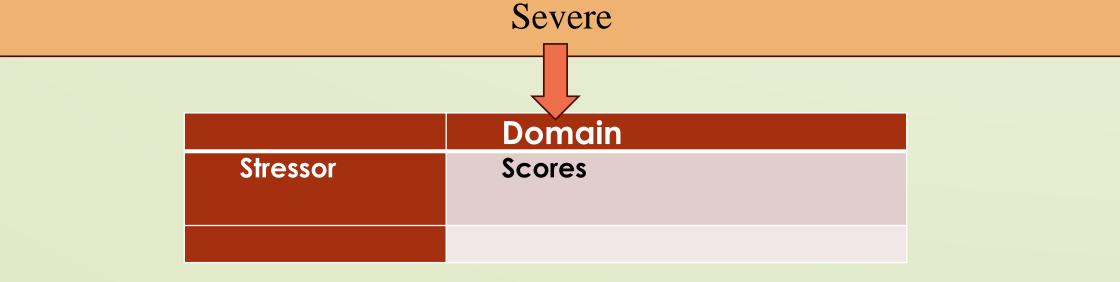
23	11	1	1	11	1	1	1	11	1	1 1	110	1 1
24	1	1	1	1	0	0	1	1	1	1	8	0.8
25	1	1	0	1	0	1	1	1	1	1	8	0.8
26	1	1	0	1	0	1	1	1	1	1	8	0.8
27	1	0	0	0	0	0	1	1	1	1	5	0.5
28	1	0	1	1	1	1	1	0	1	1	8	0.8
29	1	1	1	1	1	1	1	1	1	1	10	1
30	1	1	1	1	1	1	1	1	1	1	10	1
31	1	1	1	1	1	1	1	1	1	1	10	1
32	1	1	1	1	1	1	1	1	1	1	10	1
33	1	1	1	1	1	1	1	1	1	1	10	1
	0.93	0.93	0.78	0.81	0.78	0.81	0.87	0.90	0.90	1		

24	1	1	1	2	1	2	1	1	1	1	0.6	8
25	1	1	1	1	2	1	1	1	1	1	0.8	9
26	1	1	1	1	1	1	1	1	1	1	1	10
27	2	2	2	3	2	3	2	3	2	3	0	0
28	2	1	1	2	1	1	1	2	1	2	0.2	6
29	1	1	1	2	1	1	1	2	1	1	0.6	8
30	1	1	1	1	1	1	1	1	1	1	1	10
31	1	1	1	1	1	1	1	1	1	1	1	10
32	1	1	1	2	2	1	1	1	1	1	0.6	8
33	1	1	1	1	1	1	1	1	1	1	1	10
CVR= (ɲE-R/2)∻R/2 (for each item)												

VI=0.8 (CVR of all items/total number of it

After 1<sup>st</sup> round of FV, and CV scoring, following score sheets were produced and FVI and CVI was calculated. 8 items were removed from the list based on low CVR Final FVI=0.9 **CVI=0.8** 

The final items (25) will be formed into a questionnaire and pilot tested amongst undergraduate dental students The students will rate the degree of stress triggered by a particular stressor on a scale of 1 to 5. Mean of stress score for each domain will be calucalted as Mild, Moderate or



.Subsequently, a multi-centric questionnaire survey will be done across the institutes in various parts of the country

13.	Parents' pressure to do well	
14.	Lack of moral support	
15.	Tension of marriage & settlement	
16.	Fatigue	
17.	Politics by batchmates	
18.	Language/cultural variations	
19.	Exam anxiety	
20.	Stress of 8 subjects in final year	
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22.	Stress for preparation of PG entrance exam	
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27.	Distance between clinics & lecture theatres	
28.	Time management	
29.	Stress of completion of clinical quota	
30.	Stress of patient management	
31.	Lack of guidance regarding clinical work	
32.	Stress of finding patients for exams	
33.	Lab work has to be carried to hostel	

Face Validity Scoring the items for which score 3 & 4 was given were marked as 1, where score 1 & 2 was there were marked as 0)		QR CODE
Content Validity Scoring The rating given by raters was entered in the sheet as 1,2 or 3		FOR REFERENCES
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Acknowledgement

We acknowledge & thank all the subject experts, and students who participated in the development of this questionnaire.

