

ABSTRACTS: [VOLUME 2, SPECIAL ISSUE](#)

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## ABSTRACT

### *The Psychological Impact of the Covid-19 Lockdown on Dental Students: A Cross-sectional Study*

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**Introduction:** Dental students in their clinical training face a higher risk of contracting the disease, COVID-19, as well as experiencing adverse psychological outcomes. Therefore, this study was done to evaluate the impact of COVID-19 and the lockdown on the mental health of dental students during the current pandemic.

**Methods:** This is a cross-sectional study conducted among dental students during the first months of the COVID-19 pandemic to assess levels of depression, anxiety, and stress using the standardized DASS-21 scale. In addition, demographic, socio-economic, academic performance, sources of information about COVID-19, and perception of on-line education difficulties were collected.

**Results:** A total of 436 students completed the survey (55.18% response rate). In the current sample, 48% (n=209), 76% (n=33), 70% (n=305) showed different levels of stress, anxiety and depression. Dental students who stated that their family income was impacted by COVID-19 showed signs of depression,  $X^2=7.3$ ,  $p=.007$ , and anxiety,  $X^2=6.1$ ,  $p=.013$ . Dental students who faced difficulties in switching to e-learning reported different levels of depression,  $X^2=14$ ,  $p<.001$ ; anxiety,  $X^2=9$ ,  $p=.003$ ; and stress,  $X^2=24$ ,  $p<.001$ .

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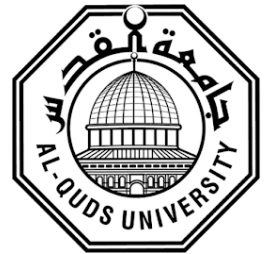
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**Conclusions:** In preparation for the next academic year, strategies to support the mental health of dental students in their clinical training and e-learning process should be in place.

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