

INTRODUCTION

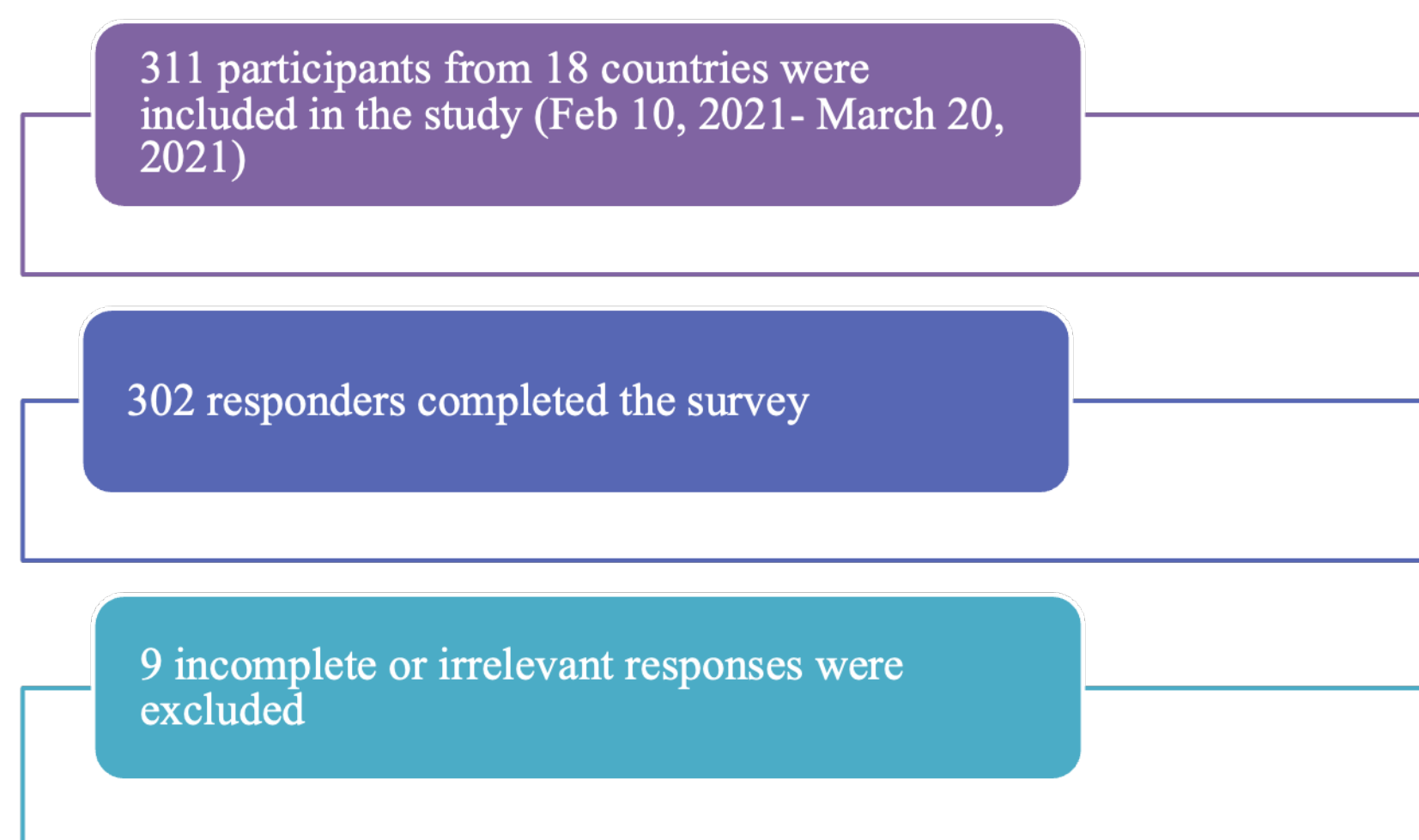
The coronavirus disease 2019 has caused enormous psychological impact worldwide. Dentists and other health care professionals have been forced to stop any elective procedures until further notification. Isolation and its financial impact have produced psychological pressure, depression, social anxiety, and other mental health concerns among the dental professionals.

The objective of this study was to assess the generalized anxiety disorders among dental professionals and to discuss the possible coping strategies during covid-19 pandemic.

MATERIALS AND METHODS

- The survey was conducted using online survey questionnaires from February 10, 2021, to March 20, 2021. The survey internet link was relatively distributed by e-mail via personal invitation, Facebook, WhatsApp, LinkedIn, and ResearchGate to all the dental professionals, residents, and students across the globe.
- Generalized Anxiety Disorders (GAD-7) scale is a common screening tool used in clinical research to determine the severity of anxiety disorders.

Flow Chart



MATERIALS AND METHODS

A total of 302/311 participants from 18 different countries across the world participated and submitted the questionnaires, excluding 9 incomplete or irrelevant responses. The data obtained was analyzed using Chi-Square Test using a SPSS statistical software.

Scoring GAD-7 Anxiety Severity

Anxiety Score	Severity of Anxiety
0-4	minimal anxiety
5-9	mild anxiety
10-14	moderate anxiety
15-21	severe anxiety

RESULTS

	GAD score			Total
	0-5 Mild anxiety	6-14 Moderate anxiety	15-21 Severe anxiety	
	28	44	12	84
	69	81	7	157
	15	16	10	41
	3	12	5	20
	115	153	34	302
Chi-Square Tests				
	Value	df	Asymptotic Significance (2-sided)	
Pearson Chi-Square	23.021 ^a	6	.001	
Likelihood Ratio	23.316	6	.001	
Linear-by-Linear Association	2.325	1	.127	
N of Valid Cases	302			

a. 2 cells (16.7%) have expected count less than 5. The minimum expected count is 2.25.

RESULTS

The results from the survey showed small fraction of respondents around **37.94% (188)** out of total 302 participants expressed their opinion of staying calm with the current ongoing situation, and they followed their routine life activities which shows a positive coping strategy.

Only **4% (13 respondents)** were keen to avail mental health counseling services, while 11% (37 respondents) expressed their concern in response to COVID-19 pandemic by staying constantly worried and sitting idle, that's a crucial factor for providing effective mental health support/services.

RESULTS

18.32 % (57 respondents) opted different hobbies to distract themselves from the stressful events. Only 2.25% (7 respondents) were using the pharmacological approach to combat the COVID-19 pandemic. Pearson Chi-Square test was conducted for statistical analysis with the value of 69.441a and likelihood ratio was 70.452.

DISCUSSION

Numerous coping strategies have been developed for combating the stressful adverse effects caused by COVID-19 pandemic.

- Harold G. Koenig provides beneficial recommendations to help individuals maintain spiritual, mental, and physical resilience during these anxious times of the COVID-19 pandemic.
- It's advisable to attend the essential wellness tips that are beneficial in reducing mild to moderate anxiety.
- Severe anxiety cases are often required expert consultation and other stress management interventions including mental health counseling sessions or pharmacological approach in extreme cases.

CONCLUSION

A foundational principle of fostering optimal psychological wellbeing among dental practitioners is to first implement essential tips of wellness in daily routine life.

Nevertheless, protecting the mental health of dental professionals is an integral component of public health measures to address large-scale crisis. Thus, effective self-care and greater availability of mental health support are recommended to combat the growing concerns related to anxiety associated COVID-19 Pandemic.

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