



# Social Impact of COVID-19 on University Healthcare Students Nationally and Internationally

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## Introduction

The pandemic caused by the novel coronavirus (COVID-19) generated uncertainty and fear among the general population. Students all over the World needed to shift their way of learning, while facing emotional and stressful feelings all consequences associated with the virus. The purpose of this study is to examine the impact COVID-19 pandemic had on dental students.

Research done at, both national and international dental schools, gave various surveys to measure the levels of stress and the main sources of their stress was stemming from. This review focuses on elucidating challenges which impacted students stress levels, anxiety and depressive diagnosis and their overall mental health.

## Inclusion and Exclusion Criteria

	Inclusion	Exclusion
<b>Time Period</b>	Literature published between January 2021 up to February 2022	Literature published before January 2021 and after February 2022
<b>Language</b>	English	Non-English
<b>Article Type</b>	Peer-reviewed	Review Articles
<b>Article Criteria</b>	Stress, anxiety, and depression amongst dental students during COVID-19 pandemic.	Non-college students. Students outside the healthcare field. No completed data provided.

## Results

Listed below are similar observations found across the studies:

**Stress** -In different studies, women had a higher percentage in feeling stress compared to males, for example, Study 1, females 54% vs males 46%. Study 2, females were feeling a higher amount of stress and anxiety because of “feeling anxious all the time”, “losing manual dexterity and exams”. Study 3 shares the top leading stressors were encountered by female students due to lack of clinical skills.

**Anxiety and Depression:** Results suggested that 48% of dental students that are international showed more depressive symptoms than the 26% of dental students that are domestic.<sup>1</sup> Article 2 suggested 46.4% of student population in Northern Italy shared a sense of anxiety and concern.<sup>2</sup> Furthermore, research showed there 95.1% positive attitude toward infection control in Nigeria which decreased their sense of anxiety.<sup>3</sup> A domestic research articles shared, a high of 67% of students felt anxiety, 22.2% were anxious or depressed, and 28.6% expressed more than one burnout symptoms due to their stress.<sup>4</sup>

**Mental Health** - Further research suggested, 90.8% of students were negatively impacted with their overall mental health.<sup>5</sup> Further research solidified that men (85.37%) felt a more positive and accepting attitude to receiving the vaccine than women did.<sup>6</sup>

## Data Sources

A scholarly literature review was conducted on the following databases; Kerala Dental Journal, PLOS One, Enviro Dental Journal, Thieme, BDJ, Elsevier, ResearchSquare. Also taken into consideration for this review were articles from PubMed, Google Scholar, Cochrane and Web of Science databases. These studies described within the online surveys measured the type of stress dental students were under.

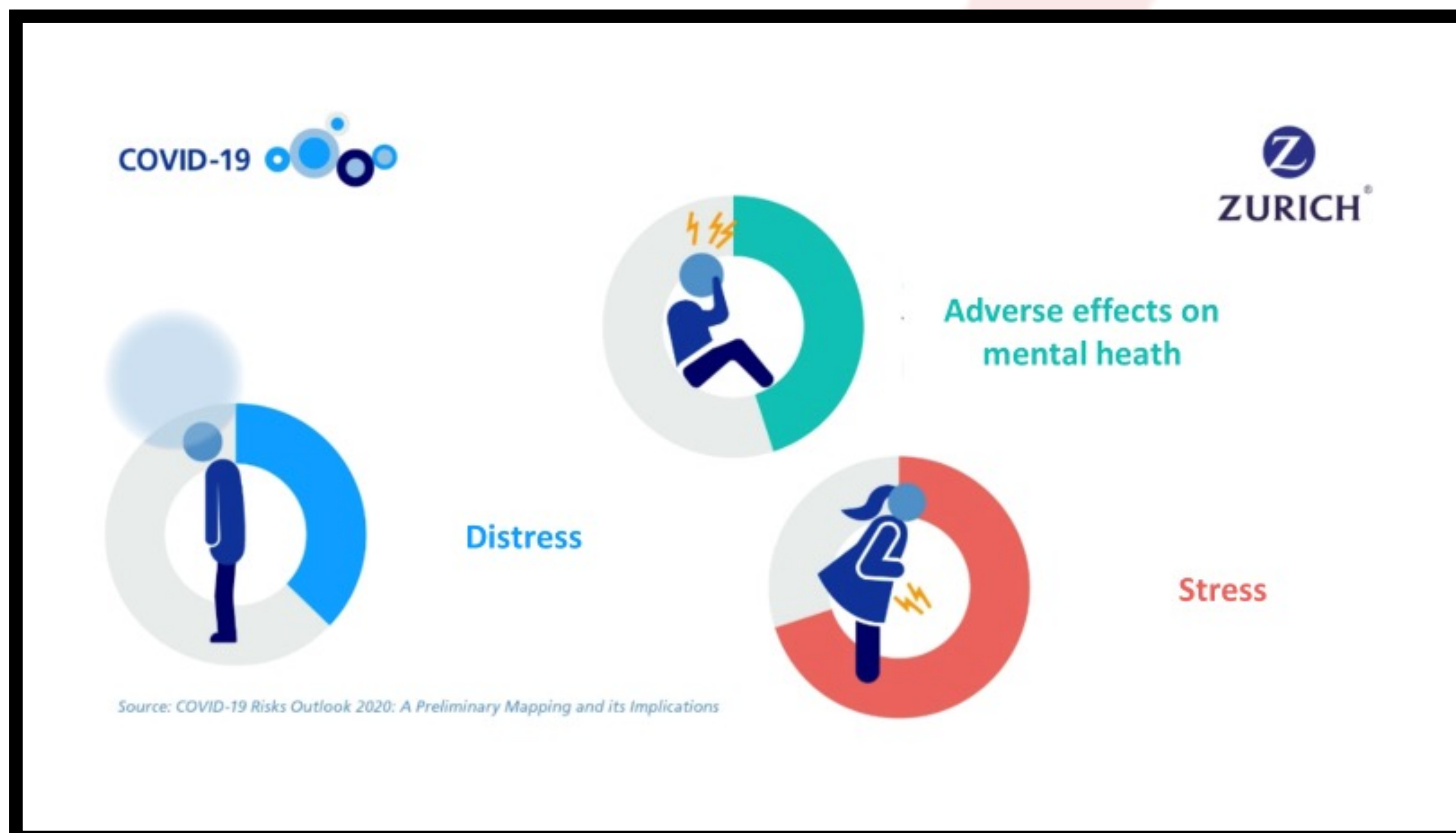
## Conclusions and Future Directions

The main results of this review are as follows:

**Stress** - Much higher in women than men

**Anxiety and Depression**- Affected international students more than national students.

**Future Direction** – The ways of learning and mental health that all played a significant role in the increased stress level of the dental students globally. Online learning and remote teaching cannot replace in person learning, getting vaccinated and practicing safe social distancing can help get these healthcare students back in classrooms and labs sooner rather than later and aid them in alleviating stress from their lives.



## References and Acknowledgements

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