



## Perceived stress level among students of a college of dentistry

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### Abstract

This survey investigated the level of perceived stress among undergraduate dentistry students and concluded that the moderate level of stress was more prevalent than mild among students of both genders.

### Key words:

Stress, students, behavior.

### Introduction

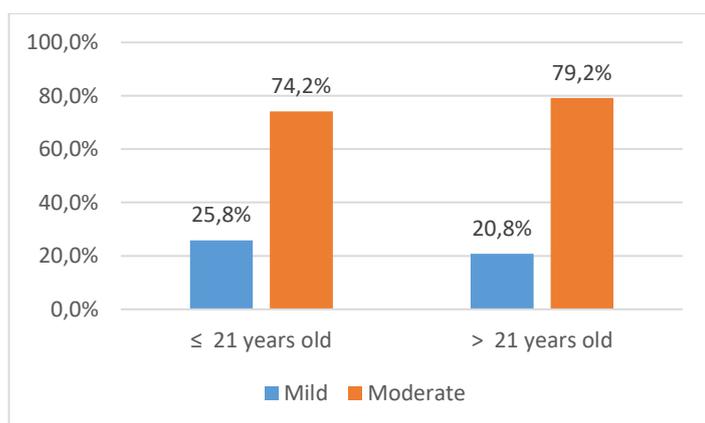
Stress can be defined as a non-specific response of the organism, facing a situation perceived as threatening. It is a manifestation that occurs when environmental conditions exceed the capacity of adaptation of the physiological or psychological processes in the cognitive, emotional or behavioral fields, increasing the risk for the development of diseases.

This survey investigated the level of perceived stress among dental undergraduate students at FOP-Unicamp.

### Results and Discussion

The students answered the Perceived Stress Scale (PSS14), which evaluates the general perception of stress, and a questionnaire for socioeconomic and demographic data.

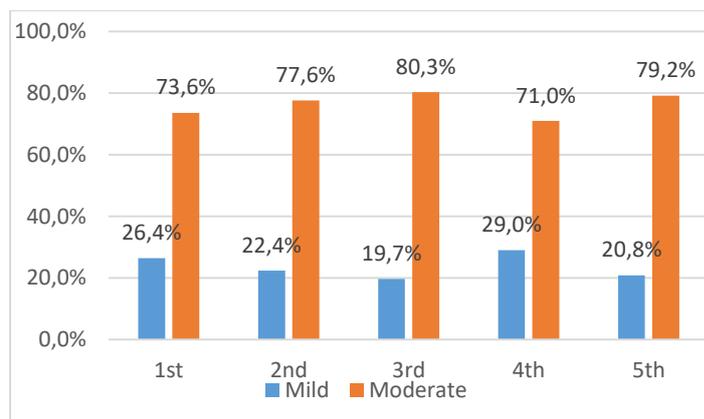
Three Hundred students enrolled in the 5 grades participated in this survey. No student presented severe stress, but 76% of the sample had a moderate level of stress.



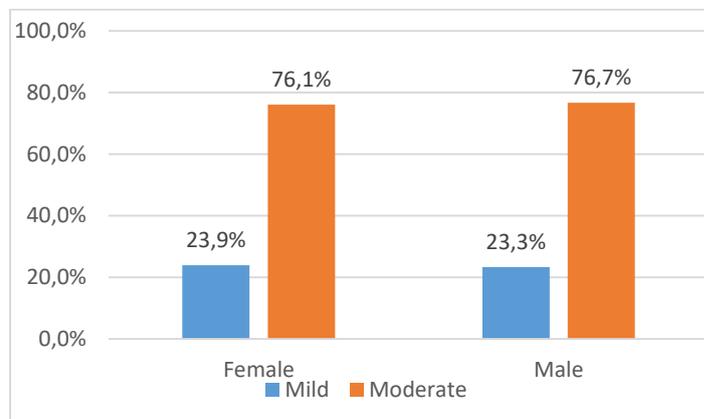
**Figure 1.** Relative frequency of perceived level of stress in each age group.

### Conclusions

**Conclusion:** The moderate stress level was more prevalent than the mild among students of both genders, and more prevalent in students over 21 years old and attending the 3rd year of graduation.



**Figure 2.** Relative frequency of the perceived level of stress in each year of the undergraduate course.



**Figure 3.** Relative frequency of the perceived level of stress according to gender.

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