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The Association Between Lifestyle Factors and Mental Well-being among Dental Students (2024) Education in Medicine Journal, 16 (3), pp. 51-58.

DOI: 10.21315/eimj2024.16.3.5

Abstract

Dentistry can be considered a challenging field, with dental students often experiencing high levels of stress and poor mental health. Hence, maintaining mental well-being is important so that dental students can cope with their stressors effectively. Lifestyle factors like physical activity, sleep problems, and addictions impact the levels of mental well-being. This article aimed to identify the association between dental students' lifestyle factors and mental well-being. This cross-sectional descriptive study was conducted among all the undergraduate dental students at a university in Malaysia. Data were collected by using a self-administered questionnaire [which included questions on demographic background, lifestyle factors, and the Warwick-Edinburgh Mental Well-being Scale (WEMWBS)] and analysed using SPSS (version 26.0). Out of the surveyed students, 83.2% responded. The mean WEMWBS score for this study population was 46.09 ± 7.93. The results showed that engagement in physical activity positively affected mental well-being scores, while the presence of sleep-related problems was associated with lower mental well-being scores. Encouraging the adoption of healthier lifestyle factors, such as regular physical activity and practising good sleep hygiene along with the intervention of sleep-related problems, could improve mental well-being levels among dental students significantly. © Malaysian Association of Education in Medicine and Health Sciences and Penerbit Universiti Sains Malaysia. 2024.

Author Keywords

Dental students; Lifestyle; Mental well-being; Physical activity; Sleep

Funding details

International Islamic University MalaysiaIIUMSPGC 20-016-0016

We would like to acknowledge IIUM for the Sponsored Research Collaborative Grant (SPGC 20-016-0016).

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Publisher: Penerbit Universiti Sains Malaysia

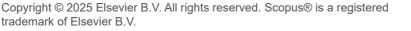
ISSN: 21801932

Language of Original Document: English Abbreviated Source Title: Educ. Med. J.

2-s2.0-85206550142 **Document Type:** Article **Publication Stage:** Final

Source: Scopus







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