Assessment of depression, anxiety and stress symptoms among patients with periodontal disease

Abstract
The main objectives of the study are to assess the rate and severity of depression, anxiety and stress symptoms and to identify the possible association between these emotional disturbances and periodontal disease. This is a cross-sectional study conducted on a sample of 539 patients with periodontal disease attending the periodontal clinic, Kulliyyah of Dentistry, International Islamic University Malaysia. The prevalence and severity of depression, anxiety and stress symptoms were assessed among these patients by using the self-reporting Bahasa Malay version of the Depression Anxiety Stress Scale (DASS-21). The prevalence rate of depression, anxiety and stress among patients was 18.9%, 30.3% and 19.3%, respectively. Regarding the severity of the symptoms, it was found that 3.8%, 6.2% and 2.0% of the patients had clinically significant depression, anxiety and stress, respectively. Although patients with periodontitis had higher mean scores of depression, anxiety and stress than those with gingivitis but it was not statistically significant. Emotional disturbances in the form of depression, anxiety and stress were in high rates among patients with periodontal problem that requires early detection and intervention.

Keywords: Depression, Anxiety, Stress, Periodontal Disease.