

Evaluating Dental Students' Wellness for Curriculum Enhancement

European Journal of
Dental Education



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Well-being of undergraduate dental students: Questionnaire design, findings and future directions

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Information



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tion

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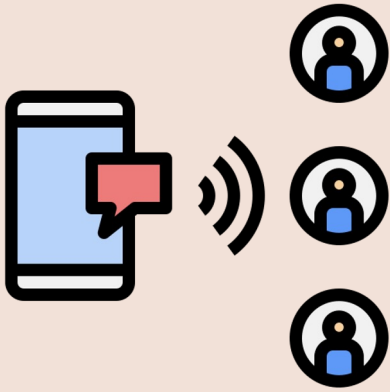
Faculty of Dentistry,
The University of Hong Kong

In particular, dentistry



Sources: BDS student interviews at HKU;
Stormon et al., 2020; Jowkar et al. 2020; Knipe et al.
2018; Basudan et al. 2017; Harrison et al. 2016

How did it start?



Recruitment

- Word of mouth
- Messages in class groups



Formation of student group



1st faculty-supported study of BDS wellbeing

QUESTIONNAIRE DESIGN

- 01 Literature search
- 02 Establish domains
- 03 Group analysis and discussion
- 04 Pilot test

4
**Wellbeing
Domains**



QUESTIONNAIRE DESIGN

- 01 Literature search
- 02 Establish domains
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Based on:

- DASS21
- GHQ12
- DES
- Brief Resilience Scale
- Connor Davidson Resilience Scale

MAIN FINDINGS: EMOTIONAL WELLBEING

PRE-CLINICAL

CLINICAL

"I QUITE OFTEN FEAR FAILING EXAMS"

76%

77%

"I HAVE A LOT TO LOOK FORWARD TO WHEN GOING TO DENTAL SCHOOL"

67%

34%

"I AM ABLE TO KEEP A POSITIVE ATTITUDE AFTER STRESSFUL EVENTS IN SCHOOL"

42%

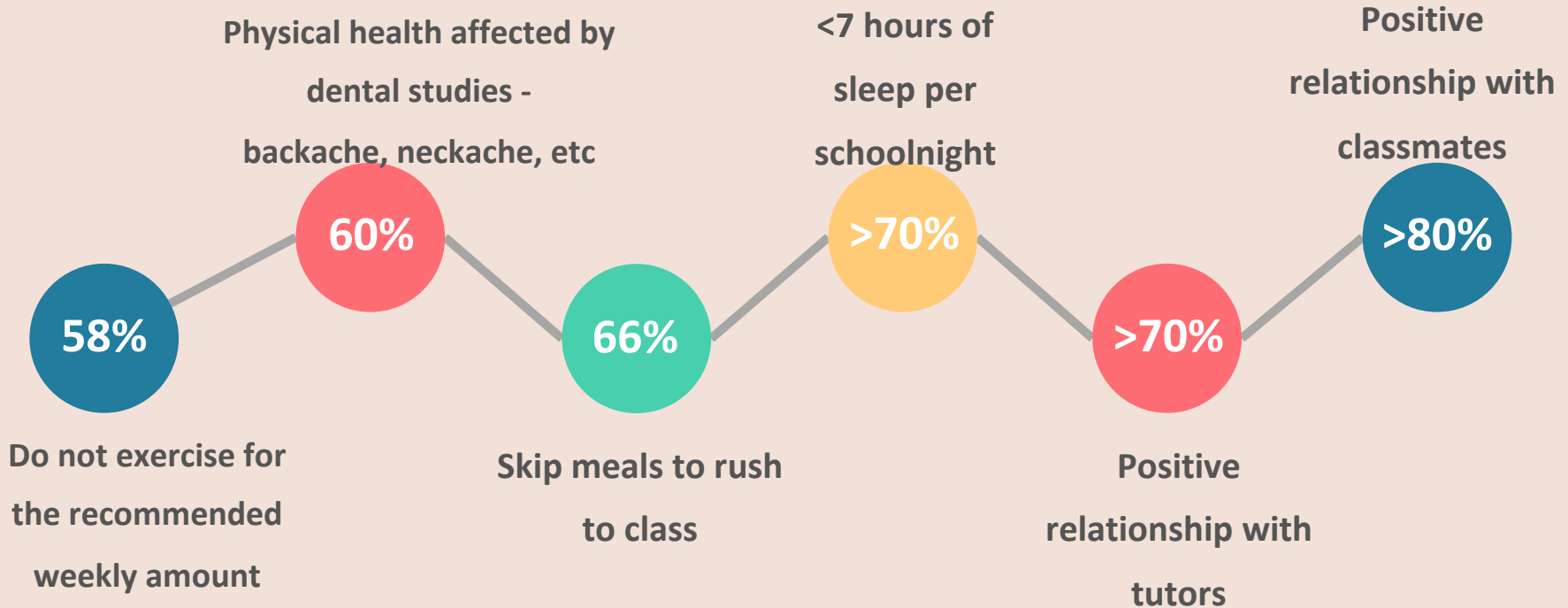
40%

"I TEND TO TAKE A LONG TIME TO OVERCOME MISTAKES"

28%

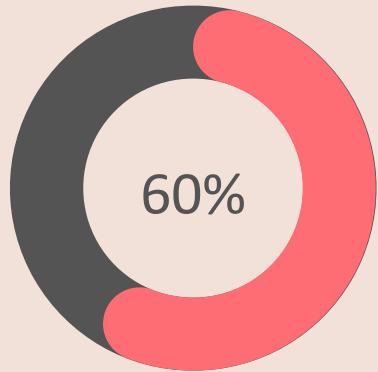
43%

MAIN FINDINGS: PHYSICAL & SOCIAL WELLBEING

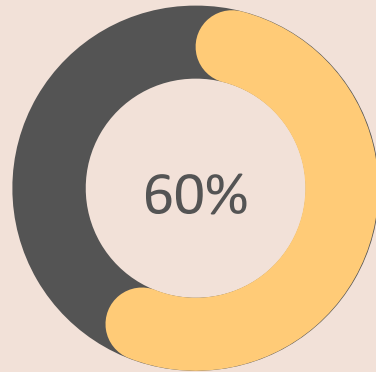


MAIN FINDINGS: INTELLECTUAL WELLBEING

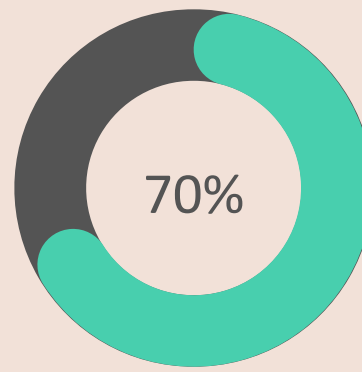
% AGREE OR STRONGLY AGREE



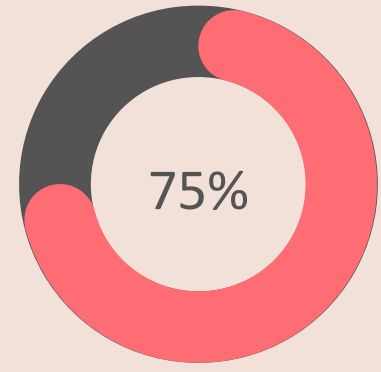
CONCERNS ABOUT PASSING THE
YEAR



CONCERNS ABOUT MEETING
REQUIRED CLINICAL STANDARD



FEAR OF
FALLING BEHIND



INSUFFICIENT TIME FOR
HOBBIES/ OTHER INTERESTS

Feedback on proposed wellbeing initiatives

% of students rating $\geq 7/10$ in usefulness

75%

Physical

Collaboration with University's Center for Sports and Exercise



wellbeing



Social

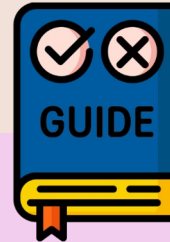
Buddy system (Mentorship)

62%

40%

Emotional

Introduction to stress reduction, mindfulness and meditation

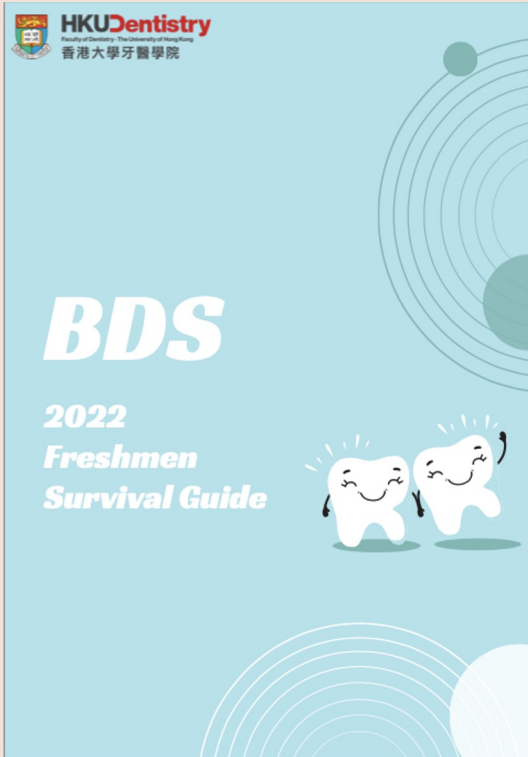


Intellectual

Freshmen & Clinic Survival Guides

82%

BDS Guides



2

Timeline of BDS1

Unlike other faculties, we don't get a lot of holidays. That's why, we strongly encourage you to **strike a balance between work and play** throughout the year, so you don't overwork yourself! See below for an overview of Year 1 for some of the key dates...

Journey of Year 1



Table of Contents

| | |
|---|-----------|
| Introduction | 3 |
| A. THINGS TO KNOW/ DO BEFORE ENTERING BDS | 4 |
| HOW TO TRAVEL TO PPDH, HKU & MED CAMPUS | 5 |
| THE TIMELINE OF BDS 1 | 8 |
| REGISTER FOR COMMON CORE COURSES | 9 |
| DIFFERENT COURSES IN SEM 1 (& SEM 2) | 11 |
| COMPILE YOUR SCHEDULE INTO A CALENDAR | 15 |
| THE IMPORTANCE OF ATTENDANCE (+ WHAT TO DO IF YOU'RE ABSENT) | 16 |
| APPLY FOR ADVANCED STANDING (IF APPLICABLE) | 18 |
| B. THINGS TO KNOW/ DO ONCE YOU'VE STARTED YEAR 1 | 19 |
| OTHER THINGS TO DO AT THE START OF YEAR 1 | 20 |
| ADDITIONAL PURCHASES | 21 |
| THE DIFFERENT FACILITIES IN PPDH, HKU & MED CAMPUS | 23 |
| THE DIFFERENT DENTAL SOCIETIES THAT YOU CAN JOIN | 25 |
| UNDERSTAND HOW EXAMS WORK IN YEAR 1 | 29 |
| THE DIFFERENT REVISION RESOURCES | 31 |
| C. ADVICE FROM THE SENIORS | 32 |
| TIME MANAGEMENT | 33 |
| HOW TO REVISE | 34 |
| KNOW HOW TO DISTRESS | 37 |



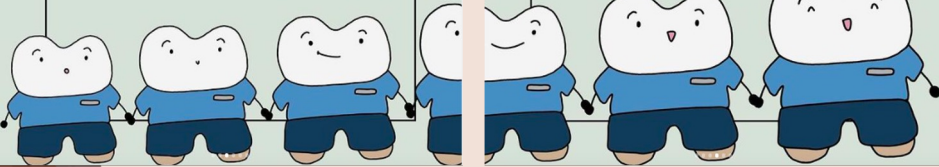
BDS Buddy System



BDS Buddy System

How this works

A few of us will pair up with each clinical group from year 3 to be your mentors.



What we do

We hope to meet with you, introduce ourselves and get to know you more!

What we do

We will hold other activities to help with whatever you might find challenging in your clinical years (stay tuned!)

What we do

We will give a clinic tour to kick off and help you familiarize yourselves with it

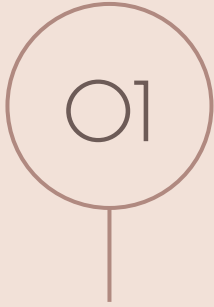
1. Stigma
2. Lack of free time



Students as Partners

Benjamin Shu
Jaye Chan
Rowenna Yue

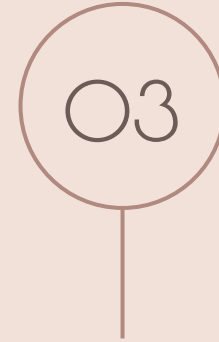
Overview



Introduction

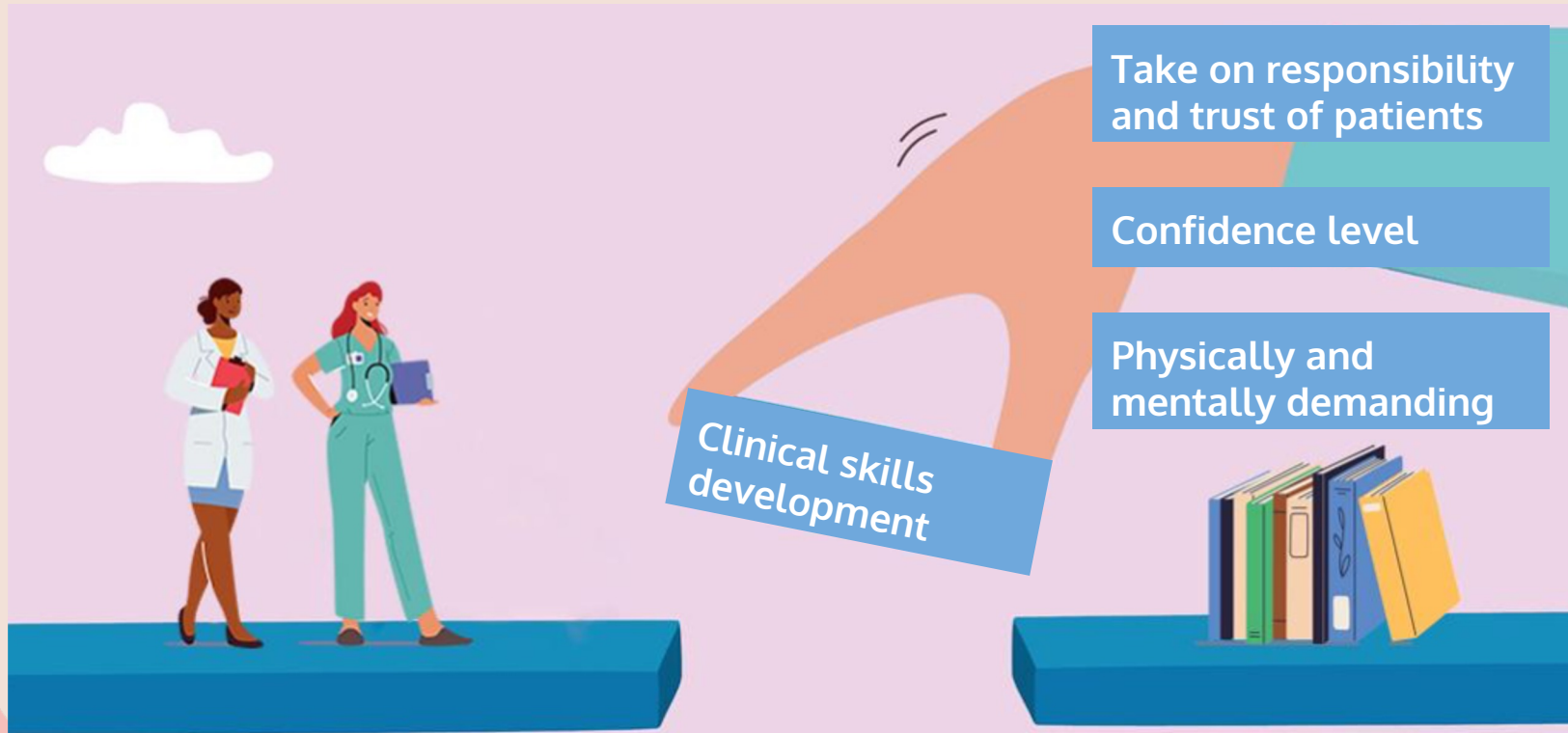


Planning
& trial run



Feedback
& Future Steps

Transitioning into clinical years

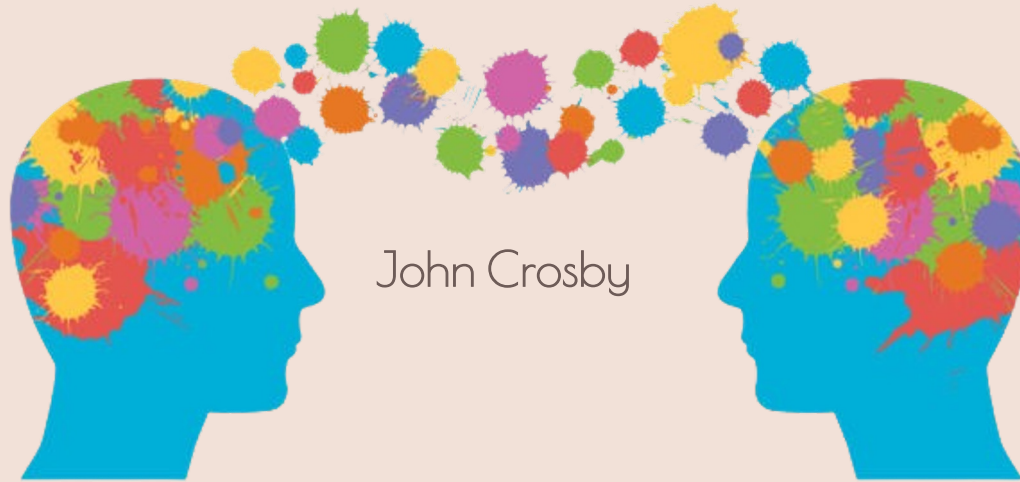


Common Struggles When Transitioning into Clinical Years

- New environment and setting
- Unfamiliar workflows
- Time management
- Patient communication and management



“Mentoring is a brain to pick, an ear to listen, and a push in the right direction”



John Crosby

Planning

- Core wellness group
 - Event planning
 - Secretary
 - Editors
 - Engineer
 - External affairs
 - Coordinator



Clinical Tour Trial Run

- Sharing with current BDS 3 students



Instruments



Record
keeping



Procedures



Communication
with laboratory

Mutual learnings



Turnout:
21 mentors,
49 mentees



Feedbacks
& sharings



Friendship
cultivated &
knowledge
exchange

Looking into the future

Early implementation



Incorporation into
Faculty clinical
induction programme



Thank you!

Please scan QR code to access the publication:

The screenshot shows the article page for the European Journal of Dental Education. The journal logo is at the top left, and the ADEE logo is at the top right. The article title is 'Well-being of undergraduate dental students: Questionnaire design, findings and future directions'. The authors are Charlotte Cheuk Kwan Chan, Elise Hoi Wan Fok, Yan Ting Rosealeen Lo, Wing Yan Ng, and Michael George Botelho. The article is marked as 'Open Access' and includes Creative Commons icons. A QR code is located at the bottom right of the article page. The 'Early View' section is also visible, indicating the online version of the record before inclusion in an issue.

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