The Psychological and Professional Impact of Reducing the Dental Specialty Examination from Twice to Once Annually on Dentists and Dental Students: A Pilot Study

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The questionnaire consisted of four demographic items and ten multiple-choice/Likert-type items addressing participants' perceptions of the Dental Specialty Examination (DUS), examination frequency, psychological burden, motivation, financial concerns, and career planning.

Item	Survey question / variable	Response format
Demographic item 1	Age group	19-22 years; 23-26 years; 26 years or older
Demographic item 2	Educational/professional status	First- to third-year dental student; fourth- to fifth-year dental student; recent graduate; graduated more than five years earlier
Demographic item 3	Geographic region	Region of residence or education in Turkey
Demographic item 4	Previous DUS experience	Yes; No
Item 1	Reducing the number of examinations would benefit residency training by allowing research assistant appointments to occur at longer intervals, thereby improving adaptation, circulation, and supervisory continuity.	Five-point Likert-type response
Item 2	The DUS preparation process is highly stressful and difficult, and reducing it to once a year would increase my anxiety, stress, and apprehension.	Five-point Likert-type response
Item 3	If the number of examinations is reduced, I will have more competitors, and this negatively affects my motivation to study.	Five-point Likert-type response
Item 4	If the examination is held once a year, I will not need to study more and will be able to complete the process in a single attempt.	Five-point Likert-type response
Item 5	If the number of examinations is reduced, the time I need to study for a single examination becomes much longer, and I think I may no longer want to pursue specialty training.	Five-point Likert-type response
Item 6	I cannot work outside while preparing for the examination, and this causes financial loss. If the number of examinations is reduced, I am concerned that I will remain unemployed for a longer period.	Five-point Likert-type response
Item 7	My reason for taking the specialty examination is to attain the status of specialist, because without professional specialization there will be no material, moral, or hierarchical return.	Five-point Likert-type response

Item 8	Even if the examination is held once a year, I can still achieve a sufficient score and make a preference with good preparation.	Five-point Likert-type response
Item 9	Because the number of examinations is reduced, the fear of studying and failing stresses me and prevents me from focusing on the examination.	Five-point Likert-type response
Item 10	The number of examinations is not important; I always have another plan and can still continue my life comfortably.	Five-point Likert-type response