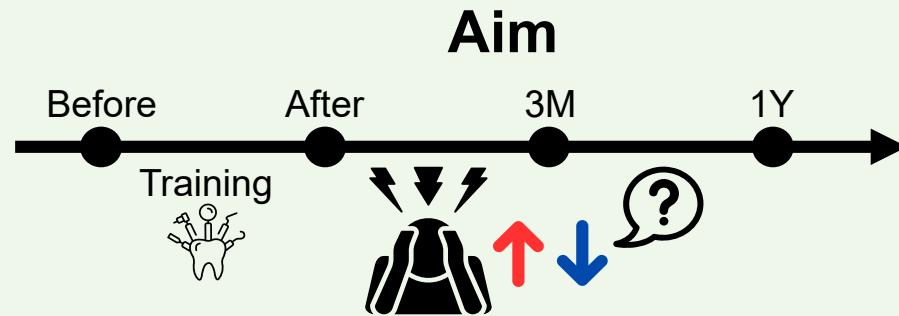
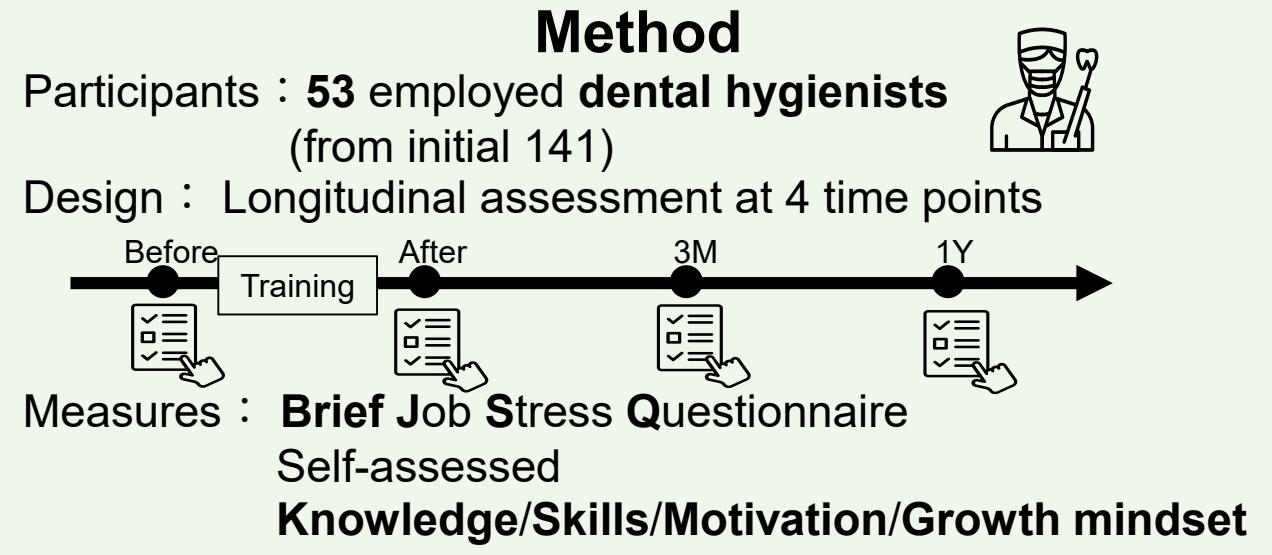


# Impact of Technical Training on Dental Hygienists' Occupational Stress Over Time

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- To evaluate how training programs affect dental hygienists' occupational stress over time
- To determine effectiveness of training programs for reducing work-related stress



## Results

### Short-Term (0-3months)

- ✓ Knowledge and skills
- ✓ Job control
- ✓ Anxiety
- ✓ Clinical practice participants:  
 Fatigue and anxiety

### Long-Term (1-year)

- ✓ Stress indicators  
(Anger, Fatigue, Anxiety, Depression)
- ✓ Clinical practice participants:  
 Interpersonal conflict in clinical practice group

## Implications for Education

- Training effectively reduces occupational stress short-term
- Sustainable outcomes require:
  - Improved working conditions
  - Ongoing professional development
  - Regular follow-up systems

