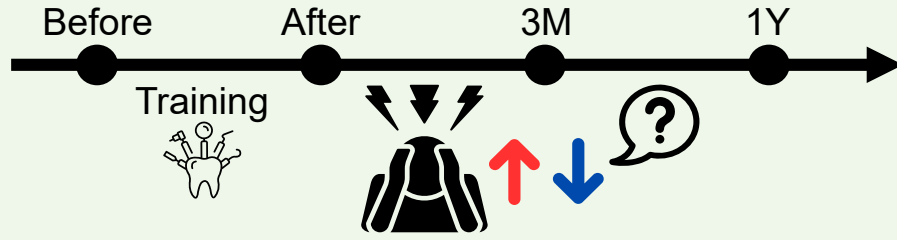


Impact of Technical Training on Dental Hygienists' Occupational Stress Over Time

Yuko Kurawaki, Reiko Aimi, Keiko Misumi, Atsue Matsumoto, Mizuki Mitsui, Mayuka Asaeda, Rumi Nishimura, Toshinobu Takemoto, Mariko Naito

Aim



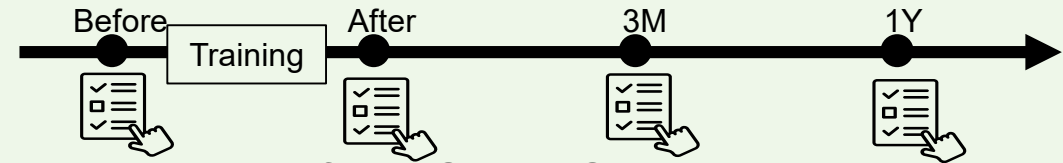
- To evaluate how training programs affect dental hygienists' occupational stress over time
- To determine effectiveness of training programs for reducing work-related stress

Method

Participants : **53** employed **dental hygienists**
(from initial 141)



Design : Longitudinal assessment at 4 time points





Measures : **Brief Job Stress Questionnaire**

Self-assessed

Knowledge/Skills/Motivation/Growth mindset

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

