**Pediatric Dentistry, Prosthodontics and OMFS Residents’ Stress,**

**Career Satisfaction and Well-being: A National Survey**

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**Abstract**

**Objectives:** Dental residency program are often described as stressful. The objectives of this study were to compare the level of stress of residents in pediatric dentistry (PD, prosthodontics (P) and oral maxillofacial surgery (OMFS) graduate programs in the United States, to assess their career satisfaction and well-being and explore the relationships between these constructs.

**Methods:** Anonymous survey data were collected from 112 PD, 44 P and 56 OMFS residents. Stress, career satisfaction and well-being were measured with validated scales.

**Results:** A factor analysis of the 28 items of the Revised Graduate Dental Environment Stress Scale resulted in six factors. Indices created based on these analyses showed that P residents had the highest mean stress scores on all six indices and pediatric dentistry residents the lowest mean stress on four of the six indices (4-point scale with 4=very stressful: Personal life related stress: PD:2.99/P:3.67/OMFS:3.56;p<0.001; Faculty-related stress: 2.68/3.66/3.03;p<0.001; Lack of confidence-related stress: 2.79/3.31/2.96;p<0.01; Academic stress: 2.65/3.24/3.02;p<0.001; Patient-related stress:2.94/3.20/2.81;n.s.; Future-related stress:3.04/3.60/2.84;p<0.01). P residents also had the lowest average Shugarman et al. Professional Satisfaction score (6-point scale with 0=lowest satisfaction: Means = PD:4.12/P:3.14/OMFS:4.20;p<0.001). PD residents had the best Bradburn Well-being scores compared to both other groups (5-point scale with 1=best well-being: PD”2.53/P:2.84/OMFS:2.87;p<0.01). Career satisfaction did not only correlate positively with well-being (r=0.459;p<0.001), but also correlated negatively with five of the six stress indicators (Personal life related stress: r=-0.37;p<0.001; Faculty-related stress: r=-0.36;p<0.001; Lack of confidence-related stress: r=-0.21;p<0.01; Academic stress: r=-08;n.s; Patient-related stress:2.94/3.20/2.81;n.s.; Future-related stress: r=-0.24;p<0.001). Well-being correlated significantly with all six stress indicators.

**Conclusions:** Residents’ career satisfaction and different types of stress differ as a function of the graduate dentistry program attended. These results can inform graduate dentistry program directors and faculty about potential educational intervention aimed at mitigating stress and thus increasing residents’ career satisfaction and well-being.