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## **Depression, Anxiety and Stress in Dental Students: A Survey in Central India: A Cross-Sectional Study**

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**ABSTRACT:** Stress and anxiety are common issues faced by individuals, particularly before medical appointments. However, the stress and anxiety experienced by doctors during their training remain underexplored. This study aimed to assess the prevalence of stress and anxiety among undergraduate and postgraduate dental students in Indore. Conducted via google Forms between February and March 2024, the survey included 213 students. A concise version of the DASS-21 scale was used, and data were analyzed with SPSS version 20. The 213 students who participated were predominantly female (82.6%) and from various academic years. Abnormal levels of depression, anxiety and stress were found in 54%, 65% and 53% of students respectively. The study concluded that anxiety was more prevalent than depression and stress among dental students, primarily due to workload, time constraints and clinical training. Preventive measures, such as interactive sessions and programs could help reduce anxiety, depression and stress levels.

**Keywords:** Students, Depression, Anxiety, Stress, Dental

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