

# Knowledge, Attitude And Awareness About The About The Anxiety Levels Of Dental Practitioners Before And After Getting Vaccinated For Coronavirus

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## Abstract

**Background:** The Coronavirus Pandemic Which Started In December 2019 Has Been A Massive Tragedy To The Entire World. It Caused A Lot Of Physical And Mental Anxiety And Stress Apart From The Stress Caused Due To The Spreading Of The Virus Which Is Deadly And Lethal. This Study And Survey Was Done To Understand About The Coronavirus And The Vaccine And Also The Anxiety Levels Of Dental Practitioners Before And After Getting Vaccinated For Covid-19.

**Materials And Methods:** A Cross Sectional Study Was Conducted Among 60 Dentists Who Vaccinated For Covid-19 Through Google Form Link. A Self Structured Pre-Validated Questionnaire Was Distributed To The Participants And Their Responses Were Recorded. Statistical Analysis Was Performed In Spss Software Version 23. Descriptive And Inferential Statistics Were Performed To Present The Responses Of The Patients.

**Results:** About 41.7% Practitioners Have Checked Symptoms In Themselves After Getting Themselves Vaccinated, 21.7% Have Avoided Going To Crowded And Public Places Despite Getting Vaccinated, 10% Might Go Sometimes And 68.3% Are Regularly Visiting Such Environments. On A Scale Of 1 To 10, The Mean Anxiety Level Before Getting Vaccinated Is 6.3. On A Scale Of 1 To 10, The Mean Anxiety Level After Getting Vaccinated Is 5.4. On A Scale Of 1 To 10, The Mean Fear Level Of Contracting The Virus Before Getting Vaccinated Is 6.7. On A Scale Of 1 To 10, The Mean Fear Level Of Contracting The Virus After Getting Vaccinated Is 5.9. There Was No Difference In The Anxiety Level Before And After Vaccination Among Male And Female Participants ( $P>0.05$ ).

**Conclusion:** Mental Health Help Camps, Awareness Camps, Workshops, Distractive Positive Entertainment Through Social Media And Seminars May Be Conducted For The Practitioners For The Betterment Of Physical And Mental Health As They Are The Heroes Battling Against A Deadly Virus And Working Towards Making Earth Healthy Again.

**Key Words:** Anxiety, Coronavirus, Dentists, Pandemic, Vaccine, Green Energy Green Synthesis

## Introduction

The World Health Organization, Received A News Which Turned Out To Be A Massive Tragedy To Mankind, That Is The Announcement Of Origination Of The Novel-Coronavirus From Wuhan On 31<sup>st</sup> December 2019. This Virus Spread To Every Corner Of The World By 23<sup>rd</sup> March 2020. In 187 Countries It Infected Around 294,110 And Killed 12,944 People. Death Toll Increased, Gargantuan Measures Were Taken To Contain The Spread Of The Disease, And Daily Life Activities Turned Tables. Despite Keeping In Mind To Control The Spread Of The Disease, The Thought About People's Anxiety Levels Were Almost Forgotten. This Led The World To Fight Two Battles, One Being The Virus, And The Other Being Psychological Worries (1). The Psychological Problems Were Faced By Almost Every Age Group. Right From Students To The Working Population To Senior Citizens. A Recent Study Said That Consumption Of Alcohol, Hallucinations, Religious Crises And Suicidal Ideologies Were The Impact Of Anxiety Among 775 Residents In The Usa. This Anxiety And Distress Affects Both Physical And Mental Well Being (2). One Profession That Had To Work Day And Night Even During The Pandemic Was The Medical Profession. Different Countries May Have Different Rates At Which The Spread Of The Disease Is Controlled. This Is Because Of The Limited Health Care Facilities Available In That Particular Country (3). For Instance, Comparing The Health Care Facilities In Pakistan And India, India Has Better Healthcare Facilities (4). Physical Distancing, Wearing Of Mouth Mask, Sanitizing Hands Frequently, Curfews And Lockdowns Were Some Of The Measures Taken To Stop The Spread, But Still Wasn't Enough. Medical And Dental Practitioners, Despite Wearing Personalized Protective Equipment Kits While Treating Patients, Still Had That Fear And Anxiety In Them That They May Get Exposed And Contract That Deadly And Lethal Virus (5) (6) (7). Apart From This, There Is Also Anxiety Due To Limited Resources (8), The Burden Of Working Long Hours (8,9), Exclusion From The Social World (10), Fear Due To Public Abuse And Violence (11). India In 2021 Has Got Two Vaccines For Coronavirus Which Are The Covishield And Covaccine. It Is Still Getting Researched But People Have Started Taking The Vaccine. Hence This Study Is Done To Gain Knowledge And Awareness On The Vaccines From Dental Practitioners Who Have Researched About It And Taken The Vaccine And Also A Survey Is Conducted Among The Practitioners To Assess Their Anxiety Levels On The Pandemic And The Vaccine. This Research Has Not Been Done In South India, And The Thoughts About The Vaccines From The Dental Practitioners Are Of Much Importance And The Suggestions Could Be Shared For Awareness And Knowledge Among The General Public Which Would Be Of Much Importance On Their Decisions To Get Vaccinated For Coronavirus. Our Team Has Extensive Knowledge And Research Experience That Has Translated Into High Quality Publications (12–31). The Aim And Motive Is To Study About The Vaccine And To Analyse The Survey On Anxiety Levels Among Dental Practitioners Before And After Getting Vaccinated.

## **Materials And Methods**

A Cross-Sectional Study Was Conducted Among 60 Dental Practitioners Practicing In South India. Non-Probability Convenience Sampling Technique Was Employed. A Pre-Validated And Reliable Questionnaire Containing 17 Questions In English Was Distributed To The Participants (Annexure 1) Through An Online Google Form Link. The Internal Consistency Of The Questionnaire Using Cronbach's A Was Found To Be 0.85. The Questionnaire Contained The Question Items Pertaining To Their Knowledge, Attitude And Awareness On The Coronavirus, Pandemic, Vaccines, And Their Anxiety Levels. All Dental Practitioners Who Had Taken The Vaccine For Coronavirus Had Been Included In The Study. Oral Consent From The Participants Had Been Obtained After Explaining The Need For The Study. Dental Practitioners Who

Haven't Taken The Vaccine For Coronavirus Were Excluded From The Study. Prior Approval To Carry Out The Study Was Obtained From The Institutional Research Committee (Irb) Of The Authors University. Statistical Analysis Was Performed In Statistical Package For The Social Sciences (Spss) Software Version 23.0 (Ibm, Chicago, Usa). Descriptive Statistics Was Performed To Present The Frequency Distribution Of The Options Of The Question Items.

## **Results**

The Survey Was Conducted Among A Small-Scale Population. The Results Were Statistically Analyzed And Studied. 60 Practitioners Responded Out Of Which 56.7% Were Females And 43.3% Were Males Among 60 Practitioners Who Responded (Figure 1). 46.7% Were Bds Graduates And 53.3% Have Finished Mds Or Higher Studies. 30% Of The Practitioners Needed To Talk To Somebody About Their Anxiety About Getting Vaccinated, While 53.3% Didn't Need Counselling And 16.7% Maybe Needed Counselling. 58.3% Practitioners Think It Is Mandatory To Get Mental Help For One Who Panics In Lieu Of Getting Vaccinated, 10% Feel They Might Need Help And 31.7% Disapprove. 60% Practitioners Think It Is Beneficial, 23.3% Think It Might Be Beneficial And 16.7% Disapprove Of It Being Beneficial Of Getting Mental Help To Deal With Anxiety To Get Vaccinated (Figure 2). 63.3% Practitioners Say They Would Suggest People To Get Mental Help Who Are Anxious About Getting Vaccinated, 13.3% May Suggest And 23.3% Disapprove Of Suggesting (Figure 3). 41.7% Practitioners Have Checked Symptoms In Themselves After Getting Themselves Vaccinated, While 58.3% Haven't. 21.7% Have Avoided Going To Crowded And Public Places Despite Getting Vaccinated, 10% Might Go Sometimes And 68.3% Are Regularly Visiting Such Environments (Figure 4). About Not Having Adhered Strictly To Social Distancing Guidelines For Coronavirus Despite Getting Vaccinated, 18.3% Are Concerned, 16.7% May Be Concerned And 65% Are Not Concerned. In Fear Of Contracting Coronavirus Despite Getting Vaccinated, 45% Have Completely Avoided Touching Things In Public Places, 13.3% May Touch Sometimes And 41.7% Disapprove (Figure 5). 43.3% Have Been Up To Date On The Latest News Regarding The Vaccine, While 20% Read Occasionally And 36.7% Do Not Read At All (Figure 6). 40% Have Researched Symptoms Of Coronavirus, While 13.3% Occasionally Do And 46.7% Haven't Researched (Figure 7). 75% Approve Of The Coronavirus Vaccine And Say It Has A Positive Impact While 25% Do Not Approve And Say It Has A Negative Impact (Figure 8). 58.3% Have Checked Symptoms On Their Close Ones After They Got Vaccinated, While 41.7% Haven't. 48.3% Are Noticing Symptoms In Those Who Were In Close Contact After Getting Vaccinated, While 6.7% Do It Occasionally And 45% Aren't Noticing (Figure 9). On A Scale Of 1 To 10, The Mean Anxiety Level Before Getting Vaccinated Is 6.3. On A Scale Of 1 To 10, The Mean Anxiety Level After Getting Vaccinated Is 5.4. On A Scale Of 1 To 10, The Mean Fear Level Of Contracting The Virus Before Getting Vaccinated Is 6.7. On A Scale Of 1 To 10, The Mean Fear Level Of Contracting The Virus After Getting Vaccinated Is 5.9. There Was No Significant Difference In The Mean Anxiety Level Of Contracting Covid-19 Before And After Vaccination (Paired T Test; P Value =0.47)

There Was No Significant Difference In Awareness To Check For Symptoms Of (Covid-19) After Getting Vaccinated Among Male And Female Participants ( $P>0.05$ ) (Figure 10). Similarly No Significant Difference Elucidated For Awareness To Check For Signs Among Their Family Members And Loved Ones For The Signs Of Coronavirus (Covid-19) After Getting Vaccinated ( $P>0.05$ ) (Figure 11) And Whether The Respondent

Has Avoided Going Out To Public Places (Shops, Parks) After Getting Vaccinated For Coronavirus (Covid-19) ( $P>0.05$ ) (Figure 12).

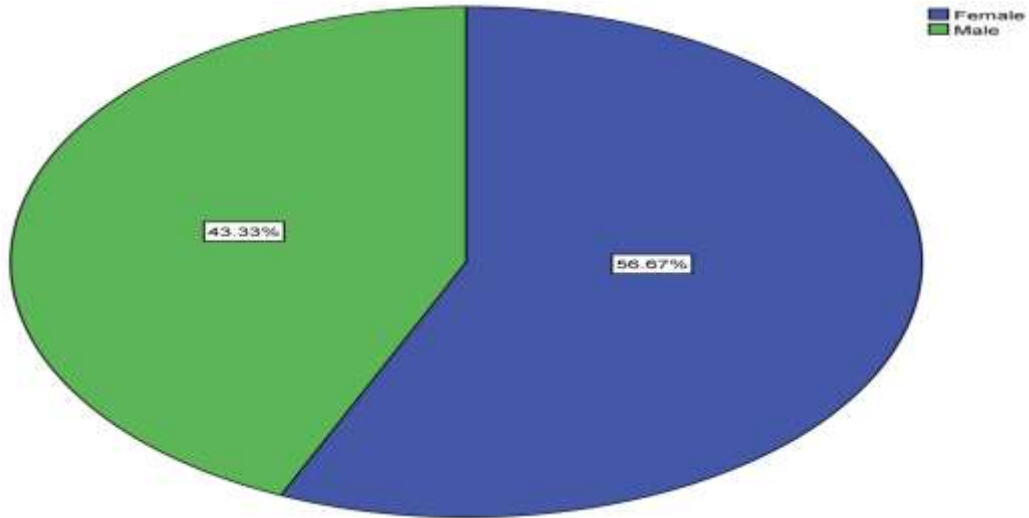


Figure 1: Pie Chart Representing Percentage Distribution Of Gender Of The Participants. Out Of The Responded Participants, 43.33% Are Males (Green) And 56.67% Are Females (Blue)

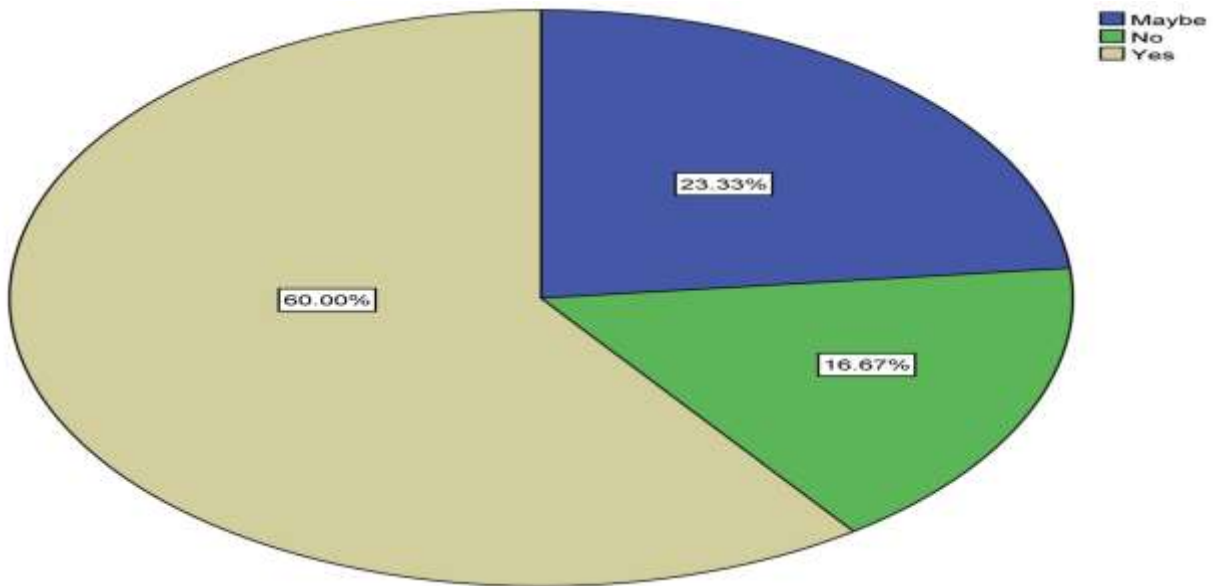


Figure 2: Pie Chart Representing Percentage Distribution Of Responses About Awareness On Whether The Practitioners Think It Is Beneficial To Get Mental Help To Deal With Anxiety To Get Vaccinated. 60% Practitioners Think It Is Beneficial (Peach), 23.33% Think It Might Be Beneficial (Blue) And 16.67% Disapprove Of It Being Beneficial (Green) Of Getting Mental Help To Deal With Anxiety To Get Vaccinated.

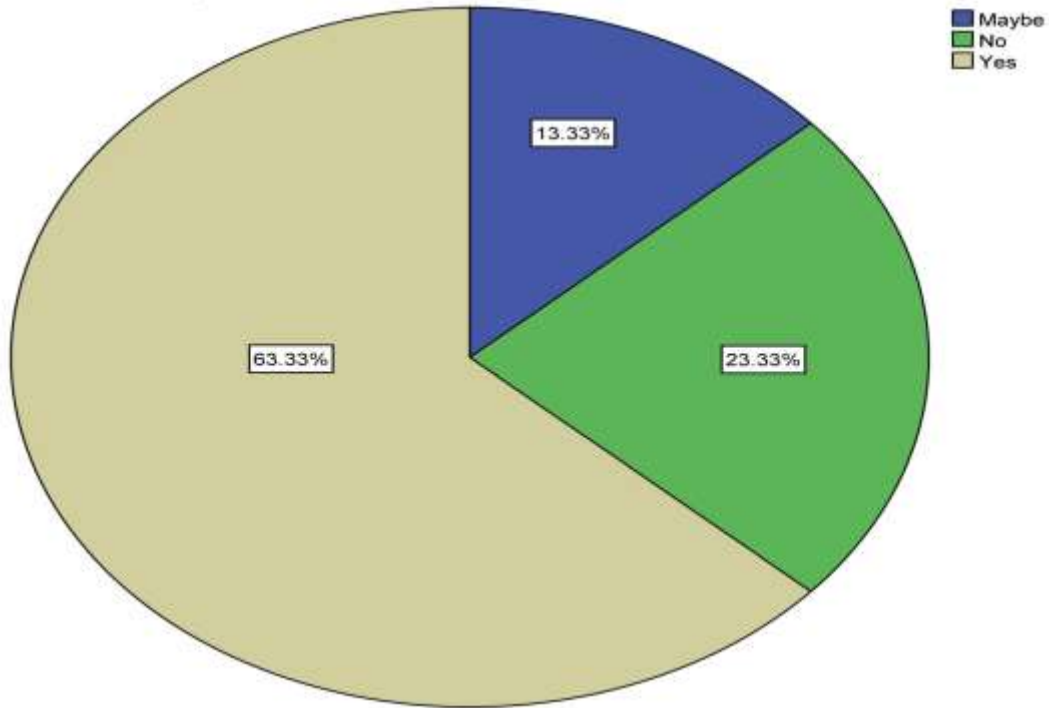


Figure 3: Pie Chart Representing Percentage Distribution Of Responses About Awareness On Whether The Practitioners Would Suggest People To Get Mental Help Who Are Anxious About Getting Vaccinated. 63.3% Practitioners Say They Would Suggest People (Peach) To Get Mental Help Who Are Anxious About Getting Vaccinated, 13.3% May Suggest (Blue) And 23.3% Disapprove Of Suggesting (Green).

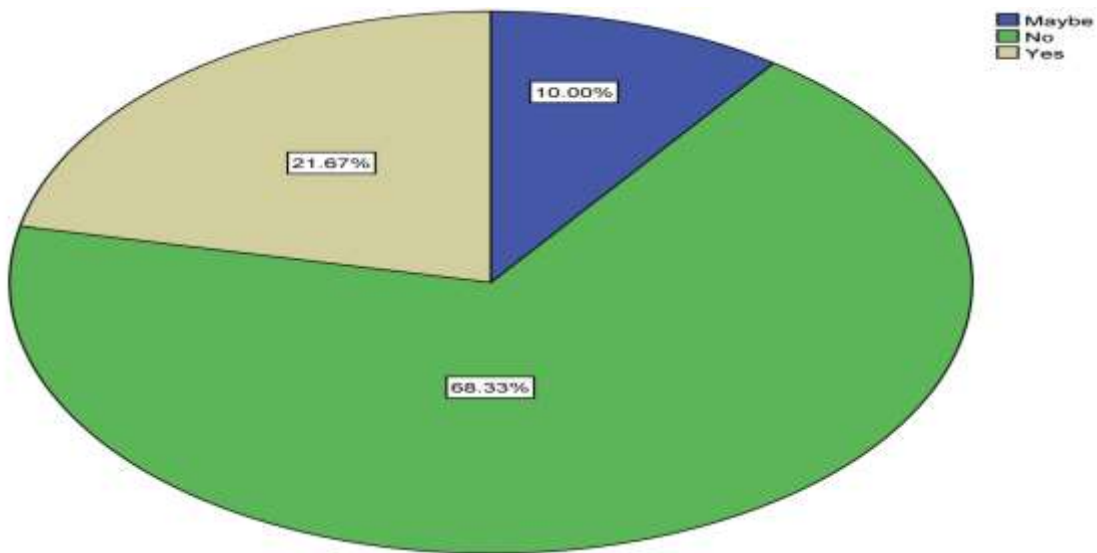


Figure 4: Pie Chart Representing Percentage Distribution Of Responses About Awareness On Whether The Practitioners Have Avoided Going To Crowded And Public Places Despite Getting Vaccinated. 21.7%

(Peach) Have Avoided Going To Crowded And Public Places Despite Getting Vaccinated, 10% (Blue) Might Go Sometimes And 68.3% (Green) Are Regularly Visiting Such Environments

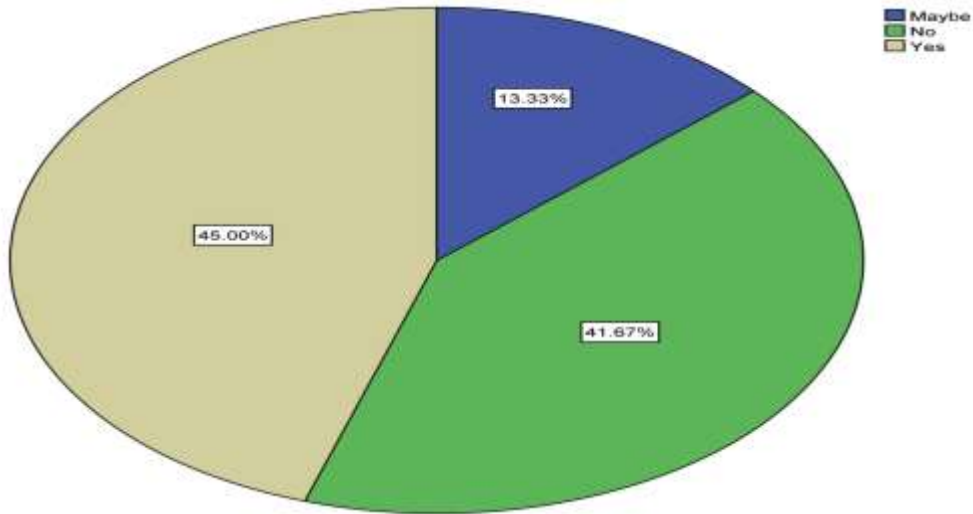


Figure 5: Pie Chart Representing Percentage Distribution Of Responses About Awareness On Whether The Practitioners Have Avoided Touching Things In Public Places In Fear Of Contracting Coronavirus Despite Getting Vaccinated. In Fear Of Contracting Coronavirus Despite Getting Vaccinated, 45% (Peach) Have Completely Avoided Touching Things In Public Places, 13.3% (Blue) May Touch Sometimes And 41.67% (Green) Disapprove.

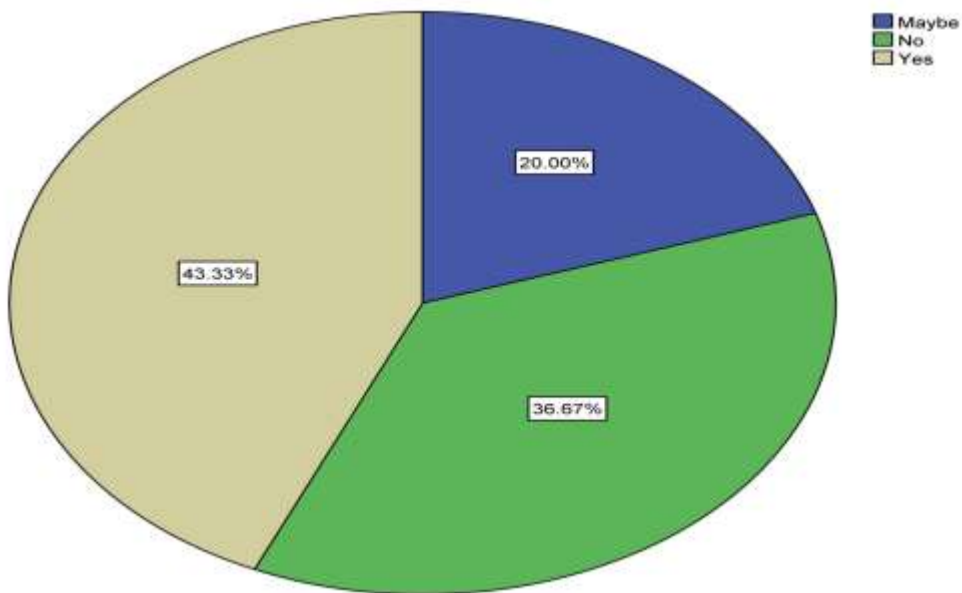


Figure 6: Pie Chart Representing Percentage Distribution Of Responses About Awareness On Whether The Practitioners Have Been Up To Date On Latest News Regarding The Vaccine. 43.3% (Peach) Have Been Up

To Date On Latest News Regarding The Vaccine, While 20% (Blue) Read Occasionally And 36.7% (Green) Do Not Read At All.

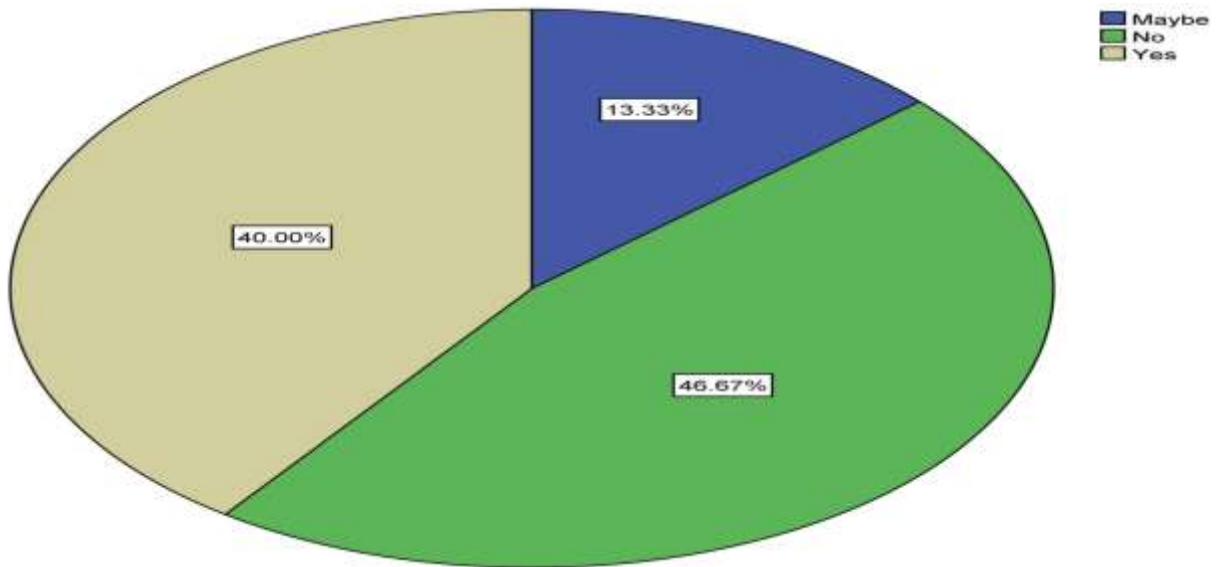


Figure 7: Pie Chart Representing Percentage Distribution Of Responses About Awareness On Whether The Practitioners Have Researched Symptoms About Coronavirus. 40% (Peach) Have Researched Symptoms About Coronavirus, While 13.3% (Blue) Occasionally Do And 46.7% (Green) Haven't Researched.

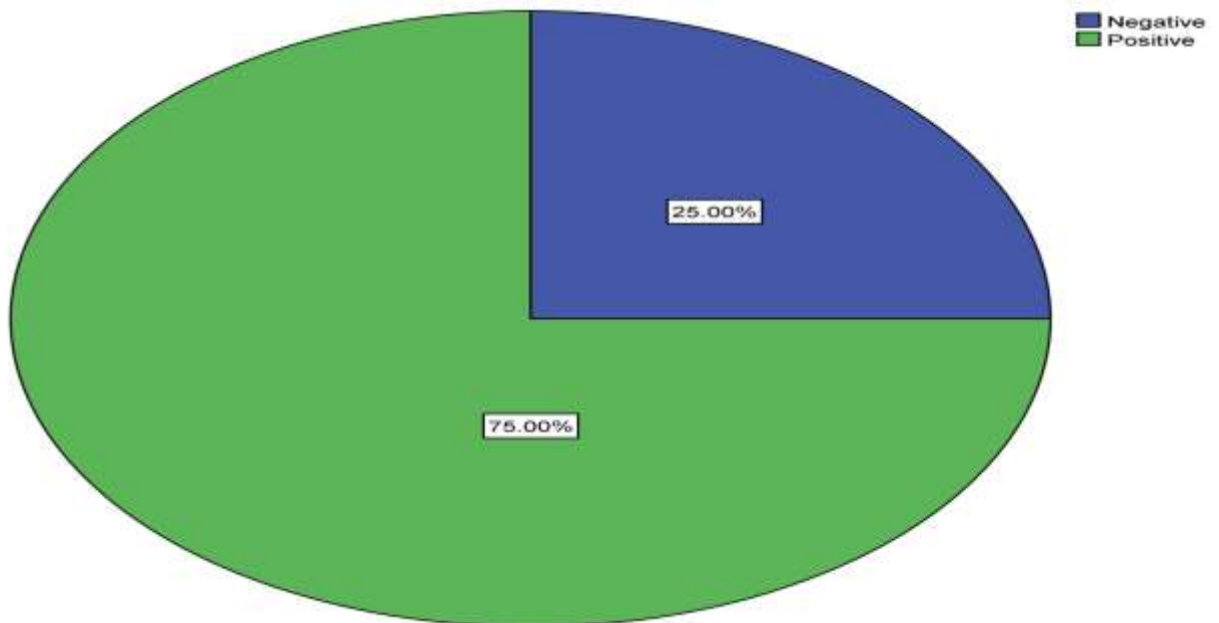


Figure 8: Pie Chart Representing Percentage Distribution Of Responses About Awareness On Whether The Practitioners Have A Positive Or A Negative Impact On The Vaccine. 75% (Green) Approve Of The Coronavirus Vaccine And Say It Has A Positive Impact While 25% (Blue) Do Not Approve And Say It Has A Negative Impact.

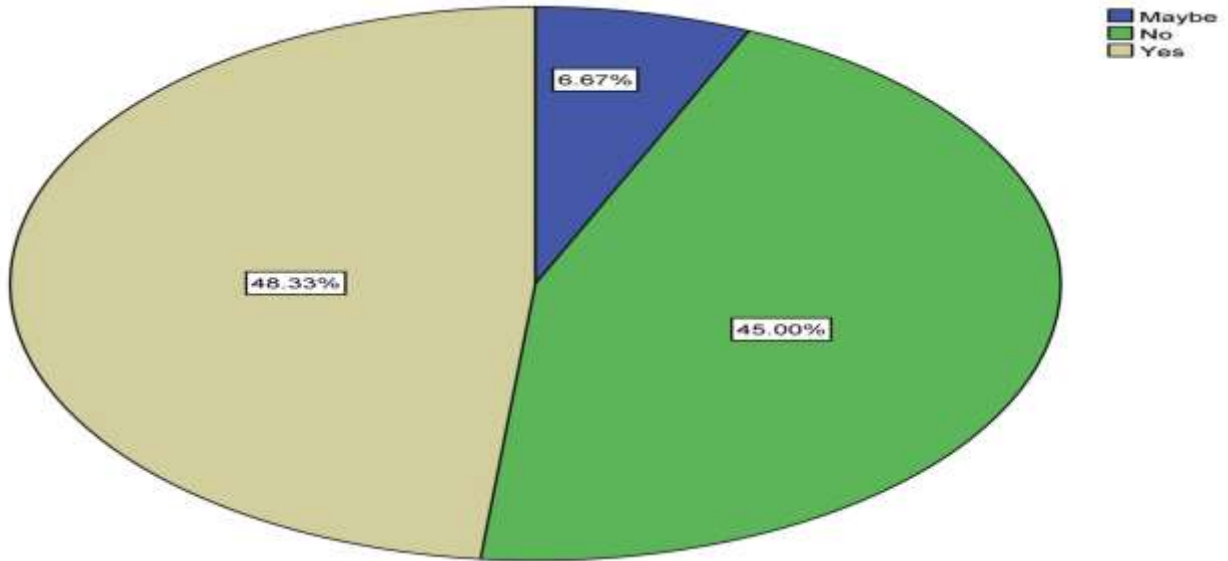


Figure 9: Pie Chart Representing Percentage Distribution Of Responses About Awareness On Whether The Practitioners Are Noticing Symptoms In Those Who Were In Close Contact After Getting Vaccinated. 48.3% (Peach) Are Noticing Symptoms In Those Who Were In Close Contact After Getting Vaccinated, While 6.7% (Blue) Do It Occasionally And 45% (Green) Aren't Noticing.

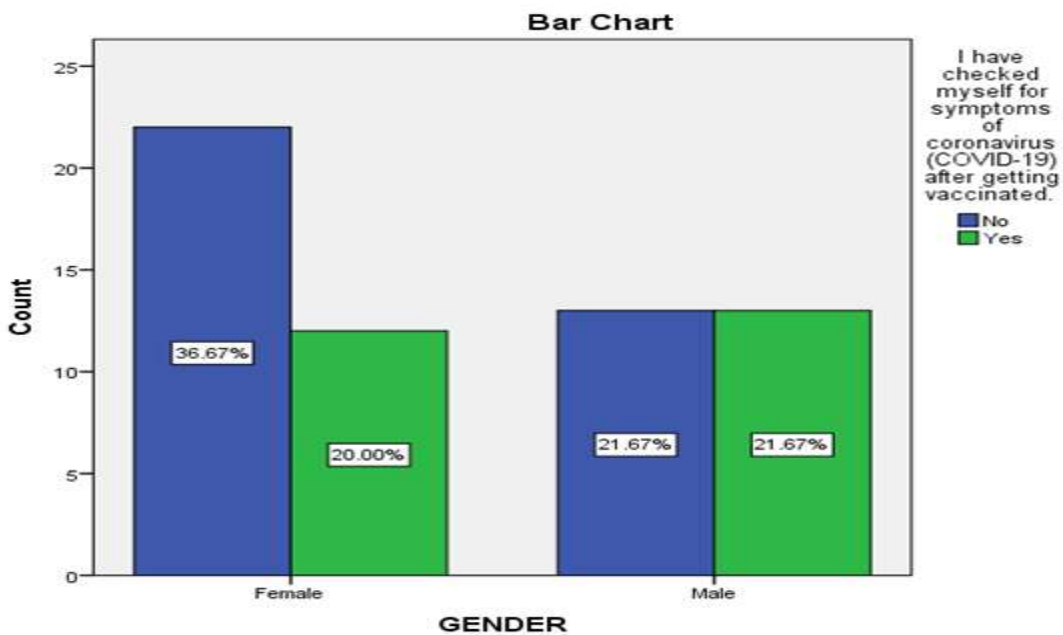


Figure 10: The Above Bar Chart Shows Association Between The Responses Based On Gender And Whether They Have Checked Themselves For Symptoms Of (Covid-19) After Getting Vaccinated. X Axis Represents Gender And Y Axis Represents Count In Percentages. Most Of The Male And Female Participants Have Not Checked For Symptoms. This Difference Was Not Significant (Chi-Square; P Value = 0.25 - Not Significant).



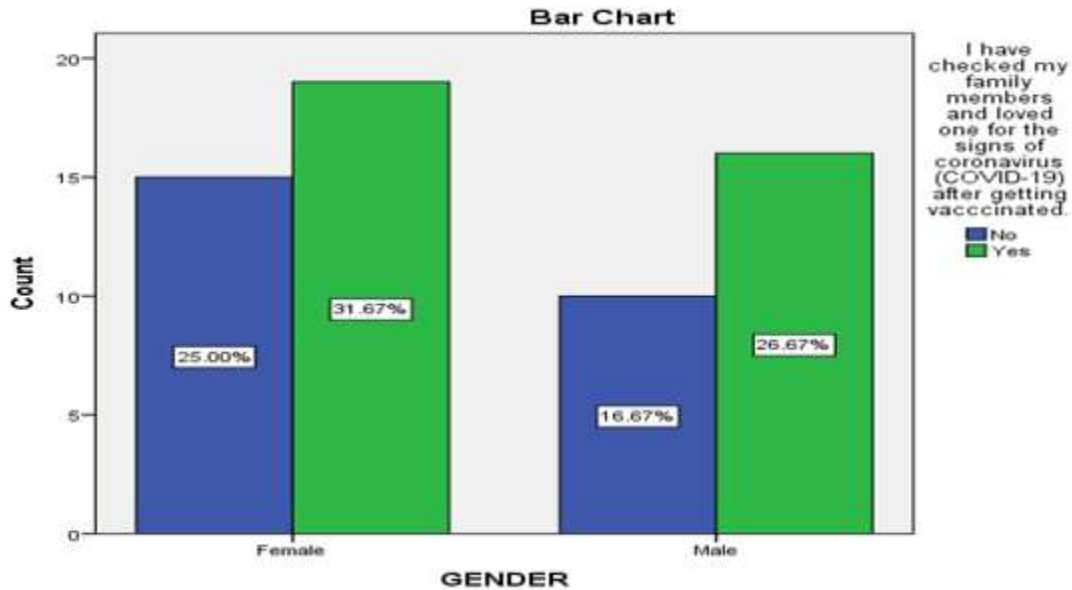


Figure 11: The Above Bar Chart Shows Association Between The Responses Based On Gender And Whether They Have Checked Their Family Members And Loved Ones For The Signs Of Coronavirus (Covid-19) After Getting Vaccinated. X Axis Represents Gender And Y Axis Represents Count In Percentages. Most Of The Male And Female Participants Have Checked Signs For Their Family Members. This Difference Was Not Significant (Chi-Square; P Value = 0.66 - Not Significant).

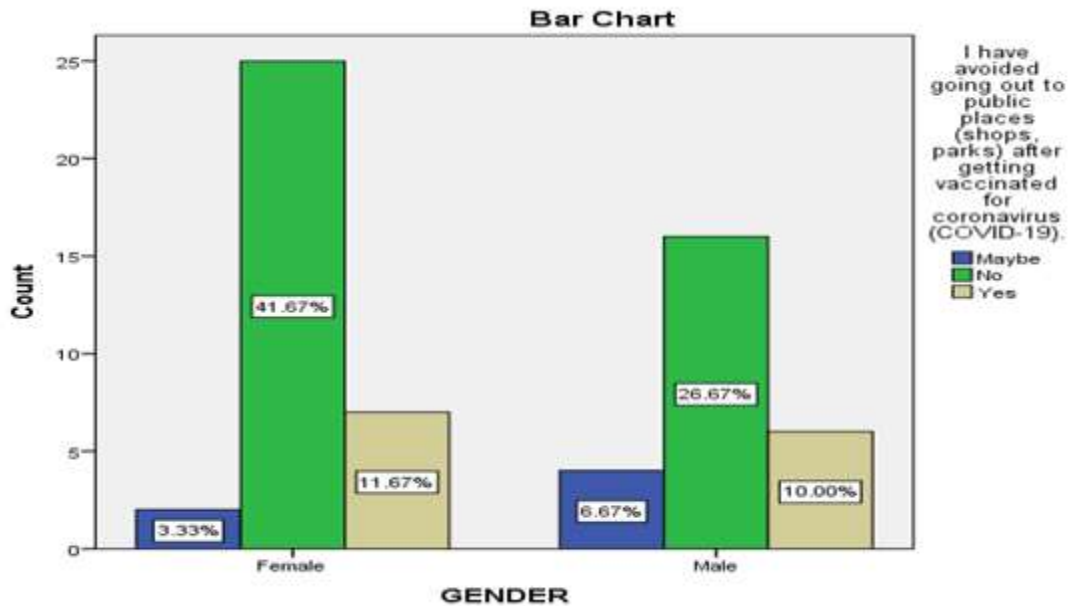


Figure 12: The Above Bar Chart Shows Association Between The Responses Based On Gender And Whether The Respondent Has Avoided Going Out To Public Places (Shops, Parks) After Getting Vaccinated For Coronavirus (Covid-19). X Axis Represents Gender And Y Axis Represents Count In Percentages. Most

Of The Male And Female Participants Have Not Avoided Going To Places After Vaccination. This Difference Was Not Significant (Chi-Square; P Value = 0.66 - Not Significant).

### **Discussion**

A Similar Survey Has Been Done By (Revive Health) On “Physicians And Nurses On The Covid-19 Vaccine: Implications For Hospital Communicators”. In This Survey, The Hesitancy As Consumers To Take The Vaccine Was Focused. According To The Results, 31% Approved To Take It In The First Wave, 54% Liked To Take The Vaccine But Not In The First Wave And 15% Disapproved To Take The Vaccine, The Reasons Being The Vaccine May Not Be Safe, Not Effective, Political Interference In Its Development, Distrust On Pharmaceutical Companies, Belief That Covid-19 Is Overrated, Moral Problems With Vaccine, Belief That He/She Has Immunity, Wanted To Be Isolated, Religious Beliefs And Other Reasons Were Discussed.

A Similar Survey Was Conducted In Pakistan On The Anxiety Levels Of Physicians During The Pandemic. This Discussed The Fear Levels Of Contracting The Virus While Working In The Pandemic. The Results Conveyed That The Physicians Were In Fear Because Of The Poor Medical Facilities Available In That Country And Lack Of Vaccination (32)

The Anxiety Levels And Impact Of Coronavirus Of The General Public During The Pandemic Who Were Struck In Home Or Quarantined In South India Was Discussed In Another Article. This Discussed People Were So Worried And There Was Fear That People May Lose Their Jobs And Business, Have Monetary Problems And This Sort Of Fear Took A Serious Toll On Mental Health Over The Fear Of Contracting The Virus (33). The Limitations Of This Study Is That The Sample Size Is Small As The Vaccine Was Released Recently And Not Many Practitioners Were Available For The Survey Who Had Been Vaccinated. Also This Survey Is Set Up For Practitioners Only For A Small Geographical Area Due To Similarity In Living In Similar Environments. This Study Can Further Be Done In Future After The Vaccine Is Successful And After Many Practitioners Get Vaccinated. And It Can Be Done For A Large Geographical Area.

### **Conclusion**

Within The Limits Of The Study, No Significant Change In The Anxiety Level Among The Dental Practitioners Before And After Vaccination. However, There Was A Decrease In The Mean Anxiety Levels Before And After Vaccination. Mental Health Help Camps, Awareness Camps, Workshops, Distractive Positive Entertainment Through Social Media And Seminars May Be Conducted For The Practitioners For The Betterment Of Their Physical And More Importantly Mental Health As They Are The Warriors That Are Fighting To Get Rid Of This Deadly And Lethal Virus.

### **Acknowledgement**

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### **Conflict Of Interest**

All The Authors Declare That There Was No Conflict Of Interest In The Present Study.

### **Author Contribution**

Arun Ganesh M K: Literature Search, Data Collection, Analysis, Manuscript Drafting

Arthi Balasubramaniam: Data Verification, Manuscript Drafting

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**Annexure 1**

1. Name
2. Age
3. Gender
4. Qualification
5. Did You Need To Talk To Someone About Your Anxiety About Getting The Covid 19 Vaccination?  
(Yes/No/Maybe)
6. Do You Think It Is Necessary To Get Mental Health Help If One Panics In Lieu Of Getting  
Vaccination? (Yes/No/Maybe)

7. Do You Think It Would Be Beneficial If Mental Health Professionals Help People In Dealing With Anxiety To Get Vaccinated? (Yes/No/Maybe)
8. Will You Suggest People Obtain Mental Health Help To People Who Are Highly Anxious About Getting The Covid19 Vaccination? (Yes/No/Maybe)
9. I Have Checked Myself For Symptoms Of Coronavirus (Covid-19) After Getting Vaccinated. (Yes/No)
10. I Have Avoided Going Out To Public Places (Shops, Parks) After Getting Vaccinated For Coronavirus (Covid-19). (Yes/No/Maybe)
11. I Have Been Concerned About Not Having Adhered Strictly To Social Distancing Guidelines For Coronavirus (Covid-19) Despite Getting Vaccinated. (Yes/No/Maybe)
12. I Have Avoided Touching Things In Public Spaces Because Of The Fear Of Contracting Coronavirus (Covid-19) Despite Getting Vaccinated. (Yes/No/Maybe)
13. I Have Read About News Relating To Coronavirus (Covid-19) Vaccines Before Getting Vaccinated At The Cost Of Engaging In Work (Such As Writing Emails, Working On Word Documents Or Spreadsheets). (Yes/No/Maybe)
14. I Have Researched Symptoms Of Coronavirus (Covid-19) At The Cost Of Off-Line Social Activities Such As Spending Time With Friends/Family After Getting Vaccinated. (Yes/No/Maybe)
15. Is Your Review Positive Or Negative After Getting Vaccinated For Coronavirus (Covid-19). (Positive/Negative)
16. I Have Checked My Family Members And Loved One For The Signs Of Coronavirus (Covid-19) After Getting Vaccinated. (Yes/No/Maybe)
17. I Have Been Paying Close Attention To Others Displaying Possible Symptoms Of Coronavirus (Covid-19) Who Were In Close Contact With Me After I Got Vaccinated. (Yes/No/Maybe)
18. On A Scale Of 1-10 What Was Your Anxiety Level Before Getting Vaccinated
19. On A Scale Of 1-10 What Was Your Anxiety Level After Getting Vaccinated
20. On A Scale Of 1-10 What Was Your Fear Level Of Getting Coronavirus (Covid-19) Before Getting Vaccinated
21. On A Scale Of 1-10 What Was Your Fear Level Of Getting Coronavirus (Covid-19) After Getting Vaccinated