

Emotional stress and Temporomandibular disorders among military paratroopers

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Abstract

Parachuting is regarded as one of the most challenging and demanding effort which requires a high degree of mental and physical fitness. Paratroopers are subjected to vigorous training in order to prepare them for the hardship of war or stressful environment. This present study is aimed at investigating the prevalence of emotional stress among this elite force, the associated factors contributing to stress as well as to examine the association between the emotional stress and temporomandibular disorders. 300 active military parachutists were recruited. Depression Anxiety Stress Scale (DASS 21) was used to assess the level of emotional stress whereas the presence and severity of TMD are determined using a self-administered Fonseca's questionnaire. This study showed that high number of paratroopers (48.3%) perceived significant level of stress. The stress level were significantly higher among officer group, those with nicotine dependence and those suffering temporomandibular disorders ($p < 0.05$). As conclusion, there was high prevalence of emotional stress among paratroopers which was significantly associated with rank, nicotine dependence and presence of temporomandibular disorders. These exhibit the need for early intervention for effective stress management at various stages of a soldier's military career as well as reinforce the previous finding on association of stress and TMD.

Biography:

Siti Nordiana Dollah is the Head of Psychiatry Department of Tuanku Mizan Armed Forces Hospital, Kuala Lumpur. She obtained her MD (Medical Degree) from the University Science of Malaysia in 2003. Throughout her career, she have served many places throughout Malaysia. Since early of her career, she has strong interest pertaining to mental health service provision in military. She later pursued her study in Masters of Psychiatry at National University of Malaysia (UKM). Her main interest is military psychiatry. She is actively involved in mental health awareness programme for military personnel, commanders, regimental medical officers and medical personnel. She has been conducting many researches pertaining to military mental health. Presently, she is the only female military psychiatrist in Malaysia.

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