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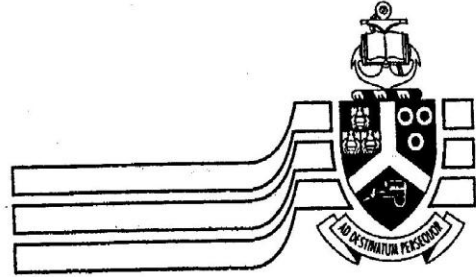
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# University of Pretoria

Research Proposal and Ethics Committee  
Faculty of Humanities

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Prof. E Taljard; Prof. C Walton; Prof. A Wessels;  
Mr FG Wolmarans

5 February 2007

Dear Doctor Carbonatto

**Project:** *A profile on alcohol consumption among South African dentists – A dentist's perspective*  
**Researcher:** JH Olivier  
**Supervisor:** Dr C Carbonatto  
**Department:** Social Work and Criminology  
**Reference number:** 71006398

Thank you for your response to the Committee's letter of 8 December 2006.

I have pleasure in informing you that the Research Proposal and Ethics Committee formally approved the above study at an *ad hoc* meeting held on 1 February 2007. The approval is subject to the candidate abiding by the principles and parameters set out in his application and research proposal in the actual execution of the research.

The Committee requests you to convey this approval to Dr Olivier.

We wish you success with the project.

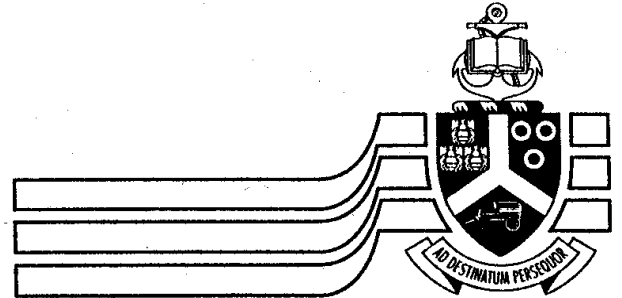
Sincerely

*B* **Prof. Brenda Louw**  
**Chair: Research Proposal and Ethics Committee**  
**Faculty of Humanities**  
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**Appendix B**



**University of Pretoria**

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**VOLUNTARY CONSENT FORM**

**Participant's Name:**..... **Date:** .....

**Principal Investigator:** Dr J H Olivier  
University of Pretoria, PhD Student (71006398)  
PO BOX D18  
MEDUNSA  
0204

Dear participant

I am a PhD student at the Department of Social Work and Criminology, University of Pretoria. You are invited to volunteer to participate in my research project on: "A profile on alcohol consumption among South African dentists – A dentists perspective"

This letter is to help you to decide if you would like to participate. Before you agree to take part in this study you should fully understand what is involved. If you have any questions, which are not fully understood in this leaflet, do not hesitate to ask the researcher. You should not agree to take part unless you are completely happy about what is expected of you.

It is well recognised that dentistry is a stressful profession. However there are conflicting views to what extent such stress contributes to hazardous alcohol consumption among dentists. A substantial amount of international research concerning substance dependency, including alcohol dependency, among dentists is available but relatively little is known about the use and abuse of alcohol among South African dentists. The information obtained by means of this research will help to explain and give a better understanding of alcohol abuse among South African dentists, and the factors that may contribute to it.

If you participate in the quantitative phase you will be required to complete a questionnaire. The completion of the questionnaire may take about 30 minutes. An appointment will be made with you, where the questionnaire will be delivered by hand. The researcher will wait while you complete the questionnaire and collect it from you after you have sealed it in an anonymous envelope. You will place the envelope with other similar envelopes in a box and shuffle the box. In this way the researcher will not be able to identify which questionnaire belongs to you. Please remember not to write your name on the questionnaire. If you participate in the qualitative phase of this research (interview schedule), the researcher will tape record the interview with your consent. Should you disagree that the interview be recorded the researcher will keep records and interview notes anonymously. All data that is acquired by means of this research will be kept in a safe place for 15 years and thereafter be destroyed.

The researcher is aware of the fact that negative behavior concerning alcohol abuse of the past may be recalled to memory during this specific investigation and could be the beginning of renewed emotional trauma or embarrassment to you. Possible risks or harm that could emanate from participation in the research will be dealt with sensitively. Should it be needed debriefing counseling will be arranged. A professional counselor at Stabilis rehabilitation centre will then be utilized for this purpose.

The study protocol was submitted to the Research Ethics Committee of the University of Pretoria, Faculty of Humanities. This committee has granted written approval.

Your participation in this study is voluntary and you can refuse to participate or stop at any time without stating any reason.

Data obtained by means of this research will be utilized for a research report and articles in scientific journals and will be kept in a safe place for 15 years as dictated by international use, and will thereafter be destroyed.

You hereby also give consent that information obtained by means of the questionnaire or interview schedule may be used for training and research at the University of Pretoria. This consent is given with the understanding that your

identity will in all circumstances be kept anonymous and that all your personal information will be managed strictly confidentially.

If you have any questions during this study, please do not hesitate to approach me.

I sincerely appreciate your help.

Yours truly,

**J Olivier**  
**Researcher**

**1. Title of study**

A profile on alcohol consumption among South African dentists – A dentists perspective

**2. Purpose of the Study:**

This study will be mainly exploratory in nature, to gain insight on alcohol consumption among South African dentists because very little is known on alcohol consumption related to occupational stress among these dentists. However, a small descriptive component will be included where the researcher will make recommendations for further research to develop intervention models specifically aimed at dentists with an alcohol dependency problem (or the indications are there that a dentist is busy developing a dependency problem) that could be related to his profession.

**3. Procedures:**

Questionnaires and interview schedules. Data obtained by means of this research will be utilized for a research report and articles in scientific journals and will be kept in a safe place for 15 years as dictated by international use, and will thereafter be destroyed.

**4. Risks and Discomforts:**

The researcher is aware of the fact that negative behavior concerning alcohol abuse of the past may be recalled to memory during this specific investigation and could be the beginning of renewed emotional trauma or embarrassment for the participant. Possible risks or harm that could emanate from participation in the research will be dealt with great sensitivity. Should it be needed the necessary counseling will be arranged by the researcher. Dr Erlank from the Stabilis Rehabilitation Centre in Pretoria has agreed to assist the researcher in this regard.

5. **Benefits Research:**  
Participants will not benefit directly from this research, (no material gain) but may benefit indirectly because the information obtained by means of this research will help to explain and give a better understanding of alcohol abuse among South African dentists, and the factors that may contribute to it.
6. **Participant's Rights:**  
Participation in this study is entirely voluntary and participants can refuse to participate or withdraw at any time without stating a reason. .
7. **Financial Compensation:**  
None
8. **Confidentiality:**  
All information obtained will be treated confidentially. Data and conclusions that may be reported will not include any information which may lead to the identification of any participant in this study. All signed letters of informed consent will be kept in a confidential file. Only the researcher will have access to this information and recorded interviews. There are no foreseeable risks involved. Questionnaires will be completed anonymously by respondents and will be personally distributed and collected by the researcher.
9. **Dr J Olivier can be contacted at (012) 521 4813 (office hours) or (012) 346 2430 (after hours) if there are any questions of concerns**

I understand my rights as a researcher subject, and I voluntarily consent to participation in this study, I understand what the study is about and how and why it is being done. I will receive a signed copy of this consent form.

**To be completed by the investigator and participant**

Participant's name ..... (Please print)

Participants signature .....  
Date: \_\_\_/\_\_\_/\_\_\_

Investigator's name ..... (Please print)

Investigator's signature .....  
Date: \_\_\_/\_\_\_/\_\_\_

## **Appendix C**

### **A PROFILE ON ALCOHOL CONSUMPTION AMONG SOUTH AFRICAN DENTISTS – A DENTIST’S PERSPECTIVE**

DEAR RESPONDENT

This questionnaire is aimed at determining factors that causes stress, strain and anxiety among South African dentists that may lead to alcohol use as a measure to relieve stress, strain and anxiety among dentists.

#### **INSTRUCTIONS**

Please indicate your answer with a circle around the appropriate number in a shaded box or write your answer to a question in the shaded space provided.

**THE QUESTIONNAIRE IS CONFIDENTIAL AND ANONYMOUS**



<p><b>1. BIOGRAPHICAL INFORMATION</b></p> <p>1.1 Indicate your gender</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Male</td> <td style="width: 20%; text-align: center;">1</td> </tr> <tr> <td>Female</td> <td style="text-align: center;">2</td> </tr> </table> <p>1.2 Indicate your age group</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">20-29 years</td> <td style="width: 20%; text-align: center;">1</td> </tr> <tr> <td>30-39 years</td> <td style="text-align: center;">2</td> </tr> <tr> <td>40-49 years</td> <td style="text-align: center;">3</td> </tr> <tr> <td>50-59 years</td> <td style="text-align: center;">4</td> </tr> <tr> <td>60 years and above</td> <td style="text-align: center;">5</td> </tr> </table> <p>1.3 Indicate your marital status</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Single</td> <td style="width: 20%; text-align: center;">1</td> </tr> <tr> <td>Married</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Separated</td> <td style="text-align: center;">3</td> </tr> <tr> <td>Divorced</td> <td style="text-align: center;">4</td> </tr> <tr> <td>Widowed</td> <td style="text-align: center;">5</td> </tr> <tr> <td>Living together / Cohabiting</td> <td style="text-align: center;">6</td> </tr> </table> <p>1.4 In which province of the RSA did you <b>mostly</b> grow up and attend school</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Northern Cape</td> <td style="width: 20%; text-align: center;">1</td> </tr> <tr> <td>Eastern Cape</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Western Cape</td> <td style="text-align: center;">3</td> </tr> <tr> <td>Free State</td> <td style="text-align: center;">4</td> </tr> <tr> <td>Gauteng</td> <td style="text-align: center;">5</td> </tr> <tr> <td>North West Province</td> <td style="text-align: center;">6</td> </tr> <tr> <td>Northern Province</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Kwa-Zulu Natal</td> <td style="text-align: center;">8</td> </tr> <tr> <td>Mpumalanga</td> <td style="text-align: center;">9</td> </tr> <tr> <td>Outside the RSA</td> <td style="text-align: center;">10</td> </tr> </table> <p>1.5 To which South African population group do you belong?</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Black</td> <td style="width: 20%; text-align: center;">1</td> </tr> <tr> <td>White</td> <td style="text-align: center;">2</td> </tr> <tr> <td>Coloured</td> <td style="text-align: center;">3</td> </tr> <tr> <td>Indian / Asian</td> <td style="text-align: center;">4</td> </tr> </table>	Male	1	Female	2	20-29 years	1	30-39 years	2	40-49 years	3	50-59 years	4	60 years and above	5	Single	1	Married	2	Separated	3	Divorced	4	Widowed	5	Living together / Cohabiting	6	Northern Cape	1	Eastern Cape	2	Western Cape	3	Free State	4	Gauteng	5	North West Province	6	Northern Province	7	Kwa-Zulu Natal	8	Mpumalanga	9	Outside the RSA	10	Black	1	White	2	Coloured	3	Indian / Asian	4	<p><b>OFFICE USE</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20px;">V1</td> <td style="width: 20px;"> </td> <td style="width: 20px;"> </td> <td style="width: 20px;"> </td> </tr> <tr> <td>V2</td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td>V3</td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td>V4</td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td>V5</td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td>V6</td> <td> </td> <td> </td> <td> </td> </tr> </table>	V1				V2				V3				V4				V5				V6			
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V6																																																																															



1.6 Indicate your **current** form of full time practice

General dental practitioner in private practice	1
General dental practitioner in the health services or lecturer at a dental school	2
Dental specialist in private practice	3
Dental specialist in the health services or lecturer at a dental school	4
Registered as a non-practicing dentist / specialist	5
Retired	6

V7     
V8     
V9

1.7 At which university did you receive your Bachelor's degree in Dentistry

Medical University of Southern Africa	1
University of Pretoria	2
University of Stellenbosh	3
University of Western Cape	4
University of the Witwatersrand	5
Outside the RSA	6

V10

1.8 At which university / universities did you receive your post graduate qualifications?

Not applicable	1
Medical University of Southern Africa	2
University of Pretoria	3
University of Stellenbosh	4
University of Western Cape	5
University of the Witwatersrand	6
Outside the RSA	7

V11     
V12

1.9 For how long have you been practicing as a registered dentist or dental specialist?

0 years	1
1-10 years	2
11-20 years	3
21-30 years or more	4

V13

**2. BACKGROUND INFORMATION**

2.1 With whom did you **predominantly** grow up?

Both of your biological parents	1
Biological mother and a step father	2
Biological father and a step mother	3
Biological mother only	4
Biological father only	5
Family members or grandparents	6
Foster parents, other than family members	7
Orphanage	8

V14



<p>2.2 If you did not grow up with both of your biological parents, what was the reason?</p>	<table border="1"> <tr> <td>V15</td> <td></td> <td></td> </tr> </table>	V15									
V15											
<table border="1"> <tr> <td>Parents divorced / separated</td> <td>1</td> </tr> <tr> <td>Parent (s) deceased</td> <td>2</td> </tr> <tr> <td>Other (specify)</td> <td>3</td> </tr> </table>	Parents divorced / separated	1	Parent (s) deceased	2	Other (specify)	3	<table border="1"> <tr> <td>V16</td> <td></td> <td></td> </tr> </table>	V16			
Parents divorced / separated	1										
Parent (s) deceased	2										
Other (specify)	3										
V16											
<p>2.3 How many primary schools did you attend during your scholastic years?</p>	<table border="1"> <tr> <td>V17</td> <td></td> <td></td> </tr> </table>	V17									
V17											
<table border="1"> <tr> <td>One primary school</td> <td>1</td> </tr> <tr> <td>Two primary schools</td> <td>2</td> </tr> <tr> <td>Three or more primary schools</td> <td>3</td> </tr> </table>	One primary school	1	Two primary schools	2	Three or more primary schools	3	<table border="1"> <tr> <td>V18</td> <td></td> <td></td> </tr> </table>	V18			
One primary school	1										
Two primary schools	2										
Three or more primary schools	3										
V18											
<p>2.4 How many secondary schools did you attend during your scholastic years?</p>	<table border="1"> <tr> <td>V19</td> <td></td> <td></td> </tr> </table>	V19									
V19											
<table border="1"> <tr> <td>One secondary school</td> <td>1</td> </tr> <tr> <td>Two secondary schools</td> <td>2</td> </tr> <tr> <td>Three or more secondary schools</td> <td>3</td> </tr> </table>	One secondary school	1	Two secondary schools	2	Three or more secondary schools	3	<table border="1"> <tr> <td>V20</td> <td></td> <td></td> </tr> </table>	V20			
One secondary school	1										
Two secondary schools	2										
Three or more secondary schools	3										
V20											
<p>2.5 In how many towns, cities, villages did you live in the first 18 years of your life?</p>	<table border="1"> <tr> <td>V21</td> <td></td> <td></td> </tr> </table>	V21									
V21											
<table border="1"> <tr> <td>One</td> <td>1</td> </tr> <tr> <td>Two</td> <td>2</td> </tr> <tr> <td>Three</td> <td>3</td> </tr> <tr> <td>Four</td> <td>4</td> </tr> <tr> <td>Five or more</td> <td>5</td> </tr> </table>	One	1	Two	2	Three	3	Four	4	Five or more	5	<p>2.6 How would you describe your health in the first 18 years of your life?</p>
One	1										
Two	2										
Three	3										
Four	4										
Five or more	5										
<table border="1"> <tr> <td>Good / seldom ill</td> <td>1</td> </tr> <tr> <td>Often being ill and received treatment</td> <td>2</td> </tr> </table>	Good / seldom ill	1	Often being ill and received treatment	2	<p>2.7 How would you describe the financial position of the family who raised you?</p>						
Good / seldom ill	1										
Often being ill and received treatment	2										
<table border="1"> <tr> <td>Wealthy</td> <td>1</td> </tr> <tr> <td>Middle class (average)</td> <td>2</td> </tr> <tr> <td>Poor / Poverty stricken</td> <td>3</td> </tr> </table>	Wealthy	1	Middle class (average)	2	Poor / Poverty stricken	3	<p>2.8 How would you describe the alcohol habits of your <b>female</b> guardian (mother, stepmother, grandmother etc.) during your childhood?</p>				
Wealthy	1										
Middle class (average)	2										
Poor / Poverty stricken	3										
<table border="1"> <tr> <td>Did not use alcohol</td> <td>1</td> </tr> <tr> <td>Light social non-problematic drinker</td> <td>2</td> </tr> <tr> <td>Heavy social non-problematic drinker</td> <td>3</td> </tr> <tr> <td>Problematic drinker</td> <td>4</td> </tr> <tr> <td>Alcohol dependent</td> <td>5</td> </tr> </table>	Did not use alcohol	1	Light social non-problematic drinker	2	Heavy social non-problematic drinker	3	Problematic drinker	4	Alcohol dependent	5	
Did not use alcohol	1										
Light social non-problematic drinker	2										
Heavy social non-problematic drinker	3										
Problematic drinker	4										
Alcohol dependent	5										





<p>2.9 How would you describe the alcohol habits of your <b>male</b> guardian (father, stepfather etc) during your childhood?</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Did not use alcohol</td><td style="text-align: center;">1</td></tr> <tr><td>Light social non-problematic drinker</td><td style="text-align: center;">2</td></tr> <tr><td>Heavy social non-problematic drinker</td><td style="text-align: center;">3</td></tr> <tr><td>Problematic drinker</td><td style="text-align: center;">4</td></tr> <tr><td>Alcohol dependent</td><td style="text-align: center;">5</td></tr> </table>	Did not use alcohol	1	Light social non-problematic drinker	2	Heavy social non-problematic drinker	3	Problematic drinker	4	Alcohol dependent	5	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 100px;">V22</td><td style="width: 30px;"> </td><td style="width: 30px;"> </td></tr> </table>	V22		
Did not use alcohol	1													
Light social non-problematic drinker	2													
Heavy social non-problematic drinker	3													
Problematic drinker	4													
Alcohol dependent	5													
V22														
<p>2.10 Considering the use of medication or drugs by your parent(s) / guardian(s) (excluding alcohol)</p> <p>2.10.1 Did your <b>female</b> parent/guardian who raised you use any prescription medication e.g. (pain killers, tranquilizers, anti- depressants etc) on a regular basis?</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Yes</td><td style="text-align: center;">1</td></tr> <tr><td>No</td><td style="text-align: center;">2</td></tr> </table>	Yes	1	No	2	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 100px;">V23</td><td style="width: 30px;"> </td><td style="width: 30px;"> </td></tr> </table>	V23								
Yes	1													
No	2													
V23														
<p>2.10.2 Did your <b>male</b> parent/guardian who raised you use any prescription medication e.g. (pain killers, tranquilizers, anti- depressants etc) on a regular basis</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Yes</td><td style="text-align: center;">1</td></tr> <tr><td>No</td><td style="text-align: center;">2</td></tr> </table>	Yes	1	No	2	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 100px;">V24</td><td style="width: 30px;"> </td><td style="width: 30px;"> </td></tr> </table>	V24								
Yes	1													
No	2													
V24														
<p>2.10.3 Did your <b>female</b> parent/guardian, who raised you, use any street drugs from drug dealers on a regular basis?</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Yes</td><td style="text-align: center;">1</td></tr> <tr><td>No</td><td style="text-align: center;">2</td></tr> </table>	Yes	1	No	2	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 100px;">V25</td><td style="width: 30px;"> </td><td style="width: 30px;"> </td></tr> </table>	V25								
Yes	1													
No	2													
V25														
<p>2.10.4 Did your <b>male</b> parent/guardian, who raised you, use any street drugs from drug dealers on a regular basis?</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Yes</td><td style="text-align: center;">1</td></tr> <tr><td>No</td><td style="text-align: center;">2</td></tr> </table>	Yes	1	No	2	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 100px;">V26</td><td style="width: 30px;"> </td><td style="width: 30px;"> </td></tr> </table>	V26								
Yes	1													
No	2													
V26														
<p>2.10.5 Have you ever had a problem with prescription drugs or street drugs?</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Yes</td><td style="text-align: center;">1</td></tr> <tr><td>No</td><td style="text-align: center;">2</td></tr> </table>	Yes	1	No	2	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 100px;">V27</td><td style="width: 30px;"> </td><td style="width: 30px;"> </td></tr> </table>	V27								
Yes	1													
No	2													
V27														
<p>2.11 How would you describe your relationship with your <b>female</b> parent / guardian during your childhood?</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Poor</td><td style="text-align: center;">1</td></tr> <tr><td>Satisfactory</td><td style="text-align: center;">2</td></tr> <tr><td>Good</td><td style="text-align: center;">3</td></tr> </table>	Poor	1	Satisfactory	2	Good	3	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 100px;">V28</td><td style="width: 30px;"> </td><td style="width: 30px;"> </td></tr> </table>	V28						
Poor	1													
Satisfactory	2													
Good	3													
V28														



2.11.1 How would you describe your relationship with your **male** parent / guardian during your childhood?

Poor	1
Satisfactory	2
Good	3

V29		
-----	--	--

2.11.2 How would you describe the following components of your relationship with your **female** parent / guardian?

	POOR	GOOD
Experiencing security	1	2
Experiencing acceptance	1	2
Open and meaningful communication	1	2
Consistent discipline	1	2
Support and encouragement	1	2
Experiencing acknowledgement from your female parent / guardian	1	2
Receive positive and constructive problem solving skills from your female parent /guardian	1	2
Openness to express emotions towards your female parent / guardian	1	2
An atmosphere created by your female parent /guardian for you to develop a positive self-image and self-confidence	1	2

V30		
V31		
V32		
V33		
V34		
V35		
V36		
V37		
V38		

2.11.3 How would you describe the following components of your relationship with your **male** parent / guardian?

	POOR	GOOD
Experiencing security	1	2
Experiencing acceptance	1	2
Open and meaningful communication	1	2
Consistent discipline	1	2
Support and encouragement	1	2
Experiencing acknowledgement from your male parent / guardian	1	2
Receive positive and constructive problem solving skills from your male parent /guardian	1	2
Openness to express emotions towards your male parent / guardian	1	2
An atmosphere created by your male parent / guardian for you to develop a positive self- image and self-confidence	1	2

V39		
V40		
V41		
V42		
V43		
V44		
V45		
V46		
V47		



2.12 Concerning your childhood and school career: (Mark all the applicable)					
	Yes	No			
In leadership positions	1	2	V48		
Outstanding school achievements	1	2	V49		
Your childhood and school career were satisfying and positive	1	2	V50		
Participation in sport or extra-mural activities	1	2	V51		
Emotional problems such as depression, anxiety and a bad self-image	1	2	V52		
Experimenting with drugs	1	2	V53		
Experimenting with alcohol	1	2	V54		
Problems at school e.g. having difficulty in socializing, learning and discipline	1	2	V55		
Family problems	1	2	V56		
Easily influenced by friends (group pressure)	1	2	V57		
Truancy (bunking school), detention, bullying and stealing	1	2	V58		
<b>3. STRESS AND COPING WITH STRESS</b>					
3.1 Did you ever use or over-use (abuse) alcohol or any other substances as a student during your university studies: (Mark all applicable)					
	1	2			
Use alcohol as a student	1	2	V59		
Abuse (over-use) alcohol	2	3	V60		
Use any other mood altering substances during your university days	3	4	V61		
3.2 Should you have used alcohol or other substances as a dental student during your university career, for what reason did you use it? Indicate all applicable aspects					
	1	2			
Not applicable	1	2	V62		
Way of relaxation as a result of a demanding dental study	2	3	V63		
Relief from depression / mood disorder	3	4	V64		
Way of escaping from stress related to the field of study (dentistry)	4	5	V65		
Relief from sleeping problems	5	6	V66		
Irregular and long working and study hours	6	7	V67		
Way of getting relief from emotional experiences related to dental training	7	8	V68		
A way of socializing	8	9	V69		



3.3 Should you have used or abused alcohol as a dental student, what positive effects did alcohol have on you? Indicate all applicable aspects.

Not applicable	1
Relaxing	2
Calming	3
Relief of depression / mood disorder	4
Relief of frustration	5
Relief of exhaustion	6
Relief of grief (emotional pain)	7
Relief of loneliness	8
Relief of anxiety	9
Providing self-confidence	10
Escaping from daily work stress	11
Relieving sleep problems resulting from work stress	12
Relieving emotional stress resulting from the dental profession	13
Relieving physical pain/health problems	14

V70		
V71		
V72		
V73		
V74		
V75		
V76		
V77		
V78		
V79		
V80		
V81		
V82		
V83		

3.4 Indicate which of the following cause you stress in the dental profession (Mark all applicable)

Irregular long working hours	1
Demands and expectations of patients	2
Working in close physical range of the patient (invasion of your personal space)	3
Management and business demands of a practice	4
Balance between professional and family life	5
Emotional and physical exhaustion	6
Minimal time for personal and family recreation because of the dental profession	7
Time management in terms of appointments	8
No built in social psychological support system in the profession	9
Fear of risk of HIV and other infections	10
Safety issues e.g. physical injury	11
Financial issues	12
The fear of legal action against you	13
Fear of loss of patients to other dentists	14
Fear of dental technologists work not being on time or up to standard	15

V84		
V85		
V86		
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V98		



3.5 Should you be using alcohol currently, for what reason(s) do you use alcohol? Indicate all applicable aspects.

Not applicable	1
As a coping mechanism	2
Relaxing	3
Calming	4
Relief of depression / mood disorder	5
Relief of frustration	6
Relief of total exhaustion	7
Relief of grief (emotional pain)	8
Relief of loneliness	9
Relief of anxiety	10
Providing self-confidence	11
Escaping from daily work stress	12
Relieving sleep problems resulting from work stress	13
Relieving emotional stress resulting from the dental profession	14
Relieving physical pain/health problems	15
To give you courage to perform a difficult dental procedure	16
To give you courage to perform a dental procedure on a difficult patient	17
To perform a dental procedure on a high profile patient that is your superior	18
To get rid of a hangover before treating patients	19
In order for you to cope with the stress created by the close contact that you have with patients (invading into their personal space)	20
Other Specify)	
1.....	
2.....	

V99		
V100		
V101		
V102		
V103		
V104		
V105		
V106		
V107		
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V119		
V120		

3.6 What measures do you use to relieve stress? Indicate all applicable measures.

Exercise	1
Eating	2
Music	3
Movies / Videos / DVD	4
Socializing with friends	5
Smoking	6
Emotional outbursts	7
Alcohol	8
Other chemical substances	9
Hobbies	10
Receive counseling as a way of stress relief	11
Other (specify)	
1.....	
2.....	

V121		
V122		
V123		
V124		
V125		
V126		
V127		
V128		
V129		
V130		
V131		
V132		
V133		



**4. HISTORY OF ALCOHOL USE OR ABUSE AND DYSFUNCTION**

PLEASE ANSWER THE FOLLOWING QUESTIONS AS CORRECTLY AS POSSIBLE BECAUSE IT IS THE BASIS OF THIS RESEARCH (AN ALCOHOLIC DRINK REFERS TO A GLASS OF WINE, ONE BEER, ONE TOT OF WHISKY, BRANDY ETC.)

4.1 Have you ever had 5 or more drinks at least on one occasion per month in the last year?

Yes	1
No	2

V134

4.2 Have you ever had 5 or more drinks at least on 5 occasions per month in the last year?

Yes	1
No	2

V135

4.3 Considering your alcohol consumption on **weekend days** (Friday – Sunday):

4.3.1 How many **weekend days** (Friday –Sunday) do you drink alcohol on average?

I never use alcohol on weekends	1
I drink on weekend days only occasionally	2
3 days	3
2 days	4
1 day	5

V136

4.3.2 How many alcoholic drinks (glasses of wine, beers, tots of brandy, whisky etc) do you drink on average on a **weekend day** (Friday to Sunday)?

I never drink alcohol on weekend days	1
1 - 2 drinks	2
3 - 4 drinks	3
5 - 6 drinks	4
7 - 11 drinks	5
Eleven or more drinks	6

V137

4.4 Considering your alcohol consumption on **weekdays** (Monday – Thursday)

4.4.1 How **many weekdays** (Monday-Thursday) do you drink alcohol on average?

I never drink on weekdays	1
I only drink occasionally on week days	2
One day	3
Two days	4
Three days	5
Four days	6

V138



4.4.2 How many alcoholic drinks do you drink on average on a **weekday** (Monday – Thursday)?

I never drink alcohol on weekdays	1
1 - 2 drinks	2
3 - 4 drinks	3
5 - 6 drinks	4
7 - 11 drinks	5
Eleven or more drinks	6

V139		
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4.5 Do you consider yourself?

A non-drinker	1
A light-social drinker	2
A heavy-social drinker	3
A problematic drinker	4
Alcohol dependent	5

V140		
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4.6 Indicate how the use of alcohol has affected your work as a dentist. Indicate all applicable aspects

Getting behind in work due to alcohol consumption	1
Call in sick or late due to alcohol consumption	2
Can not get along with people due to alcohol consumption	3
Neglect your work due to alcohol consumption	4
Cancel patients due to alcohol consumption	5
Provide less than your best patient care due to alcohol consumption	6
The use of alcohol has not affected my work as a dentist in any way	7
Other (Specify)	
1.....	
2.....	

V141		
V142		
V143		
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V145		
V146		
V147		
V148		
V149		

4.7 Has alcohol ever affected your personal life in any of the following ways? Indicate all applicable aspects

You worry at times that you may be using too much alcohol or too often	1
Neglecting to do daily routine tasks such as shopping etc due to alcohol use	2
Neglecting your personal appearance (clothing, shaving etc)	3
Bad behavior due to alcohol use	4
Motor car or any other accident due to your alcohol consumption	5
Convicted in a court of law for something that you did under the influence of alcohol	6
Seriously considered suicide because of your alcohol drinking habit	7
Other (specify)	
1.....	
2.....	

V150		
V151		
V152		
V153		
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V155		
V156		
V157		
V158		



4.8 Has alcohol ever affected your functioning in your personal life in respect of any of the following?

Relationships with your family	1
Marriage	2
Sex life	3
Social life	4
Sport	5
Religion	6
Finances	7
Other (specify) 1.	
2.	

V159		
V160		
V161		
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V164		
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V166		
V167		

4.9 Has alcohol use/abuse affected your health in respect of any of the following? (Indicate all applicable)

Seen a psychiatrist, psychologist, counselor or social worker due to psychosocial problems resulting from alcohol consumption	1
Been reported to the Medical and Dental Professions Board of HPCSA due to your alcohol drinking habits	2
Been admitted to a rehabilitation facility for alcohol abuse	3
Been diagnosed with alcohol related diseases such as alcoholic liver disease, diabetes etc	4
Been advised to stop your alcohol drinking habits because it is affecting your health	5
Other (specify)	
1.....	
2.....	

V168		
V169		
V170		
V171		
V172		
V173		
V174		

**5 A DENTISTS PERSPECTIVE OF ALCOHOL USE, LINKED TO THE STRESS AND STRAIN OF THE DENTAL PROFESSION**

5.1 Do you agree that?

	Yes	No
Dental students consume alcohol to relieve the stress and strain of the dental curriculum	1	2
The habit of alcohol use among dentists begins early in their career at dental school?	1	2

V175		
V176		

5.2 Do you agree that some dentists?

	Yes	No
Consume alcohol to relieve the stress of keeping to difficult appointment schedules	1	2
Consume alcohol to relieve the stress of financial pressures	1	2
Consume alcohol to relieve the stress of staff related problems	1	2
Consume alcohol to relieve the stress of practice management in general	1	2

V177		
V178		
V179		
V180		





5.3 Do you believe that?					
	Yes	No			
Dentists who experience high social anxiety, deliberately take alcohol to cope with their social fears?	1	2	V181		
Dentists experience more occupational stress than the other health professionals	1	2	V182		
Dentists consume more alcohol than other health professionals	1	2	V183		
Dentistry is not the glamorous job that it is made out to be	1	2	V184		
Personal factors may be much stronger predictors for hazardous alcohol consumption among dentists than practicing dentistry as such?	1	2	V185		
5.4 Do you believe that?					
	Yes	No			
The so-called “conspiracy of silence” where colleagues and friends are reluctant to report dentists who have a dependency problem, does indeed exist in the dental profession	1	2	V186		
Close relatives, especially spouses of dentists with hazardous alcohol-drinking habits, hide the fact because they are scared of the consequences	1	2	V187		
5.5 Do you believe that?					
	Yes	No			
Dentists sometimes deliberately stay away from their practices because they are scared that it will be noticed that they had too much to drink.	1	2	V188		
Some dentists have been reported to the HPCSA because of alcohol use	1	2	V189		
Some dentists perform dental procedures under the influence of alcohol	1	2	V190		
Some dentists use tranquilizers such as the benzodiazepines to be able to cope with the stress and strain of dentistry because the signs of alcohol are too visible?	1	2	V191		



6 FUTURE RECOMMENDATIONS

6.1 What should be included in dental curricula to prepare students to manage stress in dental practice?

1.....

2.....

V192		
V193		

6.2 What can dentists do to help manage or alleviate stress better?

1.....

2.....

V194		
V195		

6.3 Specify any other recommendations

1.....

2.....

V196		
V197		

THANK YOU FOR YOUR TIME AND CO-OPERATION

## Appendix D

### INTERVIEW SCHEDULE

#### A PROFILE ON ALCOHOL CONSUMPTION AMONG SOUTH AFRICAN DENTISTS – A DENTIST’S PERSPECTIVE

##### 1. Introductory questions

- 1.1 Briefly tell me the history of your alcohol dependency. When did it start and what contributed to it?
- 1.2 Reflect on your treatment for alcohol abuse.

##### 2. Background

- 2.1 Do you come from a broken up family (parents divorced, separated, step mother, step father etc)?
- 2.2 How would you describe your relationship with your parent(s) / guardian(s) with whom you grew up?
- 2.3 How would you describe the alcohol drinking habits of your parent(s) / guardian(s) with whom you grew up?
- 2.4 Did any of your parents or guardians with whom you grew up use prescription drugs e.g. tranquilizers or even street drugs on a regular basis?
- 2.5 Tell me about the financial status of the family who raised you, and how did it affect you?
- 2.6 Except alcohol, did you ever use prescription drugs or street drugs on a regular basis, and how did it affect you?



### **3. Stress factors in the dental profession linked to alcohol use**

- 3.1 Being a dentist or dental specialist, which part of dentistry causes you the most stress and strain e.g. working on patients, financial issues etc?
- 3.2 What did you do in the past to relieve stress caused by the dental profession?
- 3.3 What do you presently do to relieve stress caused by the dental profession?
- 3.4 Have you ever had the need to have a drink before performing a dental procedure, and why?
- 3.5 Tell me how alcohol enabled you to cope with the stress and strain of the dental profession.
- 3.6 At what stage of your career did you realize that your drinking habits have become a problem?

### **4. Quantity and frequency of alcohol use**

- 4.1 Tell me about your alcohol consumption as a dental student.
- 4.2 Tell me about your alcohol drinking habits, as a dentist, prior to treatment.
- 4.3 Has your drinking at hazardous levels been reported to the HPCSA?
- 4.4 After your rehabilitation, did you completely abstain from alcohol use?
- 4.5 Reflect on your alcohol usage to date.

### **5. Coping mechanisms**

- 5.1 What are you currently doing to earn a living, are you still practicing as a dentist?
- 5.2 Which mechanisms do you now apply to cope with the stress and strain of the dental profession?
- 5.3 In the past, apart from alcohol, what other coping mechanisms did you apply to cope with the stress and strain of the dental profession, and were these mechanisms effective?



## 6. Recommendations

- 6.1 Do you think that dental students are made fully aware of the stress and strain of the dental profession and how can dental schools help to prepare dental students for the stress and strain of the dental profession?
- 6.2 What can be built into the dental curriculum to address these issues?
- 6.3 Suggest recommendations for dentists to cope with dental stress.

**Finally** – Do you think that dentistry contributed to the fact that you became alcohol dependent.