

The effectiveness of positive writing intervention for promoting dentists' well-being

Working with patients with pain and anxiety could bring both fatigue and satisfaction to dental professionals. As a caregiver, this empathy-based stress is inevitable, but the outcome could be tilted towards the positive side by enhancing work-related positivity. Using a positive writing intervention, this study aimed to investigate its effectiveness on boosting the professional quality of life and work engagement of dentists and examine its interaction with demographics. Forty local dentists were invited to complete four online exercises writing about positive work events within two weeks. ProQOL, UWES-17 and DEJRS were employed to assess their professional quality of life, work engagement and satisfaction level with work resources at three different time points during the study. A between-subject and within-subject analysis revealed that positive work reflection improved dentists' well-being through its buffering action against the negative consequences of compassion, and the variation of effect with gender and working experience provided evidence on the importance of person-activity fit in a positive intervention.

Key words: Dental professionals, professional Quality of Life, Work engagement, Positive writing intervention, person-activity fit