General Dental Council

# Mental health and regulation

PSA research conference 2025

18 November 2025

General Dental Council

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#### Research into mental health



Impacts of Covid-19 research



Mental health reviews



FtP research



Stakeholder perceptions research



Early career dental professionals



#### What the research shows

Mental health is an important and increasingly present challenge for dental professionals

External shocks have impacted negatively across dental professionals and public wellbeing

Wellbeing issues in relation to FtP

People from minority ethnic backgrounds are potentially at higher risk of mental health issues and the related risks and consequences

## Gaps in the knowledge

Research on mental health support interventions with dental professionals

Objective information on how it affects performance and patient safety.

Less research on mental health undertaken with clinical dental technicians, dental hygienists, dental nurses, dental technicians, dental therapists, and orthodontic therapists.

### Ongoing and future research

Continuing to include mental health aspects in commissioned research

Rapid evidence review 2025-26

#### **Conclusions**

- Link with GDC core functions and improvements
- Informed GDC's corporate strategy
- Gaps in what we need to know
- Importance of collaboration

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### Thank you.

Do you have any questions?

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