Take it with a grain of salt- making sense of dental forums on social media

With ridiculously easy access to social media platforms like Facebook and Instagram, dentists- especially new graduates- find themselves bombarded with a peacock display of seemingly failure-proof dentistry. While such posts on dental forums on Facebook contain valuable knowledge, dentists start believing that the fancily dressed up cases that are posted there represent the usual standard of everyday clinical dentistry, and let themselves feel not-good-enough as a result. An online survey of 90 dentists was conducted on Facebook, and presented participants with a set of specific questions, which assessed their usage of Facebook dental forums and the impact it had on their minds and confidence. The participants shared tips on making healthy comparison of one's own work with that posted on forums, so as to stop oneself from feeling second best while still reaping the maximum benefit from such groups and forums. This talk summarises the survey and its findings with the help of graphs, charts, and other aids.