



## 2025 Research Aid Award Dr. Linnaea Halpert, University of Toronto

### Biography

Dr. Linnaea Halpert is a second-year orthodontics resident and MSc candidate at the University of Toronto. She previously completed her DDS at the same institution, followed by a General Practice Residency at the Hospital for Sick Children, Toronto. Throughout her training, Dr. Halpert has maintained a passion for promoting education, wellness, and evidence-based care in dentistry. She has held numerous leadership roles, including being class president, worked with the Faculty to organize a Wellness Month, and was the founder of the Toronto chapter of the Wikipedia Collaboration of Dental Schools in collaboration with Cochrane Oral Health. Her current research focuses on professional burnout and resilience among orthodontists, combining her interests in education, wellness, and specialty advancement.

### Description of the Project

This study investigates the prevalence and severity of occupational burnout among orthodontists in the United States and Canada, with an emphasis on how resilience impacts these outcomes. Utilizing validated tools such as the Maslach Burnout Inventory and a custom Work and Well-being questionnaire, this survey-based research examines how demographic factors such as gender, caregiving status, debt load, and clinical practice environment influence both burnout and resilience. The findings will inform the creation of evidence-based interventions aimed at improving practitioner wellbeing and, in turn, enhancing patient care.

### How orthodontic education will benefit from the award

This project offers the opportunity to address an underexplored yet critical issue within orthodontic education of mental health and wellbeing of practitioners. By identifying key factors that are contributing to burnout and resilience, the study can guide professional development efforts to better support orthodontists. To elaborate, the findings may inform strategies for mentorship, wellness education, and institutional policy to foster better long-term career satisfaction and performance in orthodontics.

### Why the Foundation is important to this project

The AAOF's support is essential in making this project feasible and impactful. The award enables access to necessary resources such as the Maslach Burnout Inventory license, professional statistical support, and the dissemination of research findings through poster presentations at international conferences. It also funds the AAO-PIR mailing process, which is crucial for achieving sufficient survey participation from orthodontists across North America. Without the AAOF's funding, the reach and translational potential of this study would be substantially limited.

## **How Foundation funding is expected to or has benefitted my career**

Receiving the AAOF Research Aid Award has allowed me to establish a meaningful early contribution to orthodontics. It validates the importance of wellness research in our field and provides an opportunity for me to present my findings at high-profile conferences, thus expanding my professional network and creating new mentorship opportunities. Through this process, I have gained essential experience in project design, research ethics, statistical analysis, and scholarly communication. These skills will benefit my long-term goal of contributing to orthodontic education as a clinician and educator.