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## **Bruxism Awareness and Self-Assessment in Dental Clinical Students: A Questionnaire Based Survey**

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### **ABSTRACT**

#### **Statement of Problem:**

Bruxism is a frequently observed parafunctional activity in dental students and is closely linked to academic stress and psychological factors. Inadequate awareness and self-evaluation may delay early diagnosis and appropriate management.

#### **Objectives:**

To assess and compare the awareness and self-perception of bruxism among clinical dental students with and without clinically confirmed bruxism.

#### **Methods:**

A descriptive cross-sectional study was conducted among 177 dental students aged 17–28 years. Participants were categorized into bruxism and non-bruxism groups based on standardized clinical criteria. Data were collected using a validated 19-item self-administered questionnaire. Statistical analysis was performed using SPSS software, and a p-value < 0.05 was considered statistically significant.

**Results:**

Students with bruxism reported significantly higher incidences of tooth grinding, clenching, tooth wear, jaw discomfort, muscle fatigue, temple pain, trismus, and neck pain ( $p < 0.05$ ). No statistically significant difference was observed between groups regarding knowledge of etiology, diagnosis, or treatment modalities ( $p > 0.05$ ). Most affected students were able to correctly recognize their condition.

**Conclusion:**

While clinical dental students possess fundamental knowledge of bruxism, gaps remain in understanding its complex causes and comprehensive management. Targeted educational interventions may enhance early detection and improve preventive and therapeutic outcomes.

**Keywords:**

Bruxism, Dental education, Awareness, Self-perception, Oral habits, Questionnaire study

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