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Prevalence and Severity of Temporomandibular Joint Disorders Among Undergraduate Dental Students of a Dental Institute: A Questionnaire Based Study

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ABSTRACT:

Aim: This cross-sectional study was conducted to investigate the prevalence and severity of TMDs among undergraduate students of a dental institute. **Objectives:** To investigate prevalence and severity of TMD among undergraduate dental students using fonseca questionnaire, Gender-based differences in the prevalence of TMD among university students, Signs and symptoms associated with TMD, including articular sounds, pain upon palpation of masticatory muscles and Limitations in mandibular movements by physical examination within the studied population. **Material and methodology:** A validated questionnaire assessing TMD symptoms was distributed. Clinical examination, including tenderness on palpation of masticatory muscles, clicking and measuring mouth opening, was performed. **Results:** The results showed that 45% of the subjects exhibited some degree of TMD. Limitations in the mandibular movements were not found. Most prevalent category was mild TMD category (39 %). Prevalence rate and severity of TMDs in male population (41%) was more than female (40%) population but there was no significant difference.

Higher prevalence of parafunctional habits (26%), headache (52%) and stress (53%) was found in undergraduate students. **Conclusion:** Most of the volunteers classified by the anamnesis index as severe and moderate TMD reported high emotional stress and had audible articular sounds at the physical examination, this being the most evident aspects of TMD in the study. The prevalence of pain on palpation of the masticatory musculature, were proportionally higher according to the severity of TMD. There is a positive correlation between TMDs and parafunctional habits, headache and stress.

KEYWORDS: Temporomandibular disorder, TMD, Fonseca questionnaire, FAI, Myofascial pain and Muscles of mastication.

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