

RELATIONSHIP BETWEEN TEMPOROMANDIBULAR DYSFUNCTION, STRESS, AND ANXIETY AMONG DENTAL STUDENTS



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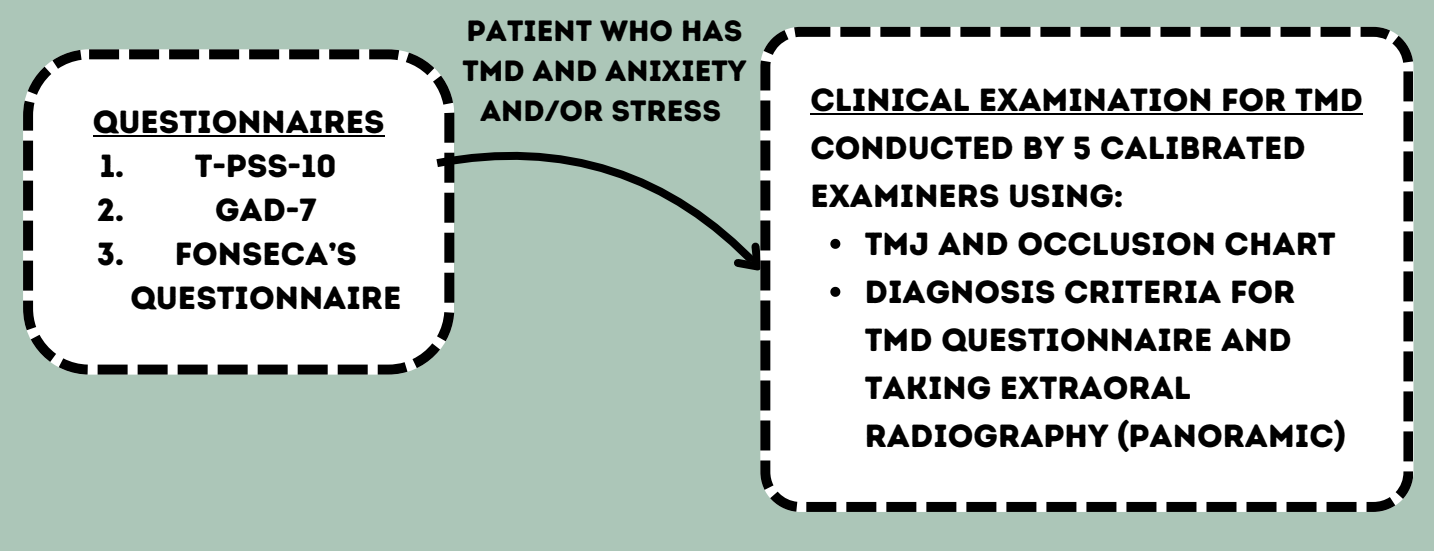
INTRODUCTION

Temporomandibular disorders (TMD) are caused by several factors including stress and anxiety. Recent studies show that dental students may experience more stress, anxiety, and depression than the general population, which could develop higher risk to TMD.

OBJECTIVE

- To determine the prevalence of TMD among dental students at Rangsit University.
- To assess the association between TMD symptoms and stress and anxiety among dental students at Rangsit University.

METHODOLOGY



DATA ANALYSIS

Data was analyzed using SPSS software, with

- Chi-Squared tests
- Binary logistic regression,
- Mann-Whitney U test

to explore the relationship between psychological factors and TMD symptoms.

RESULT

A total 103(67.8%) students were found having TMD with stress, 98 (69%) TMD with anxiety and 98 (69%) TMD with stress and anxiety respectively by Fonseca's questionnaire. While occlusion examination showed 56 (54.4%) having TMD with stress, 51 (52 %) TMD with anxiety and 51 (52 %) TMD with stress and anxiety. The study found no significant differences in the prevalence of TMD when assessed using Fonseca's questionnaire and occlusion examination, comparing participants with and without stress, anxiety, or both. However, both moderate and severe anxiety was significantly linked to TMD, On the other hand, stress alone and the combination of stress and anxiety were not significantly associated with TMD.

CONCLUSION

The study found no significant difference in TMD prevalence between fourth- and sixth-year students with stress, anxiety, or both. However, anxiety was significantly associated with TMD, while stress alone or the combination of stress and anxiety did not show a significant relationship.

CLINICAL SIGNIFICANCE

Reducing stress and anxiety can help lower the risk of developing temporomandibular disorder (TMD).

KEYWORDS: Anxiety, Dental students, Stress, Temporomandibular disorders

