

Abstract

Background & Aim

Temporomandibular disorders (TMD) are a subgroup of painful orofacial disorders involving pain in the temporomandibular joint (TMJ) region. TMD prevalence is higher among different societies and variable incidence rates are reported for it. The present study determined the health status and incidence of TMD among dental students of Ardabil Dental School during 2017-2018.

Materials and Methods

In a descriptive cross-sectional trial, 113 dental students (mean age of 23.3 years old) were studied. The data were obtained by a questionnaire and clinical examinations while different aspects of TMD were analyzed. The frequency and percentage of TMD signs and symptoms were calculated and the difference of TMD incidence in both genders were analyzed by chi-square test.

Results

In total, 53.1% (60) of participants had TMDs. Furthermore, 25.7% had the history of pain in the TMJ region, 22.1% had sounds during the lateral movements, 16.8% had headache history in the temporomandibular region and 7.1% had the history of jaw fix. Limitation in the protrusion was seen in 16.8%, in the lateral movements was seen in 22.1% and limitation in the mouth opening was seen in 4.4% of the populations. Again, 11.5% had pain in the temporal muscle, 12.4% had masseter muscle pain, 8.0% had pain in the lateral region of TMJ, 5.3% had pain in the posterior area of mandible, 3.5% had pain in the lateral region of pterygoid muscle and 2.7% had pain in submandibular area. TMD incidence was significantly higher in the females compared to the male participants (65.4% vs. 42.6%; $p < 0.02$).

Conclusion

Therefore, TMD was observed in more than half of studied dental students and the incidence of TMD in females was higher than males.

Key words: Temporomandibular disorders, Incidence, Signs and symptoms, Dental students