PREVALENCE OF FACIAL PAIN, BRUXISM AND SPLINT THERAPY ON UNIVERSITY AND COLLEGE STUDENTS

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INTRODUCTION: TMD (Temporomandibular disorders) is a common name for symptoms including e.g. grinding, clenching, facial muscular pain, temporal joint sounds and pain in movement and restricted mouth opening (Okeson et al. 2006).

The aims of this study, were to evaluate the prevalence of cervical pain, especially temporal and facial pain in Finnish university and college students. To determine triggers for these forms of pain was included in the aims of the study.

METHODS: The information given by this study, is collected from a health survey which was sent to randomly selected 10,000 Finnish students. Totally 4370 responded to the survey (1610 males, 2760 females) (Kunttu et al. 2012). A special theme of facial pain and temporomandibular symptoms was recorded with 6 questions (Table1), which were modified from a survey evaluating temporomandibular disorder (Nilsson et al. 2002) and a questionnaire of facial pain in the Northern Finland Birth Cohort Study (Siipiä et al. 2002). The health study includes questions from other fields of health, hygiene and health behavior and a debriefing of backgrounds and life situation of students. In the analysis of the differences of prevalence between sexes was evaluated using the Chi²-test, IBM SPSS version 21.

RESULTS: Of all the respondents, 10.5% males and 22.1 % females reported of occasional pain once a week or more often on temples, temporomandibular joints, facial area or jaws. Abiding pain was reported by 0.9% of males and 3.8 % of females (Table 3). The most common triggering factors were stress (39.3 %) and chewing (28.0 %). Teeth grinding and musculoskeletal irritation were the most frequent symptoms rising from the alternative “other reason”. In this study, 7.6 % of all respondents felt pain at least once a week during mouth opening or chewing. Bruxism at night or daytime was reported by 26.3 % (18.9 % males, 26.8 % females) (Table2).

CONCLUSIONS: Compared with earlier studies the prevalence of bruxism and facial pain is more common in students than in average population. The symptoms of pain in students seem generally relate to stress and thereby possibly associated teeth grinding. Correlating to earlier studies females reported pain more than twice as frequently as men.

REFERENCES:
Kunttu K et al. Student Health Survey 2012, FSHS, Finland