TEMPOROMANDIBULAR DYSFUNCTION AND ANXIETY

Autor(res)

Vivian Louise Soares De Oliveira
Ana Júlia Godinho

Categoria do Trabalho

Pesquisa

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FACULDADE ANHANGUERA

Resumo

TEMPOROMANDIBULAR DYSFUNCTION AND ANXIETY
The temporomandibular joint (TMJ) functions as a hinge that connects the mandible to the skull, allowing essential movements such as chewing to be carried out. The stomatognathic system plays a leading role in human actions, and one of its most important aspects is the proper functioning of the TMJ. For the body to operate harmoniously, both physical and psychological well-being are essential.
Psychological factors have a direct impact on the patient's oral health and can cause pain, as is the case with Temporomandibular Dysfunction (TMD).
According to an analysis based on articles on the ScieELO website, there are several theories to explain the cause of TMD. It is believed that hyperactivity of the facial muscles is the biggest indicator of temporomandibular dysfunction, which is generated by emotional stress.
In the study presented in these articles, which aims to assess the correlation between emotional stress and the development of TMD and to verify its prevalence in a part of the population under severe stress, 60% of the population surveyed showed signs and symptoms of TMD, and 81% reported being under severe emotional stress. Symptoms such as social anxiety, sexual dysfunction and self-image dysmorphia were also reported.
The aim of the research was to collect data on the relationship between psychological factors and orofacial pain published between 2000 and 2015, which showed a significant increase in orofacial dysfunctions over the years and a decline in global mental health in recent years.
We can conclude that health should not only be physical and that psychological aspects can affect the physical integrity of the human being, such care can be initiated in the dental surgeon's office with mutual work with the psychologist in cases of orofacial pain, bruxism and dental apartment, so that a better quality of life is provided to the patient.

REFERENCES: Soriano Frassetto, Patricia. Psychological aspects associated with temporomandibular dysfunction: a systematic review of the literature, Canoas, 2015. e mais algumas!

I Seminário de Pensamento Científico na Odontologia
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