

Temporomandibular pain disorder screening instrument

1. In the past 30 days, on average, how long did any pain in your jaw or temple area on either side last?

- a. No pain
- b. From very brief to more than a week, but it does stop
- c. Continuous

2. In the last 30 days, have you had pain or stiffness in your jaw on awakening?

- a. No
- b. Yes

3. In the last 30 days, did the following activities change any pain (that is, make it better or make it worse) in your jaw or temple area on either side?

A. Chewing hard or tough food

- a. No
- b. Yes

B. Opening your mouth or moving your jaw forward or to the side

- a. No
- b. Yes

C. Jaw habits such as holding teeth together, clenching, grinding or chewing gum

- a. No
- b. Yes

D. Other jaw activities such as talking, kissing, or yawning

- a. No
- b. Yes

Items 1 through 3A constitute the short version of the screening instrument, and Items 1 through 3D constitute the long version. An “a” response 0 points, a “b” response 1 point and a “c” response 2 points.