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IMPACT OF ANXIETY ON THE PAIN INTENSITY IN PATIENTS WITH TEMPOROMANDIBULAR JOINT DISORDER DURING SPLINT TREATMENT

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Objectives: Level of anxiety and pain intensity before and after splint treatment of patients with temporomandibular joint disorder (TMJD) was compared.

Methods: TMJD in 60 patients (mean age 37.9 years, 80% women) was diagnosed using patient's history and clinical examination, and was confirmed by magnetic resonance imaging of the TMJs. Pain intensity was rated on a visual-analogue scale. The anxiety was confirmed by Spielberger's State-Trait Anxiety Inventory (STAI).

Results: A higher level of anxiety was determined due to the fact that the mean score in STAI 1 was 39.80 and STAI 2 was 41.10. Before visiting a dentist, the patients suffered pain for 8.7 months on average. There is a statistically significant difference between patients depending on how long they previously suffered pain and anxiety values for all patients in STAI 1 and 2 ($p < 0.0001$). Including only patients with determined anxiety depending on age and gender there was no statistical difference in previous pain duration ($p > 0.05$). There is a correlation between anxiety values on STAI 1 scale and post-treatment pain intensity ($p < 0.026$), and on STAI 2 scale pain intensity proved to be statistically significant before ($p < 0.002$) and after ($p < 0.049$) treatment. There was a statistically significant difference in scores of STAI 2 tests of patients with bruxism behaviour ($p < 0.042$).

Conclusions: There is a possibility of negative interaction of psychological and psychosocial factors within all forms of musculoskeletal disorders' treatment, including TMDs. This study confirmed the connection between anxiety and various categories of pain intensity in patients during splint treatment.