



TU334

BACKGROUND AND AIM

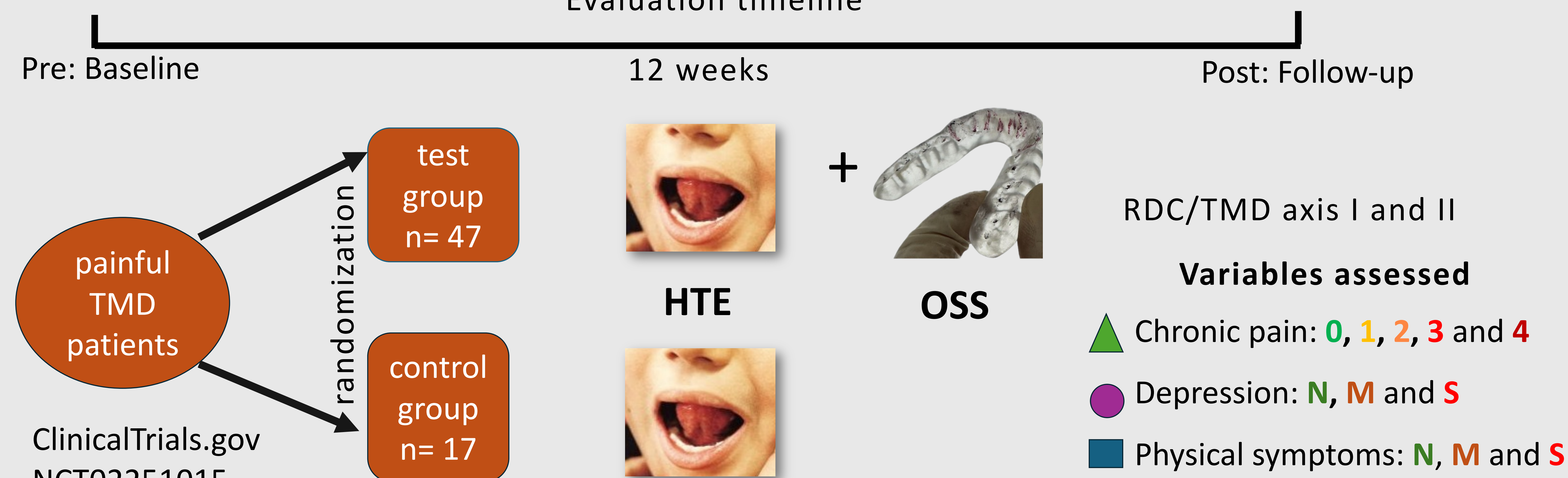
Temporomandibular disorders (TMD) have a biopsychosocial nature and are interconnected with overall health. The development of painful TMD may be influenced by an individual's psychological profile and a state of pain amplification.

There is a need for a biopsychosocial assessment that includes validated diagnostic instruments and primarily conservative multidisciplinary management strategies.

This study aimed to evaluate the difference between biopsychosocial subtypes based on Axis II of the Research Diagnostic Criteria (RDC/TMD) in patients with painful TMD before and after two conservative treatment approaches: **Home Therapeutic Exercises (HTE)** alone, and **HTE + Occlusal Stabilization Splint (OSS)**.

MATERIALS AND METHODS

Evaluation timeline



RESULTS

	Control				Test				
	Me	SD	Min	Max	Me	SD	Min	Max	
Age	45	20	19	77	43	17	14	72	
Weight	65	12	50	81	61	12	40	98	
Height	1,6	0,1	1,5	1,7	1,6	0,1	1,5	1,8	
Gender			N	%			N	%	
Female			12	26			35	74	
Male			4	25			12	75	
Total			16	25			47	75	
p-value age*									0,7591
p-value weight*									0,1761
p-value height*									0,4646
p-value gender*									1,0000

Tab.1: descriptive variables of the sample followed by the p-value of the Mann-Whitney (MW) test for comparison between two samples (*) and Fisher's exact test for independence between two variables (**)

Variables	CONTROL		TEST		TOTAL (n= 64)							
	Pre	Post	Pre	Post	Pre		Post					
	N	%	N	%	N	%	N	%				
Physical Symptoms ■												
Normal	6	35	4	24	16	34	28	60	22	34	32	50
Moderate	8	47	9	53	10	21	12	26	18	28	21	33
Severe	3	18	4	24	21	45	7	15	24	38	11	17
Degree of Chronic Pain ▲												
0 - No pain in the last 6 months	9	53	7	41	11	23	35	75	20	31	42	66
1 - Low Intensity	4	24	4	24	10	21	3	6,4	14	22	7	11
2 - High Intensity	1	5,9	3	18	21	45	9	19	22	34	12	19
3 - High disability with moderate limitation	2	12	3	18	5	11	0	0	7	11	3	4,7
4 - High disability with severe limitation	1	5,9	0	0	0	0	0	0	1	1,6	0	0
Depression ●												
Normal	8	47	8	47	14	30	27	57	22	34	35	55
Moderate	5	29	6	35	16	34	11	23	21	33	17	27
Severe	4	24	3	18	17	36	9	19	21	33	12	19

Tab. 2: absolute and relative frequency of variables in each group and moment of time

Variables	Between times (W)			Inter-Group (MN)	
	Total	Control	Test	Pre	Post
Chronic Pain ▲	<0,0001	0,5313	<0,0001	0,1259	0,0097
Depression ●	<0,0001	0,5313	<0,0001	0,4789	0,4935
Physical Symptoms ■	0,0001	0,2500	<0,0001	0,2288	0,0256

Tab. 3: p-value of Wilcoxon tests (W) for time-matched and MN data for two independent samples between groups

CONCLUSIONS

After the combined application of OSS and HTE, the degree of chronic pain and physical symptoms related to TMD variables was reduced. However, no significant change was observed in the degree of depression

