

Back-translation 1-Bruxscreen

Bruxscreen

Part 1: BruxScreen-Q Bruxism Screener (BruxScreen) Q

Part 1.Self-report questionnaire-explanation

The questionnaire screens the possibility of bruxism and associated jaw symptoms

Bruxism is a mandibular muscular activity that can appear in two different ways: clenching that is characterized by a light or strong touch between the opposite teeth or grinding of teeth

While during grinding the lower jaw is moving from side to side against the upper jaw, during clenching the lower jaw is almost not moving. Additionally, teeth grinding is usually associated with noise. The different muscular activities can appear during sleep or wakefulness

Usually, bruxing activity is not harmful but some people may suffer from various negative consequences such as jaw pain, stiffness in jaw muscles, or limitation in mouth opening

Please complete a short questionnaire so that your dentist can diagnose if you are performing such muscular activity

After completion of the questionnaire please hand it to the dentist. The dentist will then examine your jaws and teeth to confirm the situations reported in the questionnaire.

Thank you for your cooperation

your dentist

1. Bruxism

How often do you clench your teeth during sleep

☐Never ☐sometimes ☐constantly ☐often ☐always ☐don't know

How often do you grind your teeth during sleep

☐Never ☐sometimes ☐constantly ☐often ☐always ☐don't know

How often do you clench your teeth while awake

☐Never ☐sometimes ☐constantly ☐often ☐always ☐don't know

How often do you grind your teeth during sleep

☐Never ☐sometimes ☐constantly ☐often ☐always ☐don't know

(namely there is a contact between the upper and lower teeth) together while you are awake at times when you are not eating

☐Never ☐sometimes ☐constantly ☐often ☐always ☐don't know

How often do you hold strongly/ tighten or feel tension in your chewing muscles during wakefulness, while you are not eating

☐Never ☐sometimes ☐constantly ☐often ☐always ☐don't know

2. Jaw symptoms.

How often do you experience pain/unpleasantness,/ sensitivity/fatigue/tension/stiffness in the area of temple, face, jaws, jaw joint

	Pain	Unpleasantness	Sensitivity	fatigue	Tension	Stiffness
during awakening	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know
Any other time	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know

How often do you do you experience pain/unpleasantness, / sensitivity/fatigue/tension/stiffness in the area of temple, face, jaws, jaw joints during mouth opening or chewing

	Pain	Unpleasantness	Sensitivity	fatigue	Tension	Stiffness
Between meals	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know
Any other time	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know	☐ never ☐ sometimes ☐ regularly ☐ often ☐ always ☐ don't know

How often does your jaw get stuck or locked

I during meals

☐Never ☐sometimes ☐constantly ☐often ☐always ☐don't know

II .any other time

☐Never ☐sometimes ☐constantly ☐often ☐always ☐don't know

BRUXSCREEN-C

Bruxism Screener (BruxScreen)

Part II: clinical assessment form

Explanation

This clinical assessment tool aims at identifying signs that may be associated with bruxism. First, the facial outline is inspected for possible hypertrophy of the masseter muscles, both while the muscles are relaxed and when they are contracted. In case of doubt, select 'absent'. Second, the oral cavity is inspected for signs that may be associated with bruxism. Also in this case, when in doubt, select 'absent'. Third, the teeth are inspected for tooth wear. Please follow the scoring rules as indicated. In case of doubt between two scores, select the lower one. In addition, please indicate if the observed tooth wear is mainly mechanical (i.e. due to tooth-to-tooth contact), mainly chemical, or both.

4. Extra-oral inspection

a. Masseter muscle hypertrophy (observed while the muscles are relaxed)

☐ absent, ☐ present

b. Masseter muscle hypertrophy (observed while the muscles are contracted)

☐ absent, ☐ present

5. Intra-oral inspection of non-dental tissues

a. Lip (indentations) b. Cheek (linea alba) c. Tongue (indentations)

☐ absent, ☐ present ☐ absent, ☐ present ☐ absent, ☐ present

b. Tongue (traumatic lesions) e. Alveolar bone (exostoses/tori)

☐ absent, ☐ present ☐ absent, ☐ present

6. Intra-oral inspection of dental tissues

a. Occlusal/incisal wear per sextant

(0) no visible wear, (1) visible wear within the enamel, (2) visible wear with dentin exposure and loss of clinical crown height of $\leq 1/3$, (3) loss of crown height $> 1/3$ but $< 2/3$, (4) loss of crown height $\geq 2/3$

b. Palatal wear in sextant no. 2

(1) no visible wear, (2) wear confined to the enamel, (3) wear into the dentine

Sextant 1 – occlusal	Sextant 2 – incisal	Sextant 3 – occlusal
0 1 2 3 4	0 1 2 3 4	0 1 2 3 4
	Sextant 2 - palatal	
	0 1 2	
Sextant 6 – occlusal	Sextant 5 – incisal	Sextant 4 – occlusal
0 1 2 3 4	0 1 2 3 4	0 1 2 3 4

c. The observed tooth wear is:

☐ mainly mechanical, ☐ mainly chemical, ☐ both mechanical and chemical