

BRUXSCREEN-Q

BruxScreen

Part I: Self-report questionnaire

Explanation

This questionnaire assesses the possible existence of bruxism and its related orofacial symptoms. Bruxism is an activity of the jaw muscles with two different expressing ways: the light or tight clenching of the jaws and teeth, or the grinding of the teeth. Clenching is a static activity, while grinding is the lower jaw movement along the upper jaw. Grinding is usually accompanied by grinding sounds. The above two activities can occur both in sleep and awake. The bruxism activity is usually harmless, but some people may have uncomfortable symptoms such as pain in mouth and jaws, jaw muscle stiffness, or a limited mouth opening. Please kindly complete the brief questionnaire below, to allow your doctor understand more about this jaw muscle activity. Please hand the completed questionnaire to your doctor, who will perform a brief examination on your mouth, face, and tooth to confirm the presence of the condition you discribed in this questionnaire.

Thank you for your help!

Your dentist.

1.Bruxism

a.During sleep, how often do you clench your teeth?

☐ Never ☐ Sometimes ☐ Regularly ☐ Often ☐ Always ☐ Don't know

b.During sleep, how often do you grind your teeth?

☐ Never ☐ Sometimes ☐ Regularly ☐ Often ☐ Always ☐ Don't know

c.While awake, how often do you clench your teeth?

☐ Never ☐ Sometimes ☐ Regularly ☐ Often ☐ Always ☐ Don't know

d.While awake, how often do you clench your teeth?

☐ Never ☐ Sometimes ☐ Regularly ☐ Often ☐ Always ☐ Don't know

e.While awake and not eating, how often do you lightly press, touch, or hold your teeth together (aka contact the upper and lower teeth)?

☐ Never ☐ Sometimes ☐ Regularly ☐ Often ☐ Always ☐ Don't know

f.While awake, how often do you force, tighten, or stiffen the jaw muscle without contat or clencing the upper and lower teeth?

☐ Never ☐ Sometimes ☐ Regularly ☐ Often ☐ Always ☐ Don't know

2.Mandibular symptoms

a.How often do you feel pain/uncomfortableness/sensitivity/tiredness/tension/stiffness in your temple/face/jaw/jaw joint?

	Pain	Uncomfortable ness	Sensitivity	Tiredness	Tension	Stiffness
--	------	-----------------------	-------------	-----------	---------	-----------

During awake	☐ never	☐ never	☐ never	☐ never	☐ never	☐ never
	☐ sometimes	☐ sometimes	☐ sometimes	☐ sometimes	☐ sometimes	☐ sometimes
	☐ often	☐ often	☐ often	☐ often	☐ often	☐ often
	☐ usually	☐ usually	☐ usually	☐ usually	☐ usually	☐ usually
	☐ always	☐ always	☐ always	☐ always	☐ always	☐ always
	☐ don't know	☐ don't know	☐ don't know	☐ don't know	☐ don't know	☐ don't know
Any other time	☐ never	☐ never	☐ never	☐ never	☐ never	☐ never
	☐ sometimes	☐ sometimes	☐ sometimes	☐ sometimes	☐ sometimes	☐ sometimes
	☐ often	☐ often	☐ often	☐ often	☐ often	☐ often
	☐ usually	☐ usually	☐ usually	☐ usually	☐ usually	☐ usually
	☐ always	☐ always	☐ always	☐ always	☐ always	☐ always
	☐ don't know	☐ don't know	☐ don't know	☐ don't know	☐ don't know	☐ don't know

b.How often do you feel pain/uncomfortableness/sensitivity/tiredness/tension/stiffness when you open your mouth or chew?

	Pain	Uncomfortableness	Sensitivity	Tiredness	Tension	Stiffness
During eating	☐ never	☐ never	☐ never	☐ never	☐ never	☐ never
	☐ sometimes	☐ sometimes	☐ sometimes	☐ sometimes	☐ sometimes	☐ sometimes
	☐ often	☐ often	☐ often	☐ often	☐ often	☐ often
	☐ usually	☐ usually	☐ usually	☐ usually	☐ usually	☐ usually
	☐ always	☐ always	☐ always	☐ always	☐ always	☐ always
	☐ don't know	☐ don't know	☐ don't know	☐ don't know	☐ don't know	☐ don't know
Any other time	☐ never	☐ never	☐ never	☐ never	☐ never	☐ never
	☐ sometimes	☐ sometimes	☐ sometimes	☐ sometimes	☐ sometimes	☐ sometimes
	☐ often	☐ often	☐ often	☐ often	☐ often	☐ often
	☐ usually	☐ usually	☐ usually	☐ usually	☐ usually	☐ usually
	☐ always	☐ always	☐ always	☐ always	☐ always	☐ always
	☐ don't know	☐ don't know	☐ don't know	☐ don't know	☐ don't know	☐ don't know

c.How often does your jaw lock or stuck?

(i) During meals

☐ Never ☐ Sometimes ☐ Regularly ☐ Often ☐ Always ☐ Don't know

(ii) Any other time

☐ Never ☐ Sometimes ☐ Regularly ☐ Often ☐ Always ☐ Don't know

BRUXSCREEN-C

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..

1.Extraoral inspection

a. Masseter hypertrophy (observe when the muscles are relaxed)

☐ Absent ☐ Present

b. Masseter hypertrophy (observe when the muscles are contracted)

☐ Absent ☐ Present

2.Intraoral inspection of non-dental tissues

a. lip (indentations)

☐ Absent ☐ Present

b. cheek (linea alba)

☐ Absent ☐ Present

c. tongue (indentations)

☐ Absent ☐ Present

d. tongue (traumatic lesions)

☐ Absent ☐ Present

e. Alveolar bone (exostoses/tori)

☐ Absent ☐ Present

3. Intraoral inspection of dental tissues

a. Occlusal/Incisal wear grading of tooth

(0) no visible wear (1) visible wear limited in enamel layer (2) visible wear with dentine exposure and loss of clinical crown height $\leq 1/3$ (3) visible wear with loss of clinical crown height $>1/3$ but $<2/3$ (4) visible with loss of clincial crown $\geq 2/3$

b. Lingual wear grading

(0) No visible wear (1) Wear limited in enamel (2) Wear progressed into 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 – Lingual	
	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