



## TMD DISABILITY INDEX QUESTIONNAIRE

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Please read:

Please check the one statement that best pertains to you (not necessarily exactly) in each of the following categories.

#### Section 1 – Communication (talking).

- I can talk as much as I want without pain, fatigue or discomfort.
- I talk as much as I want, but it causes some pain, fatigue and/or discomfort.
- I can't talk as much as I want because of pain, fatigue and/or discomfort
- I can't talk much at all because of pain, fatigue and/or discomfort.
- Pain prevents me from talking at all.

#### Section 2 - Normal living activities (brushing teeth/flossing).

- I am able to care for my teeth and gums in a normal fashion without restriction, and without pain, fatigue or discomfort.
- I am able to care for all my teeth and gums, but I must be slow and careful, otherwise pain/discomfort, jaw tiredness results.
- I do manage to care for my teeth and gums in a normal fashion, but it usually causes some pain/discomfort, jaw tiredness no matter how slow and careful I am.
- I am unable to properly clean all my teeth and gums because of restricted opening and/or pain.
- I am unable to care for most of my teeth and gums because of restricted opening and/or pain.

#### Section 3 – Normal living activities (eating, chewing).

- I can eat and chew as much of anything I want without pain/discomfort or jaw tiredness.
- I can eat and chew most anything I want, but it sometimes causes pain/discomfort and/or jaw tiredness.
- I can't eat much of anything I want, because it often causes pain/discomfort, jaw tiredness or because of restricted opening.
- I must eat only soft foods (consistency of scrambled eggs or less) because of pain/discomfort, jaw fatigue and/or restricted opening.
- I must stay on a liquid diet because of pain and/or restricted opening.

#### Section 4 – Social/recreational activities (singing, playing musical instruments, cheering, laughing, social activities, playing amateur sports/hobbies, and recreation, etc.).

- I am enjoying a normal social life and/or recreational activities without restriction.
- I participate in normal social life and/or recreational activities but pain/discomfort is increased.
- The presence of pain and/or fear of likely aggravation only limits the more energetic components of my social life (sports, exercising, dancing, playing musical instrument, singing).
- I have restrictions socially, as I can't even sing, shout, cheer, play and/or laugh expressively because of increased pain/discomfort.
- I have practically no social life because of pain.

#### Section 5 – Non-specialized jaw activities (yawning, mouth opening and opening my mouth wide).

- I can yawn in a normal fashion, painlessly.
- I can yawn and open my mouth fully wide open, but sometimes there is discomfort.
- I can yawn and open my mouth wide in a normal fashion, but it almost always causes discomfort.
- Yawning and opening my mouth wide are somewhat restricted by pain.
- I cannot yawn or open my mouth more than two finger widths (2.8-3.2 cm) or, if I can, it always causes greater than moderate pain.

**Section 6 – Sleep (restful, nocturnal sleep pattern).**

- I sleep well in a normal fashion without any pain medication, relaxants or sleeping pills.
- I sleep well with the use of pain pills, anti-inflammatory medication or medicinal sleeping aides.
- I fail to realize 6 hours restful sleep even with the use of pills.
- I fail to realize 4 hours restful sleep even with the use of pills.
- I fail to realize 2 hours restful sleep even with the use of pills.

**Section 7 – Effects of any form of treatment, including, but not limited to, medications, in-office therapy, treatment, oral orthotics) eg, splints, mouthpieces), ice/health, etc.**

- I do not need to use treatment of any type in order to control or tolerate headache, face or jaw pain and discomfort.
- I can completely control my pain with some form of treatment.
- I get partial, but significant, relief through some form of treatment.
- I don't get "a lot of" relief from any form of treatment.
- There is no form of treatment that helps enough to make me want to continue.

**Section 8 – Tinnitus, or ringing in the ear(s).**

- I do not experience ringing in my ear(s).
- I experience ringing in my ears(s) somewhat, but it does not interfere with my sleep and/or my ability to perform my daily activities.
- I experience ringing in my ear(s) and it interferes with my sleep and/or daily activities, but I can accomplish set goals and I can get an acceptable amount of sleep.
- I experience ringing in my ear(s) and it causes a marked impairment in the performance of my daily activities and/or results in an unacceptable loss of sleep.
- I experience ringing in my ear(s) and it is incapacitating and/or forces me to use a masking device to get any sleep.

**Section 9 – Dizziness (lightheaded, spinning and/or balance disturbance).**

- I do not experience dizziness.
- I experience dizziness, but it does not interfere with my daily activities.
- I experience dizziness which interferes somewhat with my daily activities, but I can accomplish my set goals.
- I experience dizziness, which causes a marked impairment in the performance of my daily activities.
- I experience dizziness, which is incapacitating.