

# COVID-19 pandemic and the psyche, bruxism, temporomandibular disorders triangle

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## Abstract

**Objective:** To investigate the effect of the Coronavirus pandemic on the report of psychological status, bruxism, and TMD symptoms.

**Methods:** An online survey was drafted to report the presence of psychological status, bruxism activities, and reported symptoms of TMDs perceived during the COVID-19 pandemic in a population of 506 individuals.

**Results:** Mental health is not positive during the Coronavirus pandemic: almost half the subjects reported an increase in bruxism behaviors, while up to one-third reported an increase in their symptoms involving the TMJ and jaw muscles. Specifically, 36% and 32.2% of participants reported increased pain in the TMJ and facial muscles, respectively, and almost 50% of the subjects also reported more frequent migraines and/or headaches.

**Conclusion:** Increased psychosocial distress during the COVID-19 pandemic can increase the frequency of TMD symptoms and bruxism behaviors, which, in turn, constitute a triangle of mutually interacting factors with the psychological and emotional status.

**Keywords:** COVID-19; bruxism; orofacial pain; psychological assessment; temporomandibular disorders.