



**Dental Practice-Based Research Network**  
[www.DentalPBRN.org](http://www.DentalPBRN.org)

**DPBRN 19: CONDOR TMJD Study**  
**Results: Overall and by Region**

**Date Prepared: March 12, 2012**

**Overview Table: Distribution of DPBRN practitioner-investigators according to DPBRN region**

	US-Southeast <sup>1</sup>		US-Other <sup>2</sup>		SK <sup>3</sup>		TOTAL	
	N	% <sup>3</sup>	N	%	N	%	N	%
Participating practitioners	341	67.7	93	18.4	70	13.9	504	100

<sup>1</sup>US-Southeast: AL-232, FL-66, GA-29, NC-8, MS-3, and one each from SC, TN, and TX.

<sup>2</sup>US-other: MN-39, OR-38, WA-9, and one each from CA, CO, ME, NM, NY, OH, and WI.

<sup>3</sup>SK: Scandinavia countries of Denmark, Norway and Sweden.

Percentages for this table only are within row.

**Results that follow are of 504 participating practitioners.**

Data collection for this study began December 31, 2009 and ended April 26, 2010.

Note: Unless otherwise indicated, percents that follow are among non-missing.

1. Do you believe that doing a study to determine the best initial treatment for your patients with TMJD (temporomandibular muscle and joint disorders) pain would be an important question to study in the PBRNs?
 

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>
  
2. Do you believe that this study to determine the best initial treatment for your patients with TMJD pain should be limited to patients with
 

	Yes	No
a) Acute pain (less than 6 months)	<input type="checkbox"/>	<input type="checkbox"/>
b) Chronic pain (6 months or more)	<input type="checkbox"/>	<input type="checkbox"/>
c) Currently no pain but history of pain	<input type="checkbox"/>	<input type="checkbox"/>
  
3. What would motivate you to be in this study? *(check all that apply)*

Give back to the profession	<input type="checkbox"/>
Help to generate evidence	<input type="checkbox"/>
Receive monetary payment for your time	<input type="checkbox"/>
Other(s) <i>(please specify)</i>	<input type="checkbox"/>

**Table Q1-Q3: Dentists' opinions about studying TMJD by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>Do you believe that doing a study to determine the best initial treatment for your patients with TMJD pain would be an important question to study in the PBRNs?</b>								
Yes	337	98.8	91	97.9	70	100.0	498	98.8
No	4	1.2	2	2.2	0	0.0	6	1.2
<b>Do you believe that this study to determine the best initial treatment for your patients with TMJD pain should be limited to patients with:</b>								
Acute pain	252	73.9	77	82.8	53	75.7	382	75.8
Chronic pain	240	70.4	65	69.9	46	65.7	351	69.6
Hx pain but none current	142	41.6	28	30.1	24	34.3	194	38.5
<b>What would motivate you to be in this study? (check all that apply)</b>								
Give back to profession	251	73.6	63	67.7	50	71.4	364	72.2
Generate evidence	295	86.5	82	88.2	61	87.1	438	86.9
Receive payment	134	39.3	36	38.7	20	28.6	190	37.7

- Most everyone agreed (approximately 99%) that a study to determine the best initial treatment for TMJD patients is important.
- More practitioners believed that a study should either be limited to patients with acute pain (76%) or chronic pain (70%). Fewer (38%) thought that a study should be limited to patents with no current pain, only history of pain.
- Helping to generate evidence (87%) and giving back to the profession (72%) were the factors most respondents said would motivate them to be in such a study.

4. From your day to day experience, what do you think is the most important thing you need to know about TMJD pain? ***(Not included in this report)***
  
5. What frustrates you the most when you see a patient with TMJD pain? ***(Not included in this report.)***

6. In the last year, did you refer or treat any TMJD pain patients?

	Yes	No
Refer:	<input type="checkbox"/>	<input type="checkbox"/>
Treat:	<input type="checkbox"/>	<input type="checkbox"/>

If you selected **no to both**, then you are done: **Thank you!**

If you answered **yes** please **continue**.

a. If **Refer** is **yes**:

i. In the last month, estimate the number of TMJD pain patients you referred? \_\_\_\_

ii. In the last year, on average, estimate the number of TMJD pain patients you have referred per month? \_\_\_\_

If you only **refer** TMJD pain patients, then you are done: **Thank you!**

If you **treat** TMJD pain patients, please **continue**.

b. If **Treat** is **yes**:

i. In the last month, estimate the number of TMJD pain patients you treated? \_\_\_\_

ii. In the last year, on average, estimate the number of TMJD pain patients you have treated per month? \_\_\_\_

**Table Q6: Referred or treated patients with TMJD pain by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>In the last year, did you refer or treat any TMJD pain patients?</b>								
<b><u>Referred</u></b>								
No	70	20.5	6	6.5	25	35.7	101	20.0
Yes	271	79.5	87	93.6	45	64.3	403	80.0
Mean # referred last month (±SD)	1.1	(±1.4)	1.2	(±1.5)	0.8	(±1.0)		
Mean per month for last year (±SD)	2.0	(±3.2)	2.0	(±3.2)	1.5	(±2.3)		
<b><u>Treated</u></b>								
No	52	15.3	24	25.8	8	11.4	84	16.7
Yes	289	84.8	69	74.2	62	88.6	420	83.3
Mean # treated last month (±SD)	2.7	(±4.6)	4.5	(±12.2)	1.7	(±1.7)		
Mean per month for last year (±SD)	5.4	(±9.4)	5.6	(±16.0)	4.9	(±10.1)		
<b><u>Treated or Referred</u></b>								
No	14	4.1	2	2.2	3	4.3	19	3.8
Yes	327	95.9	91	97.9	67	95.7	485	96.2

- Overall, 80% of participants referred TMJD patients, 83% treated TMJD patients; 96% referred or treated TMJD patients.

7. How do you diagnose TMJD pain (*check all that apply*)?

	Yes	No
By asking specific questions	<input type="checkbox"/>	<input type="checkbox"/>
By physical examination	<input type="checkbox"/>	<input type="checkbox"/>

**Table Q7: Method used to diagnose TMJD by DPBRN region.**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>How do you diagnose TMJD pain (check all that apply)?</b>								
<b>Asking Questions</b>								
No	3	1.0	1	1.5	0	0.0	4	1.0
Yes	286	99.0	68	98.6	62	100.0	416	99.1
<b>Physical Examination</b>								
No	11	3.8	3	4.4	1	1.6	15	3.6
Yes	278	96.2	66	95.7	61	98.4	405	96.4

- To diagnose TMJD pain, 1% of participants used only physical examination (i.e., did not ask questions) and about 4% diagnose solely on responses to specific questions.

8. *If you diagnose TMJD pain with **questions**, please indicate the frequency you use each of these questions:*

Questions	Never	Sometimes	Half of time	Usually	Always
Do you have pain in your temples, face, jaw joint, or jaws?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have pain when you open your mouth wide?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have pain when you chew?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have pain when you are clenching or grinding your teeth?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please specify):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Table Q8: Questions used to diagnose TMJD by DPBRN region**

Questions	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>If diagnose TMJD pain with questions, please indicate the frequency you use each of these questions:</b>								
Do you have pain in your temples, face, jaw joint, or jaws?								
Sometimes	4	1.4	1	1.5	0	0.0	5	1.2
Half of time	2	0.7	1	1.5	0	0.0	3	0.7
Usually	44	15.4	12	17.7	15	24.2	71	17.1
Always	236	82.5	54	79.4	47	75.8	337	81.0
Do you have pain when you open your mouth wide?								
Never	1	0.4	0	0.0	0	0.0	1	0.2
Sometimes	12	4.2	7	10.1	5	8.1	24	5.8
Half of time	4	1.4	3	4.4	5	8.1	12	2.9
Usually	52	18.2	14	20.6	18	29.0	86	20.2
Always	217	75.9	44	64.7	34	54.8	297	70.9
Do you have pain when you chew?								
Never	0	0.0	0	0.0	3	4.8	3	0.7
Sometimes	11	3.8	3	4.4	5	8.1	19	4.6
Half of time	6	2.1	0	0.0	4	6.5	10	2.4
Usually	58	20.3	18	26.5	19	30.7	95	22.8
Always	211	73.8	47	69.1	31	50.0	289	69.5
Do you have pain when you are clenching or grinding your teeth?								
Never	1	0.4	0	0.0	7	11.3	8	1.9
Sometimes	17	5.9	4	5.8	6	9.7	27	6.5
Half of time	13	4.5	4	5.8	7	11.3	24	5.8
Usually	60	21.0	18	26.1	15	24.2	93	22.4
Always	195	68.2	42	61.8	27	43.6	264	63.5
Other								
Never	117	41.1	28	41.2	29	47.5	174	42.0
Sometimes	14	4.9	2	2.9	4	6.6	20	4.8
Half of time	3	1.1	0	0.0	1	1.6	4	1.0
Usually	24	8.4	13	19.1	8	13.1	45	10.9
Always	127	44.6	25	36.8	19	31.2	171	41.3

- The question used most often, combining usually and always results, was “Do you have pain in your temples, face, jaw joint, or jaws?” with an overall total of 98%.
- The question “Do you have pain when you are clenching or grinding your teeth?” was used least often at an overall rate of 86% for usually and always responses.

9. If you diagnose TMJD pain with **physical examination**, please indicate the frequency you use each of these exams:

Physical examination	Never	Sometimes	Half of time	Usually	Always
Palpation of jaw muscles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Palpation of TMJ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Examining for limited range of motion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Presence of pain with range of motion of the jaw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TMJ noises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please specify):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Table Q9 Types of examinations used to diagnose TMJD by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>If you diagnose TMJD pain with physical examination, please indicate the frequency you use each:</b>								
<b>Palp. of jaw muscles</b>								
Sometimes	8	2.9	1	1.5	3	4.9	12	3.0
Half of time	10	3.6	1	1.5	2	3.3	13	3.2
Usually	49	17.6	21	31.8	12	19.7	82	20.3
Always	211	75.9	43	65.2	44	72.1	298	73.6
<b>Palp. of TMJD</b>								
Sometimes	7	2.5	1	1.5	4	6.6	12	3.0
Half of time	5	1.8	0	0.0	1	1.6	6	1.5
Usually	44	15.8	19	28.8	10	16.4	73	18.0
Always	222	79.9	46	69.7	46	75.4	314	77.5
<b>Limited ROM</b>								
Never	0	0.0	0	0.0	1	1.7	1	0.3
Sometimes	8	2.9	5	7.6	4	6.7	17	4.2
Half of time	7	2.5	4	6.1	1	1.7	12	3.0
Usually	54	19.4	17	25.8	14	23.3	85	21.0
Always	209	75.2	40	60.6	40	66.7	289	71.5
<b>Pain with ROM</b>								
Never	1	0.4	0	0.0	1	1.6	2	0.5
Sometimes	12	4.3	5	7.6	3	4.9	20	4.9
Half of time	9	3.2	4	6.1	4	6.6	17	4.2
Usually	61	21.9	16	24.2	18	29.5	95	23.5
Always	195	70.1	41	62.1	35	57.4	271	66.9
<b>TMJ noises</b>								
Never	1	0.4	0	0.0	0	0.0	1	0.3
Sometimes	12	4.3	5	7.6	3	4.9	20	4.9
Half of time	16	5.8	5	7.6	2	3.3	23	5.7
Usually	49	17.6	15	22.7	14	23.0	78	19.3
Always	200	71.9	41	62.1	42	68.9	283	69.9
<b>Other</b>								
Never	163	58.8	39	59.1	35	58.3	237	58.8
Sometimes	12	4.3	1	1.5	4	6.7	17	4.2
Half of time	7	2.5	0	0.0	2	3.3	9	2.2
Usually	17	6.1	9	13.6	4	6.7	30	7.4
Always	78	28.2	17	25.8	15	25.0	110	27.3

- The most common type of physical examination used was “palpation of TMJ” where participants used this method either usually or always 94% of the time.

10. In a study of TMJD pain in your practice, would you be willing to use only the following two questions\* to identify patients with TMJD pain?

Do you have pain in your temples, face, temporomandibular joint (TMJ), or jaws once a week or more?  
Do you have pain when you open your mouth wide or chew once a week or more?

Yes       
No      

**Table Q10: Willing to limit questions to diagnose TMJD by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>In a study of TMJD pain in your practice, would you be willing to use only the two questions to identify patients with TMJD pain?</b>								
Yes	177	61.3	49	71.0	44	71.0	270	64.3
No	112	38.8	20	29.0	18	29.0	150	35.7

\*These are valid and reliable questions used in diagnosing TMJD pain (Nilsson et al., *The reliability and validity of self-reported temporomandibular disorder, pain in adolescents. J Orofac Pain* 2006;20(2):138-44).

- Overall, 64% of participants would be willing to identify TMJD patients using only the two specified questions, with U.S. Southeast being slightly lower than other regions.

11. Indicate what percent of your patients with TMJD pain have experienced TMJD pain for:

Less than 6 months                                     \_\_\_  
6 months or more   \_\_\_  
I do not know   

100%

\*Note: Most practitioners estimated percents did NOT sum to 100%.

12. Indicate what percent of your patients with TMJD pain have reported the following levels of TMJD pain from mild (1) to severe pain (10):

1-3 (mild)   \_\_\_  
4-6 (moderate)                                       \_\_\_  
7-10 (severe)   \_\_\_  
I do not know   

100%

\*Note: Most practitioners estimated percents did NOT sum to 100%.



**Table 11-12\*: Percent of patients with TMJD pain, estimated duration and severity, by DPBRN Region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>Indicate percent of your patients with TMJD pain have experienced TMJD pain for following durations:</b>								
I do not know	76	26.3	25	36.2	26	41.9	127	30.2
<u>Among who know</u>								
<6 months: mean estimated % (±sd)	36.8	(±33.3)	37.6	(±35.4)	30.5	(±33.3)	36.0	(±33.6)
6+ months: mean estimated % (±sd)	35.7	(±33.3)	25.2	(±28.3)	28.0	(±31.9)	32.8	(±32.4)
<b>Indicate percent of your patients with TMJD pain have reported the following levels of severity:</b>								
I do not know	88	30.5	25	36.2	21	33.9	134	31.9
<u>Among who know</u>								
1 to 3: mean estimated % (±sd)	25.8	(±26.7)	26.2	(±27.0)	30.0	(±30.2)	26.5	(±27.3)
4 to 6: mean estimated % (±sd)	30.3	(±26.9)	28.2	(±27.6)	26.1	(±24.9)	29.3	(±26.7)
7 to 10: mean estimated % (±sd)	13.2	(±18.2)	9.3	(±13.2)	10.7	(±14.1)	12.2	(±17.0)

\*Most practitioners estimate percents did NOT sum to 100%.

- Overall, about 70% of practitioners estimated the proportion of their TMJD patients who experienced pain for specified durations: an estimated 36% of patients experience pain for less than six months and about 33% of more than six months.
- Overall, about 68% of practitioners estimated the proportion of their TMJD patients who experienced pain for specified levels of severity: an estimated 26% of patients experience mild pain, 29% moderate, and 12% severe.

13. How often do your TMJD pain patients report the following symptom(s)?

Symptoms	Never	Sometimes	Half of		
			time	Usually	Always
Jaw pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Facial pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Earache	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Headache	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Problem with opening or closing the mouth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catching or locking of the jaw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TMJ noises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other ( <i>please specify</i> ):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Table Q13: Reported symptoms by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>How often do your TMJD pain patients report the following symptom(s)?</b>								
<b>Jaw Pain</b>								
Sometimes	34	11.8	5	7.3	15	24.2	54	12.9
Half of time	26	9.0	6	8.7	14	22.6	46	11.0
Usually	171	59.2	43	62.3	27	43.6	241	57.4
Always	58	20.1	15	21.7	6	9.7	79	18.8
<b>Facial Pain</b>								
Never	4	1.4	1	1.5	1	1.6	6	1.4
Sometimes	99	34.3	22	31.9	28	45.2	149	35.5
Half of time	40	13.8	10	14.5	9	14.5	59	14.1
Usually	126	43.6	33	47.8	21	33.9	180	42.9
Always	20	6.9	3	4.4	3	4.8	26	6.2
<b>Earache</b>								
Never	3	1.0	3	4.4	4	6.5	10	2.4
Sometimes	157	54.3	41	59.4	46	74.2	244	58.1
Half of time	56	19.4	18	26.1	8	12.9	82	19.5
Usually	63	21.8	7	10.1	3	4.8	73	17.4
Always	10	3.5	0	0.0	1	1.6	11	2.6
<b>Headache</b>								
Never	1	0.4	0	0.0	1	1.6	2	0.5
Sometimes	63	21.8	26	37.7	17	27.4	106	25.2
Half of time	69	23.9	21	30.4	11	17.7	101	24.1
Usually	131	45.3	22	31.9	30	48.4	183	43.6
Always	25	8.7	0	0.0	3	4.8	28	6.7
<b>Problem opening/closing mouth</b>								
Sometimes	75	26.0	22	31.9	26	41.9	123	29.3
Half of time	70	24.2	21	30.4	15	24.2	106	25.2
Usually	116	40.1	25	36.2	18	29.0	159	37.9
Always	28	9.7	1	1.5	3	4.8	32	7.6
<b>Catching or locking or jaw</b>								
Never	0	0.0	0	0.0	1	1.6	1	0.2
Sometimes	151	52.3	43	62.3	34	54.8	228	54.3
Half of time	68	23.5	15	21.7	14	22.6	97	23.1
Usually	61	21.1	10	14.5	12	19.4	83	19.8
Always	9	3.1	1	1.5	1	1.6	11	2.6
<b>TMJ Noises</b>								
Never	1	0.4	0	0.0	0	0.0	1	0.2
Sometimes	69	23.9	20	29.0	21	33.9	110	26.2
Half of time	68	23.5	22	31.9	13	21.0	103	24.5
Usually	134	46.4	23	33.3	24	38.7	181	43.1
Always	17	5.9	4	5.8	4	6.5	25	6.0
<b>Other</b>								
Never	207	71.9	51	73.9	43	70.5	301	72.0
Sometimes	35	12.2	6	8.7	11	18.0	52	12.4
Half of time	16	5.6	7	10.1	3	4.9	26	6.2
Usually	25	8.7	4	5.8	4	6.6	33	7.9
Always	5	1.7	1	1.5	0	0.0	6	1.4

- Jaw pain was reported most frequently (overall 57% usually and 19% always), followed by facial pain, headaches and TMJ noises (each overall 50% for usual and always combined).
- Earache and catching or locking of jaw were least frequent, with 20-22% usually or always reporting.

14. What treatment(s) do you use for TMJD pain? (check all that apply)

- Treatment**
- Splint/mouth guard
  - Over the counter or prescription medications
  - Self-care (it includes but is not limited to home based use of heat, ice, soft die – see options in question 17)
  - Jaw exercises (e.g. stretching exercises)
  - Occlusal adjustment
  - Referral to physical therapist
  - Other (please specify):

**Table Q14: Types of treatments used for TMJD pain by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>What treatment(s) do you use for TMJD pain? (check all that apply)</b>								
Splint/mouth guard	281	97.2	68	98.6	60	96.8	409	97.4
Medications	248	85.8	56	81.2	43	69.4	347	82.6
Self-care	246	85.1	65	94.2	35	56.5	346	82.4
Jaw exercises	130	45.0	40	58.0	35	56.5	205	48.8
Occlusal adjustment	208	72.0	28	40.6	40	64.5	276	65.7
Referral physical therapist	82	28.4	20	29.0	24	38.7	126	30.0
Other	83	28.7	28	40.6	14	22.6	125	29.8

- Overall, the most common treatment used was splint/mouth guard at 97% which was consistent across regions.
- Overall, 82- 83% of participants used medications and/or “self-care” to treat TMJD, with SK being lower at 56-69%.
- Referring the patient to a physical therapist was the least common specified treatment protocol at 30% overall.

15. How often do you use the following splints/mouth guards for treating TMJD pain?

Splint	Half of				
	Never	Sometimes	time	Usually	Always
Hard custom mouthguard (i.e., Stabilization splint/ occlusal splint)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soft custom mouthguard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soft over the counter mouthguard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anterior repositioning splint	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nociceptive Trigeminal Inhibition appliance (NTI)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please specify):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Table Q15: Frequency use of splints/mouth guards by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>How often do you use the following splints/mouthguards for treating TMJD pain?</b>								
<b>Hard custom mouth guard</b>								
Never	21	7.5	6	8.8	0	0.0	27	6.6
Sometimes	67	23.8	20	29.4	10	16.7	97	23.7
Half of time	29	10.3	7	10.3	4	6.7	40	9.8
Usually	121	43.1	26	38.2	35	58.3	182	44.5
Always	43	15.3	9	13.2	11	18.3	63	15.5
<b>Soft custom mouth guard</b>								
Never	116	41.4	28	41.2	34	57.6	178	43.7
Sometimes	107	38.2	20	29.4	18	30.5	145	35.6
Half of time	18	6.4	2	2.9	3	5.1	23	5.7
Usually	30	10.7	14	20.6	4	6.8	48	11.8
Always	9	3.2	4	5.9	0	0.0	13	3.2
<b>Soft OTC mouth guard</b>								
Never	175	62.5	36	52.9	47	79.7	258	63.4
Sometimes	93	33.2	28	41.2	9	15.2	130	31.9
Half of time	5	1.8	2	2.9	3	5.1	10	2.5
Usually	4	1.4	1	1.5	0	0.0	5	1.2
Always	3	1.1	1	1.5	0	0.0	4	1.0
<b>Anterior repositioning splint*</b>								
Never	157	55.9	58	85.3	40	66.7	255	62.4
Sometimes	106	37.7	9	13.2	17	28.3	132	32.3
Half of time	9	3.2	0	0.0	2	3.3	11	2.7
Usually	9	3.2	1	1.5	1	1.7	11	2.7
<b>Nociceptive Trigeminal Inhibition appliance</b>								
Never	169	60.1	59	86.8	32	54.2	260	63.7
Sometimes	69	24.6	7	10.3	25	42.4	101	24.8
Half of time	23	8.2	1	1.5	0	0.0	24	5.9
Usually	20	7.1	0	0.0	2	3.4	22	5.4
Always	0	0.0	1	1.5	0	0.0	1	0.3
<b>Other</b>								
Never	252	90.0	64	94.1	57	98.3	373	91.9
Sometimes	14	5.0	2	2.9	0	0.0	16	3.9
Half of time	4	1.4	0	0.0	1	1.7	5	1.2
Usually	7	2.5	0	0.0	0	0.0	7	1.7
Always	3	1.1	2	2.9	0	0.0	5	1.2

\*No one specified "always" used

- Among practitioners who used splints or mouth guards to treat TMJD, a hard custom mouth guard was used most frequently; overall 60% usually or always used it.
- A soft custom mouth guard was next most frequently used, at 15% overall for usually and always used.

16. How often do you use the following medications for treating TMJD pain?

Medications	Never	Sometimes	Half of time	Usually	Always
Over the counter <b>acetaminophen</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the counter <b>aspirin</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the counter <b>ibuprofen</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the counter <b>naprosyn</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription <b>aspirin</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription <b>ibuprofen</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription <b>naprosyn</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low dose tricyclic antidepressants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muscle relaxant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tramadol (Ultram)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other opioids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other ( <i>please specify</i> ):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**The following questions are not included in the report:**

*If you prescribe NSAID, please list the NSAID(s) you prefer to prescribe:*

*If you prescribe muscle relaxant, please list the muscle relaxant(s) that you prefer to prescribe:*

17. How often do you recommend the following self-care for TMJD pain?

Treatment	Never	Sometimes	Half of time	Usually	Always
Application of heat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Application of ice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat a pain-free diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat a soft diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chew food on both sides of your back teeth at the same time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep your tongue up gently on your palate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep your teeth apart	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relax your jaw (muscles)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid chewing gum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid clenching or grinding your teeth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid biting on objects such as pens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid biting on your tongue, lips or cheeks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid biting on your fingernails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid pushing your tongue against your teeth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid caffeine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get a good night's sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify events that trigger the pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other ( <i>please specify</i> ):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tables for question #16 on pages 14-15; summary comment on page 15.

Tables for question #17 on pages 16-18; summary comment on page 18.

**Table Q16(A): Frequency using medications for treating TMJD pain by DPBRN region**

Frequency	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>How often do you use the following medications for treating TMJD pain?</b>								
<b>OTC acetaminophen</b>								
Never	102	41.3	16	28.6	33	76.7	151	43.6
Sometimes	117	47.4	34	60.7	8	18.6	159	46.0
Half of time	11	4.4	2	3.6	1	2.3	14	4.1
Usually	15	6.1	2	3.6	0	0.0	17	4.9
Always	2	0.8	2	3.6	1	2.3	5	1.5
<b>OTC aspirin</b>								
Never	179	72.5	33	58.9	39	92.9	251	72.8
Sometimes	58	3.5	23	41.1	2	4.8	83	24.1
Half of time	3	1.2	0	0.0	0	0.0	3	0.9
Usually	5	2.0	0	0.0	1	2.4	6	1.7
Always	2	0.8	0	0.0	0	0.0	2	0.6
<b>OTC ibuprofen</b>								
Never	7	2.8	0	0.0	3	7.0	10	2.9
Sometimes	70	28.3	14	25.0	16	37.2	100	28.9
Half of time	33	13.4	3	5.4	4	9.3	40	11.6
Usually	118	47.8	33	58.9	17	39.5	168	48.6
Always	19	7.7	6	10.7	3	7.0	28	8.1
<b>OTC naprosyn</b>								
Never	66	26.6	24	42.9	26	60.5	116	33.4
Sometimes	111	44.8	26	46.4	9	20.9	146	42.1
Half of time	19	7.7	4	7.1	3	7.0	26	7.5
Usually	46	18.6	2	3.6	3	7.0	51	14.7
Always	6	2.4	0	0.0	2	4.6	8	2.3
<b>Prescription aspirin *</b>								
Never	227	92.3	51	91.1	41	95.4	319	92.5
Sometimes	17	6.9	5	8.9	2	4.6	24	7.0
Usually	2	0.8	0	0.0	0	0.0	2	0.6
<b>Prescription ibuprofen</b>								
Never	133	54.1	14	25.0	11	25.6	158	45.8
Sometimes	73	29.7	22	39.3	18	41.9	113	32.8
Half of time	14	5.7	2	3.6	2	4.6	18	5.2
Usually	23	9.4	17	30.4	12	27.9	52	15.1
Always	3	1.2	1	1.8	0	0.0	4	1.2
<b>Prescription naprosyn</b>								
Never	151	60.9	46	82.1	31	72.1	228	65.7
Sometimes	70	28.2	9	16.1	9	20.9	88	25.4
Half of time	12	4.8	0	0.0	0	0.0	12	3.5
Usually	13	5.2	1	1.8	2	4.7	16	4.6
Always	2	0.8	0	0.0	1	2.3	3	0.9
<b>Other NSAID</b>								
Never	177	72.2	51	91.1	32	76.2	260	75.8
Sometimes	46	18.8	3	5.4	5	11.9	54	15.7
Half of time	6	2.5	0	0.0	0	0.0	6	1.8
Usually	14	5.7	1	1.8	4	9.5	19	5.5
Always	2	0.8	1	1.8	1	2.4	4	1.2

\*No "Half of time" or "Always" use responses

**Table Q16(B): Frequency using medications for treating TMJD pain by DPBRN region**

Frequency	U.S.		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>How often do you use the following medications for treating TMJD pain?</b>								
<b>Low dose antidepressants</b>								
Never	213	86.6	53	94.6	40	93.0	306	88.7
Sometimes	28	11.4	3	5.4	3	7.0	34	9.9
Half of time	3	1.2	0	0.0	0	0.0	3	0.9
Usually	2	0.8	0	0.0	0	0.0	2	0.6
<b>Muscle Relaxant</b>								
Never	39	15.8	19	33.9	16	37.2	74	21.4
Sometimes	138	55.9	30	53.6	21	48.8	189	54.6
Half of time	31	12.6	3	5.4	1	2.3	35	10.1
Usually	35	14.2	4	7.1	4	9.3	43	12.4
Always	4	1.6	0	0.0	1	2.3	5	1.5
<b>Tramadol</b>								
Never	177	71.7	51	91.1	36	83.7	264	76.3
Sometimes	62	25.1	5	8.9	7	16.3	74	21.4
Half of time	7	2.8	0	0.0	0	0.0	7	2.0
Usually	1	0.4	0	0.0	0	0.0	1	0.3
<b>Other Opioids</b>								
Never	180	72.9	38	67.9	37	86.1	255	73.7
Sometimes	60	24.3	17	30.4	5	11.6	82	23.7
Half of time	6	2.4	0	0.0	1	2.3	7	2.0
Usually	1	0.4	1	1.8	0	0.0	2	0.6
<b>Other</b>								
Never	218	88.3	53	94.6	40	93.0	311	89.9
Sometimes	22	8.9	3	5.4	3	7.0	28	8.1
Half of time	4	1.6	0	0.0	0	0.0	4	1.2
Usually	2	0.8	0	0.0	0	0.0	2	0.6
Always	1	0.4	0	0.0	0	0.0	1	0.3

\*No "Always" use responses.

- The most common medication used was over the counter (OTC) ibuprofen with overall "any use" about 95%; about 70% using half of the time or more. This was fairly consistent across regions, though use in SK was less with about 56% using half of the time or more.
- The only other types of medications used half of the time or more by than 20% of practitioners were ( all percent estimates for half of the time or more): OTC naprosyn (24%), prescription ibuprofen (21%) and muscle relaxants (24%). These varied across regions with OTC naprosyn (about 29%) and muscle relaxants (28%) being used more in the southeast US and prescription ibuprofen being used more in SK (32%).

**Table Q17(A): Frequency using self-care techniques for treating TMJD pain by DPBRN region**

Frequency	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>How often do you recommend the following self-care for TMJD pain?</b>								
<b>Application of heat</b>								
Never	19	7.7	1	1.5	14	40.0	34	9.8
Sometimes	91	37.0	23	35.4	12	34.3	126	36.4
Half of time	15	6.1	2	3.1	3	8.6	20	5.8
Usually	90	37.0	28	43.1	1	2.9	120	34.7
Always	30	12.2	11	16.9	5	14.3	46	13.3
<b>Application of ice</b>								
Never	59	24.0	9	13.8	17	48.6	85	24.6
Sometimes	118	48.0	30	46.2	12	34.3	160	46.2
Half of time	12	4.9	3	4.6	2	5.7	17	4.9
Usually	48	19.5	17	26.2	1	2.9	66	19.1
Always	9	3.7	6	9.2	3	8.6	18	5.2
<b>Eat a pain-free diet</b>								
Never	56	22.8	9	13.9	13	37.1	78	22.5
Sometimes	67	27.2	11	16.9	9	25.7	87	25.1
Half of time	12	4.9	5	7.7	2	5.7	19	5.5
Usually	68	27.6	22	33.9	7	20.0	97	28.0
Always	43	17.5	18	27.7	4	11.4	65	18.8
<b>Eat a soft diet</b>								
Never	7	2.8	0	0.0	3	8.6	10	2.9
Sometimes	51	20.7	13	20.0	13	37.1	77	22.3
Half of time	23	9.4	5	7.7	3	8.6	31	9.0
Usually	107	43.5	25	38.5	9	25.7	141	40.8
Always	58	23.6	22	33.8	7	20.0	87	25.1
<b>Chew food on both sides at same time</b>								
Never	130	52.9	24	36.9	21	60.0	175	50.6
Sometimes	65	26.4	21	32.3	8	22.9	94	27.2
Half of time	14	5.7	2	3.1	3	8.6	19	5.5
Usually	22	8.9	12	18.5	1	2.9	35	10.1
Always	15	6.1	6	9.2	2	5.7	23	6.7
<b>Keep tongue up gently on palate</b>								
Never	195	79.3	26	40.0	27	77.1	248	71.7
Sometimes	34	13.8	9	13.8	6	17.1	49	14.2
Half of time	8	3.2	5	7.7	1	2.9	14	4.1
Usually	7	2.8	13	20.0	1	2.9	21	6.1
Always	2	0.8	12	18.5	0	0.0	14	4.1
<b>Keep teeth apart</b>								
Never	86	35.0	6	9.2	9	25.7	101	29.2
Sometimes	70	28.5	9	13.9	13	37.1	92	26.6
Half of time	22	8.9	5	7.7	3	8.6	30	8.7
Usually	43	17.5	23	38.4	9	25.7	75	21.7
Always	25	10.2	22	33.9	1	2.9	48	13.9
<b>Relax jaw (muscles)</b>								
Never	37	15.0	5	7.7	5	14.7	47	13.6
Sometimes	74	30.1	12	18.5	7	20.6	93	27.0
Half of time	28	11.4	4	6.2	7	20.6	39	11.3
Usually	67	27.2	25	38.5	11	32.4	103	29.9
Always	40	16.3	19	29.2	4	11.8	63	18.3



**Table Q17(B): Frequency using self-care techniques for treating TMJD pain by DPBRN region**

Frequency	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>How often do you recommend the following self-care for TMJD pain?</b>								
<b>Avoid chewing gum</b>								
Never	9	3.7	2	3.1	1	2.9	12	3.5
Sometimes	21	8.5	6	9.2	12	34.3	39	11.3
Half of time	7	2.9	4	6.2	1	2.9	12	3.5
Usually	57	23.2	14	21.5	6	17.1	77	22.3
Always	152	61.8	39	60.0	15	48.9	206	59.5
<b>Avoid clenching or grinding</b>								
Never	7	2.9	2	3.1	2	5.7	11	3.2
Sometimes	17	6.9	3	4.6	6	17.1	26	7.5
Half of time	3	1.2	1	1.5	1	2.9	5	1.5
Usually	70	29.5	18	27.7	11	31.4	99	28.6
Always	149	60.6	41	63.1	15	42.9	205	59.3
<b>Avoid biting on objects such as pens</b>								
Never	36	14.7	7	10.8	8	22.9	51	14.8
Sometimes	40	16.3	11	16.9	8	22.9	59	17.1
Half of time	7	2.9	4	6.2	1	2.9	12	3.5
Usually	55	22.4	16	24.6	7	20.0	78	22.6
Always	107	43.7	27	41.5	11	31.4	145	42.0
<b>Avoid biting on lips, tongue or cheeks</b>								
Never	81	32.9	16	24.6	11	31.4	108	31.2
Sometimes	54	22.0	15	23.1	11	31.4	80	23.1
Half of time	11	4.5	3	4.6	4	11.4	18	5.2
Usually	39	15.8	18	27.7	3	8.6	60	17.3
Always	61	24.8	13	20.0	6	17.1	80	23.1
<b>Avoid biting on fingernails</b>								
Never	77	31.3	18	27.7	15	42.9	110	31.8
Sometimes	59	24.0	8	12.3	9	25.7	76	22.0
Half of time	5	2.0	4	6.2	2	5.7	11	3.2
Usually	35	14.2	17	26.2	3	8.6	55	15.9
Always	70	28.5	18	27.7	6	17.1	94	27.2
<b>Avoid pushing tongue against teeth</b>								
Never	128	52.0	29	44.6	16	45.7	173	50.0
Sometimes	57	23.2	12	18.5	15	42.9	84	24.3
Half of time	7	2.8	6	9.2	2	5.7	15	4.3
Usually	27	11.0	11	16.9	1	2.9	39	11.3
Always	27	11.0	7	10.8	1	2.9	35	10.1
<b>Avoid caffeine</b>								
Never	123	50.2	19	29.2	25	71.4	167	48.4
Sometimes	75	30.6	8	12.3	6	17.1	89	25.8
Half of time	15	6.1	8	12.3	0	0.0	23	6.7
Usually	22	9.0	19	29.2	1	2.9	42	12.2
Always	10	4.1	11	16.9	3	8.6	24	7.0

**Table Q17(C): Frequency using self-care techniques for treating TMJD pain by DPBRN region**

Frequency	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>How often do you recommend the following self-care for TMJD pain?</b>								
<b>Get a good night's sleep</b>								
Never	61	24.8	11	17.2	12	34.3	84	24.4
Sometimes	48	19.5	12	18.8	14	40.0	74	21.4
Half of time	25	10.2	6	9.4	0	0.0	31	9.0
Usually	57	23.2	19	29.7	5	14.3	81	23.5
Always	55	22.4	16	25.0	4	11.4	75	21.7
<b>Identify events that trigger pain</b>								
Never	11	4.5	4	6.2	2	5.7	17	4.9
Sometimes	32	13.0	7	10.8	8	22.9	47	13.6
Half of time	21	8.5	6	9.2	2	5.7	29	8.4
Usually	80	32.5	26	40.0	6	17.1	112	32.4
Always	102	41.5	22	33.8	17	48.6	141	40.8
<b>Other</b>								
Never	198	80.8	54	83.1	24	70.6	276	80.2
Sometimes	7	2.9	3	4.6	3	8.8	13	3.8
Half of time	2	0.8	3	4.6	0	0.0	5	1.4
Usually	22	9.0	2	3.1	5	14.7	29	8.4
Always	16	6.5	3	4.6	2	5.9	21	6.1

- Overall, self-care techniques recommended most often, combining usually and always responses, were avoid clenching or grinding (88%), avoid chewing gum (82%), and identifying events that trigger pain (73%).
- These were used most commonly in all regions but their use was less frequent in SK (ranged 66% to 74%) than U.S. regions (ranged 74% to 91%).
- Responses for SK region, for half of time or more frequently, were lower than U.S. regions for all specified treatment options.

18. Which **initial treatment(s)** do you **prefer** to provide for TMJD pain? (*check all that apply*)

- Self-care (listed on question 17)
- Jaw exercises (e.g., stretching exercises)
- Jaw massage
- Over the counter (OTC) medications
- Prescription medications
- Splints/mouthguards (any type)
- Other (*please specify*): \_\_\_\_\_
- No preference

**Table Q18: Initial treatments used for TMJD pain by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>Which initial treatment(s) do you prefer to provide for TMJD pain? (check all that apply)</b>								
Self-care (listed quest 17)	217	75.1	65	94.2	42	67.7	324	77.1
Jaw exercises	71	24.6	27	39.1	28	45.2	126	30.0
Jaw massage	80	27.7	18	26.1	17	27.4	115	27.4
OTC medications	188	65.1	56	81.2	24	38.7	268	63.8
Prescription medications	107	37.0	15	21.7	22	35.5	144	34.3
Splints/mouthguards (any type)	192	66.4	41	59.4	47	75.8	280	66.7
Other	31	10.7	4	5.8	7	11.3	42	10.0
No preference	4	1.4	0	0.0	1	1.6	5	1.2

- Overall, the most common preferred initial treatment was self-care at 77%, followed by splints/mouth guards (67%) and OTC medications (64%).
- The next most common group of treatment options were prescription medications (34%), jaw exercises (30%) and jaw massage (27%).
- Less than 2% of practitioners did not have a preference regarding initial treatment choice.
- In general, the grouping of the 3 more common and the 3 less common options were consistent across regions; SK differed in that jaw exercises were in the top 3 group and OTC medications were in the second grouping.

19. Would you be willing to participate in a randomized controlled trial (**RCT**) to assess the best **initial treatment** for TMJD pain?      Yes          No   

**Table Q19: Willingness to participate in a RCT by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>Would you be willing to participate in a RCT to assess the best initial treatment for TMJD pain?</b>								
Yes	242	83.7	55	79.7	46	74.2	343	81.7
No	47	16.3	14	20.3	16	25.8	77	18.3

- Approximately 82% of all practitioners would be willing to participate in a randomized control trial to assess the best initial treatment for TMJD pain.

20. **If no**, why would you not be willing to participate? Describe the conditions, if any, that would need to exist for you to participate? (**Not included in this report.**)

21. If **yes**, would you be willing to assign your patients to (check all that apply):

- |                                   | Yes                      | No                       |
|-----------------------------------|--------------------------|--------------------------|
| a. Different treatments?          | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Placebo group (inactive pill)? | <input type="checkbox"/> | <input type="checkbox"/> |
| c. "No treatment" group?          | <input type="checkbox"/> | <input type="checkbox"/> |

**Table Q21: If participating, willingness to use certain methods by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>If yes, would you be willing to assign your patients to (check all that apply):</b>								
Different treatments?								
Yes	200	82.6	48	87.3	39	84.8	287	83.7
No	42	17.4	7	12.7	7	15.2	56	16.3
Placebo group (inactive pill)?								
Yes	113	46.7	27	49.1	19	41.3	159	46.4
No	129	53.3	28	50.9	27	58.7	184	53.6
"No treatment" group?								
Yes	109	45.0	25	45.5	21	45.7	155	45.2
No	133	55.0	30	54.6	25	54.4	188	54.8

- Overall, willingness to use different treatments was acceptable to most practitioners, about 84% overall; however, less than half would be willing to randomize to either a placebo or "No treatment" group.

22. Select **two initial treatments** for TMJD pain that you would like to test in the RCT:

- |   |                          |
|---|--------------------------|
| Self-care without exercise                | <input type="checkbox"/> |
| Jaw exercises (e.g. stretching exercises) | <input type="checkbox"/> |
| Jaw massage                               | <input type="checkbox"/> |
| Prescription medications                  | <input type="checkbox"/> |
| Over the counter medications              | <input type="checkbox"/> |
| Splint/mouth guard                        | <input type="checkbox"/> |
| Other (please specify):                   | <input type="checkbox"/> |

**Table Q22: Initial treatments for TMJD pain interested in testing by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>Select two initial treatments for TMJD pain you would like to test in RCT (Either choice #1 or #2):</b>								
Self-care without exercise	86	35.5	32	58.2	14	30.4	132	38.5
Jaw exercises	67	27.7	22	40.0	25	54.4	114	33.2
Jaw massage	27	11.2	4	7.3	4	8.7	35	10.2
Prescription medications	73	30.2	5	9.1	13	28.3	91	26.5
Over the counter medications	48	19.8	12	21.8	2	4.4	62	18.1
Splints/mouth guards (any type)	172	71.1	34	61.8	32	69.6	238	69.4
Other	11	4.6	1	1.8	2	4.4	14	4.1

- The most common choice was "splints/mouth guards" at 69% overall, which was consistent across regions.
- The least common specified choice as "jaw massage" at 10% overall; also consistent across regions.

For each of the 2 treatments selected in question 22, Indicate:

22. Indicate why you selected (*check all that apply*)

	Choice #1	Choice #2
Best to reduce pain	<input type="checkbox"/>	<input type="checkbox"/>
Patient compliance	<input type="checkbox"/>	<input type="checkbox"/>
Cost	<input type="checkbox"/>	<input type="checkbox"/>
Ease of application	<input type="checkbox"/>	<input type="checkbox"/>
Patient preference	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>

23. Have you already used the treatment?

	Choice #1	Choice #2
Yes	<input type="checkbox"/>	<input type="checkbox"/>
No	<input type="checkbox"/>	<input type="checkbox"/>

24. **IF yes** have used, have you encountered any difficulties

	Choice #1	Choice #2
Yes	<input type="checkbox"/>	<input type="checkbox"/>
No	<input type="checkbox"/>	<input type="checkbox"/>

**If no, skip to Practitioner Demographic questions.**

25. **IF yes**, reason for difficulties (*check all that apply for each*)

	Choice #1	Choice #2
Cost	<input type="checkbox"/>	<input type="checkbox"/>
Lack experience	<input type="checkbox"/>	<input type="checkbox"/>
Lack knowledge	<input type="checkbox"/>	<input type="checkbox"/>
Availability	<input type="checkbox"/>	<input type="checkbox"/>
Time consuming	<input type="checkbox"/>	<input type="checkbox"/>
Short-term efficacy	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>

26. **IF yes** have used, do you believe your patients will have any difficulty(ies) accepting or complying with the treatments?

	Choice #1	Choice #2
Yes	<input type="checkbox"/>	<input type="checkbox"/>
No	<input type="checkbox"/>	<input type="checkbox"/>

**If no, skip to Practitioner Demographic questions.**

28. **IF yes**, do believe your patients will have difficulty(ies) with the treatments, reason for difficulties (*check all that apply for each*)

	Choice #1	Choice #2
Cost	<input type="checkbox"/>	<input type="checkbox"/>
Side effects	<input type="checkbox"/>	<input type="checkbox"/>
Patient non-compliance	<input type="checkbox"/>	<input type="checkbox"/>
Difficult to use	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>

Due to small numbers, only overall numbers are presented for questions 23-28.

**Table Q23-28: Reasons and difficulties with treatments for TMJD**

	Self-care w/o exercise		Jaw exercise		Jaw Massage		Prescription Medications		OTC Medications		Splint/Mouth guard	
	N	%	N	%	N	%	N	%	N	%	N	%
<b>#23 - Why selected these treatments (check all that apply)</b>												
Best to reduce pain	56	42.4	32	28.1	10	28.6	59	64.8	39	62.9	198	83.2
Patient compliance	73	55.3	44	38.6	20	57.1	60	65.9	45	72.6	118	49.6
Cost	108	81.8	81	71.1	19	54.3	46	50.6	45	72.6	42	17.7
Ease of application	104	78.8	83	72.8	21	60.0	57	62.6	51	82.3	112	47.1
Patient preference	68	51.5	43	37.7	10	28.6	48	52.8	34	54.8	57	24.0
Other	14	10.6	16	14.0	10	28.6	8	8.8	5	8.1	29	12.2
<b>#24 - Have used this treatment</b>												
Yes	123	93.2	63	55.3	17	48.6	86	94.5	59	95.2	232	97.5
No	9	6.8	51	44.7	18	51.4	5	5.5	3	4.8	6	2.5
<b>#25 - If YES, have encountered any problem/difficulties</b>												
Yes	64	52.0	38	60.3	10	58.2	41	47.7	26	44.1	135	58.2
No	59	48.0	25	39.7	7	41.2	45	52.3	33	55.9	97	41.8
<b>#26 - If YES, problems experienced (check all that apply)</b>												
Cost	1	1.6	2	5.3	3	30.0	8	19.5	1	3.9	110	81.5
Lack experience	9	14.1	17	44.7	4	40.0	6	14.6	1	3.9	15	11.1
Lack knowledge	10	15.6	15	39.5	3	30.0	6	14.6	1	3.9	13	9.6
Availability	0	0.0	1	2.6	2	20.0	2	4.9	2	7.7	15	11.1
Time consuming	12	18.8	15	39.5	4	40.0	1	2.4	0	0.0	36	26.7
Short-term efficacy	26	40.6	14	36.8	5	50.0	29	70.7	16	61.5	12	8.9
Other	27	42.2	13	34.2	5	50.0	7	17.1	11	42.3	35	25.9
<b>#27 - Have patients encountered any problems</b>												
Yes	27	20.5	34	29.8	8	22.9	17	18.7	12	19.4	80	33.6
No	105	79.5	80	70.2	27	77.1	74	81.3	50	80.7	158	66.4
<b>#28 - If YES, problems anticipate patients will have (check all that apply)</b>												
Cost	2	7.4	15	44.1	1	12.5	7	41.2	7	58.3	36	45.0
Side effects	1	3.7	2	5.9	1	12.5	4	23.5	3	25.0	9	11.3
Pt non-compliance	22	81.5	34	100.0	7	87.5	6	35.3	10	83.3	51	63.8
Difficult to use	1	3.7	4	11.8	1	12.5	17	100.0	2	16.7	14	17.5
Other	10	37.0	10	29.4	4	50.0	4	23.5	6	50.0	15	22.5

\*Summary is on the next page.

For questions #23 – 28:

- **Reasons for selection of treatment:** This varied with treatment: for self-care and jaw exercise, cost and ease of application were most common reasons (range from 71% to 82%); for OTC medications, ease of application (82%), patient compliance and cost (each about 73%) were most common; for splint/mouth guard, best to reduce pain (83%) was most common reason.
- **Use of treatment:** Virtually all practitioners (93-98%) had used self-care treatments, prescription and OTC medications, and splint/mouthguard, around half had used jaw exercise (55%) and jaw massage (49%).
- **Encountered problems with treatment:** Between 44% (OTC medications) and 60% (jaw exercise) of practitioners had problems/difficulties with specified treatment.
- **Specific problems practitioners had:** Specific problems varied with treatment, cost was a problem for preponderance (about 82%) of practitioners who used splint/mouth guard, short-term efficacy was problem for 71% who used prescription medications and for about 62% who used OTC medications.
- **Patients experiencing problems:** The treatment for which the highest percent of practitioners indicated that patients had problems with was use of splint/mouth guard at 34%, this was followed by jaw exercise at 30%. The remaining varied from 19% to 23%.
- **Specific patient problems:** These varied with treatment type and need to be interpreted carefully because of small denominators. Patient non-compliance was expected to be a problem for majority (64% to 100%) of all treatments except prescription medications. Cost was expected to be a problem for 41% to 58% of prescription medications (41%), jaw exercises (44%), splint/mouthguard (45%), and OTC medications (58%).

**Practitioner Demographics (among 420 who treated TMJD)**

Date of birth	mm/yyyy	
Gender	Male	<input type="checkbox"/>
	Female	<input type="checkbox"/>
Race	American Indian/Alaska Native	<input type="checkbox"/>
	Asian	<input type="checkbox"/>
	Black/African American	<input type="checkbox"/>
	Native Hawaiian/Pacific Islander	<input type="checkbox"/>
	White	<input type="checkbox"/>
	Other	<input type="checkbox"/>
	Not reported	<input type="checkbox"/>
Ethnicity	Hispanic or Latino	<input type="checkbox"/>
	Not Hispanic or Latino	<input type="checkbox"/>
	Unknown	<input type="checkbox"/>
	Not reported	<input type="checkbox"/>
For how many years have you practiced dentistry?	5 or fewer	<input type="checkbox"/>
	6-10	<input type="checkbox"/>
	11-15	<input type="checkbox"/>
	16-20	<input type="checkbox"/>
	21-25	<input type="checkbox"/>
	26+	<input type="checkbox"/>
Specialty	None	<input type="checkbox"/>
	Orthodontics	<input type="checkbox"/>
	Endodontics	<input type="checkbox"/>
	Pediatrics	<input type="checkbox"/>
	Periodontics	<input type="checkbox"/>
	Prosthodontics	<input type="checkbox"/>
	Oral Surgery	<input type="checkbox"/>
	Oral Medicine	<input type="checkbox"/>
	Oral Radiology	<input type="checkbox"/>
	Other	<input type="checkbox"/>

**Demographics Table A: Age by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>Age (years)</b>								
< 45	80	28.4	26	37.7	14	23.7	120	29.3
45 - 54	78	27.7	23	33.3	27	45.8	128	31.2
55-64	99	35.1	17	24.6	15	25.4	131	31.9
65+	25	8.9	3	4.4	3	5.1	31	7.6

- Overall, 29% to 32% were in each of the age intervals (<45, 45 – 54, and 55 – 64 years) and about 8% were 65 years or older. These were similar across regions.

**Demographics Table B: Gender by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>Gender</b>								
Male	233	80.6	47	68.1	36	58.1	316	75.2
Female	56	19.4	22	31.9	26	41.9	104	24.8

- The majority of practitioners were male, 75% overall; higher in the southeast U.S. (81%) and lower in SK (58%).

**Demographics Table C: Race by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>Race</b>								
White	264	91.4	55	79.7	56	90.3	375	89.3
Black/Afro-American	11	3.8	3	4.4	3	4.8	17	4.1
Asian	4	1.4	5	7.3	1	1.6	10	2.4
Other (includes multi)	4	1.4	4	5.8	0	0.0	8	1.9
Unknown	6	2.1	2	2.9	2	3.2	10	2.4

- Most practitioners were White at 89% overall; U.S. Other was slightly lower at about 80%.

**Demographics Table D: Ethnicity by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>Ethnicity</b>								
Hispanic/Latino	8	2.8	3	4.4	2	3.2	13	3.1
Not Hisp/Latino	211	73.0	56	81.2	53	85.5	320	76.2
Unknown	70	24.2	10	14.5	7	11.3	87	20.7

- Overall, 3% of practitioners were Hispanic/Latino.



**Demographics Table E: Years in dental practice by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>For how many years have you practiced dentistry?</b>								
5 or fewer	5	1.7	9	13.0	2	3.2	16	3.8
6 - 10	28	9.7	11	15.9	8	12.9	47	11.2
11 - 15	31	10.8	4	5.8	4	6.5	39	9.3
16 - 20	32	11.1	6	8.7	5	8.1	43	10.3
21 - 25	39	13.5	12	17.4	12	19.4	63	15.0
26+	153	53.1	27	39.1	31	50.0	211	50.4

- Overall, less than 4% of practitioners had practiced dentistry for 5 or fewer years, 9-11% were in the 3 categories (6-10, 11-15, 16-20 years practiced dentistry), 15% had practiced 21-25 years, and half of practitioners (50%) have been in practice for 26 years or more.
- There was considerable variation by region, notably, the U.S. Other region had more practitioners who had practiced for fewer years.

**Demographics Table F: Specialty by DPBRN region**

	U.S. Southeast		U.S. Other		SK		TOTAL	
	N	%	N	%	N	%	N	%
<b>Specialty</b>								
General	273	94.5	68	98.6	53	85.5	394	93.8
Specialist	16	5.5	1	1.5	9	14.5	26	6.2

- Overall, most practitioners were in the field of General Dentistry at about 94%.
- A higher proportion of practitioners from SK were specialists (about 15%) than U.S. Southeast (about 6%) or U.S. Other (about 2%).