

ASSOCIATION BETWEEN ORAL BEHAVIOR AND PSYCHOLOGICAL SYMPTOMS IN TEMPOROMANDIBULAR DISORDERS

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RESUMO

Introduction: Temporomandibular disorders (TMD) are multifactorial conditions frequently associated with chronic pain and psychological changes such as anxiety, depression, and stress. In parallel, oral behaviors, including awake bruxism and teeth clenching, have been widely observed in individuals with TMD. Evidence suggests that these behaviors may be related to emotional and psychological states, reflecting a complex interaction between mind and musculoskeletal system. **Objective:** To analyze, through a literature review, the association between oral behaviors and psychological symptoms in individuals with TMD (Temporomandibular Disorder). **Material and method:** A narrative literature review was conducted using the PubMed database. Descriptors related to oral behaviors, psychological symptoms, and temporomandibular dysfunction were used. Articles published in the last 5 years, in English, involving studies in humans were included, considering observational studies, clinical trials, and systematic reviews. **Results:** The literature shows a consistent association between a higher frequency of oral behaviors and elevated levels of anxiety, depression, and psychological stress. Individuals with TMD exhibit a higher prevalence of these behaviors when compared to the general population, especially in contexts of greater emotional stress. Furthermore, studies indicate that psychological symptoms can influence the intensity and frequency of oral behaviors, suggesting a bidirectional relationship. However, most studies have a cross-sectional design, limiting causal inferences. **Conclusion:** The findings suggest that oral behaviors are significantly associated with psychological symptoms in individuals with TMD, reinforcing the interaction between emotional and behavioral factors in the pathophysiology of these conditions. Understanding this relationship highlights the importance of integrated approaches in the management of TMD, including psychological assessment and behavioral modification strategies. Longitudinal studies are needed to better elucidate the direction and mechanisms of this association.

Palavras-chave: Oral Behavior; Psychological Symptoms; Temporomandibular Dysfunction; Oral Parafunction.