

Temporomandibular Dysfunctions and Psychosocial Factors: Recent Evidence in the Literature

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RESUMO

Temporomandibular dysfunctions (TMDs) correspond to alterations in the temporomandibular joint and associated muscles, resulting in pain, functional limitation and impairment of mandibular movements. It is one of the main causes of non-odontogenic orofacial pain with a significant impact on individual's quality of life. The etiology of TMDs is multifactorial, involving biological, biomechanical, environmental and psychosocial aspects. Among the psychosocial factors, stress, anxiety and depression stand out, as they have been strongly associated with both the development and progression of the disease. Objectives: This study aims to analyze the current evidence of the relationship between psychosocial factors and TMDs (Temporomandibular Dysfunctions). Materials and Methods: A narrative literature review was conducted based on studies published in the PubMed database over the past two years. The search were conducted using the descriptors contained in the earch strategy "temporomandibular dysfunctions" and "psychosocial factors". Original articles, clinical trials, systematic reviews, meta-analyses and randomized controlled trials with a direct approach to the topic were incorporated. Results: Anxiety and depression disorders have been associated with temporomandibular dysfunctions (TMD) with elevated levels of psychological stress correlating with greater pain severity and function impairment. The presence of anxiety, depression and stress in TMD's patients can exacerbate pain perception, prolong the duration of treatment and reduce therapeutic sucess. Psychosocial stress can trigger physiological changes, such as muscle hypertonia, peripheral and central sensitization and can also promote parafunction habits such as bruxism and teeth clenching which contribute to overloading the stomatognathic system and worsening TMDs (temporomandibular dysfunctions). Conclusion: Recent evidences in the literature reinforce that temporomandibular dysfunctions has multifactorial nature with psychosocial factors performing an importante role both in genesis and in maintenance of the syntoms. Identifying the psychosocial factors present in individuals affected by temporomandibular dysfunctions is fundamental for a multidisciplinary approach that integrates physical and emotional aspects aiming to improve the quality of life of affected individuals.

Palavras-chave: Temporomandibular Dysfunctions; Psychosocial Factors; Anxiety; Depression; Facial Pain.