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BUSINESS, TECHNOLOGY  
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# Assessing prevalence of signs and symptoms of temporomandibular disorders among dental students using Fonseca's questionnaire

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**Abstract. Aim:** Temporomandibular Disorders (TMDs) are very frequent and the most common condition that affects the temporomandibular joint harming individuals' quality of life. The etiology of temporomandibular disorders is multifactorial. The aim of this study was to evaluate the prevalence and association between stress and TMDs in dental students in Macedonia.

**Material and methods:** The research was conducted on 95 dental students using Fonseca's questionnaire to measure the prevalence and to identify the severity of symptoms of temporomandibular disorders along with their clinical examinations. The results were scored and estimated in the specified population. The group consisted of 40 men and 55 women and were divided in two groups: Group 1 consisted of 60 and Group 2 of 35 students. The data analyses were based on the respondents in the questionnaires and calculated using Statistical software SPSS for Windows version 23.

**Results:** Results of this study showed that the prevalence of TMD was 57,89% accordingly of them 45,26% with mild TMD, 10,52% moderate and 5,26% severe TMD. According to the answers, the symptoms were more prevalent in women, with 63,63%. Some level of TMD was registered in men with 36,36%. The most common etiological factors were psychological stress (31,57%) and malocclusion (18,94%). Clicking sound was found in 10,52% of the students.

**Conclusion:** Stress was associated with individuals with a higher prevalence of temporomandibular dysfunction. This study highlights the importance of prevention and early diagnosis as key factors for successful management of TMD among dental students.

**Keywords:** dental students, Fonseca's questionnaire, stress, temporomandibular disorder.