

TMJ DISABILITY INDEX (TDI)

We are interested in knowing whether you are having any difficulty with the activities listed below because of your jaw problem. Please provide answers for each activity for today.

| 1. Do you or would you have difficulty with | No Difficulty | | Some Difficulty | | | Complete Inability | |
|---|---------------|---|-----------------|---|---|--------------------|---|
| ➤ Eating | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Eating <u>chewy</u> foods (steak, bagels, gum) | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Eating <u>hard</u> foods (nuts, carrots, apple, corn-on-the-cob) | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Eating <u>moderately soft</u> foods (fish, noodles, peas) | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Eating <u>soft</u> foods (mashed potatoes, pudding, creamed corn, porridge) | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Eating/drinking <u>liquids</u> (soups, tea, milk) | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Talking or carry on a conversation | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

| 2. Do you or would you | None of the time | | Some of the time | | | All of the time | |
|--|------------------|---|------------------|---|---|-----------------|---|
| ➤ Limit how <u>often</u> you eat | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Avoid talking or carrying on a conversation | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Limit how long you eat | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Change how you communicate (i.e. Gesture, write notes) | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Change the way in which your jaw moves during eating (i.e. Chewing mostly on one side, avoid biting large foods) | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Limit how <u>often</u> you talk or carry on a conversation | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Limit how <u>long</u> you talk or carry on a conversation | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Avoid eating certain foods | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Change the way in which your jaw moves while talking (i.e. Talk with little/no jaw movement or clenched teeth) | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

| 3. Are you satisfied with your ability to | Yes Absolutely | | Some what | | | Not at all | |
|--|----------------|---|-----------|---|---|------------|---|
| ➤ Talk or carry on a conversation even though you have a jaw problem | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Eat even though you have a jaw problem | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

| 4. Do you or would your jaw muscles get tight when | None of the time | | Some of the time | | | All of the time | |
|--|------------------|---|------------------|---|---|-----------------|---|
| ➤ Talking | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| ➤ Eating | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

Signature: _____

Date: _____

Total Score: _____