

## Brazilian Oral Research

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### Abstract













[CARVALHO, Andréa Lúcia de Almeida](#); [CURY, Altair Antoninha Del Bel](#) and [GARCIA, Renata Cunha Matheus Rodrigues](#). Prevalence of bruxism and emotional stress and the association between them in Brazilian police officers. *Braz. oral res.* [online]. 2008, vol.22, n.1, pp. 31-35. ISSN . doi: 10.1590/S1806-83242008000100006.

This study aimed to assess the prevalence of bruxism and emotional stress in Brazilian police officers, due to exposure to stressful situations, and to assess the relationship between the type of work done by a police officer and the presence of bruxism and emotional stress. A cross-sectional study was conducted at the Military Police of the State of São Paulo, Campinas, SP, Brazil. The final sample included 394 male police officers (mean age = 35.5 years). Bruxism was diagnosed by the presence of aligned dental wear facets associated with the presence of one of the following signs or symptoms: self-report of tooth-grinding, painful sensitivity of the masseter and temporal muscles, discomfort in the jaw musculature upon waking. The Stress Symptoms Inventory (SSI) was applied to evaluate emotional stress. The type of work done by the police was classified as organizational or operational, the latter being assumed as the more stressful since it exposes the police officer to life risk. The results showed a prevalence of bruxism of 50.2% and a prevalence of emotional stress of 45.7%. The Chi-square test indicated an association between stress and bruxism ( $P < .05$ ). No significant association was found between emotional stress and type of work ( $P = .382$ ) or between bruxism and work activity ( $P = .611$ ). It could be concluded that emotional stress was associated with bruxism, independently of the type of work done by police officers.

Keywords : Bruxism; Stress; psychological; Police.

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