Abstract Introduction: Little is known about the epidemiological characteristics of sleep and awake bruxism (SB & AB) in adolescents.
Aims: To assess the prevalence rates of self-reported SB & AB in Israeli adolescents; to determine the associations between SB/AB and several demographical, exogenous, and psychosocial factors in Israeli adolescents; and to investigate the possible concordance between SB and AB.
Methods: The study made use of a questionnaire. The study population included 1,000 students from different high schools in the center of Israel.
Results: Prevalence of self-reported SB and AB in the Israeli adolescents studied was 9.2% and 19.2%, respectively. No gender difference was found regarding the prevalence of SB and AB. Multiple variable regression analysis revealed that the following predicting variables were related to SB: temporomandibular joint sounds (P=0.002) and feeling stressed (P=0.001). The following predicting variables were related to AB: age (P=0.018), temporomandibular joint sounds (P=0.002), orofacial pain (P=0.006), and feeling stressed (P=0.002) or sad (P=0.006). A significant association was found between SB and AB, i.e., an individual reporting SB had a higher probability of reporting AB compared with an individual who did not report SB (odds ratio=5.099). Chewing gum was the most common parafunction reported by adolescents.
Conclusions: The results of this study demonstrate that self-reports of AB and SB are common in the Israeli adolescents population studied and are not related to gender. The significant correlation found between SB and AB may be a confounding bias that affects proper diagnosis of bruxism through self-reported questionnaires only.