

From IBCT to E-health/pain-stress for adolescents with TMD pain

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Introduction

TMD pain in adolescents is common, has a clear impact on their daily living, and is a predictor for TMD pain as a young adult. Internetbased cognitive treatment (IBCT) is an active pain management strategy with the possibility to prevent pain. In a multicenter randomized controlled trial among general dental practitioners and specialists in orofacial pain and jaw function, an IBCT pain-school has been found to have low adherence.

Aim To evaluate expectations and experience of IBCT pain-school for adolescents with TMD pain.

Material and Method

Seven patients treated with IBCT were interviewed about their expectations and experiences of the treatment. Three adolescents with TMD pain, not given treatment with IBCT, participated in two workshops conducted by a psychologist and a dentist to figure out how IBCT should be designed to meet today's youth.

Results

The IBCT was too extensive and advanced for adolescents with TMD pain. The expectation was in general to be symptom-free. Some of the experiences were stress related to the program, follow-ups by phone and the analysis of their everyday life.

Conclusion

On the basis of these results a new IBCT "E-health/pain-stress" can be developed to meet adolescents with TMD pain in general dental practice.

Bifogas anmälningsblankett för forskningsrapport

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