

TMJ Disability Index (TDI)

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

1. Do you or would you have difficulty with...	No Difficulty		Some Difficulty			Complete Difficulty	
- 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, apples)	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)	0	1	2	3	4	5	6
- Eating/drinking <u>liquids</u> (soups, tea, milk)	0	1	2	3	4	5	6
- Talking or carrying on conversation	0	1	2	3	4	5	6

2. Do you or would you...	No Difficulty		Some Difficulty			Complete Difficulty	
- 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 <u>long</u> 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
- 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
- Change the way in which your jaw muscles move during eating (i.e. chewing mostly on one side, avoid biting large foods)	0	1	2	3	4	5	6

3. Are you satisfied with your ability to...	No Difficulty		Some Difficulty			Complete Difficulty	
- 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 your or would your jaw muscles tight when	No Difficulty		Some Difficulty			Complete Difficulty	
- talking	0	1	2	3	4	5	6
- eating	0	1	2	3	4	5	6

Signature: _____

Date: _____

Total Score: _____