

Mark the number which best describes how much of the time each statement below applies to you, using the following key:

- none of the time 0
- a little of the time 1
- a moderate amount of time 2
- quite a bit of time 3
- all of the time 4

(mark one)

- 9. Just a light touch on my face causes shock-like pain..... [0] [1] [2] [3] [4]
- 10. My jaw must click or pop before I can open it wide..... [0] [1] [2] [3] [4]
- 11. My jaw opens all the way without any sideways movements..... [0] [1] [2] [3] [4]
- 12. My jaw locks open..... [0] [1] [2] [3] [4]
- 13. I have headaches which begin after seeing flashes of light or dark spots..... [0] [1] [2] [3] [4]
- 14. My jaw moves easily..... [0] [1] [2] [3] [4]
- 15. I have health problems which haven't responded to treatment..... [0] [1] [2] [3] [4]
- 16. I have pain in my jaw joint(s) (B on the diagram)..... [0] [1] [2] [3] [4]
- 17. My jaw tires easily when chewing..... [0] [1] [2] [3] [4]
- 18. I have headaches which are made worse by bright light..... [0] [1] [2] [3] [4]

- 19. It hurts my teeth when I bite..... [0] [1] [2] [3] [4]
- 20. I have muscle or joint pain in areas other than my head or neck..... [0] [1] [2] [3] [4]
- 21. I can move my jaw more to one side than the other..... [0] [1] [2] [3] [4]
- 22. I feel tense and worried..... [0] [1] [2] [3] [4]
- 23. I have drainage from my ear(s)..... [0] [1] [2] [3] [4]
- 24. I feel sad and depressed..... [0] [1] [2] [3] [4]
- 25. I clench my teeth..... [0] [1] [2] [3] [4]
- 26. My bite feels comfortable..... [0] [1] [2] [3] [4]
- 27. I have jaw pain which gets worse the more I move my jaw..... [0] [1] [2] [3] [4]
- 28. It is difficult to find a comfortable position for my jaw..... [0] [1] [2] [3] [4]

- 29. I have pain in my ear(s) (E on diagram)..... [0] [1] [2] [3] [4]
- 30. I have sinus problems..... [0] [1] [2] [3] [4]
- 31. When I bite down normally, my front teeth touch..... [0] [1] [2] [3] [4]
- 32. During my life, I've had many different painful disorders..... [0] [1] [2] [3] [4]

- 33. I have facial pain which comes on suddenly like electric shocks..... [0] [1] [2] [3] [4]
- 34. I can open my mouth as far as possible without pain..... [0] [1] [2] [3] [4]
- 35. I have pain in or behind my eye(s)..... [0] [1] [2] [3] [4]
- 36. My jaw makes a grating or grinding noise when it opens and closes..... [0] [1] [2] [3] [4]
- 37. I think my bite is off..... [0] [1] [2] [3] [4]
- 38. I have pain which gets worse with stress or tension..... [0] [1] [2] [3] [4]

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- 39. My jaw clicks or pops when I chew..... [0] [1] [2] [3] [4]
- 40. I can bite down hard without pain in my jaw..... [0] [1] [2] [3] [4]
- 41. One painful problem is followed by another..... [0] [1] [2] [3] [4]
- 42. I have jaw pain which makes me feel sick and feverish..... [0] [1] [2] [3] [4]
- 43. I grind my teeth during the day..... [0] [1] [2] [3] [4]
- 44. I have numb areas on my face..... [0] [1] [2] [3] [4]
- 45. I use nerve pills, sleeping pills, or alcohol for relief..... [0] [1] [2] [3] [4]
- 46. I can move my jaw smoothly..... [0] [1] [2] [3] [4]
- 47. I can chew without bumping my teeth unexpectedly..... [0] [1] [2] [3] [4]
- 48. I have a feeling of pins and needles on my face..... [0] [1] [2] [3] [4]
- 49. I have pain in my jaw muscles (C on diagram)..... [0] [1] [2] [3] [4]
- 50. I have pain in the back of my neck (G on diagram)..... [0] [1] [2] [3] [4]
- 51. Over the years, I've been under a lot of stress..... [0] [1] [2] [3] [4]
- 52. My jaw twitches or jerks uncontrollably..... [0] [1] [2] [3] [4]
- 53. When I bite down normally, my back teeth touch..... [0] [1] [2] [3] [4]
- 54. The way my front teeth fit seems to be changing..... [0] [1] [2] [3] [4]
- 55. A light touch on one side of my face causes shock-like pain on the other..... [0] [1] [2] [3] [4]
- 56. I have a ringing in my ear(s)..... [0] [1] [2] [3] [4]
- 57. I have pain which gets worse with certain people or situations..... [0] [1] [2] [3] [4]

58. I have pain in the side(s) of my neck (H on diagram)..... [0] [1] [2] [3] [4]
59. I have a steady pain across my forehead..... [0] [1] [2] [3] [4]
60. I have many changing pains..... [0] [1] [2] [3] [4]
61. I feel angry..... [0] [1] [2] [3] [4]
62. Other people notice noise from my jaw when I chew..... [0] [1] [2] [3] [4]
63. I can chew food as well as I used to..... [0] [1] [2] [3] [4]
64. I have health problems which seem to be getting worse..... [0] [1] [2] [3] [4]
65. I have pain in the muscles under my jaw (D on diagram)..... [0] [1] [2] [3] [4]
66. I have pain in my temple(s) (A on diagram)..... [0] [1] [2] [3] [4]
67. I feel anxious..... [0] [1] [2] [3] [4]
68. I can open my mouth as wide as I used to..... [0] [1] [2] [3] [4]

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69. The way my back teeth fit seems to be changing..... [0] [1] [2] [3] [4]
70. I sleep well..... [0] [1] [2] [3] [4]
71. I have head or facial pain which gets worse when I bend over..... [0] [1] [2] [3] [4]
72. When I touch one side of my face, the other side gets numb..... [0] [1] [2] [3] [4]
73. My jaw gets stuck and won't open all the way..... [0] [1] [2] [3] [4]
74. The only real problems in my life are problems with my physical health..... [0] [1] [2] [3] [4]
75. I've had conflicting doctors' opinions about health problems..... [0] [1] [2] [3] [4]
76. I can move my jaw in any direction without pain..... [0] [1] [2] [3] [4]
77. I have facial pain which gets worse in cold weather..... [0] [1] [2] [3] [4]
78. I feel frustrated..... [0] [1] [2] [3] [4]
79. I have a stuffy nose..... [0] [1] [2] [3] [4]
80. Recently I've been under a lot of stress..... [0] [1] [2] [3] [4]
81. I have headaches which make me feel sick to my stomach..... [0] [1] [2] [3] [4]
82. I can take big bites of things like apples..... [0] [1] [2] [3] [4]

83. I have work or family pressures..... [0] [1] [2] [3] [4]
84. I have pain and stiffness in my finger joints..... [0] [1] [2] [3] [4]
85. My back teeth feel like they fit properly..... [0] [1] [2] [3] [4]
86. I believe I have an incurable problem in spite of reassurance by doctors..... [0] [1] [2] [3] [4]
87. In the morning my teeth are sore and my jaw is tired..... [0] [1] [2] [3] [4]
88. My ears feel blocked or stopped up..... [0] [1] [2] [3] [4]
89. I have many health problems..... [0] [1] [2] [3] [4]
90. My jaw moves just as far forward as it used to..... [0] [1] [2] [3] [4]
91. I have difficulty swallowing..... [0] [1] [2] [3] [4]
92. I have pain behind my ear(s) (F on diagram)..... [0] [1] [2] [3] [4]
93. I have facial pain when other joints are also sore..... [0] [1] [2] [3] [4]
94. I have nervous problems..... [0] [1] [2] [3] [4]
95. I have throbbing headaches..... [0] [1] [2] [3] [4]
96. I feel dizzy..... [0] [1] [2] [3] [4]
97. I consider myself to be a sickly person..... [0] [1] [2] [3] [4]