

Explanatory Model Scale

People who have facial pain or limitations in jaw function often say that their problem is related to some combination of the following:

1. Physical factors, such as:	2. Behaviors, such as:	3. Stress and emotional upset, such as:
<ul style="list-style-type: none"> • motor vehicle accident • surgery • head trauma • assault • arthritis • other medical problems 	<ul style="list-style-type: none"> • oral habits • jaw posturing • sustained talking • yawning • tensing the facial or jaw muscles • grinding or clenching teeth when asleep 	<ul style="list-style-type: none"> • problems with family, work or school. • worry or anxiety. • feeling down or depressed

A. Overall, how important were the following factors in causing your facial pain problem?

		Not at all important		Moderately important		Extremely important
1	Physical factors	0	1	2	3	4
2	Behavioral factors	0	1	2	3	4
3	Stress or emotional upset	0	1	2	3	4

B. Overall, how important are the following factors in aggravating (making worse) your facial pain problem?

		Not at all important		Moderately important		Extremely important
1	Physical factors	0	1	2	3	4
2	Behavioral factors	0	1	2	3	4
3	Stress or emotional upset	0	1	2	3	4

C. Overall, how important will it be for your treatment program to include treatments for:
(Note: If you are not pursuing treatment right now, how important do you think these factors would be if you were to pursue treatment?)

		Not at all important		Moderately important		Extremely important
1	Physical factors	0	1	2	3	4
2	Behavioral factors	0	1	2	3	4
3	Stress or emotional upset	0	1	2	3	4