

STRESS AND ORAL HEALTH QUIZ

Instructions: Answer the following questions honestly. Each response is scored from 0 to 5 (0 = Never, 5 = Always). At the end, total your score to determine your stress level.

Question

Score

Do you often wake up with jaw pain or headaches?

Do you forget to brush and floss when stressed?

Do you chew on pens or bite your nails?

Do you experience frequent dry mouth?

Do you clench your teeth when frustrated or focused?

Total score: /25

- 0-5 → Low Stress (Minimal impact on oral health)
- 6-15 → Moderate Stress (Potential oral health concerns)
- 16-25 → Severe Stress (High risk of stress-related dental issues)

