



## Asociación entre Trastornos Temporomandibulares y Síndrome de Burnout

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Condition: New. Publisher/Verlag: Editorial Académica Española | En personal docente de la Facultad de Estomatología de la Benemérita Universidad Autónoma de Puebla, México | Los Trastornos Temporomandibulares son un conjunto de padecimientos dolorosos de los músculos masticatorios y de la articulación temporomandibular, con prevalencia elevada (40% de la población). La etiología es multifactorial donde el estrés es un detonante frecuente. El Síndrome de Burnout, determina el estrés laboral al que está sometido un sujeto. El presente estudio de investigación tuvo como objetivo determinar la asociación entre los signos y síntomas de TTM y el Síndrome de Burnout en personal docente de la FEBUAP en Puebla, México. Los participantes fueron docentes: 56.9% mujeres y 28 (43.1%) hombres, la mayoría con pareja estable y grado de maestría, con media de edad de 45.5±9.2 años y antigüedad de 15.5±10.2 años. La prevalencia de TTM fue del 41.5% con predominio artrogénico. El 12.3% presentó cansancio emocional medio y alto, el 16.9% despersonalización y el 18.5% realización personal con niveles medios y bajos. Se concluyó que no existe asociación entre los TTM y el Síndrome de Burnout (p.05), sin embargo correlacionó marginalmente el cansancio emocional con el síntoma cardinal del padecimiento que es el dolor...



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