

SUPPLEMENTARY MATERIALS

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Table S1. Characteristics of cases (with bruxism) and controls (without bruxism).

Characteristic	Cases (n = 363)¹	Controls (n = 363)¹	P
Age, median (IQR), years	28 (22 - 38)	29 (23 - 39)	0.720
Sex			> 0.99
Male	147 (40.5)	147 (40.5)	
Female	216 (59.5)	216 (59.5)	
Residence			0.696
Urban	241 (66.4)	236 (65.0)	
Rural	122 (33.6)	127 (35.0)	
BMI, median (IQR), kg/m²	21.4 (19.4 - 23.5)	21.0 (19.0 - 23.7)	0.833
Obesity	8 (2.2)	6 (1.7)	0.589
Marital status			0.083
Single	180 (49.6)	151 (41.6)	
Married	177 (48.8)	207 (57.0)	
Divorced/widowed	6 (1.7)	5 (1.4)	
Education level			0.200
≤ 9 years	37 (10.2)	38 (10.5)	
> 9 - 12 years	47 (12.9)	64 (17.6)	
> 12 years	279 (76.9)	261 (71.9)	
Smoking status			0.091
Never	280 (77.1)	301 (82.9)	
Former	22 (6.1)	12 (3.3)	
Current	61 (16.8)	50 (13.8)	
No. cigarettes/day ² , median (IQR)	10 (5 - 15)	10 (6 - 20)	0.789
Alcohol			0.582
None/moderate	285 (78.5)	291 (80.2)	
Heavy	78 (21.5)	72 (19.8)	
Tea			0.693
None/less than weekly	214 (59.0)	204 (56.2)	
Weekly	96 (26.4)	106 (29.2)	
Daily	53 (14.6)	53 (14.6)	
Coffee			0.955
None/less than weekly	309 (85.1)	308 (84.8)	
Weekly	49 (13.5)	49 (13.5)	
Daily	5 (1.4)	6 (1.7)	
Hypertension	12 (3.3)	11 (3.0)	0.832

Abbreviations: BMI, body mass index; IQR, interquartile range.

¹ Values listed in these columns are numbers (percentages) of subjects.

² Consumption of current smokers.

Table S2. Factors associated with bruxism.

Variables	Bruxism (n = 363)	Non-bruxism (n = 363)	P
Never married	180 (49.6)	151 (41.6)	0.031
High likelihood of obstructive sleep apnea	43 (11.8)	24 (6.6)	0.015
Pain-related temporomandibular disorder	80 (22.0)	58 (16.0)	0.037
Depression	71 (19.6)	23 (6.3)	< 0.001
Anxiety	41 (11.3)	18 (5.0)	0.002
Impaired sleep quality	180 (49.6)	132 (36.4)	< 0.001

Values are numbers (percentages) of subjects.

Table S3. Factors associated with severe tooth wear.

Variables	With severe tooth wear (n = 224)¹	Without severe tooth wear (n = 502)¹	P
Age ≥ 31 years	174 (77.7)	140 (27.9)	< 0.001
Male	110 (49.1)	184 (36.7)	0.002
Current smoker	52 (23.2)	59 (11.8)	< 0.001
Heavy drinker ²	62 (27.7)	88 (17.5)	0.002
Tea consumption ³	113 (50.4)	195 (38.8)	0.003
Acidic diet ⁴	93 (41.5)	129 (25.7)	< 0.001
Timely rinsing ⁵	3 (1.3)	23 (4.6)	0.030

Abbreviations: CI, confidence interval; GERD, gastroesophageal reflux disease; OR, odds ratio.

¹ Values listed in these columns are numbers (percentages) of subjects.

² Had unsafe drinking (> 15 grams/day for females and > 25 grams/day for males) at least one day a week.

³ Weekly or more.

⁴ Daily or more consumption of acidic foods.

⁵ Rinsing immediately after exposure to intrinsic or extrinsic acids.

Table S4. Conditions of tooth wear for different subgroups.

Variables	Non-bruxism (n = 363)	Bruxism without GERD (n = 295)	Bruxism with GERD ≤ 5 years (n = 28)	Bruxism with GERD > 5 years (n = 40)	P
The whole dentition	253 (69.7)	262 (88.8)	27 (96.4)	40 (100.0)	< 0.001
SURFACE					
Occlusal/incisal	246 (67.8)	261 (88.5)	27 (96.4)	40 (100.0)	< 0.001
Palatal/lingual	90 (24.8)	151 (51.2)	21 (75.0)	29 (72.5)	< 0.001
Buccal/labial	45 (12.4)	69 (23.4)	8 (28.6)	11 (27.5)	< 0.001
Cervical	19 (5.2)	22 (7.5)	2 (7.1)	4 (10.0)	0.525
LOCATION					
Upper	216 (59.5)	249 (84.4)	27 (96.4)	39 (97.5)	< 0.001
Lower	237 (65.3)	248 (84.1)	27 (96.4)	40 (100.0)	< 0.001
Anterior	217 (59.8)	241 (81.7)	26 (92.9)	40 (100.0)	< 0.001
Posterior	212 (58.4)	238 (80.7)	25 (89.3)	40 (100.0)	< 0.001

Abbreviation: GERD, gastroesophageal reflux disease.

Values are numbers (percentages) of subjects with tooth wear into dentin.