Interview: interview potential users of a bruxism treatment device

Start Specific:

1. Can you describe when you first noticed symptoms related to bruxism?

2. How has bruxism impacted your daily life or your patients' lives?

3. What treatments or interventions have you tried or prescribed, and how effective were they?

Go Broad:

1. What are the biggest challenges you face or observe in managing bruxism?

2. In your experience, what do you believe motivates a person to seek treatment for bruxism?

3. Can you share any frustrations with current bruxism treatments or devices?

Dig Deeper:

1. How do you think technology could improve the management of bruxism?

2. What are your thoughts on a device that could provide real-time feedback to mitigate bruxism symptoms?

3. Can you share a particular instance where current treatments fell short, and how you wish the outcome could have been different?

Observation: interview a dental clinic or a sleep study center

Observation Site: Dental Clinic

Things to See and Hear:

- How do patients describe their symptoms and issues related to bruxism?

- What treatment options do dental professionals currently recommend or use?

- How do patients react to different treatment options?

- What are the observable symptoms of distress or discomfort that might be related to bruxism during patient consultations?

Things to Do:

- understand the workflow and patient experience for the current treatment

- Note the type of equipment used in the treatment of bruxism and how patients are interacting with it.

- Speak to both patients and dental professionals about their experiences, satisfaction levels, and challenges with current bruxism treatments.

- Ask dental professionals about the limitations of current treatments and their openness to new technologies.

Online Research

Sources of Information:

1. Online patient forums and support groups (Reddit communities)

2. Professional health websites and medical databases (PubMed)

3. Social media platforms (Twitter, Instagram)

4. Product review sites for current bruxism treatment devices (Amazon).

What to Learn from These Sources:

1. From Patients: Insight into the user experience with existing products and the social-emotional impact of bruxism.

2. From Health Professionals: Understanding of the medical perspective on treatment approaches, potential for technology integration, and professional critiques of current devices.

3. From Direct Feedback: Identifying common complaints and praises for current bruxism treatments to inform design improvements.

4. From Academic Research: Identifying new trends in bruxism treatment research that may influence product development.