

Emerging adulthood, which is a distinct life stage between adolescence and adulthood, requires important tasks including forming identity, attaining academic training, and exploring potential career paths (Arnett et al., 2014). One in five emerging adults experiences a mental illness, and the rate of substance use disorders is twice that of adults aged 26 and older (Rosenberg, 2016). Temporomandibular disorders (TMDs) are a group of painful and/or dysfunctional disorders associated with the masticatory muscles, temporomandibular joints (TMJs), and related structures [1], and are a growing public health problem. The main clinical symptoms include pain in the TMJ area and/or masticatory muscles, joint clicking and noises, and abnormalities or restrictions in mandibular movements. In particular, economic uncertainty has created unique financial difficulties for this age group, which directly impacts decisions related to housing, family life, attending postsecondary, and entering the labor market (Hallquist et al., 2011; Terriquez & Gurantz, 2015). They m