

Nermine Balbaa

Faculty of Dentistry, Alexandria University, Egypt.
International Student/Trainee Representative

Candidate Bio:

As an assistant lecturer of Dental Public Health at Faculty of Dentistry, Alexandria University, Egypt, an active IADR student member, and an emerging investigator, my academic and research interests focus on behavioural change, oral health literacy, and digital health interventions that promote oral health behaviours. I have recently conducted a randomised controlled clinical trial evaluating the effectiveness of mobile oral health intervention on orthodontic patients' oral hygiene and oral health literacy.

I am dedicated to advancing culturally adapted, evidence-based strategies aimed at reducing oral health disparities and enhancing patient engagement, especially in low- and middle-income settings.

I am passionate about fostering international collaboration among students and early-career researchers, promoting research capacity building, and encouraging meaningful student participation within BEHSR initiatives worldwide.

Candidate Statement:

As an active IADR student member, I am honoured to nominate myself for the position of Student/Trainee Representative – International for the IADR BEHSR Group. I am currently a postgraduate student and Assistant Lecturer of Dental Public Health at Alexandria University, Egypt, with my doctoral training expected to continue over the next few years.

My research focuses on behavioural change and oral health literacy interventions to improve oral health outcomes, including a recent randomised controlled trial evaluating a mobile oral health intervention among orthodontic patients, integrating behavioural change theory— which aligns closely with BEHSR's mission.

Through presenting my research, engaging in scientific discussions, and participating in BEHSR-related sessions— along with participating at this year's IADR General Session in San Diego, I am committed to strengthening trainee engagement and international collaboration.

If elected, I will work to strengthen communication, support inclusive global representation, and enhance research visibility for underrepresented regions within BEHSR.

Nermine Maher Balbaa

CURRICULUM VITAE

Personal Data

- **Date of Birth:** May 12, 1997
- **Work Address:** Faculty of Dentistry, Alexandria University, Egypt.
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- **ORCID:** 0009-0001-3258-0690

Summary

A self-motivated post-graduate student and assistant lecturer in the department of Pediatric Dentistry and Dental Public Health, Alexandria University, Egypt.

Voluntary Experience

2012-2015: Alpha Leo Club of Alexandria - a society run by high school students aiming to raise funds for charity through organizing concerts, garage sales, sports tournaments and similar events.

Role: Event Organiser

Sports

Competitive Swimming

➤ 2007-2015

Alexandria Sporting Club (ASC), Egypt:

- National Gold Medallist 2008-2015.
- Represented my club in overseas competitions including Dubai 2011, Darmstadt 2013 and the Irish Nationals.

➤ 2010-2015

Member of the Egyptian national team:

- Represented Egypt in COMEN Games 2011, Arab Games 2011 and 2014, African Games 2013 and 2015, Youth Olympic Games 2014.

Skills

- Teamwork
- Public Relations
- Time management

Languages

English (Fluent)

Arabic (Fluent)

Education

School	Degree	Year
Arab Academy for Science and Technology	IGCSE	2012-2015
Faculty of Dentistry - Alexandria University, Egypt.	Bachelor of Dental Medicine and Surgery (BDS)	2015-2020
Faculty of Dentistry - Alexandria University, Egypt.	Master of Science (MSc) in Dental Public Health	2022-2025

Publications

1. Ihab, M., El-Sherif, Y., Yassin, R., Nabil, N., Qurimum, M., Balbaa, N., & Tantawi, M. E. (2025). Optimizing mHealth Interventions for Children's Oral Hygiene: A Factorial Trial. *Journal of dental research*, 104(2), 155–163.
<https://doi.org/10.1177/00220345241291985>
2. Balbaa, N.M., Hamza, M.A., Abdelaziz, W.E. et al. Effectiveness of mobile oral health intervention on orthodontic patients' oral hygiene and oral health literacy: a randomised controlled clinical trial. *BMC Oral Health* 26, 113 (2026).
<https://doi.org/10.1186/s12903-025-07423-y>

Relevant Experience

- Anterior composite and rubber dam isolation course and hands-on workshop.
- 2020-2022: Internship in aesthetic dentistry at several clinics based in Alexandria.
- Several field visits for Health education and promotion.
- Caries prevention through application of Fluoride varnish / SDF for caries arrest.
- Oral hygiene improvement through a mobile oral health intervention.

Associations Membership

International Association of Dental Research (IADR)