

Brief Bio Mario Rui Araujo

Mario Rui Araujo, PhD, MPsych, BSc(DH).

Mario has a PhD in Psychology (2021) by the University of Lisbon (Psychology School) and a master's degree in health psychology (1999). He is now finishing his degree completion in Psychology.

His research in the area of behavior change, focuses in the joint role of self-regulatory processes in daily oral hygiene behaviors to enhance the oral health of patients and therapeutic relationships with oral health professionals.

He is a graduate of the Dental Hygiene Program at the University of Lisbon (1990) and earned a bachelor's degree in Science (Dental Hygiene) from the University of Washington, Seattle (1993). He is now finishing is a final degree in Psychology. He is also an international speaker in oral health behavior modification and communication skills, having delivered numerous guest lectures in various countries of the world.

He is an Adjunctive Professor and Director of the Dental Hygiene Bachelor Degree Program at Portalegre University Health School and he is a guest teacher in several Universities, teaching on Dental, Nurses, Physiotherapy and Medical Schools.

One wife, 4 kids, 3 cats, lives in Caldas da Rainha, Portugal. Photographer whenever he can and also teaches with Lego as an official Lego Serious Play Facilitator.

