

Curriculum Vitae

Bilesha Perera, PhD

Department of Community Medicine

Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka

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PERSONAL DETAILS

Date of Birth : **20 February, 1963**

Citizenship : **Sri Lankan**

Marital Status : **Married**

Gender : **Male**

Current Position: **Senior Professor in Behavioral Sciences and Professor of Community Medicine**
Department of Community Medicine
Faculty of Medicine, University of Ruhuna, Galle, SRI LANKA

EDUCATIONAL QUALIFICATIONS

Academic Qualifications

(1) **PhD in Health Behavior (2005):** (*Minor in Psychology*) **INDIANA UNIVERSITY, BLOOMINGTON, INDIANA, USA**

School of Public health- Bloomington, Indiana University, Indiana, USA

PhD thesis: Compulsive relationships to sexuality among undergraduates: Understanding the concepts and behavioral correlates.

Two papers were published based on my PhD research results in Indexed Journals

- (a) Perera, B., Reece, M., Monahan, P., Billingham, R. & Finn, P. (2009). *Associations between substance use and personal dispositions towards out-of-control sexual behaviors in college students*, *International Journal of Sexual Health*, 21, 87-95. [Indexed in SSCI]
- (b) Perera, B., Reece, M., Monahan, P., Billingham, R. & Finn, P. (2009). *Correlates of personal dispositions related to uncontrolled sex in College Students: An exploratory study*. *Sexual Addiction and Compulsivity*, 16, 131-145. [Indexed in Scopus]

Courses completed for PhD course work: Health Behavior, Health Education, Epidemiology, International Health and Social Issues, Human Development and Family Studies, Multivariate Statistics, Correlational Techniques, Health Care Evaluation, Planning and Management in Public Health Services, Neuropsychology, Clinical Psychology, Psychopharmacology.

(Overall GPA was 3.92 out of 4)

(2) MSc in Health Promotion (1993), UNIVERSITY OF LONDON. UK

London School of Hygiene and Tropical Medicine (LSHTM), Faculty of Medicine, University of London, UK.

Title of the Project Report: Challenging the Social Image of Smoking in Sri Lanka

Courses completed for MSc: Social and Psychological Aspects of Health, Prevention of Disease: Epidemiology and Policy, Biology of Health and Disease, Health Care Management and Evaluation, Multivariate and Repeated Measure Analysis, Medical Anthropology.

(3) Postgraduate Diploma in Applied Statistics (1988), UNIVERSITY OF COLOMBO, SRI LANKA

Faculty of Science, University of Colombo, Sri Lanka.

Courses Followed: Probability Theory, Experimental Design, Multivariate Analysis, Research Designs,

(4) BSc in Physical Science (1984), UNIVERSITY OF COLOMBO, SRI LANKA

Faculty of Science, University of Colombo, Sri Lanka.

Subjects Studied: Pure Mathematics, Applied Mathematics and Statistics

Professional Qualifications

(1) Certificate in Population Health: Fundamentals of Population Health Management (2021)

UNIVERSITEIT LEIDEN, THE NETHERLANDS

(This is an online course conducted by Coursera Inc., USA in collaboration with Universiteit Leiden, Netherlands. Course subjects include Introduction to Population Health, Population Health, Public Health and Epidemiology, Population Health Management Techniques and Implementation and Evaluation of Population Health Management Programs)

(2) Certificate in Introduction to Communication Science (2018)

UNIVERSITY OF AMSTERDAM, THE NETHERLANDS

(This is an online course conducted by Coursera Inc., USA in collaboration with University of Amsterdam, Netherlands. Course subjects include Historical perspectives of Communication Sciences, Technical Approaches to Communication Science and Cultural and Social Approaches to Communication Science).

(3) Fellow of the Foundation for Advancement of International Medical Education and Research (FFAIMER) (2013), PHILADELPHIA, USA

(This is a two-year professional course in Medical Education and Research. Research part was done in Sri Lanka and in Philadelphia, USA. Course subjects included, Curriculum Design, Assessment, Teaching and Learning, Community Based Education, Leadership, Personality and Communication Skills, Scholarship and Research).

(4) Certificate in Teaching in Higher Education (2000), Staff Development Center, UNIVERSITY OF COLOMBO, COLOMBO, SRI LANKA

(Accredited by Staff and Educational Development Association (SIDA), UK)

(In this one-year course, Learning Philosophies, Teaching and Assessment Techniques, Curriculum Development and Evaluation, Reflective Learning, Collaboration in Higher Education were some of the subjects studied. A portfolio was submitted).

Other Qualifications/ Licenses

1. **Certificate in Good Clinical Practice**, NIDA, Department of Health and Human Services, USA.
(Valid till 13 June, 2024)
2. **NCBE- Certificate in Bio-Ethics**, National Committee of Bio-Ethics, Saudi Arabia.
(Valid till 02 December, 2023)

Orations Delivered

1. Oration of the Seventh Academic Sessions-University of Ruhuna-2009

Title: *Patterns and bio-psycho-social issues of tobacco and alcohol use: implications for research and prevention.*

Faculty of Engineering, University of Ruhuna, Galle Sri Lanka - March 17, 2010

2. Galle Medical Association Oration - 2010

Title: *Sexual health in young people: issues to ponder*

Faculty of Medicine, University of Ruhuna, Galle Sri Lanka – September, 2010.

ADMINISTRATIVE AND OTHER KEY POSITIONS HELD

- (1) **Chairperson**, Research Committee, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka (2023 – to date)
- (2) **Faculty Representative**, Research Council, University of Ruhuna, Matara, Sri Lanka (2023 – to date)
- (3) **Member** – Board of Study in Medicine, Faculty of Medicine. University of Ruhuna, Galle, Sri Lanka. (2016 – to date).
- (4) **Member** – Ethics Committee, Faculty of Allied Health Sciences, Medicine. University of Ruhuna, Galle, Sri Lanka. (2017 – to date)
- (5) **Reviewer** – Ethics Committee, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka (2022 – to date)
- (6) **Faculty Representative**, Institutional Review Committee- Chapter 1, University of Ruhuna, Matara (2021)
- (7) **Chairperson**- Board of Study in Distance and Continuing Education, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka. (2015 – 2017)
- (8) **Chairperson** – Faculty Research Committee, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka. (2014 – 2017).

- (9) **Member** – Ethics Committee, Faculty of Medicine. University of Ruhuna, Galle, Sri Lanka. (2012 - 2017)
- (10) **Coordinator**- Higher Education for Twenty-first Century (HETC) World Bank project- Soft Skills, Faculty of Medicine. University of Ruhuna, Galle, Sri Lanka. (2013 – 2019)
- (11) **Head**- Department of Community Medicine, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka (2012 – 2014).
- (12) **Person-in-Charge** – Behavioral and Social Science Component – IRQUE World Bank Project, Faculty of Medicine, Galle (2009-2012).
- (13) **Consultant**- Institute of Policy Studies, Colombo, Sri Lanka (1995-2000).
- (14) **Consultant** – Research International (Pvt) Ltd, Colombo Sri Lanka (1995-todate)
- (15) **Program Officer -in charge of Research and Evaluation Division** of the Alcohol and Drug Information Centre (This is the main NGO involved in Tobacco and Alcohol Use Prevention in Sri Lanka, affiliated to FORUT, Norway), Colombo, Sri Lanka (1992 – 1994)

AWARDS/ SCHOLARSHIPS/FELLOWSHIPS/TRAVEL GRANTS/HONORS

- (1) **The Mobley International Distinguished Alumni Award – 2018**, School of Public Health- Bloomington, Indiana University, USA, 2018.
- (2) **National Research Council Merit Award 2017** for Scientific Publications, National Science Foundation (NSF), Colombo, Sri Lanka.
- (3) **The Best poster presentation 2014** for a research presentation titled “Bacterial pathogens causing postoperative infections following abdominal surgery at a tertiary care hospital in Southern Province of Sri Lanka, 73rd Annual Academic Sessions, Galle Medical Association, September, 2014.
- (4) **Vice Chancellors award for the outstanding Scholar of the year 2012** – University of Ruhuna, Matara, 20 March, 2013
- (5) **Nobuo Maeda International Research Award USA 2012**, awarded by the American Public Health Association (APHA), USA, November, 2012.
- (6) **Presidential Award for Research Publication, 2009** National Science Foundation, Colombo, Sri Lanka.
- (7) **The best oral presentation 6th Academic Sessions, University of Ruhuna, 2009** for the presentation titled “Physical activity behavior among Adults in Southern Sri Lanka”
- (8) **The second price for the poster at World Psychiatric Association conference 2008** titled “Epidemiological aspects of suicidal risks among undergraduates in Sri Lanka” at the 2008 World Psychiatric Association Epidemiology and Public Health Section Meeting, Saskathuwan, Canada.

- (9) **Short-term Visiting Scholar at Indiana University, USA, March – May, 2008**, Indiana University, Bloomington, USA
- (10) **German Academic Exchange Services (DAAD) scholarship 2007** for a 2-months research stay at Konstanz University in Germany, 14 May – 13 July, 2007.
- (11) **The World Bank/ IRQUE-QEF grant 2007** to attend one month training in Medical Education at Durham University, United Kingdom, 15 January, – 9 February, 2007.
- (12) **Indiana University Fellowship 2005** -awarded by the School of Health, Physical Education and recreation, Indiana University, Bloomington, USA – May 2005.
- (13) **Travel Grant Indiana University 2005** to attend 2005 Society of Behavioral Medicine Annual Meeting and Scientific Sessions held in Boston, USA – awarded by the Research Council, School of Health, Physical Education and Recreation (HPER), Indiana University, Bloomington, USA – April, 2005.
- (14) **Travel Grant Indiana University 2005** to attend the 132nd American Public Health Association (APHA) annual conference and scientific meeting held in Washington, DC, USA – awarded by the Research Council, HPER, Indiana University, USA – November, 2004.
- (15) **Travel Grant Indiana University 2004** to attend 2004 Society of Behavioral Medicine Annual Meeting and Scientific Sessions held in Baltimore, Maryland, USA – awarded by the Research Council, School of Health, Physical Education and Recreation, Indiana University, Bloomington, USA – March 2004.
- (16) **Crane Fund Scholarship - 2004** awarded by the School of Health Physical Education and Recreation, Indiana University, Bloomington, USA - March 2004.
- (17) **Travel Grant Indiana University 2004** to attend the 131st American Public Health Association (APHA) annual conference and scientific meeting held in San Francisco, USA – awarded by the Research Council, School of Health, Physical Education and Recreation, Indiana University, Bloomington, USA – November, 2003.
- (18) **Collaborative Research Grant-in-Aid – 2003** awarded by the Department of Applied Health Science, Indiana University, Bloomington, USA – October, 2003.
- (19) **Indiana University Fellowship 2003** awarded by the school of Health, Physical Education and Recreation, Indiana University, Bloomington, USA – June 2003.
- (20) **Crane Fund Scholarship 2003** - awarded by the School of Health Physical Education and Recreation, Indiana University, Bloomington, USA - June 2003.
- (21) **Travel Grant Indiana University 2003** to attend 2003 Society of Behavioral Medicine Annual Meeting and Scientific Sessions held in Salt Lake City, Utah, USA – awarded by the Research Council, School of Health, Physical Education and Recreation, Indiana University, Bloomington, USA – March 2003.

- (22) **Meritorious Student Paper/Citation paper of the 2003 Society of Behavioral Medicine 2003**
Annual Meeting and Scientific Sessions – awarded for the paper titled “ Smoking by males in Sri Lanka: Prevalence & Attitudes” by the Society of Behavioral Medicine, USA – March 2003.
- (23) **Travel Grant Indiana University 2004** to attend the 130th American Public Health Association (APHA) annual conference and scientific meeting held in Philadelphia, USA – awarded by the Research Council, School of Health, Physical Education and Recreation, Indiana University, Bloomington, USA – November, 2002.
- (24) **Indiana University Fellowship 2002** -awarded by the school of Health, Physical Education and Recreation, Indiana University, Bloomington, USA – May 2002.
- (25) **Crane Fund Scholarship 2002**- awarded by the School of Health Physical Education and Recreation, Indiana University, Bloomington, USA. April, 2002.
- (26) **NORAD scholarship 2001** to do higher studies at University of Bergen, Norway, 2001.
- (27) **Travel Grant NSF 2001** to attend the 5th International conference on preventive cardiology held in Osaka, Japan - awarded by the National Science Foundation, Colombo 7, Sri Lanka – May, 2001.
- (28) **Commonwealth Scholarship 1992** (Overseas Development Administration) – awarded by the Commonwealth Administration, London, UK – August, 1992 to do a Master’s degree at University of London, UK.

Research Grants Obtained

1. Personal and Structural Factors in Preventing Diabetes in Hail, Saudi Arabia: A Cross Sectional Study (2020). Funded by the University of Hail, Saudi Arabia. 2020

A survey conducted in Hail region in Saudi Arabia in collaboration with researchers in University of Hail, Saudi Arabia. I work as the *Principal Investigator* (Completed)

2. Intensions, behavioral responses and coping strategies related to coronavirus (COVID-19) pandemic among undergraduates in Hail, Saudi Arabia. Funded by the University of Hail, Saudi Arabia. 2020

A survey conducted in Hail region in Saudi Arabia in collaboration with researchers in University of Hail, Saudi Arabia. *Co-Investigator* (on going).

3. **The effects of authentic leadership on the experiences of burnout and job satisfaction of physicians and nurses: A cross sectional study in Hail, Saudi Arabia. Funded by the University of Hail, Saudi Arabia. 2020**
A survey conducted in Hail region in Saudi Arabia in collaboration with researchers in University of Hail, Saudi Arabia. *Co-Investigator* (on going)
4. **Sri Lanka Health and Ageing Survey – Institute for Health Policy, Colombo, Sri Lanka (2019).** A large-scale health survey conducted in Sri Lanka using a sample of approximately 10,000 individuals covering the whole island. Several demographic, epidemiological and biological data of the participants as well as utilization of health services by the participants have been collected. The procedures for the survey were adopted from similar global health surveys such as SAGE and STEPS. The project is conducted by the Institute for Health Policy, Colombo, Sri Lanka. I am involved in this project as *Principal Investigator* (On going)
6. **Tripala Ayurvedic product clinical trial research (2018).** A randomized double blind clinical trial on the efficacy of an Ayurvedic herbal medical product that has been used to improve the QOL of cancer patients in Sri Lanka. The project is sponsored by the Link Natural Products (Pvt) Ltd, Sri Lanka. I work as a *co-investigator* and *as a Statistician* (Completed).
8. **Biological Parameters and Water Sources of people with Chronic Kidney Diseases with unknown Etiology (CKDu) (2019)** is being conducted in collaboration with the Link Natural Products (Pvt) Ltd, Sri Lanka. I work as a *co-investigator* in this research project (On going)
9. **Quality of Life (QOL) of diabetes patients treated with a herbal treatment product in an Ayurveda hospital in Sri Lanka (2019).** This project is sponsored by the Link Natural Products (Pvt) Ltd, Sri Lanka. I work in this project as *a consultant* (On going).
10. **Sri Lanka Healthy Minds Study (2012)** - A community survey done to investigate psychological health issues and QOL of older people in Southern Sri Lanka in collaboration with Global Health Initiative, Duke University, USA. Sponsored by NIH, USA. I was a *co-investigator* of this project (Completed in 2016).
11. **WHO and Ministry of Health, Sri Lanka (2011)** for a research project titled “Epidemiological and psychosocial factors associated with successful aging” 2011. Ministry of Health and WHO Sri Lanka. *Principal Investigator* (Completed)
12. **IRQUE_QEF Project, Faculty of Medicine, Galle 2010** for a research study titled “A study on emotional intelligence, study performances and wellbeing of undergraduates”. *Principal Investigator* (Completed)

13. **IRQUE_QEF Project, Faculty of Medicine, Galle (2010)** for a research study titled “A study of time trends in cancer patients admitted to Teaching Hospital Karapitiya”. *Principal Investigator*
(Completed)
- 14 **Duke University, USA 2007** for a research project titled “ Behavioral patterns among young and adults in the Southern Province”, *Principal Investigator*
(Completed)
- 15 **IRQUE_QEF Project, Faculty of Medicine, Galle 2006** for a research study titled “A study of the relationship between academic and environmental related stresses and quality of learning in medical students”. *Principal Investigator*
(Completed)
- 16 **IRQUE_QEF Project, Faculty of Medicine, Galle 2006** for a research study titled “The effectiveness of Community Attachment Program as a self-directed , team work, community diagnostic activity for medical students”. *Principal Investigator*
(Completed)
- 17 **Department of Applied Health Science, Indiana University (2003)** for a research study titled ‘Substance use, physical activity and psychological well-being of students in Sri Lanka’. *Principal Investigator*
(Completed)
- 18 **World Health Organization (WHO) ,Sri Lanka and Ministry of Health 1999** for a research project titled ‘Epidemiological aspects of tobacco use – A cross sectional community survey’. *Principal Investigator*
(Completed)
- 19 **UNFPA and Population Division, Ministry of Health 1998** for a research project titled ‘Knowledge, attitudes and skills in sexual health among advanced level students in five selected districts in Sri Lanka’. *Principal Investigator*
(Completed)
20. **Health Systems Research Unit (Southern Province) 1996** for a research project titled ‘Epidemiological aspects of alcohol use in Bope-Poddala’. *Principal Investigator*
(Completed)
21. **Health Systems Research Unit (Southern Province) 1996** for a research project titled ‘Sexual behaviour of advanced level students in the district of Galle’. *Principal Investigator*
(Completed)

PUBLICATIONS

Commissioned Reports

Commissioned Report titled “*Access to higher education, student admission and identification of demands for new Subjects / disciplines*” **National Education Commission of Sri Lanka, Colombo, Sri Lanka 2018-** Co-Author

Book / Book Chapters

- (1) Wickramarachchi, B., Samanmalie, MBL, Hettiarachchi, M., **Perera, B.** (2021). **Nurse’s experiences of the availability of personal protective equipment and depressive symptoms during COVID-19: Points to ponder.** Senaratne, R et al (Eds). *COVID-19: Impact, Mitigation, Opportunities and Building Resilience*, Vol 1, National Science Foundation, Sri Lanka: ISBN 978-624-5896-00-4. (Book Chapter)
- (2) **Perera B.** Abeyakoon, AMP & Sadareka KMG. (2016) *Health Statistics; A course text book for Nursing undergraduates*, Open University of Sri Lanka, Colombo, Sri Lanka. (Book)
- (3) **Perera, B.** & Torabi, M. R (2013). *Knowledge of and attitudes towards smoking, smoking patterns and perceived stress in Sri Lankan undergraduates.* (Eds) J Merrick & A Tenenbaum “Public Health Concern: Smoking, Alcohol and Substance Use, Nova Science Publishes, Inc., New York, USA. (Book Chapter)
- (4) **Perera B.** (2012) **Research Methods**, Author Publication, Galle, Sri Lanka. (Book).
- (5) **Perera, B** & Jayawardana, C. (2011). **Social determinants of health inequalities** (Book chapter) (Eds) H.M. Bandara & KRHL Gunasekara, *Essays in social sciences “ Modeling social phenomena for the 21st century”* Godage International Publishes, Sri Lanka, pp 17-22.
- (6) Torabi, M. R. & **Perera, B.** & Seo, D. C. (2008). **Attitude as an important predisposition to health behavior.** (Book chapter) in *Health knowledge, attitudes and practices*, Nova Science Publishes, Inc., New York, USA.

(7) Torabi, M. R. & **Perera, B.** (2006). **Correlates of depressive symptoms in undergraduates in Sri Lanka.** (Book Chapter) in College students: Mental Health and Coping strategies, Nova Science Publishes, Inc., New York, USA.

Journal and other publications

1. Wickramarachchi BI, Torabi, M, **Perera B.** Effects of physical activity on physical fitness and functional ability in older adults. **Gerontol Geriatr Med.** 2023. 13; 7:477214211023684. doi: 10.1177/473337214211023684.
2. Weeratunga, E., Senadheera, C., Hettiarachchi, M. & **Perera, B.** Development and Validation of a Religious and Spiritual Support Scale in Sri Lanka: A Psychometric Study. **International Health Trends and Perspectives.** 2023: 3 (1): 44 - 73.
3. Anuradha Wickramasinghe, Madushika Gamage, Mohammad R. Torabi, **Bilesha Perera,** Impact of perceived social support and physical fitness on quality of life of institutionalized and non-institutionalized older adults in Sri Lanka, **Dialogues in Health.** 2022. 1, 100079, <https://doi.org/10.1016/j.dialog.2022.100079>.
4. Weeratunga, E., Senadheera, C., Hettiarachchi, M. & **Perera, B.** Examining the quality of life of patients living with breast cancer in Southern Sri Lanka: A descriptive cross-sectional study. **International Health Trends and Perspectives.** 2022: 2 (3): 272-285. DOI: <https://doi.org/10.32920/ihtp.v2i3.1656>
5. Itumalla R, Kumar R, **Perera B,** Elabbasy MT, Kumar CG S, Kundur R. Patient's Perception of Diabetes Care Services in Hail, Kingdom of Saudi Arabia. **Health Psychology Research.** 2022; 10 (3). doi:10.52965/001c.38119.
6. Kumar R, Itumalla R, **Perera B,** Tharwat Elabbasy M, Singh M. Patient knowledge about diabetes: Illness symptoms, complications and preventive personal lifestyle factors. **Health Psychology Research.** 2022; 10 (3). doi:10.52965/001c.37520.
7. Rannan-Eliya, R.P., Wijemunige, N., Perera, P., Kapuge, Y., Gunawardana, N., Sigera, C., Herath, H.M.M., **Perera, B.,** Gamage, A., Weerawardena, N., Sivagnanam, I. and Collaborators, S., 2022. Prevalence and Associations of Hypertension in Sri Lankan Adults: Estimates from the SLHAS 2018–19 Survey Using JNC7 and ACC/AHA 2017 Guidelines. **Global Heart,** 17(1), p.50. DOI: <http://doi.org/10.5334/gh.1135>
8. Wickramarachchi, B.I., Siop, S.J. & **Perera, B.** Associated factors of doctor visits made by urban-dwelling older adults in Sri Lanka: an application of Anderson's model of health service utilization. **BMC Geriatr** 22, 571 (2022). <https://doi.org/10.1186/s12877-022-03249-3>

9. Weeratunga, E., Senadheera, C., Hettiarachchi, M. & **Perera, B.** Validation of the Sinhalese Version of Brief COPE Scale for patients with cancer in Sri Lanka. **BMC Psychol** 10, 157 (2022).
<https://doi.org/10.1186/s40359-022-00863-z>
10. De Silva J, Amarasena S., Jayaratne, K., **Perera, B.** (2021). Associated factors, outcomes and prevention of birth defects among infants in Southern Sri Lanka. **Ruhuna Journal of Medicine**, 9 (1): 11-22.
11. Aldhmadi, B.K.; Itumalla, R.; Kumar, R.; **Perera, B.** Feelings, Behavioral Actions and Depressive Symptoms Related to COVID-19 among Undergraduates in Hail, Saudi Arabia. **Healthcare** 2021, 9, 1280. <https://doi.org/10.3390/healthcare9101280>.
12. Aldhmadi, B.K.; Kumar, R.; Itumalla, R.; **Perera, B.** Depressive Symptomatology and Practice of Safety Measures among Undergraduate Students during COVID-19: Impact of Gender. **Int. J. Environ. Res. Public Health** 2021, 18, 4924. <https://doi.org/10.3390/ijerph18094924>.
13. Weeratunga E.B., Senadheera C., Hettiarachchi M. and **Perera B.** 2021. The prevalence and correlates of depressive symptoms in patients with cancer treated in a Tertiary health care facility in Southern Sri Lanka. **International Journal of Multidisciplinary Studies**, 8(2), pp. 13 – 29. DOI: 10.31357/ijms.v8i2.
14. Itumalla, R.; Kumar, R.; Tharwat Elabbasy, M.; **Perera, B.**; Torabi, M.R. Structural Factors and Quality of Diabetes Health Services in Hail, Saudi Arabia: A Cross-Sectional Study. **Healthcare** 2021, 9, 1691. <https://doi.org/10.3390/healthcare9121691>
15. Wickramarachchi, B, Sidiah Siop, **Bilesha Perera**, Sinhalese Version of the Global Physical Activity Questionnaire for Community-Dwelling Older Adults: Reliability and Validity, **Aging and Health Research**, 1 (2) , 2021, 100016, ISSN 2667-0321, <https://doi.org/10.1016/j.ahr.2021.100016>.
16. Wickramarachchi BI, Siop SJ, **Perera B.** Personal Determinants for Physical Activity Behavior of Urban-Dwelling Older Adults in Sri Lanka. **Gerontol Geriatr Med.** 2021. 11;7:23337214211023684. doi: 10.1177/23337214211023684.
17. **Perera, B.**, Wickramarachchi, B., Samanmalie, C. Hettiarachchi. Psychological experiences of healthcare professionals in Sri Lanka during COVID-19. **BMC Psychology** 9, 49 (2021).
<https://doi.org/10.1186/s40359-021-00526-5>
18. Wickramarachchi B, Siop S, **Perera B.** Physical Activity of Urban- Dwelling Older People in Sri Lanka (2020). **Indian J Community Health**, 32(4):717-21. Available from:
<https://www.iapsmupuk.org/journal/index.php/IJCH/article/view/1874>
19. Ruben, J., Yahathugoda, T.C., Weerasooriya, M.V., Punchihewa, M.W., Senadheera, C., Somasiri, K.G. and **Perera, B.** (2020). Development and assessment of the psychometric properties of a new scale (15 item PSB-CL) to monitor the psychosocial burden of chronic lymphoedema in filariasis. **Galle Medical Journal**, 25(2), pp.38–47. DOI: <http://doi.org/10.4038/gmj.v25i2.8022>

20. **Bilesha B**, Fernando N, Perera R, & Wickramarachchi B. (2019). Non-communicable disease burden and quality of life of selected group of older people in Galle, Sri Lanka, *Galle Medical Journal*, 24 (2); 5-9.
21. Kathryn Hale, Truls Østbye, **Bilesha Perera** et al. (2019). A Novel Adaptation of the HOME Inventory for Elders: The Importance of the Home Environment Across the Life Course, *Int. J. Environ. Res. Public Health* 2019, 16, 2826; doi:10.3390/ijerph16162826
22. Janithra De Silva, Kapila Jayaratne, Sujewa Amarasena & **Bilesha Perera** (2019). Correlates of knowledge on birth defects and associated factors in antenatal mothers in Galle, Sri Lanka: A cross-sectional analytical study. *BMC Pregnancy and Childbirth* (2019) 19:35, <https://doi.org/10.1186/s12884-018-2163-9>
23. Weerasinghe N, Vidanagama DS and **Perera, B.** (2018) Re-exploring the value of surveillance cultures in predicting pathogens of late onset neonatal sepsis in a tertiary care hospital in Southern Sri Lanka, *BMC Research Notes* 2018, 11:340 <https://doi.org/10.1186/s13104-018-3448-9>
24. Weeratunga, E. B., Hettiarachchi, M., Senadheera, C., Ekanayaka, U., & **Perera, B.** (2018). Correlates of Social Support of Breast Cancer Patients in a Tertiary Care Hospital in Southern Sri Lanka. In **Proceedings of International Nursing Congress, Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka.**
25. Weerasinghe NP, Vidanagama DS and Perera, B. (2017) Do surveillance cultures help in the management of neonatal infections? A study at a Neonatal Intensive Care Unit (NICU) in a tertiary care hospital in Southern Sri Lanka. *Ruhuna Journal of Medicine*, 5 (1): 13-17.
26. Herath, M., Dias, D.K. & **Perera, B.**, (2017). Modified unilateral buccinator myomucosal flap technique for correction of velopharyngeal Insufficiency due to insufficient palatal length and mobility. *Journal of the Postgraduate Institute of Medicine*. 3, p.E 2. DOI: <http://doi.org/10.4038/jpgim.8128>.
27. **Perera B**, Fernando S, Wickramarachchi B (2017) Dietary Behavior among Young People in Southern Sri Lanka: Implications for Sustainable Diet. *International Journal of Family and Community Medicine* 1(3): 00013. DOI: 10.15406/ijfcm.2017.01.00013.
28. Dias K, Athucorala C, , **Perera B.** at el (2017) The Effects of Emblica officinalis and Tinospora cordifolia Herbal Treatment on the Prognosis of Squamous Cell Carcinoma of the Buccal Mucosa and Tongue, *Journal of Oral and Maxillofacial Surgery, Medicine and Pathology* (<https://doi.org/10.1016/j.ajoms.2017.08.009>).
29. **Perera B**, Fernando S, Perera, R and Wickramarachchi, B. (2017). Generative concern: a promising health promotion component for well-being of the elderly in Galle, *Galle Medical Journal*, 22 (2): 5-9.

30. De Silva K, Liyanage C, Wijesighe C, **Perera B** (2017) Nutritional status of elders in Galle, Sri Lanka, *Galle Medical Journal*, 22(1), 1-5.
31. **Perera B**, Fernando S, Perera, R and Wickramarachchi, B. (2017). Generative concern: a promising health promotion component for well-being of the elderly in Galle, *Galle Medical Journal*, 22 (2): 5-9.
32. Hiran Chaminda, S.H., Ekanayake, C.D., Sriskanthan, R.S., **Perera, B.** and Palihawadana, T.S. (2016). Outcome of non-descent vaginal hysterectomy at a single centre in Sri Lanka: an observational study. *Sri Lanka Journal of Obstetrics and Gynaecology*, 37(3), pp.42–46. doi: <http://doi.org/10.4038/sljog.v37i3.7763>.
33. **Perera B** et al (2015). Evaluation of an Educational Intervention based on Health Belief Model in Promoting New Born Screening Behavior of Mothers for Early Detection of Children with Congenital Hypothyroidism. *J J Commun Med.*, 1(2): 015.
34. **Perera, B**, Watt, M, Ostbye, T, Rajapakse, H et al. (2015). Perceptions of successful aging in Sri Lankan older people: a qualitative study, *Asian Journal of Gerontology and Geriatrics*, 10: 22-30.
35. Joanna Maselko, Sebranek M, Hodzic Mun, M, **Perera, B** et al (2014). Contribution of Generative Leisure Activities to Cognitive Function among Sri Lankan Elderly, *Journal of the American Geriatrics Society*, 62: 1707-1713.
36. Ugochi U, Maselko J, Malhotra R, **Perera, B** et al (2014). Correlates of Hand Grip Strength and Activities of Daily Living in Elderly Sri Lankans, *Journal of the American Geriatrics Society*, 62: 1800-1801.
37. Melissa Watt , **Bilesha Perera**, Truls Østbye et al (2014) Care-giving expectations and challenges among elders and their adult children in Southern Sri Lanka, *Aging and Society*,34(5): 838–858.
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- (80) Bilesha Perera, Mohammad Torabi & Ramani Perera (2004). Higher rates of depressive symptoms in Sri Lankan students: Implications for health promotion. American Public Health Association 132 Annual Conference 2004, Washington DC, USA, November, 2004.
- (81) Bilesha Perera, & Micheal Reece. (2004). Building user-friendly counseling services for youth at risk: A challenge for HIV prevention in Sri Lanka. *The XV International AIDS Conference*, Bangkok Thailand, July, 2004.
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- (83) Bilesha Perera, Micheal Reece & Ramani Perera. (2004). Reproductive health among young adults in Sri Lanka: Issues related to the availability of, access to, and use of education and counseling services, *Society for Behavioral Medicine 25th Annual Meeting and Scientific Sessions*, Baltimore, Maryland, March, 2004.
- (84) Bilesha Perera, & Mohammad Torabi.(2004). Alcohol use, physical activity and perceived psychological well-being among adolescent in Sri Lanka, *Society for Behavioral Medicine 25th Annual Meeting and Scientific Sessions*, Baltimore, Maryland, March, 2004.
- (85) **Bilesha Perera** & Mohammad Torabi, (2003). Sexual health education in schools: What do pupils in Sri Lanka think? *American Public Health Association 2003 Annual Conference*, San Francisco, California, USA, November, 2003.
- (86) Millicent Fleming-Moran & Bilesha Perera. (2003) Gender differences in risk behaviors associated with multiple sex partners among US adolescents: The 2001 Youth Risk Behavior Survey, *American Public Health Association 2003 Annual Conference*, San Francisco, California, USA, November, 2003.

- (87) **Bilesha Perera**, Pushpa Fonseka & Mohammad Torabi. (2003) Smoking by males in Sri Lanka: Prevalence and Attitudes, *Society for Behavioral Medicine 24th Annual Meeting and Scientific Sessions*, Salt Lake City, Utah, USA, March, 2003.
- (88) Millicent Fleming-Moran & Bilesha Perera. (2003). Gender, substance abuse, access to HIV education and health care, and rural/urban effects on U.S. Adolescents' exposure to multiple sex-partners: The 2001 Youth Risk Behavior Survey, *Proceedings of the conference for HIV prevention in rural communities: Sharing successful strategies III*, Indiana University, Bloomington, Indiana, USA, March, 2003.
- (89) **Bilesha Perera**, Micheal Reece and Robert Billingham (2002). Youth in Sri Lanka: Sexual behavior and the challenges of HIV prevention, *American Public Health Association 2002 Annual Conference Philadelphia*, Pennsylvania, USA, November, 2002.
- (90) Jobeth McCarthy-Jean, Bilesha Perera and Micheal Reece. (2002). HIV and homeless youth: The need for theory-based, systems oriented and alliance dependent approaches. American Public Health Association 2002 Annual Conference, Philadelphia, Pennsylvania, USA, November, 2002.
- (91) Jobeth McCarthy-Jean and Bilesha Perera (2002). Homeless youth: Bridging educational and community- based resources for prevention of HIV, *Society for Public Health Education- 2002 Mid year Conference*, Cincinnati, Ohio, USA, May 2002.
- (92) **Bilesha Perera** and Jobeth McCarthy-Jean (2002). Eliminating barriers for elders to enjoy a healthful life, Indiana Public Health Association 2002 Spring Conference, Indianapolis, Indiana, USA, April 2002.
- (93) **Bilesha Perera** and Pushapa Fonseka (2001). Smoking and psychological well-being among advanced level students. *The 5th International conference on Preventive Cardiology*, Osaka, Japan, May, 2001.
- (94) **Perera B.**, Lelwala E . & Fonseka P. , 'Smoking habits among people in Galle', *Galle Medical Association Annual Academic Sessions* , Galle, August, 1999.
- (95) Fernando P.R., Fonseka N., Kumara M.M.A.J, **Perera B.** et. al. (1999). ' Does level 3 axillary clearance causes significant increase in morbidity ?', *Galle Medical Association Annual Academic Sessions*, Galle, August, 1999.

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- (97) **Perera B.**, Healthy Elders: A family responsibility, Seoul WONCA Asia Pacific Regional Conference, The Korean Academy of Family Medicine, Seoul, Korea, September, 1997.
- (98) **Perera B.**, (1997). Challenging the social image of smoking in Sri Lanka' , *4th International Conference on Preventive Cardiology* , Montreal, Canada, June 28- July 3, 1997.
- (99) **Perera B** & Fonseka P. ' Safer sex : What students think', *Workshop on research in reproductive health*, Faculty of Medicine, Galle, 29 August, 1997.
- (100) **Perera B.** & Fonseka p., ' Public health implications of alcoholism in Bope- Poddala', ' *Galle Medical Association Annual Academic Sessions*, Galle, September 1996.
- (101) Amarasuriya K., **Perera B.**, Weerasuriya W.A.J. & Salgado M. (1992) ' Substance use among school children in two selected districts in Sri Lanka ', *The 14th IFNGO Conference*, Kuala Lumpur, Malaysia, December 1992.
- (102) **Perera B.**, Samarasinghe D. & Kodagoda N., 'An evaluation of a community awareness programme implemented by ADIC', *The 13th IFNGO Conference*, Cavite, Philippines, November 1991.
- (103) Perera B., Samarasinghe D. & Kodagoda N., 'Tobacco prevention in Sri Lanka' *The 13th IFNGO Conference*, Cavite, Philippines, November 1991.
- (104) Perera B., Welagedara K & Ellawala N., 'School drug prevention programme', *The 13th IFNGO Conference*, Cavite, Philippines, November 1991.
- (105) Perera B. & Seneviratne K., ' A study of some agriculturally important events using daily rainfall data ', The 44th Annual Academic Sessions of the Sri Lanka Association For the Advancement of Science (SLAAS), Colombo, November, 1988.

JOURNAL EDITORIAL BOARD MEMBER/ REVIEWER

- (1) Editorial Board Member, **Sri Lanka Journal of Nursing**, Sri Lanka (2022 – to date)
- (2) Editorial Board Member, **Galle Medical Journal**, Sri Lanka (2011 – 2014)
- (3) Reviewer – **BMJ Open** 2022 (ISI Journal)

- (4) Reviewer - **International Journal of Public Health** (ISI Journal) 2023
- (5) Reviewer – **Gerontology and Geriatric Medicine** (ISI Journal) 2022
- (6) Reviewer – **Journal of Social Sciences and Humanities Review**, University of Ruhuna, 2021
- (7) Reviewer – **Aging and Health Research** – (ISI Journal) 2021
- (8) Reviewer – **BMC Public Health** - (ISI Journal) 2021
- (9) Reviewer - **Psychology Research and Behavior Management**, (ISI Journal) 2021
- (10) Reviewer – **Aging and Society** (ISI Journal) - 2020.
- (8) Reviewer – **Journal of Affective Disorders** (ISI Journal) – 2020 , 2021
- (9) Reviewer – **Global Public Health** (ISI Journal) – 2010, 2018, 2021
- (10) Reviewer – 18th Academic sessions and 17th Vice Chancellors Awards, University of Ruhuna, March, 2021.
- (13) Reviewer – **Preventive Medicine** (ISI Journal), USA – 2008- 2009, 2015, 2017
- (14) Reviewer – **Ceylon Medical Journal**, (Pubmed Journal) Sri Lanka – 2017
- (15) Reviewer – **Behavior Genetics** (ISI Journal), USA – 2009
- (16) Reviewer – **AIDS Care- Psychology, Health & Medicine- Vulnerable Children and Youth Studies** (ISI Journal), UK- 2011, 2014.
- (17) Editor - **Proceedings of 1st Research Symposium of Faculty of Allied Health Sciences**, University of Ruhuna, November, 2018.
- (18) Reviewer - **Proceedings of 1st Research Symposium of Faculty of Allied Health Sciences**, University of Ruhuna, November, 2018.

SUPERVISION OF POSTGRADUATE STUDENTS

- (1) Janithra de Siva, PhD, (*Title: Associated factors, outcomes and predictors of Birth Defects of infants among infants Southern Sri Lanka*), Faculty of Medicine, University of Ruhuna, Galle. (Completed in 2019).
- (2) Janaka Ruben, PhD, (*Title: Psychological distress, social dysfunction and coping strategies of patients with lymphatic filariasis (LF): A field based study to improve the current morbidity management programme in Sri Lanka*), Faculty of Medicine, University of Ruhuna, Galle. (Completed in 2020).

- (3) Eranthi Weeratunga, MPhil degree (*Title: Psychosocial health of cancer patients in Southern Sri Lanka*)
University of Ruhua, Galle. (Completed in 2017)
- (4) Kumari De Silva MPhil degree (*Title: Nutritional behavior of older people in Galle, Sri Lanka*),
University of Ruhuna, Galle. (Completed in 2017).
- (5) Bimba Wickramarachchi, MPhil degree (*Title: An evaluation of an intervention aimed at controlling hypothyroidism in Neonates in Southern Sri Lanka*), University of Ruhuna, Galle. (Completed in 2015)

CONTRIBUTIONS AS A RESOURCE PERSON

- (1) **Resource person for a workshop on Bio-Statistics** organized by the Board of Study in Medicine, Faculty of Medicine, Galle for postgraduate students at the Faculty of Medicine, University of Ruhuna, Galle. (November- December, 2022).
- (2) **Resource person for the Certificate Course for Professional Development** in Higher Education (CCPDHE), module 3 (Teaching and Learning Methods), module 4 (Assessment and Evaluation) and module 5 (Curriculum Design and Revision) organized by the Staff Development Centre, University of Ruhuna, Matara, Sri Lanka (2014- 2019).
- (3) **Resource person for a workshop on Future trends in Cardiothoracic Surgery** organized by The Galle extracorporeal life support organization, Faculty of Medicine, Galle, 2016.
- (4) **Resource person for a course in Research Methodology in Health and Social Sciences** organized by GaRNeT, Kotalawala Defense University and St. John's National Academy of Health Sciences, Bangalore, India -2011.
- (5) **Resource person for a workshop on Questionnaire Construction, Sampling, Data Management and Analysis** using EPI-Info and SPSS organized by Ruhuna Task Force, NCC on Reproductive Health – 2010.

WORK EXPERIENCE

Duration	Position held
September, 2020 – To date	Senior Professor in Behavioral Sciences Department of Community Medicine Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
May, 2020 - To date	Professor of Community Medicine (Chair) Department of Community Medicine Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
Sep - 2012 – August, 2020	Professor in Behavioral Sciences Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
Sep- 2019- Dec - 2020)	Professor Department of Health Management, Hail University, Hail, Saudi Arabia.
Sep 2005 - August, 2012	Senior Lecturer in Community Medicine Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
Nov ,1995 - Aug 2005	Lecturer in Community Medicine Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
August, 2001 - July, 2005	Associate Instructor Department of Applied Health Sciences, Indiana University, Bloomington, USA

MEMBERSHIPS / OTHER PROFESSIONAL COLLABORATIONS

- (1) Member: Society of Behavioral Medicine (SBM), USA.
- (2) Member: American Public Health Association (APHA), USA
- (3) Member: Society for Public Health Education (SOPHE), USA.
- (4) Member: Galle Medical Association, Sri Lanka

- (5) Collaborator: Health Policy Program
Institute of Policy Studies, Colombo 3, Sri Lanka
- (6) Consultant: Research International (Pvt) Ltd
Colombo 3, Sri Lanka.
- (7) Member: Sri Lanka Association for the Advancement of Science, Sri Lanka
- (8) Member: Galle Research Network