

Curriculum Vitae- Dr. Bilesa Perera

1. PERSONAL DATA

Name : **Pitiyage Bilesa Perera**
Gender : **Male**
Marital Status : **Married**
Date of Birth : **20 February, 1963**
Place of Birth : **Ratnapura, Sri Lanka**
Citizenship : **Sri Lanka**
Contact Address : **52, Temple Road, Weralupa, Ratnapura 70000, Sri Lanka**

Tel: (Home) : 0094 91 2224709
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Email : bileshap@med.ruh.ac.lk; pperera@iu.edu

Current Job Title : Professor of Community Medicine
Place : Department of Community Medicine, Faculty of Medicine, University of Ruhuna, Galle 80000, Sri Lanka

2. PROFESSIONAL SUMMERY

University Professor with 30 years of experience in teaching and assessment of undergraduate and postgraduate students of Medicine, Allied Health Sciences and of Social Science disciplines. Epidemiology, Medical Statistics, Social Medicine and Health Management were my main subject areas of teaching and assessment. Twenty years of experience in curriculum development and quality assurance in higher education institutes. Forty years of experience as a Public Health Researcher in the fields of aging, substance use, sexual health, mental health and health management. Ten years of experience as a Manager and as a University Administrator. Five years of working experience as an Administrator in private and non-governmental sector.

3. ACADEMIC / PROFESSIONAL QUALIFICATIONS

1. PhD in Health Behavior (2005), INDIANA UNIVERSITY, BLOOMINGTON, INDIANA, USA
2. MSc in Health Promotion (1993), LSHTM, UNIVERSITY OF LONDON, UK
3. Postgraduate Diploma in Applied Statistics (1988), UNIVERSITY OF COLOMBO, SRI LANKA
4. BSc in Physical Science (1984), UNIVERSITY OF COLOMBO, SRI LANKA

5. Fellow of the Foundation for Advancement of International Medical Education and Research (FFAIMER) (2013), PHILADELPHIA, USA
6. Certificate in Statistics and Data Sciences (2025), Department of Mathematics, UNIVERSITY OF RUHUNA, MATARA, SRI LANKA
7. Certificate in Population Health: Fundamentals of Population Health Management (2021), UNIVERSITEIT LEIDEN, THE NETHERLANDS
8. Certificate in Introduction to Communication Science (2018) UNIVERSITY OF AMSTERDAM, THE NETHERLANDS
9. Certificate in Teaching in Higher Education (2000), Staff Development Center, UNIVERSITY OF COLOMBO, COLOMBO, SRI LANKA.

4. **ACADEMIC HONORS / WARDS / RECOGNITIONS**

- (1) **Best poster presentation** for the presentation on Effects of on-going economic crisis on nutritional status of older adults in BopePoddala Medical Officer of Health area by Sumanasekera PN, Handunhewa JN, Harshika BWK, Imalka YBU and Perera B. at the Academic Sessions of the Faculty of Medicine (FMAS), University of Ruhuna, May 2025.
- (2) **National Research Council Merit Award** for Research Publication, 2019 National Science Foundation, Colombo, Sri Lanka, 2025.
- (3) **Best poster presentation** for the presentation on Comparison of the efficacy of automated and manual fungal blood culture collection bottles to assess growth of selected species of fungi from simulated blood samples by Thabrew H H P M J, Jayawardena M N, Gunasekera S, Gunasekera H K T A, Wickramasinghe S S, Perera B, Nagahawatte A de S at the Academic Sessions of the Faculty of Medicine (FMAS), University of Ruhuna, June 2024.
- (4) **Overall merit award** for the presentation on the role of physical activity on physical fitness and functional ability in community-dwelling older people in Western Sri Lanka: A structural equation model by Wickramarachchi B, Siop S, Perera, B., Perera, R. The 4th Research Symposium of the Faculty of Allied Health Sciences University of Ruhuna, Galle, Sri Lanka, 2021.
- (5) **Best oral presentation** for the presentation on Do Human Relationships Play a Role to Change the Perception of Drug Addicts in Rehabilitation? A Qualitative Study by Thilakarathne SDTH, Perera B, Sundarapperuma SMTD at the Proceedings of the 3rd Research Symposium of Faculty of Allied Health Sciences, University of Ruhuna, Galle, Sri Lanka, 2020.

- (6) **Best oral presentation** for the presentation Cognitive ability and physical activity behavior of elders in Galle by Wickramarachchi BI, Gamage MWK, Perera, R & **Perera, B.** (2018). Cognitive ability and physical activity behavior of elders in Galle. International Mental Health Nursing Conference, July 2018, Colombo, Sri Lanka.
- (7) **The Mobley International Distinguished Alumni Award** – 2018, School of Public Health-Bloomington, Indiana University, USA, 2018.
- (8) **National Research Council Merit Award 2017** for Scientific Publications, National Science Foundation (NSF), Colombo, Sri Lanka, 2017.
- (9) **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.
- (10) **Vice Chancellors award** for the outstanding Scholar of the year 2012 – University of Ruhuna, Matara, 20 March, 2013
- (11) **Nobuo Maeda International Research Award USA 2012**, awarded by the American Public Health Association (APHA), USA, November, 2012.
- (12) **Presidential Award for Research Publication**, 2009 National Science Foundation, Colombo, Sri Lanka, 2009.
- (13) **The best oral presentation 6th Academic Sessions**, University of Ruhuna, 2009 for the presentation titled “Physical activity behavior among Adults in Southern Sri Lanka”, 2009.
- (14) **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, 2008.
- (10) **Short-term Visiting Scholar at Indiana University**, USA, March – May, 2008, Indiana University, Bloomington, USA, 2008.
- (11) **German Academic Exchange Services (DAAD) scholarship** 2007 for a 2-months research stay at Konstanz University in Germany, 14 May – 13 July, 2007.
- (12) **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.

- (13) **Indiana University Fellowship 2005** -awarded by the School of Health, Physical Education and recreation, Indiana University, Bloomington, USA – May 2005.
- (14) **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.
- (15) **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.
- (16) **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.
- (17) **Crane Fund Scholarship - 2004** awarded by the School of Health Physical Education and Recreation, Indiana University, Bloomington, USA - March 2004.
- (18) **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.
- (19) **Collaborative Research Grant-in-Aid – 2003** awarded by the Department of Applied Health Science, Indiana University, Bloomington, USA – October, 2003.
- (20) **Indiana University Fellowship 2003** awarded by the school of Health, Physical Education and Recreation, Indiana University, Bloomington, USA – June 2003.
- (21) **Crane Fund Scholarship 2003** - awarded by the School of Health Physical Education and Recreation, Indiana University, Bloomington, USA - June 2003.
- (22) **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.
- (23) **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.

- (24) **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.
- (25) **Indiana University Fellowship 2002** -awarded by the school of Health, Physical Education and Recreation, Indiana University, Bloomington, USA – May 2002.
- (26) **Crane Fund Scholarship 2002-** awarded by the School of Health Physical Education and Recreation, Indiana University, Bloomington, USA. April, 2002.
- (27) **NORAD scholarship 2001** to do higher studies at University of Bergen, Norway, 2001.
- (28) **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.
- (29) **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.

3. **CAREER DETAILS**

(a) **PROFESSIONAL APPOINTMENTS - ACADEMIC**

Sep, 2020 – To date	Professor of Community Medicine, Department of Community Medicine, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
Aug, 2019– Aug, 2021	Professor in Health Management, University of Hail, Saudi Arabia
Sep, 2012 – Aug, 2020	Professor in Behavioral Sciences, Department of Community Medicine, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
Sep, 2005 - Aug, 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
Aug, 2001 - July, 2005	Associate Instructor, Department of Applied Health Sciences, Indiana University, Bloomington, USA.

(b) **PROFESSIONAL APPOINTMENTS – INDUSTRY/ NGO**

Apr, 1994 - Aug.1995	Principal Research Executive Research International (Pvt) Limited, Colombo 4, Sri Lanka
Jan, 1990 - Mar.1994	Programme Officer (Research & Evaluation) The Alcohol and Drug Information Center, Sri Lanka.
May 1985 - Dec. 1989	Research Assistant Department of Psychiatry, University of Colombo, Sri Lanka.

(c) **PROFESSIONAL APPOINTMENTS - ADMINISTRATIVE**

May 2011 - Sep, 2012	Head/ Department of Community Medicine Faculty of Medicine, University of Ruhuna, Sri Lanka
April 1994 - Aug.1995	Principal Research Executive Research International (Pvt) Limited, Colombo 4, Sri Lanka
Jan, 1990 - Mar.1994	Programme Officer (In charge of Research & Evaluation Division) The Alcohol and Drug Information Center, Sri Lanka

4. RESEARCH GRANTS

TYPE OF GRANT	ROLE	TITLE OF THE PROJECT	AWARDING BODY	DURATION	AMOUNT
Field research/ Publication	Co-Inv	Improve diabetes and hypertension treatment outcomes in Sri Lanka	WHO and the Alliance for Health Policy and Systems Research	2025-2027	US\$ 60,000
Field Research/Publication	Co-Inv	Sri Lanka Health and Aging study	Swiss Programme for Research on Global Issues for Development	2018- 2023	US\$ 55,000
Field Research/Publication	Principal-Inv	Personal and Structural Factors in Preventing Diabetes in Hail, Saudi Arabia	Hail University, SA	2020-2022	US\$ 12000
Field Research/Publication	Co-Inv	Intensions, behavioral responses and coping strategies related to coronavirus (COVID-19) pandemic among undergraduates in Hail	Hail University, SA	2020- 2022	US\$ 14,000
Clinical Trial/Publication	Co-Inv	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	Link Natural Products (Pvt) Ltd, Sri Lanka	2016 -2019	US\$ 2000
Field Research/Publication	Co- Inv	Sri Lanka Healthy Minds Study	NIH, USA	2012-2015	US\$ 34,000
Field Research/Publication	Principal-Inv	Epidemiological and psycho-social factors associated with successful aging	WHO and Ministry of Health, Sri Lanka	2011-2013	US\$ 4000
Field Research/Publication	Principal-Inv	A study on emotional intelligence, study performances and wellbeing of undergraduates	IRQUE_QEF Project (World Bank)	2010-2011	US\$ 1000
Field Research/Publication	Principal-Inv	A study of time trends in cancer patients admitted to Teaching Hospital Karapitiya	IRQUE_QEF Project (World Bank)	2010-2011	US\$ 1000
Field Research/Publication	Principal-Inv	Behavioral patterns among young and adults in the Southern Province, Sri Lanka	Duke University, USA	2007-2009	US\$ 3000
Field Research/Publication	Principal-Inv	A study of the relationship between academic and environmental related stresses and quality of learning in medical students	IRQUE_QEF Project (World Bank)	2006-2007	US\$1200
Field Research/Publication	Principal-Inv	The effectiveness of Community Attachment Program as a self-directed , team work, community diagnostic activity for medical students	IRQUE_QEF Project (World Bank)	2006-2007	US\$ 1200
Field Research/Publication	Principal-Inv	Substance use, physical activity and psychological well-being of students in Sri Lanka	Department of Applied Health Science, Indiana University	2003	US\$ 2600
Field Research/Publication	Principal-Inv	Epidemiological aspects of tobacco use – A cross sectional community survey	WHO/ Ministry of Health, Sri Lanka	1999	US\$ 800
Field Research/Publication	Principal-Inv	Knowledge, attitudes and skills in sexual health among advanced level students in five selected districts in Sri Lanka	UNFPA and Population Division, Ministry of Health, Sri Lanka	1998	US\$ 2800
Field Research/Publication	Principal-Inv	Epidemiological aspects of alcohol use in Bope-Poddala	Health Systems Research Unit (Southern Province)	1996	US\$ 400
Field Research/Publication	Principal-Inv	Sexual behaviour of advanced level students in the district of Galle	Health Systems Research Unit (Southern Province)	1996	US\$ 400

5. JOURNAL REVIEWER / EDITORIAL MEMEBR

Name of the Journal	ISSN	Publisher	Since
BMJ Open 2022	2044-6055	BMJ Publishing Group	2022
International Journal of Public Health	1661-8564	Swiss Tropical and Public Health Institute	2023
Gerontology and Geriatric Medicine	2333-7214	Southern Gerontological Society.	2022
BMC Public Health	1471-2458	Springer Nature	2021
Global Public Health	1744-1692	Taylor & Francis	2010
Preventive Medicine	0091-7435	Elsevier	2008
Journal of Affective Disorders	0165-0327	Elsevier	2020
Aging and Society	0144-686X	Cambridge University Press	2020
Ceylon Medical Journal	0009-0875	The Sri Lanka Medical Association	2017
AIDS Care	0954-0121	Taylor & Francis	2011
Galle Medical Journal	1391-7072	Galle Medical Association	2011
Psychology Research and Behavior Management,	1179-1578	Taylor & Francis	2021
Journal of Social Sciences and Humanities Review	2279-3933	Faculty of Humanities & Social Sciences, University of Ruhuna	2021
Sri Lanka Journal of Nursing, Sri Lanka	2827-7295	Graduate Nurses' Foundation of Sri Lanka	2023

6. BOOKS / BOOK CHAPTERS/ COMMISSIONED REPORTS

- (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.
- (2) Amarasena. S, Perera, B., Punchihewa J. (2018). 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.
- (3) Perera B. Abeyakoon, AMP & Sadareka KMG. (2016) Health Statistics; A course text book for Nursing undergraduates, Open University of Sri Lanka, Colombo, Sri Lanka.
- (4) 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.
- (5) Perera B. (2012) Research Methods, Author Publication, Galle, Sri Lanka.
- (6) 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.
- (7) Torabi, M. R. & Perera, B. & Seo, D. C. (2008). Attitude as an important predisposition to health behavior, in Health knowledge, attitudes and practices, Nova Science Publishes, Inc., New York, USA.
- (8) Torabi, M. R. & Perera, B. (2006). Correlates of depressive symptoms in undergraduates in Sri Lanka, in College students: Mental Health and Coping strategies, Nova Science Publishes, Inc., New York, USA.

7. JOURNAL PUBLICATIONS

1. Aldhmadi BK, Kumar R, **Perera B**, Algarni MA (2026) Impact of ethical leadership on work environment in public hospital in Saudi Arabia: A cross-sectional study. **Pak J Med Sci.** 2026;42 (2):309-314. doi: <https://doi.org/10.12669/pjms.42.2.13804>.
2. Aldhmadi BK, Algahtani FD, **Perera B** (2026). Effects of authentic leadership on the experiences of burnout and Turnover Intention among healthcare professionals. **Pak J Med Sci.** 2026; 42(1):24-30. doi: <https://doi.org/10.12669/pjms.42.1.12686>.
3. J. Ruben, N. L. De Silva, C. Senadheera, S. Thilakarathne, **B. Perera**, T. C. Yahathugoda (2025) Evaluation of psychosocial support for lymphatic filariasis-related lymphoedema using the PSB-CL 15 questionnaire, **Galle Medical Journal**, 30 (3); 105-112, DOI: 10.4038/gmj.v30i3.8237
4. Aldhmadi, B.K.; Kumar, R.; Perera, B.; Algarni, M.A (2025). Leading with Integrity: Impact of Ethical Leadership on Performance of Healthcare Professionals in Saudi Arabia. **Healthcare** 2025, 13, 3205, <https://doi.org/10.3390/>
5. **Bilesa Perera**, Ravindra P Rannan-Eliya, Nilmini Wijemunige, HMM Herath, Wasantha Jayawardene, Mohammad R Torabi (2025). Epidemiology of alcohol use in Sri Lanka: Findings of the SLHAS national Survey, **Global Epidemiology** 10 (2025) 100222, <https://doi.org/10.1016/j.gloepi.2025.100222>.
6. Champica K Bodinayake, Ajith De S Nagahawatte, Vijitha de Silva, P L Ariyananda, **Bilesa Perera** et al (2025). Academic global health collaboration: the Ruhuna-Duke partnership **Global Health Action**, 2543603, <https://doi.org/10.1080/16549716.2025.2543603>

7. **Perera B.** (2025). Harm Reduction in Controlling the Burden of Alcohol Use in Sri Lanka: Implications and Future Prospects, **The Sri Lankan Journal of Allied Health Sciences**, (1) 65-73, eISSN: 3093-5164, pISSN: 3093-5156

8. Ravindra P. Rannan-Eliya, Nilmini Wijemunige, H. M. M. Herath, Prasadini Perera, Vajira H.W. Dissanayake , **Bilesa Perera** , Shanti Dalpatadu , Sarath Samarage & Anuji Gamage (2025) The Diabetes Care Cascade in Sri Lanka: An Analysis of Losses, Disparities, and Opportunities for Improved Health System Outcomes, **Health Systems & Reform**, 11:1, 2516904, DOI: 10.1080/23288604.2025.2516904.

9. **Perera B**, Goonaratna C, Ariyawansa H, Senaratna N, Perera J. Efficacy and Safety of an Ayurveda Herbal Formulation in Uncomplicated Type 2 Diabetes mellitus (2025) . **J Evid Based Integr Med**, 30:2515690X251347167. doi:10.1177/2515690X251347167.

10. Rannan-Eliya, R.P., Wijemunige, N., **Perera, B.** et al. Hypertension diagnosis, awareness, treatment, and control in Sri Lankan adults: a nationally representative cross-sectional study. **BMC Public Health** 25, 1531 (2025). <https://doi.org/10.1186/s12889-025-22659-7>

11. Aldhmadi BK, Kumar R, **Perera B**, Algarni MA (2025). Examining factor structure and psychometric properties of Ethical Leadership Questionnaire with Healthcare Professionals in Saudi Arabia. **Pak J Med Sci.**; 41(1):101-106. doi:10.12669/pjms.41.1.10861.

12. Aldhmadi BK, Kumar R, **Perera B**, Algarni MA, Raguindin SM, Attar AA, et al (2024). Ethical leadership behaviors of senior managers perceived by the junior managers working in public hospitals in Hail, Saudi Arabia. **Pak J Med Sci.** ;40(5):841-845. doi: <https://doi.org/10.12669/pjms.40.5.8996>

13. J. G. M. A. Thilakarathna, H. K. T. A. Gunasekera, **B. Perera**, H. H. P. M. J. Thabrew, Prevalence, aetiology and factors associated with onychomycosis among patients with diabetes at a Tertiary Care Centre in Galle, Sri Lanka, **Sri Lankan Journal of Infectious Diseases** 2024, 14 (2), DOI: 10.4038/sljid.v14i2.8672.
14. Weeratunga, E., Senadheera, C., Hettiarachchi, M. & **Perera, B.** Cross-cultural adaptation and psychometric evaluation of a Sinhalese version of the Multidimensional Scale of Perceived Social Support (MSPSS) in patients with cancer **Galle Medical Journal**, 2023, 28 (1); 10-20. DOI: 10.4038/gmj.v28i1.8135.
15. Rannan-Eliya RP, Dissanayake VH, Perera P, **Perera B**, Herath HMM, Wijemunige N, Dalpatadu S, Samarage S, Gamage A, Jayatissa R, Fernando EY. Cohort Profile: The Sri Lanka Health and Ageing Study (SLHAS). **Int J Epidemiol.** 2024 Feb 14;53(2):dyae044. doi: 10.1093/ije/dyae044. PMID: 38514997.
16. Ruwan A.I. Ekanayaka, P.G.S.M. de Silva, Medhani K.I. Ekanayaka, W.M.M. Jayathilake, R.P.M.M.R. Pathirana, Y.N. Amaratunga, Prasadhini J.D. De Silva, **Bilesha Perera**, Effect of different forms of coconut on the lipid profile in normal free-living healthy subjects: A randomized controlled trial (Phase II), **Global Epidemiology**, Volume 7, 2024,100138, <https://doi.org/10.1016/j.gloepi.2024.100138>.
17. Weeramuni NP, Karunanayaka ADSS, **Perera B.** Information Needed, Sources of Information, and Barriers of Acquiring Required Information by Pregnant Women in Southern Sri Lanka. **Nursing & Midwifery Research Journal.** 2023;19 (4):236-248. doi:10.1177/0974150X231219068.
18. Liyanage A, Darshana ILAN, **Bilesha Perera** et al. COVID-19 Vaccination Acceptance and Non- Communicable Disease Status Among Urban-Dwelling Elders in Southern Sri Lanka. **Asia Pacific Journal of Public Health.** 2023;0(0). doi:10.1177/10105395231162159.

19. Ravindra Prasan Rannan- Eliya, Nilmini Wijemunige **B. Perera** and SLHAS collaborators. Prevalence of diabetes and pre- diabetes in Sri Lanka: a new global hotspot– estimates from the Sri Lanka Health and Ageing Survey 2018/2019. **BMJ Open Diab Res Care**. 2023; 11:e003160. doi:10.1136/ bmjdrc-2022-003160.
20. Wickramarachchi BI, Torabi, M, **Perera B**. Effects of physical activity on physical fitness and functional ability in older adults. **Gerontol Geriatr Med**. 2023, Volume 9: 1 –10 DOI: 10.1177/23337214231158476.
21. 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): 71-87.
22. 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>.
23. 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>
24. 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.
25. 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.

26. 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>
27. 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>
28. 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>
29. 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>.
30. 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>.
31. 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.

32. 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>
33. 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.
34. 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>
35. **Perera 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.
36. 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.
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53. Perera B, Torabi MR, Wickramarachchi B (2016) Use of culture and build environment in motivating older adults' for physical activity. **The 6th ISPAH International Congress on Physical Activity and Public Health**, 16-19 November, Bangkok, Thailand.

54. Janithra De Silva, Kapila Jayaratne, Sujeewa Amarasena & Bilesa Perera (2016). Knowledge on and correlates of birth defects, risk factors and prevention and management of birth defects among pregnant mothers in Galle. **Commonwealth Medical Association-24th Triennial Conference**, 14 – 16th of October 2016 , Colombo, Sri Lanka.
55. Perera, B., Fernando, S., Perera, R., Wickramarachchi, B, I., (2016). Generative behavior and psychological health among older people in Galle, Sri Lanka. **The 3rd Ruhuna International Science & Technology Conference**, University of Ruhuna, Sri Lanka.
56. Weeratunga E, Perera B, Heetiarachchi M, Senadeera C & Ekanayake U (2015). Depressive symptomatology among cancer patients in a tertiary care hospital in Sri Lanka, **Ruhunu Clinical Society Annual Academic Sessions**, Matara, Sri Lanka.
57. Fernando S, Ekanayake, S & Perera B. (2015). Do good family and neighborhood relationships have a potential in reducing psychological distress in older people? **Galle Medical Association Annual Academic Sessions**, Galle, October, 2015.
58. Perera B, Fernando N, Perera, R, Thathsarani, D (2015) Alcohol use, smoking and Cognitive impairments in older people, **Research Symposium- Combating Alcohol, Tobacco and Other Drugs in National Development**, ADIC, Colombo, Sri Lanka.
59. Jayasekera, P., U Edirisinghe, N Fernando, S Fernando & Perera B. (2015) Physical Activity and Social Participation: Do They Promote Psychological Health in Undergraduates? **The 8th KDU International Research Conference**. Colombo, Sri Lanka.
60. Jayasekara N, Perera B, & Gunawardana, S (2015) Correlates of emotional intelligence in undergraduates, **The 8th KDU International Research Conference**. Colombo, Sri Lanka.
61. Fernando S and Perera B (2015) Overweight and obesity in young people: Role of gender, diet and active life style. **The 3rd Academic sessions of the Faculty of Medicine, University of Ruhuna**, Galle Sri Lanka.

62. Wickramarachchi, B,I., Hettiarachchi M., **Perera, B.**,Liyanage, C. (2015). System barriers in diffusion of innovation: a case in promoting newborn screening behavior in postnatal mothers. **The 3rd Academic sessions of the Faculty of Medicine, University of Ruhuna**, Galle, Sri Lanka.
63. **Perera, B.**, Fernando, N., Wickramarachchi, B., Obstbye, T., Maselko, J. (2014). Correlates of cognitive impairment among the Sri Lankan elderly. **12th Global conference on Ageing**, Hyderabad. India.
64. **Perera, B.**, Fernando, N., Wickramarachchi, B., Torabi., M. (2014). Prevalence of and factors associated with non-communication diseases in the elderly in Sri Lanka. **12th Global conference on Ageing**, Hyderabad. India.
65. Palangasighe S, Vidanagama D, Nagahawatta A, & Perera B. (2014) 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**, Galle, Sri Lanka.
66. Wickramarachchi, B, I., Hettiarachchi M., Perera, B. (2013). The effectiveness of a health education programme designed for Public Health Midwives (PHMs) on screening for Congenital Hypothyroidism(CH), Southern Sri Lanka. **11th Academic Sessions of the University of Ruhuna**, Matara, Sri Lanka.
67. Perera, B, Melissa Watt, Rajapaksha H et al (2013), Successful aging: a qualitative study from Sri Lanka, **21st IUHPE World Conference on Health Promotion**, 25-29 August 2013, Pattaya, Thailand.
68. Perera, B., Wickramarachchi, B., Thathsarani, D., Fernando, N., 2012. Factors associated with Health and well-being of Elder in Southern Sri Lanka. **Jaffna University International Research Conference**. Jaffna, Sri Lanka.

69. Perera, B. and Torabi M “Healthy aging in Sri Lanka: Constraints and Opportunities”, **American Public Health Association 140 Annual Conference 2012**, San Francisco, USA, October, 2012.
70. Perera, B. and Torabi M and Jayawardana C “Social determinants of physical activity behavior among elders in Sri Lanka”, **American Public Health Association 140 Annual Conference 2012**, San Francisco, USA, October, 2012. (Poster presentation).
71. Perera, B. Ranabahu, S, Wickramarachchi, B et al. (2012) Perceived social support, distress and suicidal ideation among elderly in Sri Lanka. **International Congress on Gerontology and Geriatric Medicine**. New Delhi, India, February, 2012.
72. Jayawardana C, Perera, R and Perera, B. (2012) Living environment and physical activity behavior among elders in Sri Lanka. **International Congress on Gerontology and Geriatric Medicine**. New Delhi, India, February, 2012.
73. Perera B, and Ostbye, T. (2012). Motivators and Demotivators of Smoking behavior among Sri Lankans. **15th World Conference on Tobacco or Health**, Singapore, 20-24 March, 2012.
74. Lokuarchchi S, De Silva S, De Silva MK, & Perera B.(2011). Gender differences of hospital admissions for cancers in Southern Sri Lanka **Galle Medical Association Annual Academic Sessions**, Galle, August, 2011.
75. Jayasundara T, Gunanayake N, Weeratunge E, Perera B (2011). Factors associated with sleeping difficulties in medical undergraduates in Sri Lanka. **Galle Medical Association Annual Academic Sessions**, Galle, August, 2011.
76. Perera, B. & Torabi, M. (2011). Cross-cultural patterns in college student drinking: the influences of gender, year of study and living environment. **Annual Scientific Meeting of**

the American Academy of Health Behavior 2011, March 20-23, 2011 Hilton Head, South Carolina, USA.

77. Torabi, M, Perera, B. & Truls Ostbye. (2011). Social Disparities in Tobacco Smoking in Sri Lanka **Annual Scientific Meeting of the American Academy of Health Behavior 2011**, March 20-23, 2011 Hilton Head, South Carolina, USA.
78. Torabi, M.R., Perera B., Kay, N.S., & Jayawardana, C.K. (2009) Associations between suicidal behavior and alcohol and other drug use among undergraduates. **International Congress of International Federation of Psychiatric Epidemiology**, Vienna, Austria, 16-19 April, 2009
79. Perera, B., Torabi, M.R., Jayawardana, C.K. (2009). Prevalence and correlates of smoking among undergraduates in Sri Lanka. **The 14th World conference on Tobacco or Health**, 8-12 March, 2009, Mumbai, India.
80. Perera, B., and Jayawardana, C.K. An analysis of cigarette production, tax, control policies and youth smoking in Sri Lanka. **The 14th World conference on Tobacco or Health**, 8-12 March, 2009, Mumbai, India.
81. Torabi, M.R. & Perera B. (2009). Smoking, psychological distress and suicidal behavior among undergraduates. **International Congress of International Federation of Psychiatric Epidemiology**, Vienna, Austria, 16-19 April, 2009
82. Bilesha Perera, Nayana Fernando and Truls Ostbye. (2009). Physical activity among adults in Southern Sri Lanka, **Annual Academic Sessions- University of Ruhuna, Matara**, 25th – 26th March, 2009.
83. Perera, B, Torabi, M. R., & Jayawardana, C. K. (2008). Epidemiological aspects of suicidal risks among undergraduates in Sri Lanka, **The 2008 World Psychiatric**

Association Public Health Section Conference, May 11-14, 2008, University of Saskatchewan, Saskatoon, Canada.

84. Perera, B., Nayana Fernando, Truls Østbye, Christopher Woods & Vathsala Abeyagunawardana (2007). Gender differences in suicidal ideation and deliberate self-harm among adolescents in Sri Lanka. **American Public Health Association 135 Annual Conference 2007**, Washington DC, USA, November, 2007.
85. Perera, B., Truls Østbye, Christopher Woods, & P.L. Ariyananda, (2007). Sexual abuse experience among late adolescents in Sri Lanka: The role of gender and family-income. **American Public Health Association 135 Annual Conference 2007**, Washington DC, USA, November, 2007.
86. Torabi, M. R. & Perera, B., "Perceived level of stress, smoking behavior and attitudes towards smoking among medical undergraduates in Sri Lanka," **19th IUHPE World Conference on Health Promotion & Health Education**, Vancouver, Canada, June 15, 2007.
87. Bilesa Perera, Erandathi Lelwala and Nayana Fernando (2006). Epidemiological aspects of some mental health issues in undergraduates, **Annual Academic Sessions- University of Ruhuna, Matara**, January, 2006.
88. Bilesa Perera, Jo beth McCarthy-Jean, & Noy S. Kay. (2005). Suicidal ideation and attempted suicide in adolescents: Does obesity matter? **American School Health Association 79th Annual Conference**, Burbank, California, USA, October, 2005.
89. Bilesa Perera and Pushpa Fonseka (2005). Unprotected anal sex: An important risk factor for HIV/AIDS in a resource-limited population in Asia. **The 3rd International AIDS Society Conference on HIV Pathogenesis and Treatment** Rio de Janeiro, Brazil. July 24 - 27, 2005, IAS Conf HIV Pathog Treat 2005 Jul 24-27;3rd: Abstract No. MoPe11.10C10.

90. Bilesa Perera, Jennifer Hoffman & Michael Reece. Gender, sex behavior, sexual depression and suicidal ideation among university undergraduates in Sri Lanka, **Society for Behavioral Medicine 26th Annual Meeting and Scientific Sessions**, Boston, USA, April, 2005.
91. Bilesa Perera, Mohammad Torabi & Nayana Palleshanna (2005). Gender and behavioral correlates of depressive symptoms among higher secondary school children in Sri Lanka, **Society for Behavioral Medicine 26th Annual Meeting and Scientific Sessions**, Boston, USA., April, 2005.
92. Bilesa Perera, Michael Reece & Peter Finn (2004). Prevalence of depressive symptoms among medical undergraduates in Sri Lanka, **American Public Health Association 132 Annual Conference 2004**, Washington DC, USA, November, 2004.
93. Bilesa 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.
94. Bilesa 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.
95. Reece, M., Milhausen, R., & Perera, B.(2004). Situational disinhibition at Mardi Gras in the United States: Implications for sexual health. **The 13th Annual Meeting of International Academy of Sex Research**, Helsinki, Finland, June, 2004.
96. Bilesa 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.

97. Bilesa 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.
98. Bilesa 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.
99. Millicent Fleming-Moran & Bilesa 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.
100. Bilesa 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.
101. Millicent Fleming-Moran & Bilesa 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.
102. Bilesa 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.

103. 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.
104. 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.
105. 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.
106. 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.
107. Perera B., Lelwala E . & Fonseka P. ,‘Smoking habits among people in Galle’, **Galle Medical Association Annual Academic Sessions** , Galle, August, 1999.
108. 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.
109. Perera B., Wijayasiri W.A.A & Fonseka P. (1998). Sexual behaviour of advanced level students in Galle’, **Galle Medical Association Annual Academic Sessions** , Galle, August, 1998.
110. Perera B., Healthy Elders: A family responsibility, **Seoul WONCA Asia Pacific Regional Conference**, The Korean Academy of Family Medicine, Seoul, Korea, September, 1997.

111. 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.
112. Perera B & Fonseka P. ' Safer sex : What students think', **Workshop on research in reproductive health, Faculty of Medicine**, Galle, 29 August, 1997.
113. Perera B. & Fonseka p., ' Public health implications of alcoholism in Bope-Poddala', ' **Galle Medical Association Annual Academic Sessions**, Galle, September 1996.
114. 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.
115. Perera B., Samarasinghe D. & Kodagoda N., 'An evaluation of a community awareness programme implemented by ADIC', **The 13th IFNGO Conference, Cavite, Philippines**, November 1991.
116. Perera B., Samarasinghe D. & Kodagoda N., 'Tobacco prevention in Sri Lanka' **The 13th IFNGO Conference**, Cavite, Philippines, November 1991.
117. Perera B., Welagedara K & Ellawala N., 'School drug prevention programme', **The 13th IFNGO Conference, Cavite, Philippines**, November 1991.
118. 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.

9. CURRICULUM DEVELOPMENT AND ACADEMIC PROGRAM ACCREDITATION

1. Participated in two-year, part-time, fellowship program designed to teach and evaluate education methods, curriculum development and assessment, quality assurance in higher education, leadership and management, education scholarship and research, and project management and evaluation,

Foundation for Advancement of International Medical Education and Research (FAIMER), Philadelphia, USA (2011 – 2012).

2. One month training in teaching and learning methods and assessment in medical curricular.

School of Health, Durham University, UK (January – February, 2007).

3. Attended a workshop on Performance Indicators for Higher Education Institutions

Quality Assurance and Accreditation Council, University Grant Commission, Sri Lanka and Staff Development Center, University of Ruhuna, Sri Lanka (August, 2007).

4. Completed a Certificate Course in Teaching in Higher Education

Staff Development Center, University of Colombo, Sri Lanka (1999 -2000).

5. Accreditation as a Teacher in Higher Education

Staff and Educational Development Association (SEDA), UK (2000).

6. Participated in two week workshop on Medical Technology

Medical Education Unit, Faculty of Medicine, University of Peradeniya, Sri Lanka (June, 1999).

7. Participated in a training workshop on management theories, staffing skills and monitoring and evaluation.

Management Frontiers Center of Excellence (Pvt.) Ltd, Colombo Sri Lanka (November, 1999).

8. Followed a course on Institutional Development and Organizational Strengthening

Management for Development Foundation, the Netherlands. (1995).

10. POSTGRADUATE STUDENT SUPERVISION

- (1) Gayathri Manodya, MPhil (Title: Exploring Healthcare Utilization Behaviour of Community Dwelling Older Adults in Southern Province, Sri Lanka, Faculty of Allied health Sciences, University of Ruhuna, Galle (Started in 2025).
- (2) 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).
- (3) 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).
- (4) Eranthi Weeratunga, MPhil degree (Title: Psychosocial health of cancer patients in Southern Sri Lanka) University of Ruhuna, Galle. (Completed in 2017)
- (5) Kumari De Silva MPhil degree (Title: Nutritional behavior of older people in Galle, Sri Lanka), University of Ruhuna, Galle. (Completed in 2017).
- (6) 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)