

Curriculum Vitae

Bilesha Perera, PhD

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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

Administrative and other key positions (2023)

- (1) Chairperson, Research Committee, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
- (2) Faculty Representative, Research Council, University of Ruhuna, Matara, Sri Lanka
- (3) Member – Board of Study in Medicine, Faculty of Medicine. University of Ruhuna, Galle, Sri Lanka.
- (4) Member – Ethics Committee, Faculty of Allied Health Sciences, University of Ruhuna, Galle, Sri Lanka.
- (5) Reviewer – Ethics Committee, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka

Publications (2020 – 2023)

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)

Journal publications

1. 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.
2. 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>.
3. 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/ihp.v2i3.1656>.

4. 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.
5. 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.
6. 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>.
7. 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>.
8. 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>.
9. 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.
10. 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>.
11. 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>.
12. 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.
13. 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>.

14. Wickramarachchi, B, Sidiath Siop, **Bilesa 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>.
15. 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.
16. **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>.
17. 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>
18. 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>.

Editorial Board Member/ Reviewer

- (1) Editorial Board member, **Sri Lanka Journal of Nursing** Sri Lanka (2022 – to date)
- (2) Reviewer – **BMJ Open** 2022 (ISI Journal)
- (3) Reviewer - **International Journal of Public Health** (ISI Journal) 2023
- (4) Reviewer – **Gerontology and Geriatric Medicine** (ISI Journal) 2022
- (5) Reviewer – **Journal of Social Sciences and Humanities Review**, University of Ruhuna, 2021
- (6) Reviewer – **Aging and Health Research** – (ISI Journal) 2021
- (7) Reviewer – **BMC Public Health, UK** -(ISI Journal) 2021
- (8) Reviewer - **Psychology Research and Behavior Management**, USA (ISI Journal) 2021
- (9) Reviewer – **Aging and Society**, UK (ISI Journal) - 2020.
- (10) Reviewer – **Journal of Affective Disorders** (ISI Journal) USA – 2020 , 2021

Areas of Research

Aging; Substance use behavior; Addictive behavior, Medical Education; Philosophy of Science and Religion