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Office address: Department of psychiatry, Faculty of Medicine, University of Peradeniya

Education/professional Qualification:

(a) B.A. Biochemistry (Hons) 1994 - University of Oxford, United Kingdom

(b) M.B.B.S (Hons) 2000 - University of Colombo, Sri Lanka

(c) Postgraduate Diploma in Applied Psychology, 2002 - University of Colombo

(d) MD in Psychiatry, 2007 - University of Colombo

(e) Board Certified Specialist Psychiatrist 2009

Research Interest:

Medical Education 2010

As there is no research on the technique of training in the most important skill in Psychiatry, as how to conduct a MSE, I am evaluating different teacher inputs on the output of students being able to conduct a MSE. The evaluations are carried out blindly. Currently I am in the evaluation phase.

2009 Ethno drama, drama therapy and ethnic integration of Tamil and Sinhalese communities in Sri Lanka

In collaboration with the University of Concordia, Montreal in Canada, I am involved in a multi- disciplinary research project where two Ph D students study the psychological dynamics of the two communities namely, Tamil and Sinhalese in order to reintegrate both communities in Sri Lanka and in other parts of the world.

2009 Conditional Ejaculatory Preference

I studied the Fos gene expression (early gene expression marker) in rats after conditioning them to an ordure to describe the brain areas involved in the conditioned sexual response. This was carried out at the University of Concordia, Montreal, Canada and the work is due to be published.

2009 Sex Survey of the University of Peradeniya

I have studied the sexual behavior attitudes and prevalent myths regarding sexuality among a population in University of Peradeniya Sri Lanka. Two Abstracts were presented at the European Society of Sexual Medicine in Leon, France (2009).

2008 Community-based Alcohol Intervention Project

A culturally sensitive interventional study for safe alcohol consumption was carried out in two comparable villages in Sri Lanka. Of the two villages, one was the interventional village and the other the control village where both were studied in Toto. In the intervention village, we defined the baseline alcohol use using standard questionnaires and blood parameters together with other co-variables such as level of depression, family income, expenditure and violence etc. Same parameters were studied after the intervention in both villages. We found

the method reduces alcohol consumption in the community compared to the control village and is sustainable & culturally sensitive. This study was presented at the Annual Sessions (2010) of the College of Psychiatry, Sri Lanka and was judged the best research project of the year. (From 2008- ongoing)

2007 Study of the Portrayal of Mental Illness in Sri Lankan Films

On a research grant from the University of Peradeniya, and in collaboration with the Department of Fine Arts in University of Peradeniya, we studied some selected Sinhalese films. Using qualitative methodology we analyzed how mental illnesses are being depicted in films and how the characters have been treated within the narration. Here we analyzed current attitude and pathways of care for mentally ill individuals. The results of this study have been presented at several research sessions and we are in the process of compiling a book. (From 2007-ongoing)

2006 Parquet used as a Catalyst in Illicit Breweries in Sri Lanka

Epidemic of parquet presented to the Teaching Hospital Peradeniya was investigated by myself and found that parquet was used as a catalyst in brewing of illicit spirit (*kassippu*). This work was published in Ceylon Medical Journal in 2006. The study became an original one, since it was the first time that this was reported in the world. The work has been accepted for publication by the Journal of Breweries and Distillation.

2006 Personality Traits, Substance of Abuse and Serotonin Receptor Heterogeneity

Behaviour activation system and behaviour inhibition system (BAS/BIS) is one way of looking at personality traits. This scale was translated and validated to Sinhalese and subsequently we investigated the relationship between personality in terms of BIS /BAS scale, substance abuse trends and sexual promiscuity in a prison population. Further we are trying to see whether there is a correlation between the serotonin receptor gene heterogeneity and personality traits. This is a collaborative project with Griffith University, Brisbane, Australia in which I am also an investigator. Part of the work has been presented and published and DNA work is currently underway. (From 2006-ongoing)

2005 Deliberate Self harm (DSH) and its Associated Co-morbid Condition

DSH, alcohol abuse and depression are clinical entities which poses a substantial mobility and motility for the mental health sector in Sri Lanka. I studied the correlation between DSH, depression and substance abuse disorder at a Tertiary Referral Center in the Central Province in Sri Lanka. This work was presented at the Asia Pacific Conference on Psychiatry, held in Japan (2004-5).

1993 Kinetics of Mitochondrial Enzymes

This research was carried out in the Department of Biochemistry, University of Oxford. It was sponsored by Wellcome Trust Scholarship to work with Prof. G.K. Radda, Professor of Biochemistry in Oxford University. I analyzed the kinetics of a range of mitochondrial enzymes, with the aim of developing a model for cardiac hypertension.

1992 Side Directed Mutational Analysis in Phosphorylase Kinase.

In the Department of Molecular Bio Physics, University of Oxford, under a Wellcome Trust Scholarship and upon the request of Prof L. Johnson I returned to her laboratory and performed Side Directed Mutational Analysis in Phosphorylase Kinase.

1991 Expression and Purification of Phosphorylase Kinase in E.coli

At the Department of Molecular Bio Physics, University of Oxford, I worked with Prof L. Johnson on a Wellcome Trust Scholarship where I researched on expression and purification of an essential enzyme in glycogen metabolism (Phosphorylase Kinase).

1989-1990 Plant Tissue Culture and Mutational Breeding (*Psophocarpus tetreogonolobus*)
I have worked at the Institute of Fundamental Studies in Sri Lanka as a Pre-University Research Fellow.

I used plant tissue culture and mutational breeding techniques to enhance the plant architecture of the Weing Bean Plant (*Psophocarpus tetreogonolobus*).

1989 Sinharaja Forest of Sri Lanka

I have worked for three months with Prof C V S Gunatilake, in the management and care of the world heritage environmental centre. I was required to collate and access growth data from the forest flower in order to evaluate the progress of the echo system.

1989 – The Enzymatic Discoloration of Natural Rubber Latex

I have three months work experience as a Research Assistant to the Director, Rubber Research Institute of Sri Lanka. I was involved in biochemistry laboratory work in a project looking at the enzymatic discoloration of natural rubber latex. \

Positions Held:

Senior Lecturer / Department of Psychiatry, Faculty of Medicine, University of Peradeniya, Sri Lanka (presently)

Consultant Psychiatrist, Teaching Hospital, Peradeniya, Sri Lanka (presently)

Deputy Proctor for Faculty of Medicine, University of Peradeniya, Sri Lanka (2011)

Head of the Department of Psychiatry (acting) in 2010

Research/Fellowship/awards:

Awards

1. Oxford Student's Scholarship - 1990 (Full Scholarship from University of Oxford) to read a special degree in Biochemistry for 4 Years at Exeter College, University of Oxford, U.K.
2. Collection Prize – 1992 Exeter College, Oxford – for Optional supplementary on History and Philosophy of Science.
3. M.B.B.S (Hons) - Distinction in Psychiatry: 2000 - University of Colombo
4. Sub-specialization in all areas of sexual medicine at McGill University (Montreal General Hospital) under Prof Piere Assalian - 2009 (Full Scholarship from the Postgraduate Institute of Medicine, University of Colombo)

5. Fellowship for Academic Development for Young Psychiatrists Award - College of Psychiatrists Japan – 2008
6. McGill Trauma Group Scholarship to participate in the summer course in Trans-cultural Psychiatry and Qualitative Research Methods at McGill University, Montreal, Canada - 2008
7. Scholarship and Travel Grant Award by the European Society of Sexual Medicine to attend the sexual medicine summer course in Oxford, UK - July 2009
8. Wellcome Trust Scholarship – 1991, for Summer Vacation Research, University of Oxford, UK
9. Wellcome Trust Scholarship – 1992, for Summer Vacation Research, University of Oxford, UK
10. Wellcome Trust Scholarship – 1993, for Summer Vacation Research, University of Oxford, UK
11. Wellcome Trust Scholarship – 1994, for Summer Vacation Research, University of Oxford, UK
12. Summer Research Award – 1992 by Department of Pediatrics, University of Harvard, USA
13. World Health Organization Fellowship 2011 To be trained at the National Institute of Mental Health and Neuro-Sciences (NIMHANS) in Bangalore, India.
14. Best Research Paper
 - a. College of Psychiatry Annual Academic Sessions 2010
 - b. Kandy Society of Medicine Annual Academic Sessions 2012

Research Papers

- 1) Dias SR. An agitated patient in a primary care hospital: A case study. Drug Information Bulletin: 1, Issue 4, March 2007.
- 2) Dias SR. What is good about the old? Clomipramine Drug Information Bulletin. 3: Issue 2, May 2010, p7
- 3) Dias SR. Novel mode of Paraquat Poisoning. The Ceylon Medical Journal, 54: June 2009.

- 4) Dissabandara LO, Dias SR, Dodd PR, Stadlin A. Patterns of substance use in male incarcerated drug users in Sri Lanka. Drug Alcohol Rev. November 2009 28(6):600-7.
- 5) Dias SR, Samudra Kathriarachchi. Editorial “ Medical writing in publishing research in the Sri Lanka Journal of Psychiatry – 2010.
- 6) Goonerathne I, Dias SR. The role of international public health law and human rights discourse on mental health legislation in Sri Lanka. Special article - published in the Sri Lanka Journal of Psychiatry 2010.
- 7) Jayakodi DHS, Rajapakse B, Perera S, Dias SR, Abeysinghe R. Use of the Bell and Pad method in the management of Nocturnal enuresis, Research News - Sri Lanka Journal of Psychiatry 2010.
- 8) Dias SR. Use and abuse of Sildenafil. Drug Information Bulletin:1, Issue 4, March 2010
- 9) Dias SR. Narcoleptic malignancy syndrome – A Case Report. Sri Lanka Journal of Medicine 2010.
- 10) Dias SR. Arrhythmias and Risperidone - A Case Report. Drug Information Bulletin: 1, Issue 4, March 2010.
- 11) Dias SR. Case Report on Arson and Psychiatry. Sri Lanka Journal of Forensic Medicine, Science and Law, 2010.
- 12) Dias SR. Parquet used as a catalyst to increase the percentage of alcohol distilled in illicit brewing industry of Sri Lanka. Journal of Brewing and Distillation. June 2010.
- 13) Dias SR. What is new? Dapoxetine the ultimate solution for premature ejaculation? Drug information bulletin. 3: Issue 2, May 2010 p8-10.
- 14) Lakal O Dissabandara, Natalie J Loxton, Dias SR, Mark Daghish, Alfreda Stadlin. Psychometric properties of Sinhalese versions of Behavioral Inhibition System, Behavioural Activating System (BIS/BAS) scales, Sensation Seeking Scale (SSS) and Sensitivity to Punishment and Sensitivity to Reward Questionnaire (SPSRQ) Accepted for publication. Sri Lanka Journal of Psychiatry, June 2011.
- 15) Dias SR. Portrayal of mental illnesses in Sinhalese films; what is shown and what does it mean? A qualitative analysis. Accepted as the leading article for the Sri Lanka Journal of Medicine, June 2011.
- 16) Dias SR. Gunarathne I. Do Rituals violate the rights of the mentally ill patients? Sri Lanka Journal of medicine Science and law. Vol.2 No 1 2011.
- 17) Psychometric properties of three personality inventories translated to Sinhalese, Sri Lanka Journal of Psychiatry Vol. 2 No 1, 2011

- 18) Lakal O, Dissabandara, Natalie J, Loxton, Dias SR, Mark Daglish, Alfreda Stadlin. Testing the fear and anxiety distinction in the BIS/BAS scales in community and heroin-dependent samples. *Personality and individual differences* 2012 Vol 52, 888-892
- 19) Dias SR. Descriptive study of the postgraduate education plans of intern medical graduates and eliciting the determining factors.
- 20) Dias SR. How the expression of grief in Sinhala Buddhist and Muslim community in rural Sri Lanka fits with the five stage model of grief proposed by Murry Parkers (Unpublished - Manuscript in preparation).
- 21) Dias SR. Depression and Alcohol dependence are the main Risk factors associated with deliberate self harm, in central province of Sri Lanka (Accepted by SMJ)
- 22) Dias SR. Descriptive study of the postgraduate education plans of intern medical graduates and eliciting the determining factors. (Accepted by Jaffna Medical Journal)
- 23) Dias SR. Effects of long term lithium treatment on creatinine clearance in a Sri Lankan population (Unpublished – send to SJM).
- 24) Abeyasinghe R, Dawson A, Siriwardane P, Dias SR, Tennekoon S A. Randomized control trial of a community based Alcohol Education Programme to changing the drinking pattern in rural Sri Lanka. (Unpublished - Manuscript in preparation).

Abstracts

1. 34th Annual Academic Sessions 2012, Kandy Society of Medicine. “Study on Demography and Behavioural Patterns of Patients Staying in the Night Hours for the Following Day Clinic in the Teaching Hospital, Kandy”. 9th – 11th February 2012. Best Research Paper.
2. Proceedings and Abstracts of the 34th Annual Academic Sessions of the Kandy Society of Medicine – 2012. “Study on Demography Behavioural Patterns of Patients Staying in the Night Hours for the Following Day Clinic in the Teaching Hospital, Kandy”. Best Oral Presentation.
3. Annual Academic Sessions 2010, Sri Lanka College of Psychiatrists in Collaboration with Sri Lankan Psychiatrists’ Association (UK). A randomized control trial of a community based Alcohol Education Programme in Changing the Drinking Pattern in Rural Sri Lanka. 25th – 28th February 2010.

4. The Journal of Sexual Medicine. “Myths Regarding Sex Among Male University Students in Sri Lanka. J Sex Med 2009; 6(suppl 5): 429-479. PO-03-028
5. 13th Pacific Rim College of Psychiatrist Scientific Meeting, Japan. “Descriptive Study of the Pattern of Deliberate Self Harm (DSH) in Sri Lanka”. October 30- November 2, 2008, Tokyo, Japan. OSO1-5.
6. NIDA International Forum, Quebec City, Canada. “Characteristics of Male Drug Users in a Prison Population in Sri Lanka. June 15-18, 2007.
7. 8th Annual Academic Sessions, Postgraduate Medical Centre, General Hospital (Teaching) Kandy. “Laminated Man”. December 2004.
8. The Journal of Sexual Medicine. “Descriptive Study of Sexual Behaviour of Male University Students in Sri Lanka. J Sex Med 2009; 6 (suppl 5): 429-479. PO-03-029
9. 13th Pacific Rim College of Psychiatrist Scientific Meeting, Japan. “Post Graduate Training in Psychiatry in Sri Lanka”. October 30- November 2, 2008, Tokyo, Japan. SY43-2.
10. Sri Lanka Psychiatric Association Annual Scientific Sessions 2000-2001. “A Comparison of the Morbidity Pattern of Psychiatric Disorders Encountered in the Public and Private Sectors. 29th April 2001.
11. Peradeniya University Research Sessions PURSE – 2006. “Do Rituals Violate the Rights of the Mentally Ill Patient”? Volume 11, November 30, 2006.
12. Peradeniya University Research Sessions PURSE – 2006. “Psychogenic Polydipsia and Water Intoxication in Chronic Schizophrenia”: A Case Presentation. Volume 11, November 30, 2006.
13. Peradeniya University Research Sessions PURSE – 2006. “Prevalence of Intestinal Helminthiasis in a Mental Hospital in Sri Lanka”. Volume 11, November 30, 2006.
14. Peradeniya University Research Sessions PURSE – 2006. “Prevalence of Ectoparasitic Infestations in Patients in a Mental Hospital”. Volume 11, November 30, 2006.
15. 121st Annual Scientific Sessions, Sri Lanka Medical Association. “Paraquat – A Novel Mode of Catalyst in the Processing of Kassippu (Illicit Brew). 19th – 22nd March 2008
16. 29th Annual Academic Sessions. The Kandy Society of Medicine. “Drug and Alcohol Misuse in a Sri Lankan Prison Population”. 22nd, 23rd and 24th February 2007.

17. 29th Annual Academic Sessions. The Kandy Society of Medicine. “Medical Graduates who Sought Entrance from less Affluent Districts are Reluctant to Serve these Districts in Return”. 22nd, 23rd and 24th February 2007.
18. 8th Annual Academic Sessions. Postgraduate Medical Centre, General Hospital (Teaching), Kandy. “Insight, Culture and Mental Illness”. December 2004.
19. Peradeniya University Research Sessions (PURSE) – 2011. “Descriptive Study of Sexual Relationships Prevalent within a University in Sri Lanka”. p.216, Vol.16, 24th November 2011.
20. Peradeniya University Research Sessions (PURSE) – 2011. “Effects of Long Term Lithium Treatment of Renal Function”. p.104 Vol.16, 24th November 2011.
21. Peradeniya University Research Sessions (PURSE) – 2011. “Friendship Among University Students: A Case Study of the University of Peradeniya. p.215, Vol.16, 24th November 2011.
22. Peradeniya University Research Sessions (PURSE) – 2011. “Pilot Study of Clozapine Treatment in Patients Suffering from Resistant Schizophrenia”. p.98, Vol.16, 24th November 2011.
23. Peradeniya University Research Sessions (PURSE) – 2011. “Descriptive Psychopathology of Obsessions and Compulsions of a Clinic Population of Patients with Obsessive Compulsive Disorder”. p.97, Vol.16, 24th November 2011.
24. Peradeniya University Research Sessions PURSE – 2008, Volume 13 – Part I. “How People Interpret SMS in Distorted Language? The Perceptual Principals Behind it”. p.267, Vol.13, 18th December 2008.
25. Peradeniya University Research Sessions PURSE – 2008, Volume 13 – Part I. “The Expression of Grief in the Context of Sinhalese and Muslim Communities in Sri Lanka”. p.257, Vol.13, 18th December 2008.
26. Peradeniya University Research Sessions PURSE – 2008, Volume 13 – Part I. “Portrayal of Psychiatric Disorders in Sinhala Cinema”. p.73, Vol.13, 18th December 2008.
27. Kandy Society of Medicine, Foundation Session, 15th September 2006 PGRC, Gannoruwa, Kandy, Sri Lanka. “Audit of Alcohol Related Service Users at the Teaching Hospital Peradeniya over 24 years”.

28. Peradeniya University Research Sessions PURSE – 2009, Volume 14. “The Potrayal of the Psychiatric Patient (Violet) in the Film *Pawuru Walalu: A Case Study*”. Vol.14, 3rd December 2009.

Text books published :

1. Your Child Your Family (Book 1) Segment 46 - Parenting p 49-51
2. In Honor of Herbert Allan Aponso Edited by Ananda Jayasinghe p125-127
3. The Promised Land. A novel, in its 3 draft state currently, is to be published in January 2013. (The draft is to be send as a candidate for the Gratian Award 2013)
4. Counseling for us by us (2nd Draft)
5. Upadeshanaya (1st Draft)

Memberships in and other association:

- 1) Member: Research & Ethics Review Committee – Faculty of Medicine, University of Peradeniya.
- 2) Curricular Development and Teaching at the Department of Fine Arts.
- 3) Academic Head of the Work-shop of the Faculty of Medicine Maintenance Committee.
- 4) Faculty Infrastructure Committee
- 5) Medical Board as the representative for Psychiatry department
- 6) Council member of Kandy Society of Medicine (KSM) in Sri Lanka.
- 7) Member of College of Psychiatry in Sri Lanka.
- 8) Member of Sri Lanka Medical Association.
- 9) Member of the European Society of Sexual Medicine.
- 10) Founder President of the Sri Lankan Society at University of Oxford -1993
- 11) Faculty Infrastructure Committee
- 12) National Coordinating committee on Human Reproduction – 2007
- 13) Alcohol and Tobacco Committee – Department of Health Services, Central Province.

Social service activities :

I was involved in training the primary health care workers in Haiti in psychiatry. I was stationed in Haiti where I trained Haitian primary care doctors in Psychiatry.

I was involved in training the doctors in clinical teaching, lecture-based teaching and also in evaluation and recommending the trained Haitian doctors at the Ministry of Health of Haiti as competent in undertaking primary health care in mental health.

I also trained a Haitian psychiatrist to take over my duties at the end of my assignment so that the programme could be sustained. Identifying the need of the Haitian community I wrote a book on counseling in the Creole (Haitian language) which could be used for the training of the counselors of Haitian origin.