

CURRICULUM VITAE OF CHANAKA NADEESHAN KAHATHUDUWA
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Educational Qualifications:

Doctoral Candidate – Department of Nutritional Sciences, Texas Tech University, Lubbock, TX.

Master of Philosophy (M.Phil.) in Cognitive Neurophysiology – Department of Physiology, Faculty (School) of Medicine, University of Peradeniya, Sri Lanka.

Bachelor of Medicine and Bachelor of Surgery (MBBS) – Upper 2nd Class Honors – Faculty (School) of Medicine, University of Peradeniya, Sri Lanka.

- 2nd MBBS – 1st Class Honors, GPA – 3.95 (Distinctions in Physiology, Biochemistry)
- 4th MBBS – 1st Class Honors, GPA – 3.83 (Distinctions in Microbiology, Parasitology, Pathology, Forensic Medicine)
- Final MBBS – Upper 2nd Class Honors (Distinction in Pediatrics)

Professional Experience:

Present Occupation and Affiliations:

- Graduate Teaching Assistant, Department of Nutritional Sciences, College of Human Science, Texas Tech University, Lubbock, Texas, USA (since 1st of September, 2014).
- Lecturer in Medical Physiology, Department of Physiology, Faculty of Medicine, University of Peradeniya, 20400, Sri Lanka (since 19th April, 2013) – **on study leave.**

Work Experience:

Designation	Department/Institution	Period	Reasons for Leaving
Temporary Assistant Lecturer	Department of Physiology, Faculty of Medicine, University of Peradeniya.	25 th April 2011 – 04 th December 2011	Commencement of the Medical Internship
Intern Medical Officer	Professorial Surgical Unit, Colombo North Teaching Hospital (Ragama), Faculty of Medicine, University of Kelaniya.	05 th December 2011 – 04 th June 2012	Successful completion of the appointment
Intern Medical Officer	Professorial Medical Unit, Colombo North Teaching Hospital (Ragama), Faculty of Medicine, University of Kelaniya.	05 th June 2012 – 04 th December 2012	Successful completion of the appointment
Medical Doctor	Professorial Medical Unit, Colombo North Teaching Hospital (Ragama), Faculty of Medicine, University of Kelaniya.	05 th December 2012 – 18 th December 2012	Transferred to the General Hospital (Teaching), Kandy on personal request
Medical Doctor	Clinical Neurophysiology Unit, General Hospital (Teaching), Kandy.	19 th December 2012 – 18 th April 2013	Acceptance of the current position in University of Peradeniya

Teaching and Training

- Teaching Nutritional Epidemiology and Behavioral Health Coaching to graduate and undergraduate students of the Department of Nutritional Sciences, Texas Tech University, Lubbock, Texas.
- Teaching Physiology and Clinical Anatomy to the undergraduate medical students of the Faculty (College) of Medicine, University of Peradeniya.
- Involved in the examination (as an invigilator and examiner) of the undergraduate medical students of the Faculty (College) of Medicine, University of Peradeniya.

Invited Teaching and Training

- Teaching neurophysiology and neuroanatomy to the students for the Diploma Course in Exercise and Sport Sciences conducted by the Sri Lankan Association of Exercise and Sport Sciences (SLAESS) – 2011-2014.
- Teaching neurophysiology to the undergraduates of the Faculty of Dental Sciences, Faculty of Veterinary Sciences and Faculty of Allied Health Sciences, University of Peradeniya – 2011-2014.
- Guest lectures and demonstrations in CME workshops
 - Measuring blood pressure. Sri Lanka Dental Alumni Association; 2011; Peradeniya, Sri Lanka.
 - Clinical neurophysiological techniques (transcranial magnetic stimulation). Kandy Society of Medicine; 2014; Department of Physiology, Faculty of Medicine
 - Obesity and brain function. The 37th annual US Foods: Food and Nutrition Seminar; 2017 May; Lubbock, TX.

Awards and Prizes:

- Graduate student of the month of June 2017, College of Human Sciences, Texas Tech University, Lubbock, TX, USA.
- Finalist: Emerging Leaders in Nutrition Science Poster Competition 2017, Annual Scientific Meeting of Experimental Biology; 2017 Apr; Chicago, IL, USA.
- Finalist (one of five) and travel award recipient: Ethan Sims Young Investigator Award 2016, Obesity Week 2016, New Orleans, LA, USA – November, 2016.
- Finalist (one of four) and travel award recipient: Early Career Grant Challenge, Obesity Week 2016, New Orleans, LA, USA – November, 2016.
- Best Poster Award in the Biobehavioral Section of the Obesity Week 2016, New Orleans, LA, USA – November, 2016.
- Best Poster Presentation (Clinical Graduate) – First Annual Meeting of The Center of Excellence for Translational Neuroscience and Therapeutics of the Texas Tech University Health Sciences Center, Lubbock, TX, USA – April, 2016.
- Doctoral Dissertation Completion Fellowship of the Graduate School, Texas Tech University, Lubbock, TX, USA 2016.
- Helen DeVitt Jones Graduate Fellowship awarded through the Texas Tech University Graduate School, Lubbock, TX, USA 2015-2017.
- Margarette Harden Food and Nutrition Scholarship Endowment, Lubbock, TX, USA 2015-2016.
- Covenant Health and Social Services Fellowship awarded through the Texas Tech University Graduate School, Lubbock, TX, USA 2014-2015.
- Championship in Inter-Medical Faculty Paediatric Quiz Competition 2011, College of Pediatrics, Sri Lanka.
- Gold medal for best performance in 3rd MBBS, University of Peradeniya, Sri Lanka 2009.
- Gold Medal in Forensic Medicine, University of Peradeniya, Sri Lanka 2009.
- Punchi Banda Panbokke Memorial Prize in Forensic Medicine, University of Peradeniya, Sri Lanka 2009.
- Gold Medal for best performance in 2nd MBBS, University of Peradeniya, Sri Lanka 2007.
- University Scholarship for Best Performance, University of Peradeniya, Sri Lanka 2007.
- Arthur Fernando Memorial Prize in Physiology, University of Peradeniya, Sri Lanka 2007.

- Dr.C.W.W.Kanangara Merit Awardfor Excellent Performance (10th in Sri Lanka) in G.C.E. Advanced Level (University entrance) Examination: Bio-science stream.

Publications:

Full-text publications in peer-reviewed journals

- **Kahathuduwa C. N.**, Binks M., Martin C. K., Dawson J. A. (2017) Extended Calorie Restriction Suppresses Overall and Specific Food Cravings: A Systematic Review and a Meta-analysis. Obesity Reviews.DOI: 0.1111/obr.12566 [Epub ahead of print], PMID: 28557246. [\[Pubmed\]](#)
- Binks M., **Kahathuduwa C. N.**, Davis T. (2017) Challenges in accurately modeling the complexity of human ingestive behavior: the influence of portion size and energy density of food on fMRI food-cue reactivity. American Journal of Clinical Nutrition. DOI: 116.150813[Epub ahead of print], PMID: 28100508. [\[Pubmed\]](#)
- **Kahathuduwa, C. N.**, Boyd, L. A., Davis, T., O'Boyle, M., & Binks, M. (2016). Brain regions involved in ingestive behavior and related psychological constructs in people undergoing calorie restriction. Appetite. DOI: 10.1016/j.appet.2016.08.112. [Epub ahead of print], PMID: 27565377. [\[PubMed\]](#)
- Chin S-H., **Kahathuduwa C.**, Binks M. (2016) Is sedentary behaviour unhealthy and if so, does reducing it improve this? International Journal of Clinical Practice. DOI:10.1111/ijcp.12925. [Epub ahead of print], PMID: 28238228. [\[PubMed\]](#)
- Chin S., **Kahathuduwa C. N.**, & Binks M. (2016) Physical Activity and Obesity: What We Know and What We Need to Know. Obesity Reviews. DOI: 10.1111/obr.12460. [Epub ahead of print],PMID:27743411 [\[PubMed\]](#)
- **Kahathuduwa, C. N.**, Dassanayake, T. L., Amarakoon, A. T., & Weerasinghe, V. S. (2016). Acute effects of theanine, caffeine and theanine–caffeine combination on attention. Nutritional Neuroscience. DOI: 10.1080/1028415X.2016.1144845. [Epub ahead of print], PMID: 26869148. [\[PubMed\]](#)
- **Kahathuduwa, C. N.**, Weerasinghe, V. S., Dassanayake, T. L., Priyadarshana, R., Dissanayake, A. L., & Perera, C. (2015). Task-specific kinetic finger tremor affects the performance of carrom players. Journal of Sports Sciences, 34(10), 923-28. DOI: 10.1080/02640414.2015.1078487; PMID: 26280452. [\[PubMed\]](#)

- Mathurageethan, M., **Kahathuduwa, C. N.**, Badanasinghe, N., Corea, E., & Fernando, R. (2014). Melioidosis associated with chronic osteomyelitis and visceral organ abscesses. Sri Lanka Journal of Surgery, 32(2), 41-42. [\[link\]](#)

Oral and poster presentations

- **Kahathuduwa C. N.**, Davis T., Binks M. Limited Potential of the Food Craving Inventory and Three-Factor Eating Questionnaire to Predict Brain Food-cue Reactivity in Subjects with Obesity. 5th Canadian Obesity Summit; 2017 Apr; Banff Springs, Canada.
- **Kahathuduwa C. N.**, Davis T., O'Boyle M., Binks M. Effects of a 3-week moderate calorie restriction intervention on cerebral white matter connectivity in subjects with obesity. Annual Scientific Meeting of Experimental Biology; 2017 Apr; Chicago, IL. [\[web-link\]](#)
- **Kahathuduwa C. N.**, Davis T., O'Boyle M., Binks M. Primary Motor Cortex Mediates the Association between Body Mass Index and Reaction Times to Visual Food-cues in Subjects with Obesity: An fMRI Food-cue Reactivity Study. Annual Scientific Meeting of Experimental Biology; 2017 Apr; Chicago, IL. [\[web-link\]](#)
- Quarles W., **Kahathuduwa C. N.**, Davis T., O'Boyle M., Binks M. Self-reported Stress is Not Associated with Functional Magnetic Resonance Imaging Food-cue Reactivity in Adults with Obesity. Annual Scientific Meeting of Experimental Biology; 2017 Apr; Chicago, IL. [\[web-link\]](#)
- Quarles W., **Kahathuduwa C. N.**, Davis T., O'Boyle M., Binks M. BMI and Body Fat Mass Are Differentially Associated with fMRI Food-cue Reactivity in Individuals with Obesity. Annual Scientific Meeting of Experimental Biology; 2017 Apr; Chicago, IL. [\[web-link\]](#)
- Stearns M., **Kahathuduwa C. N.**, Chin S., Boyd L. A., Johns B., Binks M. Exposure to Rewarding Visual Food Cues: Relationship to Self-reported Hunger in Adults with Obesity. The 9th Ann TTU Undergraduate Research Conference; 2017 Mar; Lubbock, TX.
- **Kahathuduwa C. N.**, Chin S., Boyd L. A., Johns B., Stearns M., Davis T., Binks M. Higher Body Mass Index and Longer Duration of Fasting are Associated with Shorter Response Times to Visual Food Cues in Adults with Obesity. 16th Annual TTU Graduate Research Poster Competition; 2017 Mar; Lubbock, TX.

- Chin S., **Kahathuduwa C. N.**, Boyd L. A., Johns B., Stearns M., Davis T., Binks M. How Should Hunger be Modelled When Analyzing Outcomes of Food-cue Reactivity Paradigms. 16th Annual TTU Graduate Research Poster Competition; 2017 Mar; Lubbock, TX.
- Quarles W., **Kahathuduwa C. N.**, Davis T., Binks M. Change in Food Craving Inventory Scores are Not Associated with Change in Weight Loss during a Three Week Calorie Restriction Intervention. 16th Annual TTU Graduate Research Poster Competition; 2017 Mar; Lubbock, TX.
- Akter S., Quarles W., **Kahathuduwa C. N.**, Davis T., Binks M. Does the Three Factor Eating Questionnaire Predict Change in Body Weight or Body Fat During a Three-Week Calorie Restriction Intervention? 16th Annual TTU Graduate Research Poster Competition; 2017 Mar; Lubbock, TX.
- **Kahathuduwa, C. N.**, Davis, T., O' Boyle, M., Boyd, L. A., Chin, S., Paniukov, D., Binks, M. Total Meal Replacement- and Typical Food-based Calorie Restriction Differentially Affect Visual Food-cue Reactivity of the Human Brain as Measured by fMRI. Proceedings of the 34th Ann. Scientific Meeting of The Obesity Society; 2016 Nov; New Orleans, LA.
- **Kahathuduwa C. N.**, Binks, M., Martin, C. K., Dawson, J. A. Extended Calorie Restriction Suppresses Overall and Specific Food Cravings: A Systematic Review and Meta-analysis. Proceedings of the 34th Ann. Scientific Meeting of The Obesity Society; 2016 Nov; New Orleans, LA.
- **Kahathuduwa, C. N.**, Chin, S., Johns, B., Boyd, L.A., Stearns, M., Binks, M. Hours since Last Meal Predict Subscales of Food Craving Inventory and Three Factor Eating Questionnaire in Healthy Obese Adults. Proceedings of the 34th Ann. Scientific Meeting of The Obesity Society; 2016 Nov; New Orleans, LA.
- Stearns, M., **Kahathuduwa, C. N.**, Chin, S., Boyd, L. A., John,s B., Binks, M. Exposure to Rewarding Visual Food Cues: Relationship to Self-reported Hunger in Adults with Obesity. Proceedings of the 34th Ann. Scientific Meeting of The Obesity Society; 2016 Nov; New Orleans, LA.
- Chin, S., **Kahathuduwa, C. N.**, Boyd, L.A., Johns, B., Stearns, M., Davis, T., Binks, M. How Should Hunger be Modelled When Analyzing Outcomes of Food-cue Reactivity Paradigms. Proceedings of the 34th Ann. Scientific Meeting of The Obesity Society; 2016 Nov; New Orleans, LA.

- **Kahathuduwa, C. N.**, Chin, S., Boyd, L. A., Johns, B., Stearns, M., Davis, T., Binks, M. Higher Body Mass Index and Longer Duration of Fasting are Associated with Shorter Response Times to Visual Food Cues in Adults with Obesity. Proceedings of the 34th Ann. Scientific Meeting of The Obesity Society; 2016 Nov; New Orleans, LA.
- **Kahathuduwa, C. N.**, Binks, M. Effects of extended calorie restriction on neurotransmitter levels in human brain food reward circuitry: an MRS study. Early Career Grant Challenge at 34th Ann. Scientific Meeting of The Obesity Society; 2016 Nov; New Orleans, LA.
- **Kahathuduwa, C.**, Weerasinghe, V., Dassanayake, T., Amarakoon, T., & Binks, M. (2016). High Doses of Theanine Improve Visual Stimulus Discrimination in a Dose-dependent Manner. First Annual Meeting of The Center of Excellence for Translational Neuroscience and Therapeutics of the Texas Tech University Health Sciences Center, Lubbock, TX – April, 2016.
- **Kahathuduwa, C.**, Weerasinghe, V., Dassanayake, T., Amarakoon, T., & Binks, M. (2016). High Doses of Theanine Improve Visual Stimulus Discrimination in a Dose-dependent Manner. The FASEB Journal, 30(1 Supplement), 1284-3.
- Weerasinghe, V., **Kahathuduwa, C.**, Amarakoon, T., Dassanayake, T. (2015). Synergistic effect of theanine and caffeine on visual reaction time, evoked potentials and cognitive event related potentials. Journal of Clinical Neurophysiology 32 (4), 396.
- Boyd, L., **Kahathuduwa, C.**, Kaufmann, K., Wood, M., Barker, C., Reif, R., Whitfield, K., Edwards, C., Binks, M., BMI and Pain Predict Activities of Daily Living (ADLs) in an Obese Sickle Cell Disease (SCD) Clinic Population, 15th Annual Graduate Research Poster Competition, Texas tech University, April, 2015 (Lubbock, TX, USA.)
- Hill, L. K., O'Garra, K. N., Binks, M., Wood, M., Feliu, M., Barker, C. S., Keys, A., Kaufman, K., **Kahathuduwa, C.**, Dorfman, C., Putilin, D., Applegate, K., Robinson, E., Edwards, C. L. Risk of overweight and obesity in adult patients with sickle cell disease: Are all types created equal? Obesity Facts. 2015;8(suppl 1):230.
- **Kahathuduwa C. N.**, Weerasinghe V. S., Amarakoon T., Dassanayake T. L., Higgoda R., Uragoda B. Improvement of recognition reaction time with high doses of theanine: a preliminary study. Physiological Society of Sri Lanka - Annual Academic Sessions 2013.
- Weerasinghe V. S., **Kahathuduwa C. N.**, Perera S. L. A. D. C. B., Bandara W. M. M., Priyadharshana H. K. R., Dissanayake D. H. M. A. L., Leelaratne A. Y. N., Nawaratne E. M. N. T.,

Semini K. A. I., 2011, Assessment of task specific kinetic finger tremor while playing Carrom using surface electromyography. PURSE 2011 Proceedings.

Thesis

- Assessment of cognitive processing studied using reaction time, evoked potentials and event-related potentials and examination of the effects of theanine on cognitive processing, 2016 (For the Degree of the Master of Philosophy, Faculty of Medicine, University of Peradeniya, Sri Lanka)
- Study of task specific kinetic finger tremor while playing carom using surface electromyography, 2009 (Undergraduate thesis approved by the Faculty of Medicine, University of Peradeniya, Sri Lanka)

Research Support:

- Source: Nestle Health Science; Status: Study in process; Title: Neurological Correlates of exposure to a Nutritionally Balanced Total Meal Replacement Diet vs. Iso-caloric diet of typical foods in an obese population. Dates of entire project: 8/31/2015-8/31/2016; Specific aims of project: To examine the potential for specific diets to differentially impact neural reactivity in specific brain regions of interest. Role on the project: Graduate Student Collaborator.
- Source: Texas Tech University; College of Human Sciences Neuroimaging Seed Grant; Status: Active. Title: Neurophysiological correlates of L-theanine, caffeine and their combination on improving selective attention in a visual reaction time task: A functional magnetic resonance imaging study. Dates of entire project: 9/1/2015-8/31/2016. Specific aims of project: To identify the impact of ingestion of L-theanine, caffeine and their combination on improving selective attention. Role on the project: Graduate Student Collaborator.
- Source: University of Peradeniya, International Research Center; Title: Study of the effects of theanine and caffeine on cognitive processing time, evoked potentials and event-related potentials. Dates of entire project: 7/31/2013-7/31/2014; Specific aims of project: To examine the effects of L-theanine, caffeine and their combination on reaction time, visual and motor evoked potentials and auditory event-related potentials. Role on the project: Graduate Student Investigator.

Professional Societies and Professional Bodies:

- Medical Doctor in Sri Lanka – RegNo.29235, Sri Lanka Medical Council (SLMC)
- Member, The Obesity Society (TOS)
- Member, American Physiological Society (APS)
- Member, American Society of Nutrition (ASN)
- Member, The American Society for Pharmacology and Experimental Therapeutics (ASPET)
- Life Member, Physiological Society of Sri Lanka (PSSL)
- Life Member, Kandy Society of Medicine (KSM)

Service-related Activities:

- Vice President – Graduate Nutrition Organization of the Texas Tech University, 2015-2016.
- Secretary – Sri Lankan Student's Association of the Texas Tech University, 2015-2016.
- Mentor – Lauro Cavazos & Ophelia Powell-Malone Mentoring Program (Mentor Tech) program of the Texas Tech University, 2014 – 2016.
- Coordinator – International Student Center, Faculty of Medicine, University of Peradeniya, 2013-2014.
- Member – Student affairs committee, Faculty of Medicine, University of Peradeniya, 2013-2014.