

CURRICULUM VITAE
Dr. Dewasmika Ariyasinghe MBBS, MD (Psychiatry)

Senior Lecturer, Department of Psychiatry, Faculty of Medicine,
University of Peradeniya,
Peradeniya, 20400, Sri Lanka

PERSONAL INFORMATION

Name in full: Dewasmika Indrapali Ariyasinghe

Email: dariyasinghe@pdn.ac.lk

dewasmika.ariyasinghe@gmail.com

Date of birth: 15/05/1975

Citizenship: Sri Lankan

Language proficiency: Sinhalese, English

PROFESSIONAL QUALIFICATIONS

a. Post graduate qualifications: MD (Psychiatry)

- Date awarded – 1 November 2008
- Awarding authority – Postgraduate Institute of Medicine, University of Colombo, Sri Lanka
- Board certified as a Consultant Psychiatrist in 2011
- Training in a Specialized Unit for Care for the Elderly in Australia in 2010 and 2011
- Registered as a Specialist in Psychiatry in SLMC

b. Medical Degree: MBBS (2nd Class Honours)

- Date awarded – 1 April 2002
- University – University of Peradeniya, Sri Lanka

PRACTISING HISTORY

Present

- Senior Lecturer in the Department of Psychiatry, Faculty of Medicine, University of Peradeniya
- Honorary Consultant Psychiatrist, Teaching Hospital Peradeniya, Sri Lanka
- Visiting lecturer, Faculty of Allied Health Sciences and Faculty of Dental Sciences, University of Peradeniya, Sri Lanka

August 2013 - December 2015

- Lecturer in the Department of Psychiatry, Faculty of Medicine, University of Peradeniya
- Honorary Consultant Psychiatrist, Teaching Hospital Peradeniya, Sri Lanka

March 2013 - August 2013

Senior Registrar in Psychiatry in Teaching Hospital, Kandy, Sri Lanka

April 2009 - March 2012

Foreign training in Wyong and Gosford hospitals, NSW, Australia- 20th August 2009- 15th January 2012

- Specialized training in a Specialized unit in old age psychiatry, both inpatient unit and in a community team for 2 years
- Consultation Liaison Psychiatry
- Adult acute inpatient and intermediate inpatient units

November 2008 – April 2009

Senior Registrar (SR) in Psychiatry, Teaching Hospital, Kandy, Sri Lanka

September 2005 – November 2008

Registrar in Psychiatry, completing my training at Teaching Hospital, Kurunegala, Teaching Hospital, Peradeniya and National Institute of Mental Health, Angoda, Sri Lanka

November 2004 – August 2005:

Medical Officer, Intensive Care Unit, Base Hospital, Matale, Sri Lanka

February 2004 – October 2004:

Resident House Officer, Medical Unit, Teaching Hospital, Peradeniya, Sri Lanka.

February 2003 – February 2004:

Intern Medical Officer

March 2002 – January 2003:

Lecturer, Department of Pathology, Faculty of Medicine, University of Peradeniya, Sri Lanka

PROFICIENCY IN ENGLISH LANGUAGE

IELTS examination (February 2009):

- Reading -8
- Writing -7.5
- Listening-8
- Speaking-8
- Overall Band Score-8

RESEARCH INTERESTS

- Strategies on prevention of alcohol abuse in Sri Lanka
- Cognitive impairment in normal ageing, mental illnesses, head injuries and other cerebral insults
- Adverse effects of long term lithium therapy on kidneys
- Benefits of lithium on cognitions
- Cognitive, social and psychological impairments in normal ageing, addictive disorders, depression, anxiety disorders and schizophrenia

EXPERIENCE IN TEACHING

- Undergraduate:
 - The Professorial Psychiatry Unit of Teaching Hospital, Peradeniya and Faculty of Medicine, University of Peradeniya, Sri Lanka
 - Behavioural Science Module- Faculty of Medicine, University of Peradeniya, Sri Lanka
 - The Department of Physiotherapy, Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka

-Examiner in the Final MBBS examination in Universities of Peradeniya, Rajarata, Jaffna, Kelaniya, Kotalawala Defence Academy and Eastern University of Sri Lanka

- Postgraduate:

- Post graduate trainees in Psychiatry , The Postgraduate Institute of Medicine of the University of Colombo, Sri Lanka

- Post graduate trainees in Medicine, The Postgraduate Institute of Medicine of the University of Colombo, Sri Lanka

- Examiner in Selection Examination in MD (Psychiatry) and MD Psychiatry Examination, Post Graduate Institute of Medicine, Sri Lanka

FULL TEXT PUBLICATIONS

1. Tharaka Lagath Dassanayake , Chandana Hewawasam , Anuradha Baminiwatta , Narendra Samarasekara & Dewasmika Indrapali Ariyasinghe (2020): Sex-, age- and education-adjusted norms for the WHO/UCLA version of the Rey Auditory Verbal Learning Test for Sinhala-speaking Sri Lankan adults, *The Clinical Neuropsychologist*, DOI: 10.1080/13854046.2020.1829069

2. Dassanayake TL, Ariyasinghe DI. Sex-, age- and education-adjusted norms for Cambridge Neuropsychological Test Automated Battery for Literate Sri Lankan Adults. *The Clinical Neuropsychologist*. 2019

3. Fernando, A.M., Godavitharana, A.M.M., Pathirana, S., Tennakoon, S., Ariyasinghe, D. and Rajapakse, T.N., 2017. Stigma experienced by persons diagnosed to have a mental illness – a descriptive study. *Sri Lanka Journal of Psychiatry*, 8(2), pp.24–28. DOI: <http://doi.org/10.4038/sljpsyc.v8i2.8157>

4. Dewasmika Ariyasinghe, Ranil Abeysinghe, Prabhash Siriwardena, Tharaka Dassanayake: Prevalence of Major Depressive Disorder Among Spouses of Men Who Use Alcohol in a Rural Community in Central Sri Lanka – Alcohol and Alcoholism (DOI: 10.1093/alcalc/agu105)

5. D Ariyasinghe, R Abeysinghe Catatonia following abrupt discontinuation of clozapine- *Sri Lanka Journal of Psychiatry* 2014; 5(2) 27-28

RESEARCH COLLABORATIONS

A member of the Sri Lankan research team of 'The International Consortium on Lithium Genetics (ConLiGen)', a multi country study

ABSTRACTS

1. Baminiwatta AKAB, Ariyasinghe DI, Hewawasam C, Dassanayake TL: Ray Auditory Verbal Learning Test (RAVLT), Age, sex and education adjusted Sri Lankan norms-The KSM Annual Academic Sessions, 2020
2. Gunathilake CT, Attanayake AMDLK, Hettiarachchi GB, Ariyasinghe DI, Kumarasiri PVR, Nithya G, Hewavithan PB: Association of ultrasonographic features of kidneys with duration of lithium exposure in patients with bipolar affective disorder - Annual Academic Sessions, KSM, 2020
3. Dewasmika Ariyasinghe, Badra Hewavithana, Nishantha Nanayakkara, Ranjith Kumarasiri, Thilanka Senevirathne : Adverse effects of long term lithium maintenance therapy on kidneys in patients with bipolar affective disorder: Preliminary Findings– Sri Lanka College of Psychiatrists' Annual Academic Sessions 2019
4. Fernando, A.M., Godavitharana, A.M.M., Pathirana, S., Tennakoon, S., Ariyasinghe, D. and Rajapakse, T.N., 2017. Stigma experienced by persons diagnosed to have a mental illness – a descriptive study: Annual Academic Sessions, Sri Lanka College of Psychiatrists, 2017
5. Normative data for Cambridge Neuropsychological Test Automated Battery (CANTAB) for Sri Lankans: changes of cognitive functions from adolescence to late adulthood - World Psychiatric Association (WPA) World Congress, Berlin 2017
6. Depression among women who are spouses of men with alcohol related problems (ARPs) in rural Sri Lanka – Regional Congress of the World Psychiatric Association, Hong Kong 2014
7. Prevalence of depression among spouses of patients with alcohol-related problems in two villages of the Central Province of Sri Lanka – Sri Lanka College of Psychiatrists' Annual Academic Sessions 2012

OTHER PRESENTATIONS IN INTERNATIONAL CONFERENCES

- Reducing maternal suicides in resource-limited settings: A fallacy, dream or reality?
World Psychiatric Association (WPA) World Congress, Berlin 2017

POSTGRADUATE SUPERVISION

Dr. Sameera Dassanayake: Prevalence of psychiatric comorbidities among patients attending the Oncology Unit, National Hospital Kandy, Sri Lanka- A Descriptive Study

INVITED SPEECHES

1. 'Depression in the Elderly' - Workshop on 'Update on the Mental Health Problems in the Elderly', Sri Lanka College of Psychiatrists and the Sri Lanka Association of Geriatric Medicine, 2020
2. 'Psychological Aspects of Pain', Annual Scientific Sessions 2018, Faculty of Pain Medicine, College of Anaesthesiologists and Intensivists of Sri Lanka
3. 'What to do in Psychiatry' A seminar organized by the Kandy Society of Medicine for Primary Care Doctors in 2019
4. 'Living with dementia; How can we help?' - Foundation Sessions of the Kandy Society of Medicine, 2018'
5. Pre-congress workshop on 'Dementia- A case based discussion' for the Foundation sessions of the Kandy Society of Medicine, 2018
6. Workshop on 'Academic Mentoring/ Counseling organized by the Faculty of Medicine, University of Peradeniya 2017
7. Workshop on 'Academic Mentoring/ Counseling organized by the Faculty of Medicine, University of Peradeniya 2016
8. 'Dementia: A forgotten burden', Weekly CPD programme of the Kandy Society of Medicine, 2015

9. 'Depression in Old Age', Weekly CPD programme of the Kandy Society of Medicine, 2013

10. 'Current management on post reproductive health for health care workers' - Menopause Society of Sri Lanka, 2012

AWARDS AND SCHOLARSHIPS

1. 'Romaine Rutnam Scholarship' awarded by the Australian National University to do a PhD on 'Designing a culturally acceptable brief intervention to minimize alcohol related harm' (2020)

2. 'Full Time Higher Degree Research Scholarship' awarded by the Australian National University to do a PhD on 'Designing a culturally acceptable brief intervention to minimize alcohol related harm' (2020)

3. Best Oral Presentation 3rd place. Baminiwatta AKAB, Ariyasinghe DI, Hewawasam C, Dassanayake TL. Rey Auditory Verbal Learning Test (RAVLT): Age-, Sex- And Education-Adjusted Sri Lankan Norms. Proceedings of Annual Research Sessions of Kandy Society of Medicine. February 2020

4. University Research Grant 2016 for the research on 'Normative data for selected neuropsychological tests for Sri Lankans: Ray Auditory Verbal Learning Test, Stroop Test, verbal fluency, category fluency and digit span (forwards and backwards)'

5. National Research Council Merit Award for Scientific Publication, 2015

4. Fellowship awarded by the World Psychiatric Association, 2014 for Early Career Psychiatrists

5. National University Colours for Netball 1999 & 2000

6. 'Mahapola' Higher Education (Merit) Scholarship (1996-2002) for University Undergraduate Education

7. National Colours for Athletics 1991

8. 'Best All Round Student: 1991', Maliyadeva Girls' College, Kurunegala, Sri Lanka

MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS

- Member of "Young Psychiatrist's Forum", Sri Lanka
- Life member of Kandy Society of Medicine, Sri Lanka
- Member of Sri Lanka College of Psychiatrists
- Member of the Sri Lanka Association for Child Development

PARTICIPATION IN CONFERENCES / TRAINING EVENTS

- Sri Lanka College of Psychiatrists, annual academic sessions, 2007, 2008, 2009, 2012 2013, 2014, 2015, 2016, 2017, 2018 and 2019, 2020 as part of Continuous Professional Development
- Workshop on 'Epidemiological methods for global mental health research' organized by University of Bristol, European Research Council, Medical Research Council and South Asian Clinical Toxicology Research Collaboration, Negambo, Sri Lanka 2019
- World Psychiatric Association (WPA) World Congress, Berlin 2017
- Workshop on Behavioural Therapy, Colombo, Sri Lanka 2016
- 'Examiner Training Programme in Psychiatry 2016'
- Curriculum Revision Workshop organized by the Faculty of Medicine, University of Peradeniya 2016
- "Sri Lanka Mental Health Policy Writing Workshop' Melbourne, Sri Lanka 2015
- Regional congress of the World Psychiatric Association held in Hong Kong in December 2014
- A member of the Sri Lankan team to Melbourne, Australia to prepare the mental health policy for Sri Lanka (2015)
- 'Advanced Training in Old Age Psychiatry' a 2 year training programme conducted by the Royal Australian New Zealand College of Psychiatrists (RANZCP), Australia
- Dialectic Behaviour Therapy for persons with borderline personality disorder Training work shop conducted by Centre for Psychotherapy, Hunter New England Mental Health, Australia, 2010
- NSW Psychotherapy Educators Group, Saturday workshop series 2009/2010, Australia
- 'Facilitator guide for disorders of intellectual Development' one week workshop based on mhGAP-IG base course

- 3rd International Conference of South Asian Federation of Psychiatric Associations 2007, 2013
- National Psychosocial Rehabilitation Workshop conducted by World Association for Psychosocial Rehabilitation in 2007
- Workshop on Primary Trauma Care Management organized by World Federation of Anaesthesiologists, 2005

POSITIONS HELD

- A Council Member of the Sri Lanka College of Psychiatrists, 2020
- A member, the organizer and an editor of the standing committee appointed by the University Grants Commission on Medical and Dental Sciences to develop core-curriculum of psychiatry for MBBS degree programmes in all universities of Sri Lanka, 2017
- A Council Member of the Kandy Society of Medicine, 2015-2016
- The secretary of the Clinical Curriculum Development Committee (CCDC), Faculty of Medicine, University of Peradeniya, Sri Lanka - April 2015 to June 2017
- Captained the university netball team, which won the Inter-university netball championship 1999 and the title of “Most Enthusiastic Women’s Team 1999”.
- Member of the University Sports Council: 1999.
- Head Prefect (Maliyadeva Girls’ College, Kurunegala, Sri Lanka): 1993, 1991.
- House Captain (Maliyadeva Girls’ College, Kurunegala, Sri Lanka): 1992.
- Captain, Netball Team (Maliyadeva Girls’ College, Kurunegala, Sri Lanka): 1989.

EXTRACURRICULAR ACTIVITIES/ INTERESTS

- **Netball:** had been a member of the school and university netball teams who won Numerous championships at interschool, all-island and interuniversity competitions
- Currently take part in the annual netball match at ‘Law-Medicos encounter’
- **Athletics:** Performed and won in 100m, long jump and high jump at school, provincial and university competitions
- Travelling, reading and hiking

BOOKS PUBLISHED/ CHAPTERS IN BOOKS

1. 'You and Your mental Health' - Sarasavi Publishers
2. ඔබ සහ ඔබගේ මානසික සෞඛ්‍යය' (Oba saha obage maanasika saukhyaya) - Sarasavi Publishers
3. "What to do?" in Psychiatry, a book for primary care medical officers -.The Chapter on 'Caring for elderly people in the community'

PAPER ARTICLES

1. Sexuality and sexual health
http://www.island.lk/index.php?page_cat=article-details&page=article-details&code_title=177111
2. Faces of depression
http://island.lk/index.php?page_cat=article-details&page=article-details&code_title=179854
3. Caring for a patient with dementia
Part 1- http://www.island.lk/index.php?page_cat=article-details&page=article-details&code_title=182084 (26.03.2018)
Part 2 - http://www.island.lk/index.php?page_cat=article-details&page=article-details&code_title=182135 (27.03.2018)
4. Understanding sexuality during youth
<http://www.dailymirror.lk/medicine/Understanding-sexuality-during-youth/308-1491965>.
5. Schizophrenia
http://www.island.lk/index.php?page_cat=article-details&page=article-details&code_title=210071
6. What is bipolar disorder? : http://www.island.lk/index.php?page_cat=article-details&page=article-details&code_title=204649
7. Alcohol: How much is too much?
<http://www.dailymirror.lk/opinion/Alcohol%3A-How-much--is-too-much-/172-163330>

8. What is stress?

http://www.island.lk/index.php?page_cat=article-details&page=article-details&code_title=211154