

## CURRICULUM VITAE

### **Prof. Dewasmika Ariyasinghe MBBS, MD (Psychiatry)**

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Official Webpage:

<https://med.pdn.ac.lk/departments/psychiatry/staff/dewasmika.html>

Google Scholar:

[https://scholar.google.com/citations?view\\_op=list\\_works&hl=en&user=vYB1cp4AAAAJ&gmla=AHoSzlUDpRKuIf--K83xnXaxI3hdZ-2dr-oATlBmMIIWzyHmPsjEoD9LdugkF7O5WQe4dyzbn3X1vu8w30m3eDANBKJlp5LBRC3mIIL4n91nDJaNeifLR2DD9WZKUI](https://scholar.google.com/citations?view_op=list_works&hl=en&user=vYB1cp4AAAAJ&gmla=AHoSzlUDpRKuIf--K83xnXaxI3hdZ-2dr-oATlBmMIIWzyHmPsjEoD9LdugkF7O5WQe4dyzbn3X1vu8w30m3eDANBKJlp5LBRC3mIIL4n91nDJaNeifLR2DD9WZKUI)

ANU webpage:

<https://nceph.anu.edu.au/people/students/dr-dewasmika-ariyasinghe>

### **Personal Information**

**Name in full:** Dewasmika Indrapali Ariyasinghe

**Citizenship:** Sri Lankan

**Language proficiency:** Sinhala, English

### **Education**

- Bachelor of Medicine and Surgery (February 2002), University of Peradeniya (Sri Lanka)
- Graduated with 2<sup>nd</sup> Class Honours, ranked 151<sup>st</sup> in national merit order out of 556 medical graduates
- Doctor of Medicine – MD- Psychiatry (November 2008) – University of Colombo, Sri Lanka
- A Specialist in Psychiatry (May 2011) – Postgraduate Institute of Medicine, University of Colombo, Sri Lanka
- Training in a Specialized Unit for Care for the Elderly in Australia in 2010 and 2012

- PhD student at National Centre for Population Health, College of Health and Medicine, Australian National University, Australia since July 202.

## **PRACTISING HISTORY**

### **Present**

- **From December 2015 to date:** 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- 20<sup>th</sup> August 2009- 15<sup>th</sup> 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, Teaching Hospital, Peradeniya, Sri Lanka

**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, University of Colombo, Sri Lanka
  - Post graduate trainees in Medicine, The Postgraduate Institute of Medicine, University of Colombo, Sri Lanka
  - Examiner in Selection Examination in MD (Psychiatry) and MD Psychiatry Examination, Post Graduate Institute of Medicine, University of Colombo, Sri Lanka

## **FULL TEXT PUBLICATIONS**

1. Hasanthi C. Abhayaratna, Dewasmika I. Ariyasinghe, Pabasari Ginige, Miyuru Chandradasa, K. Supuni Hansika, Anshu Fernando, Swarna Wijetunge, Tharaka L. Dassanayake, Psychometric properties of the Sinhala version of the Swanson, Nolan, and Pelham rating scale (SNAP-IV) Parent Form in healthy children and children with ADHD, *Asian Journal of Psychiatry*, Volume 83, 2023,
2. Pethiyagoda AUB, Pethiyagoda K, Ariyasinghe DI, Wijesinghe S, Dimiyawa KM, Wijethunga TM. Relationship between Lower Urinary Tract Symptoms and Emotional State among a Sample of Clinic Attendees of a Tertiary Care Center in Central Sri Lanka. *Archives of Nephrology and Urology* 4 (2021): 143-150
3. Dassanayake TL, Baminiwatta, A. and Ariyasinghe, D.I. Demographically-adjusted normative data for Symbol Digit Modalities Test (SDMT) among Sri Lankan adults. *Sri Lanka Journal of Psychiatry*. 2021;12(1):07
4. 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
5. 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
6. 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/sljpgsyc.v8i2.8157>

7. 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)
8. 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
- I am a PhD student in the Australian National University since July 2021. My study will be on 'Three-arm parallel-group RCT of an adapted brief intervention for alcohol use disorders in Sri Lanka, and assess potential correlates of effectiveness, such as early childhood trauma'

## **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. Dewasmika Ariyasinghe, Tharaka Dassanayake: 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. Dewasmika Ariyasinghe, Tharaka Dassanayake, Ranil Abeysinghe: 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. Dewasmika Ariyasinghe, Tharaka Dassanayake, Ranil Abeysinghe 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

## **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**

1. Dissertation for board certification as a specialist in Psychiatry: Dr. Sameera Dassanayake: Prevalence of psychiatric comorbidities among patients attending the Oncology Unit, National Hospital Kandy, Sri Lanka- A Descriptive Study
2. Dissertation for board certification as a specialist in Psychiatry: Dr. Mirza Jamaldeen: Exploration of psychological and neurocognitive sequelae among survivors of COVID-19 pneumonia, Central Province, Sri Lanka
3. Dissertation for board certification as a specialist in Psychiatry: Dr. Sudheera Pathirana: The prevalence and factors associated with psychiatric disorders in individuals undergoing upper and lower endoscopy at the surgical unit, Teaching Hospital Peradeniya

## **INVITED SPEECHES**

1. ‘Keeping the Mental Wellbeing- A Lifetime Approach’ – A guest lecture for the Ceylon University Chemical Society, 2021
2. ‘Taking care of the carers’ - Pre-Congress workshop in Old Age Psychiatry, Annual Academic Sessions, Sri Lanka College of Psychiatrists, 2021
3. '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
4. 'Psychological Aspects of Pain', Annual Scientific Sessions 2018, Faculty of Pain Medicine, College of Anaesthesiologists and Intensivists of Sri Lanka
5. "What to do in Psychiatry' A seminar organized by the Kandy Society of Medicine for Primary Care Doctors in 2019
6. 'Living with dementia; How can we help?' - Foundation Sessions of the Kandy Society of Medicine, 2018'
7. Pre-congress workshop on 'Dementia- A case-based discussion' for the Foundation sessions of the Kandy Society of Medicine, 2018

8. Workshop on 'Academic Mentoring/ Counseling organized by the Faculty of Medicine, University of Peradeniya 2017
9. Workshop on 'Academic Mentoring/ Counseling organized by the Faculty of Medicine, University of Peradeniya 2016
10. 'Dementia: A forgotten burden', Weekly CPD programme of the Kandy Society of Medicine, 2015
11. 'Depression in Old Age', Weekly CPD programme of the Kandy Society of Medicine, 2013
12. '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**

- 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**

- 'Fundamentals of Epidemiology' - A course conducted by the National Centre for Epidemiology and Population, ANU College of Health and Medicine, Australian National University, Australia - 2022
- Sri Lanka College of Psychiatrists, annual academic sessions, 2007, 2008, 2009, 2012 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021 and 2022 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 workshop 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
- 3<sup>rd</sup> 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, 2021
- 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.

### **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 (The Sinhala translation of ‘You and Your Mental Health’)
3. "What to do?" in Psychiatry, a book for primary care medical officers -.The Chapter on 'Caring for elderly people in the community'
4. The editor of the Sinhala chapters of the book කොවිඩ් හමුවේ ඔබේ මානසික සුවතාව-සෞඛ්‍ය සේවකයන්ට අත්වැලක් (Psychological Wellbeing during the Covid crisis – A Guide to Health Care Workers)

### **PAPER ARTICLES**

1. Sexuality and sexual health  
[http://www.island.lk/index.php?page\\_cat=article-details&page=article-details&code\\_title=177111](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](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](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](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](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](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](http://www.island.lk/index.php?page_cat=article-details&page=article-details&code_title=211154)

(All above articles were translated by me and published in Sinhala newspapers)

### **EXTRACURRICUALR 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