**BINOLI HERATH**

Doctoral Student

College of Health Solutions

Arizona State University

E-mail: [bherath@asu.edu](mailto:bherath@asu.edu) | LinkedIn: Binoli Herath

ResearchGate: <https://www.researchgate.net/profile/Binoli-Herath>

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| **EDUCATION** | |
| **Ph.D.** | Ph.D. in Population Health (Reading)  College of Health Solutions, Arizona State University, expected Fall 2027  Emphasis: Dissemination and Implementation Sciences |
| **Postgraduate Diploma** | Postgraduate Diploma in Health Development  University of Colombo, Sri Lanka, 2023 |
| **Bachelor Degree** | Bachelor of Pharmacy (First Class)  GPA: 3.7 (out of 4.0)  University of Sri Jayewardenepura, Sri Lanka, 2020 |

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| **PROFESSIONAL EXPERIENCE** | |
| **Graduate Research Associate**  August 2023 - Present | College of Health Solutions, Arizona State University |
| **Research Assistant**  July 2021 - June 2023 | Section of Epidemiology, Institute for Research & Development in Health & Social Care, Sri Lanka |
| **Teaching Assistant**  July 2020 - June 2021 | Department of Pharmacy and Pharmaceutical Sciences, Faculty of Allied Health Sciences, University of Sri Jayewardenepura, Sri Lanka |

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| **PROFESSIONAL QUALIFICATIONS** | | | |
|  | Continuous Professional Development Course in Medication Safety  Department of Pharmacology, Faculty of Medicine, University of Colombo, Sri Lanka, 2023 |
|  | Asynchronous Course on Principles of Epidemiology  Epidemiology and Population Health Summer Institute, Columbia University, 2023 |
|  | Diploma in Psychology and Counselling  Institute of Management and Business Studies, Sri Lanka, 2022 |
|  | Certificate courses offered by the Stanford International Campus of Business & Technology,  Sri Lanka, 2021-2022  - Short Course in Research Methodology - 2021  - Certificate in SPSS for Data Analysis - 2021  - Short Course in Academic Writing - 2022  - Short Course in Structural Equation Modeling with AMOS - 2022 |
|  | Certificate Course in Gene Technology at GENETECH Molecular Diagnostics & School of Gene Technology, Colombo 08, Sri Lanka, 2014 |

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| **AWARDS/HONORS** | |
| 2024 | Meritorious Student Abstract and Citation Award Winner, 45th Annual Meeting & Scientific Sessions 2024, Society of Behavioral Medicine |

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| **RESEARCH EXPERIENCE** | |
| 2024 - Present | * Arizona provider experiences with weight management and weight-inclusive care practices * "SmartHeat Tracker": an integrative mHealth-AI tool to monitor and advise users on heat-related health risks, a collaborative project for the Student Dissemination and Implementation Research Challenge aimed at reducing the impact of heat on the health of vulnerable and high-risk populations in Phoenix * Scaling and evaluation of the Pathways to Healthier Living, Dignity Health's CHW program with St. Joseph's Hospital and Medical Center (SJMC) |
| 2023 - Present | * Community Health Worker Training Program conducted by the Arizona State University, funded by the Health Resources and Services Administration (HRSA). * Evaluation and refinement of pilot program to shift from weight-centric to weight-inclusive primary care |
| 2021 - 2023 | * ‘Global Health Nutrition in Sri Lanka’ project conducted by the Institute for Research and Development, Sri Lanka in collaboration with Kings College London, funded by the Medical Research Council (MRC) UK. * Causal mechanisms behind intergenerational transmission of nutrition intake, eating behaviours and associated psychological health * Resilience, Mental Health and Food Security in Times of Crisis: A Pilot Study of the Longitudinal Colombo Twin and Singleton Study * Developing and piloting cost-effective methods for engagement and dissemination for the Sri Lankan twin registry using social media platforms * Lived experiences of Sri Lankans hospitalized with COVID-19: a mixed method study conducted by the Institute for Research and Development in Health and Social Care, funded by the WHO, 2021 * ENHANCE Sri Lanka (Scaling-up Care for Perinatal Depression through Technological Enhancements to the ‘Thinking Healthy Programme’) conducted by the Institute for Research and Development in Health and Social Care, funded by National Institute for Health & Care Research, UK. |
| 2019 - 2021 | * Undergraduate research project on ‘Impact of clinical pharmacy services on medication safety and prescription cost among a cohort of patients attending a primary healthcare setting in Sri Lanka’ conducted at the University of Sri Jayewardenepura, Sri Lanka. |

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| **PUBLICATIONS** | |
| **ORCiD** 0000-0003-2206-6871  **Research Gate** <https://www.researchgate.net/profile/Binoli-Herath> | |
| *Full paper publications* | |
|  | Dissanayake L, **Herath B,** Opatha J, Jabir S, Siriwardana R, Sirisena K, Wickramasinghe M, Wimalasekera M, Liyanage R, Duminda Guruge GN, Jayaweera K, Jayawardena R, Zavos HMS, Sumathipala A, Rijsdijk F. The Colombo Twin and Singleton Study (COTASS): Piloting the Feasibility of Collecting Nutritional Data and Extension of the Sample to Include Children of Twins. Behav Genet. 2024 Jan;54 (1):63-72. PubMed Central PMCID: PMC10822816. |
|  | Tharmalinga Sharma JJ, Ketharam M, **Herath B,** Shobia SS. Quality of medicines in Sri Lanka: a retrospective review of safety alerts. BMC Health Serv Res. 2023 Sep 12;23(1):980. PubMed Central PMCID: PMC10496228. |
|  | **Herath B,** Rodrigo UAA, Senadheera GPSG, Samaranayaka S, Samaranayake NR. Impact of selected clinical pharmacy services on medication safety and prescription cost of patients attending a selected primary healthcare setting: a translational experience from a resource-limited country. Postgrad Med J. 2023 May 19;99(1169):223-231. PubMed PMID: 37222060. |
| *Conference proceedings (Oral Presentations)* | |
|  | McEntee, M. L., Zach, R., & **Herath, B.** (June, 2024). Piloting a brief pragmatic intervention to promote weight-inclusive primary care. Oral presentation at the annual Weight Inclusive Research and Education (WIRED) conference in Flagstaff, AZ. |
|  | McEntee, M. L., **Herath, B.**, & Adams. M. A. (March, 2024). Weight stigma among insufficiently active adolescents in a 90-day mHealth walking intervention. In T. Mason’s (Chair), Leveraging mHealth technology to advance weight stigma research among marginalized groups. Symposium conducted at the annual Society of Behavioral Medicine Conference in Philadelphia, PA |
|  | Dissanayake L, **Herath B.,** Jabir S, Siriwardena R, Jayaweera K, Zavos H, Sumathipala A, Rijsdijk F. Investigating Intergenerational Transmission of Nutrition Intake, Eating Behaviours and Associated Psychological Health. The Joint 6th World Congress on Twin Pregnancy a Global Perspective & The 18th Congress of the International Society Twin Studies (ISTS); 2023 June; Budapest, Hungary. |
|  | **Herath B.,** Jabir S, Siriwardana R, Jayaweera K, Dissanayake L, Ediriweera I, Jayasinghe K, Abhayasinghe K, Lokugamhewa B, Wijewickrama A, Hewamalage A, Fernando B, Kumarendran B, Liyanage C, Wickramasinghe E, Abeysinghe N, Wijemuni R, Agampodi S, Makuloluwa T, Sumathipala A. Psychological impact of COVID-19 in Sri Lankans and associated factors. AUA Academic Conference 2023; 2023 February; Depok, Indonesia. |
|  | Jegath Janani T, Ketharam M, **Herath B.,** Shobia S. Quality of medicines in Sri Lanka: A retrospective review of safety alerts. International Social Pharmacy Workshop 2022; 2022 July; Sydney, Australia. |
|  | **Herath B.,** Amarasinghe A, Senadheera S, Samaranayake S, Samaranayake N. Impact of some selected clinical pharmacy interventions on prescription cost at a primary healthcare setting in Sri Lanka. Asia Pacific Academic Consortium for Public Health 2020; 2020 December; Colombo, Sri Lanka. |
|  | Amarasinghe A, **Herath B.,** Senadheera S, Samaranayake S, Samaranayake N. Impact of selected clinical pharmacy services on medication safety among a cohort of patients attending a primary healthcare setting in Sri Lanka. Sri Lanka Association of Clinical Pharmacology & Therapeutics Academic Sessions 2020; 2020 November; Colombo, Sri Lanka. |
| *Conference proceedings (Poster)* | |
|  | **Herath B.,** Freire R, Neelawathura R, Mukku T, Vanos J, Wardenaar F. Development of ‘SmartHeat Tracker’ app: an integrative mHealth-AI tool to monitor and advise users on heat-related health risks. Institute for Social Science Research (ISSR) Fall 2024 Graduate Student Poster Contest; 2024 November; Tempe, AZ |
|  | **Herath, B.,** & McEntee, M. L. Barriers to empowering community health workers to promote health equity. American Public Health Association Annual Meeting & Expo; 2024 October; Minneapolis, MN. |
|  | **Herath, B.,** Zach R, McEntee, M. L. Promoting health equity through weight inclusive care. Arizona Health Equity Conference; 2024 October; Phoenix, AZ |
|  | **Herath B.,** Zach R, McEntee M. L. Assessing healthcare providers’ perspectives and practices on weight-inclusive primary care. Institute for Social Science Research (ISSR) Spring 2024 Graduate Student Poster Contest; 2024 April; Tempe, AZ |
|  | **Herath B.,** Adams M, McEntee M. L. Trends in adherence to an mHealth physical activity intervention among adolescents with weight stigmatizing experiences. Society of Behavioral Medicine's 45th Annual Meeting & Scientific Sessions; 2024 March; Philadelphia |
| *Systematic Review Protocol* | |
|  | **Herath B.,** Dissanayake L, Abhayasinghe K, Sumathipala A. Healthcare workers’ perceptions and experiences during COVID-19 pandemic in South Asian countries.  PROSPERO ID: CRD4 42022330173 |
| *Publications in progress* | |
|  | Jayasinghe K, **Herath B,** Jabir S, Perera M, Guruge N. Perceptions and Attitudes toward bullying among early adolescents attending rural schools in Sri Lanka.  (Submitted to the Journal of Early Adolescence and currently under review) |
|  | Jabir S, **Herath B,** Sumathipala A, Herle M, Rijsdijk F, Zavos H. Genetic and environmental overlap between obesity indices and cardiometabolic risk factors in a Sri Lankan population twin sample. OSF Registries: <https://osf.io/cn5p4>  (Data analysis and manuscript preparation on-going) |
|  | Opatha J, Dissanayake L, **Herath B,** Jayaweera K, Wijesinghe H, Wijesinghe H, Jabir S, Sumathipala A, Rijsdijk F, Helena Z, Jayawardena R. Development of a country-specific food composition database for Sri Lanka  (Submitted to the Journal of Food Composition and Analysis and currently under review) |
|  | Oskar Kaleta F, Jayaweera K, Pannala G, Rijsdijk F, Siribaddana S, Sumathipala A, Hotopf M, **Herath B,** Jabir S, Badini I, Ahmadzadeh Y, Zavos H. Interpersonal Violence and Mental Health in Sri Lanka: Exploring the Role of Genetic and Environmental Influences and Their Interplay. OSF Registries: <https://osf.io/va2et>  (To be submitted to The Lancet Regional Health – Southeast Asia) |
| *Contribution to local scientific magazines* | |
|  | Author for ‘Gaveshana’ tri-lingual research magazine published in Sri Lanka published by the Institute for Research & Development in Health & Social Care, Sri Lanka (<https://www.ird.lk/gaveshana-magazine/>).   * Translation of the article on ‘Phytochemical and Pharmacological aspects of Indigenous Medicine’ (Volume 38) * Article on ‘Special Education’ (Volume 39) * Article on ‘Mental Health Policies in Sri Lanka’ (Volume 41) * Infographic on ‘Emotional Intelligence’ (Volume 41) |

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| **GRANTS/FUNDING** |
| * Graduate College 2024-25 Q2 Travel Award ($300), awarded by the ASU Graduate College |
| * Scholarship to attend the 2024 Arizona Health Equity Conference (In-Person) ($150), awarded by the 2024 Arizona Health Equity Conference Planning Committee |
| * University Graduate Fellowship ($1,775) for the Academic Year 2024-25 awarded by the College of Health Solutions, ASU |
| * CHS Graduate Student Travel Support Funding (status: awarded, $700) in Fall 2024, College of Health Solutions, ASU * Student Heat & Health Research Challenge 2024, 1st Runner-up **Role:** Student Investigator (status: awarded, $10,000) College of Health Solutions, ASU * Student Heat & Health Research Challenge 2024, proposal submitted in 05/2024. **Role:** Student Investigator, drafted proposal (status: awarded, $5,000) awarded by the College of Health Solutions, ASU * University Graduate Fellowship ($750) Spring 2024, awarded by the College of Health Solutions, ASU * Scholarship to participate the 2023 Summer Graduate Writing Camp ($50), awarded by the Graduate & Professional Student Association (GPSA), ASU |

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| **INTERNSHIPS/TRAINING** | |
| 2021 - 2023 | Under the Medical Research Council (MRC) UK funded Global Health Nutrition project: Specialist Training in Structural Equation Model Fitting (SEM) of Twin Data using R statistical software conducted by the Kings College London, UK. |
| 2021 - 2023 | Training in Patients and People Involvement and Engagement (PPIE) in Nutrition Research conducted by the Institute for Research and Development in partnership with Department of Health Promotion, Rajarata University of Sri Lanka and Keele University, UK. |
| Feb – Mar 2020 | Internship placement following the final year of Bachelor of Pharmacy at the National Medicines Regulatory Authority (NMRA) and National Medicines Quality Assurance Laboratory (NMQAL). |
| 2019 - 2020 | Hospital pharmacy placement and in-ward clinical training at Colombo South Teaching Hospital, a tertiary care hospital in Sri Lanka. |
| 2019 - 2020 | Community pharmacy placement under the State Pharmaceutical Corporation of Sri Lanka. |

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| **TALKS/LECTURES** | |
| Nov 2024 | Invited Guest Speaker – Career Guidance Workshop Series, Pharmaceutical Students’ Association, University of Sri Jayewardenepura, Sri Lanka  Delivered a talk on “How to Apply for a PhD?” to B.Pharm undergraduates, providing insights into application processes, preparing competitive applications, and pursuing advanced academic opportunities. |
| 2021 - Present | Lecture on ‘Pharmacogenomics: As a tool for Personalized Medicine’ for trainees at the Genetics Laboratory, Institute for Research and Development (IRD), Sri Lanka (I have been delivering this lecture for laboratory trainees at this institution remotely since my relocation to USA). |

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| **CONFERENCES/WORKSHOPS** | | |
|  | Presenter at the Student Research Corner of the College of Health Solutions Homecoming Block Party Booth at the ASU Homecoming in November 2024. |
|  | Participated at the ASU Professional Development Conference hosted by the ASU Commission on the Status of Women in October 2023. |
|  | Participated at the Global Integrated Health Care Conference Fall 2023 hosted by the College of Health Solutions, ASU in October 2023. |
|  | Participation at the Success in Graduate Writing Camp conducted by Academic Support Network, ASU in Summer 2023. |
|  | Participated ‘Introduction to Cognitive Behavioral Therapy (CBT)’ workshop conducted by the Institute for Research and Development in Health and Social Care in July 2023. |
|  | Presenter at the ‘Joint Forum on Sharing Practice Research Findings’ organized by the Department of Pharmacy and Pharmaceutical Sciences, Faculty of Allied Health Sciences, University of Sri Jayewardenepura in collaboration with the Collaboration of Australians and Sri Lankans for Pharmacy Practice, Education and Research (CASPPER) in November 2022. |
|  | Participation at the workshops conducted by the Staff Development Committee, Faculty of Allied Health Sciences, University of Sri Jayewardenepura, Sri Lanka during 2020-2021. |
|  | Participation to raise awareness on the ‘Importance of pharmacy education for Sri Lanka’ at the following scientific exhibitions for general public.   * Poster presenter at the ‘INNOVATE Sri Lanka’ Innovation & Invention Exhibition 2019, University of Sri Jayewardenepura held from 2nd -3rd April 2019 at the BMICH, Colombo, Sri Lanka. * Poster presenter at the ‘Vedasa 2018’ Medical Exhibition, Faculty of Medical Sciences, University of Sri Jayewardenepura held from 4th-8th December 2018 at the BMICH, Colombo, Sri Lanka. |
|  | Participation at the Annual Scientific Sessions of Pharmaceutical Society of Sri Lanka (PSSL) 2017 and 2018 at the Sri Lanka Foundation. |

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| **PROFESSIONAL AFFILIATIONS** | |
| 2024 - Present | Member, Society for Digital Mental Health (SDMH) |
| 2024 - Present | Student Member, American Public Health Association (APHA) |
| 2024 - Present | Student Member, Society of Behavioral Medicine (SBM)  Health Equity SIG Student Advisory Committee Member, SBM |
| 2023 - Present | Research Affiliate, Institute for Research and Development in Health and Social Sciences (IRD) |
| 2023 - Present | Life Member, Sri Lanka Association for Advancement of Science (SLAAS) |
| 2021 - Present | Member, Organization for Women in Science for the Developing World (OWSD) |
| 2021 - Present | Registered Pharmacist, Sri Lanka Medical Council (SLMC) (Reg. No. 11156) |

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| **PROFESSIONAL SERVICE** | |
| June 2024 | Reviewer for APHA Public Health Film Festival program  American Public Health Association (APHA) 2024 Annual Meeting and Expo |
| Nov 2023 - Present | Grant Reviewer for GSG Awards, GSG Research Grants, GSG Travel Grants, Graduate Student Government (GSG), Arizona State University |