



COLOMBO MEDICAL CONGRESS 2022

*"Sustainable and Affordable Healthcare through
Research, Innovation and Practice"*

23 – 26 November 2022

FACULTY OF MEDICINE
UNIVERSITY OF COLOMBO



relevant authorities are needed if these unfortunate incidents are to be avoided in the future.

Keywords: psychosocial concerns, suicide attempt, social and family conflict, parental monitoring

PP-10: Dispositional mindfulness as a moderator between the experience of subclinical post-traumatic stress symptoms and subjective wellbeing among Sri Lankans

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Introduction: The Sri Lankan population has endured many traumatic experiences such as the three-decade-long civil war and the Easter Sunday attacks. These events may have precipitated the development of subclinical post-traumatic stress symptoms (PTSS) among its people. This may negatively impact their subjective well-being (SW). A low level of SW has been associated with many adverse outcomes. Literature has established the moderating effects of dispositional mindfulness (DM) against the negative outcomes that are derived from psychopathology. As such, the present study aimed to see the moderating effect of DM on the relationship between PTSS and SW among Sri Lankan adults.

Methods: The study was carried out across 105 Sri Lankan adults aged 18-65 years through an online survey. The participants represented the major ethnic groups of the country and were residing in Sri Lanka at the time of data collection. The trait version of the MAAS, the PCL-5, and the SWLS were the measures used for data collection. The study employed SPSS version 28 for the data analysis process.

Results: The reliability analyses revealed high levels of consistency across all measures administered. The results revealed the presence of a high rate of PTSS among the participants. A weak positive correlation between DM and SW; a moderate negative correlation between PTSS and DM; and a weak negative correlation between PTSS and SW were observed. Additionally, the relationship between PTSS and SW was not moderated by DM within this sample.

Conclusions: A high level of PTSS was associated with a decrease in SW, and DM did not moderate the relationship between subclinical PTSD symptoms and SW. The presence of a high rate of PTSS among the participants suggests the need for suitable interventions.

Keywords: dispositional mindfulness, post-traumatic stress symptoms, subjective wellbeing, Sri Lanka, moderator

PP-11: Effects of a meditation-based psychotherapeutic intervention on psychological distress and perceived health-related quality of life of stage IV and V chronic kidney disease patients: a randomised controlled trial protocol

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Introduction: Meditation is empirically supported as a sustainable and non-invasive mind-body therapy in illness contexts. The proposed randomised controlled trial (RCT) intends to explore whether a meditation-based psychotherapeutic intervention (MBPI) could alleviate psychological distress (PD) and enhance perceived health-related quality of life (pHRQOL) in a sample of Sri Lankan patients diagnosed with stages IV and V chronic kidney disease (CKD).

Methods: A repeated-measures, open RCT will be performed. Fifty-six CKD patients who are in stage IV/V of the illness, who have not undergone renal-replacement therapy and are between the ages 18-65 years will participate in an eight-week MBPI compared to an active control group (CG; n=56), who will participate in a parallel series of illness-related education sessions. The proposed MBPI will consist of eight 1.5 hourly sessions where the 1st and the 8th session will be conducted onsite while 2nd-7th sessions will be conducted online and will require a 30-40 home-based daily individual practice of meditation between sessions. Participants will be recruited from renal care clinics at the National Hospital of Sri Lanka, Colombo (NHSL) using purposive sampling and will be grouped using block randomization. To avoid contamination bias and influence on the CG, the participants of the experimental group will be instructed not to share any information related to the MBPI with others during the study. All participants will complete validated psychometric measures to evaluate primary outcomes (i.e. PD and pHRQOL) and secondary outcomes (i.e. mindfulness, self-compassion, coping, psychological resilience) during three-

time points: before, immediately after, and three months after the completion of the intervention. The study will be conducted in the Clinical Medicine Academic and Research Centre premises at the NHSL. Outcomes between groups will be compared by adhering to standard principles for RCTs.

Keywords: meditation-based psychotherapeutic intervention, psychological distress, health-related quality of life, chronic kidney disease

Funding: AHEAD Grant of the World Bank (Grant No. 6026-LK/8743-LK)

PP-12: Effects of long-term meditation practice on expression of *CRY1* and *CRY2* genes related to circadian rhythm: a case-control study

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Introduction: Many physical, metabolic and behavioural changes in the human body follow a circadian rhythm. Cryptochrome circadian regulator (*CRY*) 1 and 2 genes encode circadian proteins important for circadian rhythmicity. Up-regulated *CRY* genes ensure the stability of the circadian rhythm which contribute to maintenance of homeostasis in the body. Practice of meditation has been suggested to up-regulate the expression of *CRY1* and *CRY2*