



CONTROL

**(COgNitive Therapy for depRessiOn in tubercuLosis treatment) to
improve outcomes for depression and TB in Pakistan and
Afghanistan**

**A Four-year Programme of Research Funded by: NIHR (RIGHT)
Research and Innovation for Global Health Transformation**

Reference: NIHR201773

Three-Day Capacity Development

Workshop on

FOCUSED ETHNOGRAPHY

&

QUALITATIVE METHODS in CONTROL

19th-21st July, 2022

Khyber Medical University



EXECUTIVE SUMMARY

The CONTROL (COgNitive Therapy for depRessiOn in tubercuLosis treatment) is a programme of research to improve outcomes for depression and TB in Pakistan and Afghanistan refugees residing in Pakistan funded by NIHR.

Under the capacity development module, first three days' workshop on Focused Ethnography & Qualitative methods was held from 19th to 21st July, 2022 at Senate Hall, Admin Block, Khyber Medical University (KMU). It was conducted to make newly inducted Research Assistants and research team understand about CONTROL as a project and to help them understand work package 1 and its components including focused ethnography & qualitative methods of research. This report is description of the activities conducted in this workshop.

INTRODUCTION

Facilitator:

Dr. Zohaib Khan, Co-lead CONTROL

Dr. Haroon, Deputy Director, Provincial TB Control Program KPK

Dr. Fayaz Ahmad, Post Doc fellow CONTROL

Dr. Noor Sanauddin, Associate Professor of Sociology WP1 Lead

Dr. Saima Aleem, Communication Manager

Dr. Safatullah, Administrator CONTROL.

Workshop Proceedings:

Three-Days workshop was designed to cater the needs of assistants having different academic background to develop their research related capacity.

Three-Days Workshop was comprised following topics:

- An insight to Tuberculosis in KPK
- Contextualization of THE CONTROL
- Topic guides for qualitative research ethnography
- Focused ethnography checklist
- Qualitative research which involves tools and techniques
- Compiling Focused ethnography report

Date & Venue:

The workshop was held from 19th to 21st July, 2022 at Senate Hall, Admin Block, Khyber Medical University (KMU).

Significance of the Workshop:

Before the launch of field work, on the directives of project leads, it was considered best to equip the research assistants with the Qualitative methods and focused ethnography. It was important for the research assistants to practice interviews, and focused group discussion for better understanding and to translate the learning into actions once they will be in the field for work package 1 pilot and definitive data collection.

Participants:

The workshop was attended by 30 Research Assistants and senior staff of CONTROL.

Day 1- Tuesday, July 19, 2022

Day 1 workshop proceeding:

Session one was opened with the recitation of Holy Quran. Dr. Fayaz Ahmad Post Doc fellow, highlighted the aims and objective of the workshop to all the participants. Dr. Zohaib Khan shared the overview of THE CONTROL (COgNitive Therapy for depRessiOn in tubercuLosis treatment) which is to improve outcomes for depression and TB in Pakistan and Afghanistan refugees residing in Pakistan and is funded by NIHR.

He introduced the all four work packages which will be used to develop an intervention to screen depression in TB patients and deliver psychological intervention based on cognitive behaviour therapy (CBT). He elaborated four key elements which are as follows:

- (i) Screening for depression in TB patients using the Patient Health Questionnaire–2
- (ii) A brief psychological intervention based on cognitive therapy principles consisting of six sessions

- (iii) Intervention delivery using a cascade model of training to train TB health workers to provide therapy
- (iv) Integration of mental health outcomes in TB control programme.

An insight to Tuberculosis in KPK:

Tuberculosis (TB) is the 10th leading cause of death globally and Pakistan is ranked fifth among TB high-burden countries. Dr. Haroon shared statistics of TB in KPK which includes new cases, death rates and comorbid condition. He shed light on Directly Observed Treatment (DOTS) which is the most cost-effective intervention and has 95 percent cure rate. DOTS prevents new infections among children and adults. Moreover Signs & symptoms were highlighted. Further, he elaborated the significance of TB in this project.

The Spirit of Ethnography:

Ethnographic fieldwork ‘provides privileged opportunities to enter into and to share the everyday lives of other people. Dr. Noor Sanauddin elaborated that the fieldwork will be conducted by Research Assistants (RAs) trained in ethnography .The CONTROL researchers will ensure that the gendered nature of healthcare is captured by having a gender-balanced team of ethnographers. Moreover, the method of ethnographic fieldwork which is participant observation, involves participating as well as observing interactions in the community and in this study. During fieldwork, ethnographers will investigate the (potentially stigmatising) effect of locally used metaphors associated with TB which can have direct effects on healthcare seeking practices and self-treatment practices

Focused Ethnography Checklist

Dr. Saima Aleem & Dr. Safat Ullah addressed that the focussed ethnography will take place in the social settings where the ethnographers will spend time (at least one full day), observing

and participating, where possible, in the daily life activities to get a deeper understating of the various aspects of the issues detailed.

Dr. Saima shared the elements which involves in the checklist which will focus on the following aspects of the issue during field work: local aspects that can have direct effect on psychological reactions to diagnosis of TB and its treatment, current provision of care, local idioms used in treatment encounters and help seeking, experience of stigma, local support systems, expression and idioms of distress, perception of the illness, the use of local explanatory models that can help engagement in treatment, adherence to treatment, nature of interaction between patient and health care provider, attitude and behaviour of family members towards the patient, self-esteem of the patient an physical environment of the 'social setting'.

Dr. Saima also shared the details of Research Ethics with all the participants and the interactive session was an effort to sensitize the participants regarding the key element of ethics and how to deal with their respondents while in field for data collection.

Feedback from participants:

Day-1 concluded with 15 minutes feedback session from participants. In this, the participants openly shared their views regarding the workshop & the content of the workshop since the research assistants were holding different academic backgrounds in health so the workshop was very conducive to build their capacity towards better understanding work package generally & research specifically



Day 2- Wednesday, July 20, 2022

Qualitative Research tools and techniques & contextualization of THE CONTROL Topic guides for qualitative research:



Dr. Fayaz started the session by explaining Qualitative research which relies on data obtained by the researcher from first-hand observation, interviews, questionnaires, focus groups, and participant-observation, recordings made in natural settings, documents, & case studies. He highlighted the tools & technique which will be used in the project by research assistants.

Topic guide for TB patient, topic guide for parent and carers, topic guide for healthcare professional were shared with newly inducted team .It also includes consent forms of patients , parents or carer and healthcare professional. Furthermore, it also includes the Interview sheet with patient and with parent & carer. Research assistants went through the sheets & guides and discussed the ambiguities in detail.

Conducting Mock Interviews & Conducting FGD:

Newly Inducted team practiced the interviews forms, consent forms following the guides which includes Topic guide of TB patient, topic guide of carer or parent & topic guide of healthcare professional and focused group discussion. Dr. Saima & Dr. Safat led the

activity. In which the participants practiced the role of interviewer, note taker & patient.



Feedback from participants:

Day-2 was concluded with 15 minutes feedback session from participants. In this the participants shared positive feedback regarding their understanding of interviews and focused group discussion. Their ambiguities were addressed and facilitators guided them regarding challenges they might face in field regarding qualitative work.

Day 3- Thursday, July 21, 2022

Conducting Focused Ethnography & Compiling Focused Ethnography Report

Dr. Fayaz Ahmad addressed that Focus Group Discussions (FGDs) will be conducted with patients, their parents or carers, and health professionals, in Peshawar & Abbottabad which is aimed at bringing a group of people together to generate an interactive discussion, is useful for exploring individuals' perspectives in ways which could not be possible in a one-to-one interview. He elaborated that these focus group discussions will be specifically centered on the findings emerging from the ethnographic and interview data and how these could be used to inform both the form and content of the CONTROL interventions in local communities. Moreover, the FGDs will be facilitated by researcher team members who will be using a semi-structured topic guide to help generate and steer the discussion. Approximately 06-08

participants, consisting of patients, their carers, and health professionals working in the area with TB patients will be invited to this group discussion, which will be organized at community health facility/ TB treatment center.



Dr. Fayaz highlighted that these discussions are expected to last around 60-90 minutes and with permission from all participants, the focus groups will be audio-recorded before transcription.

Feedback from participants:

Day-3 was concluded with 15 minutes feedback session from participants. In this, the participants summarized the three days sessions, each & every participant participated in all activities. They better understood the aim, objective of the project, focused ethnography & Qualitative methods of research.



Group Picture of Facilitators with all Participants

Agenda

Day 1- Tuesday, July 19, 2022

Time	Session	Resource Person
09:00-09:30 am	Introduction	All Participants
09:30-09:40 am	Aims and Objectives of the workshop	Dr. Fayaz Ahmad, University of Peshawar
09:40-10:15 am	Introduction to CONTROL project	Dr. Zohaib Khan, Khyber Medical University
10:15-10:45 am	An insight to Tuberculosis in KPK	Dr. Haroon, Deputy Director, Provincial TB Control Program KPK
10:45-11:00 am	Tea Break	
11:00-01:00 pm	The Spirit of Ethnography	Dr. Noor Sanauddin University of Peshawar
01:00-02:00 pm	Lunch and prayers Break	
02:00-03:00 pm	Hands on Activity: Focused Ethnography Checklist	Dr. Saima Aleem, Khyber Medical University Dr. Safatullah, Khyber Medical University

Day 2- Wednesday, July 20, 2022

Time	Session	Resource Person
09:00-09:30 am	Re-cape of yesterday's sessions	Dr. Saima Aleem, Khyber Medical University
09:30-11:00 am	Qualitative Research: Tools and Techniques	Dr. Fayaz Ahmad, Khyber Medical University
10:30-11:00 am	Tea Break	
11:00- 12:00 pm	Contextualization of THECONTROL Topic guides for qualitative research	Dr. Fayaz Ahmad, Khyber Medical University
12:00-01:00 pm	Hands on Activity: Conducting Mock Interviews	Dr. Saima Aleem, Khyber Medical University Dr. Safatullah, Khyber Medical University
01:00-02:00 pm	Lunch and Prayer Break	
02:00-03:00 pm	Group Work – Conducting FGD	Dr. Saima Aleem, Khyber Medical University Dr. Safatullah, Khyber Medical University

Day 3- Thursday, July 21, 2022

<i>Time</i>	Session	Resource Person
<i>09:00-09:30 am</i>	Re-cape of yesterday's sessions	Dr. SafatUllah, Khyber Medical University
<i>09:30-11:00 am</i>	Conducting Focused Ethnography	All participants
<i>11:00-11:30 am</i>	Tea Break	
<i>11:30- 12:00 pm</i>	Compiling Focused Ethnography Report	Dr. Fayaz Ahmad, Khyber Medical University
<i>12:00-01:00pm</i>	Report Compilation	All participants
<i>01:00-02:00 pm</i>	Lunch and Prayer Break	
<i>02:00-03:00 pm</i>	Group Work – Presenting Reports	All Participants