

Keele Global Mental Health Symposium and CONTROL Showcase

28th and 29th February 2024

Executive Summary

The Global Mental Health Symposium and CONTROL Showcase Event took place at Keele Hall, Keele University on 28th and 29th February 2024. This two-day event was arranged by Professor Saeed Farooq (CONTROL Lead) and members of his global mental health research team within the School of Medicine at Keele University. Overall, 119 people attended the symposium, with 65 attendees on day one and 54 attendees on day two of the event. The symposium hosted guests from a variety of national and international organisations including the World Health Organisation, NIHR, HealthNet TPO, Agha Khan University, Centre for Mental Health and Addiction Canada, and Kent and Medway Medical School. There were 31 speakers across the two days, presenting on a range of topics including early intervention in psychosis, capacity building in low- and middle-income countries (LMICs), implementation research in LMICs, mental health and Tuberculosis, and mental health in conflict/post-conflict settings. The event was an overarching success. Guests and speakers actively participated in sessions, with fruitful discussions taking place after each session. We received very positive feedback for the event: guests said that the symposium was a unique and impactful insight into global health research which showcased high-calibre research and collaborations. We look forward to arranging a similar event in Pakistan in collaboration with Khyber Medical University (KMU) in the future.

Senior Leadership Team from Keele and MPUFT



The senior leadership team at Keele University and Midlands Partnership University Foundation Trust (MPUFT) extended their full support and ensured active participation. They shared their insights on global mental health research, current and future collaborations, and capacity development opportunities for the early career researchers in LMICs. The speakers included **Neil Carr OBE** (Chief Executive, MPUFT), **Professor Mark Ormerod** (Deputy Vice-Chancellor and Provost, Keele University), **Professor Antonius Raghubsansie** (Pro VC International, Keele University), **Professor Eran Edirisinghe** (Pro VC Research and Innovation, Keele University), **Professor Peter Coventry** (Dean, School of Medicine, Keele University), **Professor Christian Mallen** (Executive Dean of School of Medicine and Health Sciences, Keele University), **Professor Danielle Van Der Windt** (Professor of Primary Care and Epidemiology & Director of Research, School of Medicine, Keele University), **Professor Krysia Dzedzic** (Dean of Research, Faculty of Medicine and Health Sciences, Keele University), **Professor Priya Paudyal** (Professor in Public Health and Director for the IGHW, Keele University), **Dr Tom Shepherd** (Senior Lecturer in Public Health and Primary Care and Deputy Director for the IGHW, Keele University) and **Dr Ivonne Solis-Trapala** (Senior Lecturer in Medical Statistics, Director, Keele Clinical Trials Unit & Co-Director, NIHR Research Support Service Hub).



Senior Leadership Team from KMU and Khyber Pakhtunkhwa

Members of senior leadership teams from KMU and Khyber Pakhtunkhwa (KP) district of Pakistan also offered their support for the programme, and shared unique insights into collaborations between Keele and institutions in KP. Key speakers here included **Professor Zia Ul Haq** (VC, KMU), **Mr Arshad Khan** (Secretary of Higher Education Archives and Library Department, Representative Government of KP), **Dr Zohaib Khan** (CONTROL Co-lead and Director of Research, KMU), **Dr Jalil Khan** (Head of Family Medicine Department, KMU), and **Dr Mian Mukhtar Ul Haq Azeemi** (Consultant Psychiatrist, Lady Reading Hospital Medical Teaching Institute, KP). Presentation topics included collaborations in global mental health research, higher education in Khyber PK and collaborations with HEI UK, developing and supporting early career researchers in LMICs, working with the Tuberculosis control programme, and an overview of The HOPE programme.



Senior Executives Team Meeting



Professor Mark Ormerod (Deputy Vice-Chancellor and Provost, Keele University) chaired an executive meeting to discuss collaborations between Keele University and the KP province of Pakistan. **Professor Saeed Farooq**, **Professor Antonius Raghubsie** (Pro VC International, Keele University), **Professor Zia Ul Haq** (VC, KMU), **Mr Arshad Khan** (Secretary of Higher Education Archives and Library Department, Representative Government of KP), and **Dr Jalil Khan** (Head of Family Medicine Department, KMU) attended the meeting.

A main summary of the points discussed in the meeting are listed below:

- Dr Khan briefed about higher education in Khyber Pakhtunkhwa (KP) province of Pakistan and mentioned the opportunities for collaboration between Keele University and KP.
- Professor Haq highlighted the role of Khyber Medical University (KMU) as the only public sector medical university in KP that offers graduate and postgraduate programmes in medical and allied subjects.
- Professor Ormerod and Professor Raghubsie mentioned the extensive collaborations that Keele has developed with different institutions globally and that Keele would like to develop links with Pakistan, having students from Pakistan in different disciplines. Keele has a liaison officer in Islamabad, and it is anticipated that this will soon include a link with KMU. They appreciated the CONTROL programme of research and its impact in developing links with Keele. They both highlighted the high quality of PhD students selected in the joint collaboration programme from Pakistan.
- Dr Khan stressed that their priority will be to have postgraduate students in Keele. He emphasised that he would like to collaborate with Keele in developing quality assurance systems in KP.
- Professor Haq mentioned that KMU could offer a space for the liaison office for Keele in KP.
- Professor Ormerod and Professor Raghubsie agreed that we must extend collaboration with Keele. They mentioned the possibility of a joint PhD programme on the model of CONTROL PhD students. They agreed that we have identified number of areas for future collaborations with KMU and higher education in the KP province. This is to be discussed with Keele management teams and will be actioned accordingly soon.

Keynote Speakers



Professor Sir Robin Murray (Professor of Psychiatric Research, King's College London) was the first keynote speaker at the event. He presented on the topic 'The rise and rise of drug-induced psychosis across the globe', focusing on cannabis use and the relationship with psychosis across different countries including Europe and the Global South.



Mr Mark Lutton (Assistant Director, NIHR Global Health Programmes) was the next keynote speaker. He presented on the topic 'Global health research capacity strengthening from the NIHR perspective', discussing training opportunities in global health research at the NIHR Academy.



Professor Farooq Naeem (Chief of General Adult and Health Systems Psychiatry, Centre for Addiction and Mental Health, Toronto, Canada) was the next keynote speaker, presenting on 'Cultural adaptation of CBT'. He discussed how CBT should, and can, be adapted in differing contexts, using Pakistan as an example.



Dr Aiysha Malik (Mental Health Specialist, WHO) was the next keynote speaker. She presented on the topic 'WHO policy guidance and capacity strengthening to address TB and mental health conditions'. She discussed the recently published WHO guidelines for Tuberculosis and comorbidities such as mental health conditions and substance misuse.



Professor Lisa Dikomitis (Director of Research and Director of the Centre for Health Services Studies, Kent and Medway Medical School) presented on 'Anthropological and creative approaches to research and tackling stigma in neglected diseases: the example from ECLIPSE'. Key themes included the importance of ethnographic methods and art-based interventions, the decolonisation of global health research, and community engagement.



Professor Zainab Samad (Chair of the Department of Medicine, Agha Khan University, Pakistan) presented on 'Interventions to improve health outcomes in non-communicable diseases in low- and middle-income countries (LMIC)'. She discussed the burden of non-communicable diseases, using Pakistan as a case study, and opportunities for research capacity development.

As well as keynote speakers, contributions from Keele Faculty members featured as an integral part of the symposium. Topics included global health research at Keele Institute for Global Health and Wellbeing, partnerships, and collaboration (presented by **Professor Priya Paudyal and Dr Tom Shepherd**) and implementing evidence in improving treatment adherence in schizophrenia: STOPS+ (presented by **Professor Martyn Lewis**, Reader in Statistics, Keele University).

In addition, members of the CONTROL team discussed the project in detail. **Dr Zohaib Khan** (Director of Research and CONTROL Co-Lead, Khyber Medical University) discussed 'The CONTROL journey: working with the TB Control Programme', detailing the symbiotic relationship between CONTROL and the TB Control Programme in Pakistan, and how lessons from CONTROL have been integrated into the programme. He also discussed 'Developing and supporting early career researchers in LMIC: learning from the CONTROL programme', sharing insights into the major capacity building element of the CONTROL project, which includes the recruitment of five PhD students. Further to this, **Professor Monica Magadi** (Professor of Epidemiology and Global Health, Keele University) detailed her experience of supervising the PhD students. **Dr Saima Aleem** (Communication Manager and Community Engagement Initiative Lead, CONTROL Programme, Khyber Medical University) discussed the 'Voice of CONTROL', an extensive and very successful community engagement initiative within the project.

CONTROL PhD Student Presentations

As part of the CONTROL programme and in collaboration with Khyber Medical University, five excellent students have been selected to be enrolled to undertake PhD projects as part of CONTROL capacity building in low- and middle-income countries (LMICs). Students presented their PhD topics on day one of the event, discussing the background, rationale, aims, and methodology of their projects.



Ms Aliya Durrani presented on 'Adapting clinical practice guidelines for the management of postpartum depression for use in low-middle income countries using ADAPTE framework'. Aliya discussed the current clinical practice guidelines available for managing postnatal depression, and the potential adaptation of these guidelines for LMICs.



Mr Muhammad Sohaib presented on 'The role of stigma in people with comorbid depression and tuberculosis and its effect on adherence with anti-tuberculosis treatment and quality of life'. He discussed in detail the three phases of his PhD project and the expected outcomes.



Mr Safat Ullah presented on the ‘Feasibility of cognitive behavioural therapy for cannabis use disorder in tertiary care hospitals in Peshawar’. Safat discussed the growing need for effective treatments for cannabis use disorder and the cultural adaptation of CBT.



Miss Huma Mughal presented on ‘Testing and developing cognitive behaviour therapy based interventions for depression and anxiety among people with HIV’. She discussed the three work packages of her PhD for improving HIV-treatment adherence and using adapted CBT to reduce depression and anxiety in patients.



Mr Abdul Latif presented on ‘Developing an essential package of care for the treatment of severe mental illness as a part of universal health coverage (UHC) programme in Pakistan’. He discussed a multi-method approach to developing and integrating a package of care for severe mental illness into Pakistan’s healthcare system.