



The CONTROL

(COgNitive Therapy for depReSSIOn in tubercuLosis treatment)

to improve outcomes for depression and TB in Pakistan and

Afghanistan

Funded by: RIGHT3, NIHR

Reference: NIHR201773

**“CONTROL GLOBAL MENTAL
HEALTH SYMPOSIUM”**

Islamabad, Pakistan

8th & 9th November 2023

Drafted by: Dr. Saima Aleem

Reviewed by: Dr. Zohaib Khan

EXECUTIVE SUMMARY

The CONTROL Global Mental Health Symposium, held on 8th & 9th November 2023 in Islamabad, Pakistan, convened over two impactful days, fostering a collaborative platform for thought mental health leaders, clinicians, primary care professionals, CONTROL study stakeholders, early and mid-career researchers to explore and address critical issues in the mental health as both stand-alone and emerging as a comorbid condition.



The symposium held significant importance for highlighting the holistic approaches to various aspects of mental health, showcasing cutting-edge innovations in mental health treatment and interventions, and emphasizing the need for culturally sensitive mental health practices. The symposium provided a platform for CONTROL Ph.D. students to showcase their research plans and develop strong connections with subject experts to strengthen their research. This report narrates the highlights of the two-day symposium supported by the video highlights developed by the CONTROL communication team.

CONTROL GLOBAL MENTAL HEALTH SYMPOSIUM:

The CONTROL Global Mental Health Symposium was organized at Marriott Hotel Islamabad on the 8th and 9th of November 2023, with each day following different sessions chaired by subject experts.

Symposium Day 1:

Registration of Symposium Participants:



Before the commencement of day 1 activities, a registration desk was established for all the distinguished guests and symposium participants for their registration and handing over the

registration tags, symposium agenda, and symposium files. The registration desk was managed by Dr. Fatima Khalid, and Dr. Somia Amin from the CONTROL study. The team displayed printed copies of CONTNEWS, CONTROL study quarterly newsletter for the symposium participants to cherish the journey of various phases of study completed to date, which was appreciated by the academicians and researchers from other projects and specialties.

Following the registration of all the guests and participants, the session was officially opened with the recitation of the Holy Quran by Dr. Fayaz Ahmad, Post-doc fellow CONTROL.



Welcome & Opening Remarks:

“If I have seen further, it is by standing on the shoulders of giants”, with this quote Dr. Zohaib Khan, Co-Investigator of CONTROL welcomed the distinguished guests and dignitaries and mentioned what an honor it was for him to have so many giants in the room including mental health experts diaspora, global health experts, researchers from Keele University, Rawalpindi Medical University, Khyber Medical University and Provincial TB Control Program. He overviewed the day 1 session.

Day 1 comprised the following four sessions:

1. Global health research at Keele University.
2. The CONTROL study progress showcase

3. Research at Keele School of Medicine & Impact Acceleration Unit
4. Capacity building in mental health

Session 1:

Session 1 was chaired by Prof. Dr. Asad Nizami, Professor of Psychiatry, at Rawalpindi Medical University, and moderated by Dr. Khalid Rehman.



Prof. Saeed Farooq is a renowned Professor of Psychiatry and Public Mental Health, at the Faculty of Medicine and Health Sciences at Keele University & serving as an honorary consultant psychiatrist at Midlands Partnership NHS Foundation Trust. He has vast experience in the field of mental health. He is the Project Lead for “The CONTROL “COgNitive Therapy for depRessiOn in tubercuLosis”.

Prof. Saeed first presented gratitude to his team at Keele University, UK, and presented the Global Health Research at Keele University, UK, and highlighted the collaborative research project with Khyber Medical University, Peshawar. He mentioned that despite progress in LMICs people with mental health conditions often experience severe human rights violations, discrimination, and stigma. Increased involvement is required at all fronts to tackle the issue

and for mental health awareness. He expressed his utmost pride in the fact that 97% of the research at Keele University was deemed to be world-leading and of international importance.



Prof. Saeed overviewed the global health research projects at Keele including the CONTROL study, the ECLIPSE project, The HOPE study, STOPs project. He shared the details of different aspects of the CONTROL project including intervention development, capacity development for Post-doc and Ph.D. program and research team, and community engagement initiatives and training delivered by the Impact Accelerator Unit regarding Patient and Public Involvement and Engagement.

Prof. Ivonne Solis -Trapala



Prof. Ivonne Solis-Trapala, Director of Keele Clinical Trial Unit extended her heartfelt gratitude to the CONTROL team for inviting her.



She mentioned that for her the Keele Clinical Trials Unit is the start of a journey towards building expertise and collaboration in global mental health. Keele clinical trials unit supports world-leading research in musculoskeletal sciences primary and secondary care and its remit is to design, conduct, analyze, and publish trials and other well-designed studies that benefit the NHS, public health, and social care. Currently, their portfolio is within its national studies and Keele CTU has expertise in the coordination and regulation of trials and other clinical research that support capacity building. Keele CTU has accreditation and registration from the UK Clinical Collaboration Network, to ensure high-quality research is conducted and delivered in the UK.

Keele CTU has a staff comprising about 30 members including clinical trial managers, administrators study coordinators, and data managers, and they have a strong group of statisticians at the School of Medicine that are affiliated with CTU. They also have dedicated staff members for the information and digital services in the university. Prof. Ivonne highlighted that they do quite a bit of work in terms of capacity building. Keele CTU is supportive of the new generation of clinical research, so they work closely with them to support and develop grant applications and research conduct.

Prof Monica Magadi

Prof. Monica Magadia is Prof. of Epidemiology and Global Health Research at Keele University. Her talk was about poverty and HIV in Sub-Saharan Africa which shifted the focus of the session from Keele to a more Global perspective of research.



Prof. Monica mentioned that among the global epidemics that humanity has failed to eradicate or eliminate is HIV and more than 40 years after the first HIV and AIDS cases were reported, we still have unacceptably high numbers of people dying from HIV annually, and also the number of new infections is still unacceptably high. The number of cases of people who are getting new infections or dying from HIV has reduced significantly in recent years, but the levels are still unacceptably high and despite that, the number of people living with HIV has continued to grow. For this reason, the UN still has its very much as part of the UN sustainable development goals in terms of how to end or indeed address the pandemic.

Prof. Monica highlighted that one world bank report has stated that widespread poverty and unequal distribution of income that typify underdevelopment appears to stimulate the spread of HIV. In Sub-Saharan Africa, sexual behavior and patterns are largely linked to the spread of HIV. Among the public health outcomes, urban poverty is a major contributing factor. She

presented the evidence of work that has been undertaken in this regard and showcased a case study conducted in Kenya.

Prof. Monica concluded that the intricate relationship between poverty and HIV is not a straightforward relation, but urban poverty being well-documented in literature is a major contributing factor. Interventions need to be directed to address the issue.



Dr. Martyn Lewis is a Reader in Medical Statistics at Keele UK. He reflected upon his involvement since 2017 in the collaborative projects between Keele and KMU and mentioned that he had been part of STOPS+, CONTROL, and the HOPE study.

For STOPs+, he mentioned that few community-based services for people with schizophrenia in low-middle-income countries were available, and poor treatment adherence to schizophrenia was also noted to be a big issue and this was associated with poor health outcomes and suicides and an increase in mortality. The concept of this emerged from Prof. Saeed's previous project STOPs, where the supervised treatment in outpatients for schizophrenia was positive in terms of its outcome and it showed that the treatment in adherence increased by 20% which was very effective. STOPs+ was a cluster randomized controlled trial (cRCT) and Dr. Martyn highlighted various aspects of trials in terms of patients, recruitment, follow-up, and outcome assessment and shared the project's analysis and findings. He mentioned that the economic analysis is still in progress.



Session 1 Panel:

Session 1 was followed by a panel discussion among all the presenters and a question-answer session with the symposium audience.

Panel Members:

- Prof. Saeed Farooq
- Prof. Dr. Zia ul Haq
- Prof. Monica Magadi
- Prof. Asad Nizami
- Prof. Ivonne Solis
- Dr. Martyn Lewis

The panel discussion was followed by souvenir distribution among all the panel members.





Session 2:

Session 2 was moderated by Dr. Zohaib, and it was all about the CONTROL study. He mentioned that CONTROL is amongst the third major trials conducted in the provincial TB CONTROL program. The session was chaired by Dr. Mudassir Shahzad, Director of Provincial TB Control Program KPK.

Dr. Noor Sanauddin:

Dr. Noor is an Associate Professor of Sociology at the University of Peshawar and is a co-investigator in CONTROL and led the work package 1, the qualitative domain in the study.



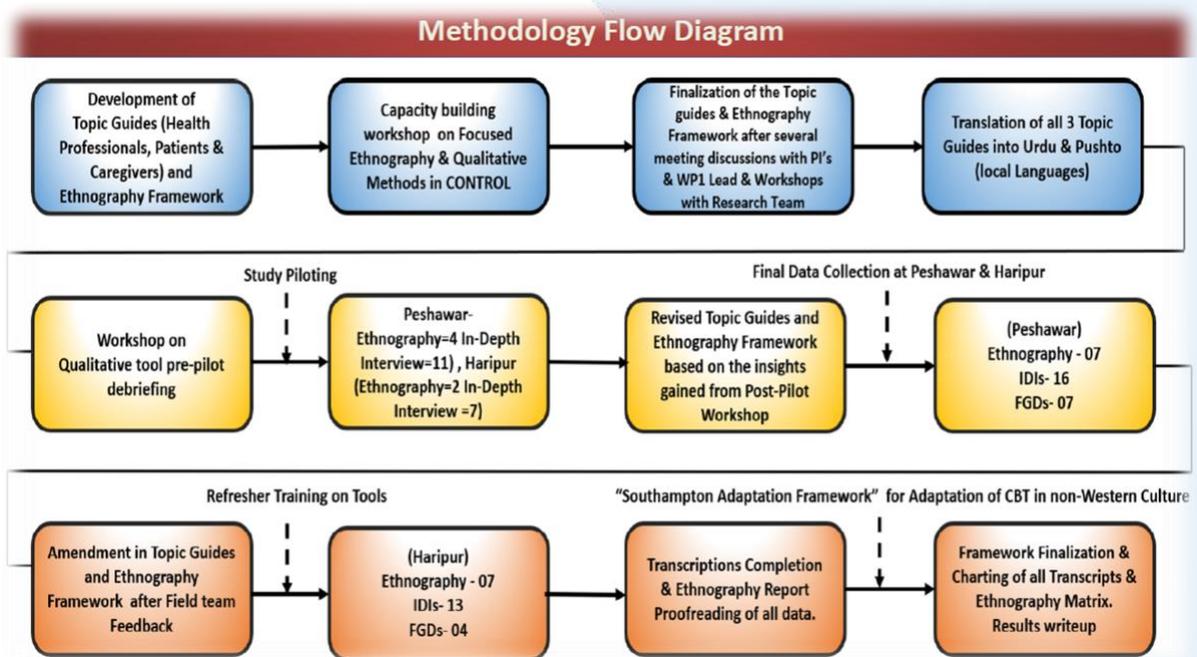
He briefed the audience about the ethnographic and qualitative work undertaken to feed into CONTROL intervention development. Following the MRC framework, for developing and evaluating the complex interventions, the CONTROL has an extensive intervention development phase consisting of three inter-related stages:

- ✚ Stage 1: Stakeholder engagement and PPIE
- ✚ Stage 2: Evidence synthesis, focused ethnography, and qualitative studies
- ✚ Stage 3: Adaptation and further refinement of the intervention through consensus workshops.

Dr. Noor highlighted the ethnographies were conducted in District Peshawar and Haripur and qualitative work was conducted with three groups of participants including:

- ✚ TB patients (local Pakistani & Afghan Refugees)
- ✚ Carers of the patients
- ✚ Health care providers

Dr. Noor narrated the whole journey of work package 1 via flow diagram and appreciated the efforts of the field team who emerged as real foot soldiers to conduct the ethnographies and qualitative study.



The data collected was analyzed by using the Southampton framework and the findings in terms of qualitative themes were shared with the intervention development team to help them refine the cognitive behavior therapy-based intervention to address depression among tuberculosis patients.

Dr. Mirrat Gul

Dr. Mirrat Gul, Senior Clinical Psychologist at Mayo Hospital is developing CONTROL intervention along with Prof. Farooq Naeem.



Dr. Mirrat first highlighted the master trainers for the CONTROL intervention were selected after a competitive process and have a background in CBT because they will be contributing to the development of the manual on CBT and they need to have an understanding of why cultural contextualization needs to be done.

After six days of robust training in Lahore under the supervision of Dr. Mirrat, the master trainers trained the TB DOTs facilitators in Peshawar as in the CONTROL study, DOTs facilitators are the main service providers. She mentioned that this CBT intervention is also a new thing that if apart from just depression and anxiety CBT is blended into health services for different health issues, then it will open new avenues and CBT can be facilitated in applied in the health sector for physical issues too so cultural adaptation is key to success.

Standard CBT contains as many culturally specific values as any other psychotherapy. CBT involves the exploration of core beliefs and unhelpful patterns of thinking and attempts to

modify them. Dr. Mirrat briefed about the number of CBT sessions to be delivered to patients and mentioned the details of every single session. The intervention material will comprise:

- ✚ Handbook and video files for TB Health workers
- ✚ Handouts & audio/video files for patients
- ✚ Flipbook for TB Health Workers& patients
- ✚ Leaflets

In the end, Dr. Mirrat extended thanks to the CONTROL master trainers and project team for delivering their best.

Dr. Saima Aleem



Dr. Saima Aleem is the Communication Manager and Community Engagement Lead in the CONTROL study. She presented the CONTROL community engagement initiative (CEI) and Patient and Public Involvement and Engagement (PPIE). She mentioned that the inception of CONTROL CEI started in 2021 with the words of Prof. Saeed Farooq that “*CONTROL is not about what get, but it is about what we give*”, and what better way to give and cater the needs of the community whom we are going to be delivering this intervention. Communities want their voices to be heard so community engagement is about listening to the needs that they actually want to project and then developing and designing something by involving them the

slogan of NIH CEI **Nothing For Us Without Us** is in line with what CONTROL CEI and PIE activities are all about.



Dr. Saima highlighted that CONTROL's VoICE (value of integrated community engagement) is all about understanding, involving, and empowering the communities to develop strong linkages with them. It is not about just getting into communities but it's about engaging the diverse communities and diversity including the academia, media, influencers, and then community champions and civil society to engage them and to bring them to one platform to deliver something very tailored and need-oriented. She briefed about the community engagement activities conducted at Peshawar and Haripur with the local Pakistani population and Afghan refugees. It was during these CEI activities, that CONTROL CEI and PPIE advisory group members were identified. UNHCR Pakistan was also taken onboard for they are the custodian of refugee rights.

CEI is also a blend of training sessions for both the project team and advisory group members. Keele Impact Accelerator Unit extended two online training sessions for the team for PPIE and CONTROL team at Keele and developed a special module for the training of advisory group members.

CONTROL CEI working group was established to extend the CEI activities. The working group is currently engaged with the CEI advisory group to develop more effective community awareness role plays, and informative leaflets, and to bring innovation into existing community engagement activities. The communication and CEI team aims to educate and empower as many diverse communities as possible to eradicate the stigma associated with mental health issues.

Session 2 Panel:

Session 2 was followed by a panel discussion and a question-answer session with the symposium audience.

Panel Members:

- Prof. Saeed Farooq
- Dr. Muddassar
- Dr. Haroon Latif
- Dr. Noor Sanauddin
- Dr. Mirrat Gul
- Dr. Saima Aleem





Session 3:

Session 3 was co-chaired by Prof. Dr. Zia ul Haq, Vice Chancellor, of Khyber Medical University, and Dr. Nighat Murat, Executive Director of Health Research Institute Pakistan, and was moderated by Dr. Saima Aleem.



The guest presenters for the session were Prof. Krysia Dziedzic, Director of Keele Impact Accelerator Unit, and Prof. Danielle Van Der Windt, Keele School of Medicine Research Director. The guests joined the symposium via Zoom.

Prof. Krysia presented the Keele story of joint pain and osteoarthritis. Prof. Daniella presented the overview of research at the School of Medicine.



The online session was followed by the panel discussion with the guest presenter and panel at Islamabad comprised:

- Prof. Saeed Farooq
- Dr. Zia ul Haq
- Dr. Nighat Murad
- Dr. Zohaib Khan

Session 4:

The capacity development under the umbrella of CONTROL study also includes five Ph.D. students who are working under the supervision of the best academicians and researchers. Session 4 was about the showcase of Ph.D. projects by these students. The session was Chaired by Prof. Ali Madah Hashmi, Chair and Head of the Psychiatry Department at King Edward Medical University, Lahore. Panelists were Prof. Dr. Ghulam Rasool, Executive Director of Baluchistan Institute of Psychiatry and Behavioral Sciences, and Prof. Dr. Aftab Alam, Professor and Chairperson, Department of Psychiatry Ayub Teaching Hospital, Abbottabad.

Dr Fayaz Ahmad:



Dr. Fayaz Ahmad is an Assistant Professor of Public Health at Khyber Medical University and also a postdoc fellow in the CONTROL study. He presented the capacity development program under the CONTROL study.

CONTROL is offering five Ph. D. positions which is joint supervision and collaboration between Keele and KMU. There are 8 master's positions for the Master's in Health Research program. The capacity developed is also extended to mid-career researchers in the form of post-doc positions. Dr. Fayaz explained the whole process of Ph.D. induction.

Dr. Fayaz capacity development overview was followed by showcasing of Ph.D. research projects by students.

Ph.D. Project Joint Supervision

- ❖ Developing an essential package of care for the treatment of severe mental illness as a part of universal health coverage programme in Pakistan: developing a cost-effectiveness model
- ❖ Adapting guidelines for management of postnatal depression for use in lower-and income countries using ADAPTE framework and user testing
- ❖ Developing and testing cognitive behavioral therapy based intervention for treatment of depression in people with HIV in Pakistan
- ❖ The relationship of the effect of stigma in people with depression and tuberculosis on adherence to anti-tuberculosis treatment and quality of life
- ❖ Feasibility trial of cognitive behavioral therapy for cannabis use disorder in tertiary care hospitals in Peshawar





Highlights from Day 1:







Symposium Day 2:

9th November 2023

Day 2 commenced with the panel discussion on developing capacity in research, training and policy implementation in Mental Health. The panel discussion was moderated by Dr. Abdul Jalil Khan, Associate Professor of Family Medicine at Khyber Medical University, Peshawar.

Expert Panel:

- Prof. Dr. Zia ul Haq
- Prof. Dr. Saeed Farooq
- Prof. Dr. Asad T. Nizami
- Prof. Dr. Imtiaz Dogar
- Prof. Dr. Bashir Ahmad
- Prof. Dr. Ali Madeeh Hashmi
- Prof. Dr. Wajid Ali
- Prof. Dr. Ghulam Rasool
- Prof. Dr. Aftab Alam
- Prof. Dr. Ijaz Gul
- Prof. Dr. Javed Akhtar









Session 2:

Global health research projects at Khyber Medical University were presented in session 2 of second day of symposium.

The project presented were:

- Traditional healers working with primary care and mental health for early intervention in psychosis in adolescents: intervention development and feasibility study (THE HOPE) (Presented by Dr. Abdul Jalil Khan)
- Improving Mental and Physical Health Together: Centre for IMPACT (Presented by Dr. Khalid Rehman)
- Developing and evaluating an adapted behavioral activation intervention for people with depression and diabetes in South Asia (DiaDEM) (Presented by Dr. Faiza Aslam)
- Digitalization of mental health intervention (PM+) (Presented by Dr. Shamsa Zafar)
- Challenges in RCTs in low-resource settings (Presented by Dr. Muhammad Firaz)







Lest We Forget



The CONTROL program

GLOBAL MENTAL HEALTH SYMPOSIUM (8th and 9th November 2023)

Venue: Islamabad Marriott Hotel

Day 1: (Wednesday, 8 th November 2023)		
Time (HOURS)	Title	Resource person
0900-0910	Recitation from HOLY QURAN	Dr. Fayaz Ahmad (Post-doc fellow in the CONTROL program)
0910 - 0930	Introduction to Khyber Medical University	Prof. Dr. Zia ul Haq (Vice Chancellor of Khyber Medical University)
Session 1	Session Chair: Prof. Dr. Rizwan Taj Moderator: Dr. Khalid Rehman	
KEYNOTE presentations		
0930 - 0950	KMU-Keele, Global Health Research Collaboration	Prof. Dr. Saeed Farooq (Co-lead in the CONTROL program)
0950 – 1010	Keele Clinical Trials Unit	Prof. Ivonne Solis (Director Keele CTU)
1010- 1030	Relationship between HIV and poverty in sub-Saharan Africa.	Prof. Monica Magadi (Prof. of Epidemiology and Global Health Research Keele UK)
1030- 1050	Analysis of Global Health Trials – the Keele collaboration.	Dr. Martyn Lewis (Reader in Medical Statistics Keele UK)
1050- 1110	Discussion and remarks by the chair	Prof. Dr. Rizwan Taj
1110- 1130	TEA BREAK/ Networking	
Session 2	The CONTROL program: Session Chair: Prof. Asad T. Nizami Co-Chair: Dr. Mudassir Shahzad Moderator: Zohaib Khan	
1130-1200	CONTROL program: Progress and updates on the qualitative and ethnographic findings.	Dr. Noor Sanauddin (Associate Prof. Up/co-applicant in the CONTROL program) Dr. Fayaz Ahmad (Post-doc fellow in the CONTROL program)
1200-1220	CONTROL Intervention Development	Dr. Mirrat Gul (Senior Clinical Psychologist/Co-applicant in the CONTROL program)
1220-1240	CONTROL PPIE progress and updates	Dr. Saima Aleem (Communication manager in the CONTROL program)
1240-1300	Discussion	Prof. Dr. Saeed Farooq (Co-lead in the CONTROL program) Dr. Zohaib Khan (Director ORIC KMU/Co-lead: the CONTROL program)
1300-1400	PRAYERS AND LUNCH BREAK/ Networking	

Session 3	Session Chair: Prof. Dr. Zia ul Haq Co-chair: HEC/PHRC rep Moderator: Saima Aleem	
1400- 1420	Impact acceleration – IAU Keele	Prof. Krysia Dziejzik (Director Keele IAU)
1420 – 1440	Research at SOM	Prof. Danielle Van Der Windt (Keele SOM Research Director)
1440 -1500	Presentation by WHO EMRO representative	Dr. Khalid Saeed (Regional Advisor, Mental Health, and Substance Abuse Programme: World Health Organization Regional Office for the Eastern Mediterranean)
Session 4:	Session chair: Prof. Ali Madeeh Hashmi Co-chair: Prof. Asad T. Nizami, Prof. Dr. Bashir Ahmad Moderator: Shaista Rasul	
Capacity building in Mental Health Research		
1500-1520	Capacity Building in Mental Health Research (The CONTROL and the HOPE)	Dr. Fayaz Ahmad (Post-doc fellow in the CONTROL program)
1520 – 1530	Developing an essential package of care for the treatment of Severe Mental illnesses as a part of the universal health coverage program in Pakistan.	Abdul Latif
1530 – 1540	Adapting guidelines for the management of postnatal depression for use in LMIC using ADAPTE framework	Aliya Durrani
1540 – 1550	Developing and testing Cognitive Behavioral Therapy based intervention for the treatment of depression in people with HIV in Pakistan (DTCD-PHP) or (CBT-HIV Hope in Victory).	Huma Mughal
1550 – 1600	The relationship of the effect of stigma in people with depression and Tuberculosis on adherence with anti-tuberculosis treatment and quality of life.	Muhammad Sohaib
1600 – 1610	Feasibility of Cognitive Behavioural Therapy for Cannabis Use Disorder in Tertiary Care Hospitals in Peshawar.	Safatullah
1610-1630	Discussion and Q&A	
END OF DAY 1		

Day 2: (Thursday 9th November 2023)		
0900-0920	Welcome opening	Dr. Zohaib Khan (Director ORIC KMU/Co-lead: the CONTROL program)
Session 1:	Panel discussion on developing capacity in research, training and policy implementation in Mental Health Moderator: Abdul Jalil Khan	
0920- 1120	Panel members: Prof. Dr. Zia ul Haq Prof. Dr. Saeed Farooq Prof. Dr. Asad T. Nizami Prof. Dr. Imtiaz Dogar Prof. Dr. Bashir Ahmad Prof. Dr. Ali Madeeh Hashmi Prof. Dr. Wajid Ali Prof. Dr. Ghulam Rasool Prof. Dr. Aftab Alam Prof. Dr. Ijaz Gul Prof. Dr. Javed Akhtar	
1100-1130	Tea Break	
Session 2	Session Chair: Prof. Ghulam Rasool Co-chair: Prof. Dr. Wajid Ali, Prof. Dr. Aftab Alam Moderator: Fatima Jamal	
Global Health Research at Khyber Medical University, Peshawar		
1130-1140	Traditional healers working with primary care and mental health for early intervention in psychosis in adolescents: intervention development and feasibility study (THE HOPE)	Dr. Abdul Jalil Khan (Associate Prof. Family Medicine KMU)
1140-1150	Improving Mental and Physical Health Together: Centre for IMPACT	Dr. Khalid Rehman (Director of the Institute of Public Health & Social Sciences Khyber Medical University, Peshawar)
1150-1200	Developing and evaluating an adapted behavioral activation intervention for people with depression and diabetes in South Asia (DiaDEM)	Dr. Faiza Aslam (Regional Program Manager, DiaDem & Centre for IMPACT)
1200-1210	Digitalization of mental health intervention (PM+)	Maham Saleem (Leibniz-Institut für Präventionsforschung und Epidemiologie - BIPS GmbH)
1210-1230	Challenges in RCTs in low-resource settings	Dr. Muhammad Firaz Khan (Senior Clinical Research Fellow in the CONTROL program)
1230 – 1240	Discussion Q&A	Prof. Dr. Saeed Farooq (Co-lead in the CONTROL program)

