



## **The CONTROL**

**(COgNitive Therapy for depReSSIOn in tubercuLosis treatment)**

**to improve outcomes for depression and TB in Pakistan and**

**Afghanistan**

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# “Third Consensus Workshop”

**2<sup>nd</sup> November 2023**

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**Reviewed by: Dr. Fayaz Ahmad**

## EXECUTIVE SUMMARY

The third consensus workshop was convened on November 2, 2023, via Zoom. The workshop aimed to unite the Intervention Development Team, including leads, CBT master trainers, and TB health workers, to deliberate on the input and challenges anticipated during the delivery of the sessions. The overarching goal of this workshop was to bolster the effectiveness of TB Health Workers (TB HWs) through a comprehensive training approach. Moreover, the workshop included integrating elements including family involvement, audio resources, language simplification, and practical counseling techniques into the training sessions. This report provides an overview of the discussions and outcomes of the workshop.

## INTRODUCTION

### Objectives of the Consensus Workshop

1. Provide training to TB HWs on the handbook to enhance counseling skills.
2. Encourage family involvement in patient homework and diary completion.
3. Develop audio resources in Urdu and Pushto for patients with low literacy.
4. Simplify language in handouts and presentations for better understanding.
5. Create a CBT powerpoint presentation for TB HW training.
6. Conduct practical, role-play-based training in Urdu and Pashto.
7. Cover basics of counseling techniques, including warmth, empathy, and befriending.
8. Include information on cognitive errors in sessions 4 and 5 for session alignment.

### Participants:

The workshop was attended by:

- Dr. Zohaib Khan (Co-PI CONTROL)
- Dr. Fayaz Ahmad (Post- Doc fellow)
- Dr. Shaista Rasul (Post- Doc fellow)
- **Intervention Development Leads**
  - Prof. Farooq Naeem (Intervention Development Lead, CONTROL)
  - Dr. Mirrat Gul (Intervention Development Co-lead, CONTROL)
- **TB Health workers**

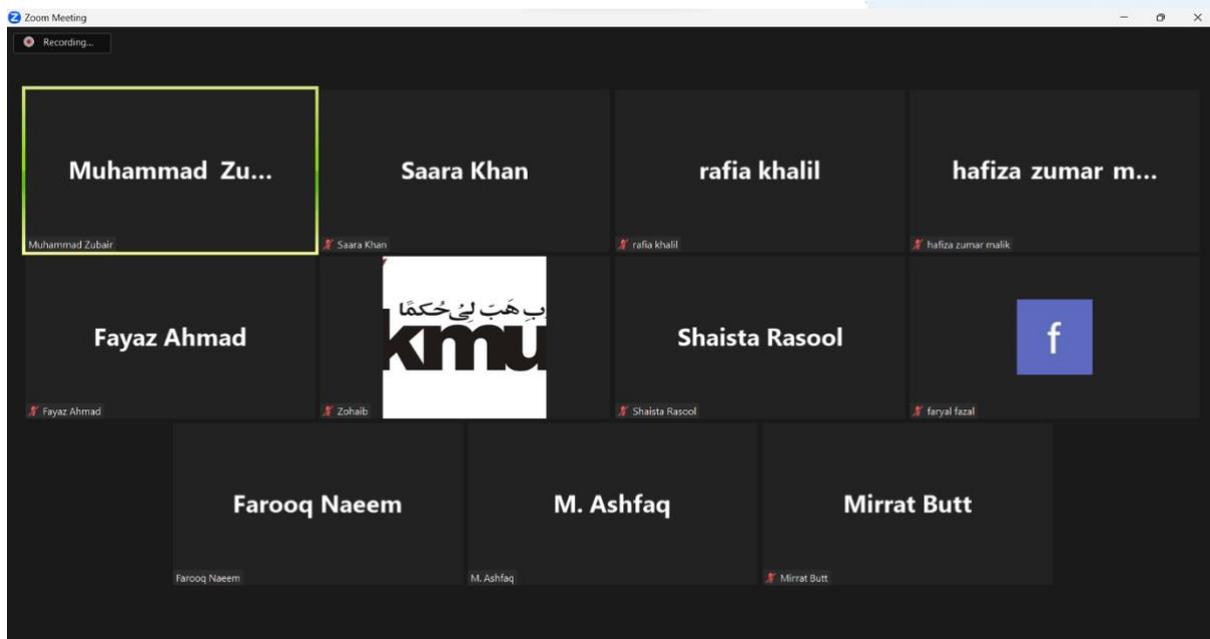
- Mr. Muhammad Ashfaq (DOTs, DHQ Nahaqi)
- Mr. Muhammad Zubair (DOTs, DHQ Hashtnagri)

➤ **CBT master trainers**

- Ms. Saara Khan (Communication officer, CBT master trainer)
- Ms. Faryal Fazal (Research assistant, CBT master trainer)
- Ms. Zumar Malik (CBT master trainer)
- Ms. Rafia Khalil (CBT master trainer)

### Workshop proceedings

The online workshop commenced with a recitation of the Holy Quran by Dr. Fayaz Ahmad. Following this, Prof. Farooq Naem extended warm greetings to all the attendees. The focal point of the workshop was to discuss the upcoming training sessions centered around the CBT handbook. The overarching goal was to engage in a thorough exploration of various facets associated with training materials and content, patient counseling, and the role of patient's family in session.



- **Handbook Understanding and Implementation:**

TB health workers expressed enthusiasm for the upcoming handbook training, emphasizing its potential to enhance knowledge and counseling skills. They also expressed confidence in understanding the handbook and its implementation after training. This positive outlook underscores the belief in the training's efficacy in not only imparting knowledge but also empowering them to apply it adeptly in their professional roles.

- **Involvement of Family Members:**

TB health workers highlighted the successful involvement of the patient's family members in the TB control program, particularly in filling out the TB 02 card for medication compliance monitoring. The team engaged in a comprehensive discussion on a unanimous agreement to promote family participation, particularly in supporting female patients with the completion of their homework. Prof. Farooq Naeem, in particular, stressed upon the significance of formally incorporating family involvement into the official CONTROL protocol, emphasizing its role in enhancing the overall effectiveness of intervention.

- **Use of Audio Files:**

The team reached a consensus on the proposal to offer audio files in both Urdu and Pashto to patients with low literacy levels. Dr. Fayaz and Ms. Saara mentioned that the team was already working on audio files. Moreover, TB health workers put forth the suggestion to motivate patients to bring their mobile phones to sessions, facilitating the reception of these audio files.

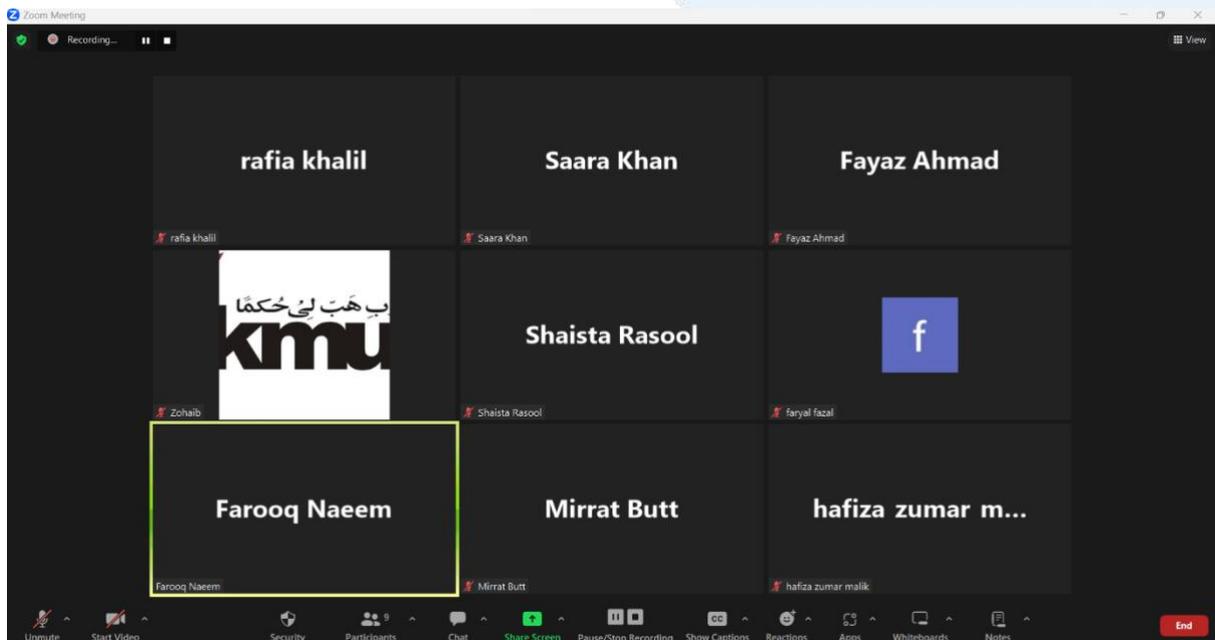
- **Language Simplification:**

Master trainers identified difficult words in handouts like "اهداف, دشواری, محرکات, افعال" that needed simplification for people with low literacy rates. It was suggested that Ms. Saara Khan will compile a list of difficult Urdu words for simplification and will share it with the team.

Moreover, Prof. Farooq Naeem stressed the use of simple English words and emphasized recording audio files in both Urdu and Pushto.

- **Training Updates:**

Dr. Fayaz Ahmad and Ms. Saara Khan updated the team regarding the upcoming training schedule and the significance of delivering the presentations in Urdu. Prof. Farooq Naeem mentioned contributing to the training by sharing a PowerPoint presentation on Cognitive Behavioral Therapy (CBT) for the TB health workers' training sessions.



- **Practical and Relevant Training:**

Prof. Farooq Naeem discussed the significance of integrating role plays conducted in both Urdu and Pashto to enhance comprehension. The importance of incorporating fundamental counseling techniques, such as warmth, empathy, and befriending, was emphasized during the deliberations. It was agreed that these essential aspects of counseling would be explicitly

addressed and integrated into the training sessions to ensure a comprehensive understanding and application by the participants.

- **Session Content and Timing:**

To ensure uniformity in the length of sessions, Prof. Farooq Naeem suggested including information on “*cognitive errors*” in sessions 4 and 5 as an appendix.

**Conclusion:**

The meeting facilitated valuable discussions on the upcoming training for TB Health Workers. The team is committed to implementing the suggested changes to enhance the effectiveness of the intervention.

**Closing of the workshop:**

The third consensus workshop was closed by a vote of thanks to all by Prof. Farooq Naeem, Dr. Fayaz Ahmad and Ms. Saara Khan.