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QUARTERLY

NEWSLETTER



TRANSLATE

TRANSLATING EVIDENCE FOR EARLY INTERVENTION
IN PSYCHOSIS IN LMICs:
IMPLEMENTATION AND EVALUATION

TRANSLATE is an NIHR-funded initiative aimed at establishing and evaluating early intervention in psychosis (EIP) services in Pakistan and Sri Lanka. The project assesses engagement and remission in First episode psychosis (FEP) and explores clinical markers linked to Treatment-resistant schizophrenia (TRS).

Additionally, the study will develop a clinical tool for early TRS risk prediction, tailored for use in low- and Lower-middle-income countries.



Institute for Research & Development
in Health & Social Care



TRANSLATE STUDY UPDATES

KARACHI SITE MONITORING VISIT

Monitoring Team:

- Mr. Ishfaq Tariq, Project Manager
- Mr. Taha Ayub, Data Manager

A monitoring visit to the Karachi site on 7 April 2026 found overall good performance, strong team engagement, and satisfactory compliance with study procedures.

Minor issues identified included incomplete participant documentation, missing training records, an outdated delegation log, multiple protocol versions in the site file, and a small number of data entry discrepancies.

The site team agreed to implement corrective actions, including improving documentation practices, updating records, and strengthening internal quality checks. Overall, the site is functioning effectively and is expected to achieve full compliance following these improvements.



Recommendations and Agreed Actions

The monitoring team provided the following recommendations to the site team:

- Ensure that all participant records include complete documentation, including PIS and properly filled consent forms
- Maintain the latest approved protocol version in the Site Master File
- Compile and file GCP certificates for all study personnel
- Prepare and maintain an updated, signed hard copy of the delegation log
- Ensure that all documents are fully signed and completed
- Implement a regular internal review mechanism to maintain documentation quality
- The site team acknowledged the findings and agreed to undertake the necessary corrective actions promptly.

TRANSLATE ANNUAL MEETING 2026

Date: 6 June 2026

Location: Nathia Gali, Khyber Pakhtunkhwa, Pakistan

Hosted by: Peshawar TRANSLATE Team, Khyber Medical University

Study Leads: Prof. Saeed Farooq (Chief Investigator) and Prof. Abdul Jalil Khan (Academic Lead)

- Participants represented major institutions including Khyber Medical University, Ayub Teaching Hospital, DHQ Hospital Faisalabad, the Baluchistan Institute of Psychiatry and Behavioural Sciences, and collaborating study sites across Pakistan

Key Updates from the Study

Prof. Saeed Farooq presented an overview of study progress across all sites.

Key highlights included:

- 175 patients recruited across participating sites.
- Review of recruitment performance at each location.
- Early analysis of participant demographics.
- Comparison of Duration of Untreated Psychosis (DUP) between sites, which measures the time between onset of symptoms and receiving treatment.
- Discussion of challenges affecting recruitment and follow-up.



TRANSLATE ANNUAL MEETING 2026

Key Decisions and Future Plans

Several important actions were agreed:

Improving Recruitment

- Deliver more workshops for psychiatrists and healthcare organisations.
- Strengthen referral pathways from hospitals and community services.
- Conduct surveys to better understand local psychosis caseloads.

Strengthening Follow-Up

- Assign each participant a named care coordinator.
- Introduce automated WhatsApp responses outside normal working hours.
- Improve recording of all patient contacts and follow-up visits.

Enhancing Training

- Create specialist EIP training opportunities.
- Establish six training fellowships in early psychosis care.
- Develop a three-month certificate course through Khyber Medical University.
- Explore a future diploma programme in early psychosis.

Supporting National Impact

- Continue development of updated national psychosis guidelines.
- Expand Community Engagement and Involvement (CEI) activities to more sites.
- Support wider rollout of the TRANSLATE model across Pakistan.



TRANSLATE ANNUAL MEETING 2026

The meeting was attended by 17 representatives from TRANSLATE sites across Pakistan, including:

- Prof. Saeed Farooq (National Institute of Health and Care Research, UK; School of Medicine, Keele University; TRANSLATE Study, Chief Investigator)
- Prof. Abdul Jalil Khan (Institute of Family Medicine, KMU; Academic Lead, TRANSLATE Study)
- Prof. Imtiaz Ahmad Dogar (District Headquarters Hospital, Faisalabad; Site Lead, Faisalabad Site)
- Prof. Aftab Alam Khan (Ayub Teaching Hospital; Site Lead, Abbottabad Site)
- Prof. Hazrat Ali Khan (Baluchistan Institute of Psychiatry and Behavioural Sciences; Site Lead, Quetta Site)
- Prof. Mukhtar ul Haq Azeemi (Institute of Public Mental Health & Behavioral Sciences, KMU; Clinical Lead, TRANSLATE Study; Secretary, Faculty of Psychiatry, CPSP Pakistan)
- Dr. Shahryar Ali (TRANSLATE Study, Karachi Site; Consultant Psychiatrist)
- Dr. Aisha Saleem (TRANSLATE Study, Abbottabad Site; Clinical Psychologist and Site Coordinator)
- Dr. Sadaf Nazir (TRANSLATE Study, Abbottabad Site; Clinical Psychologist)
- Dr. Kaynat Riaz (DHQ Hospital, Faisalabad; Clinical Research Fellow/Psychiatrist)
- Dr. Shumaila Hamid (TRANSLATE Study; Manager Academics)
- Eman Ismail (Peshawar Site; Site Coordinator)
- Dr. Naveed Afzal (TRANSLATE Study; External Monitor)
- Ishfaq Tariq (TRANSLATE Study; Project Manager)
- Taha Ayub (TRANSLATE Study; Data Manager)
- Syed Uzair Shah (TRANSLATE Study; Project Coordinator)
- Danish Khan (TRANSLATE Study; Research Assistant)

The attendees represented a multidisciplinary team of academic leaders, psychiatrists, psychologists, researchers, coordinators, and project management staff from partner institutions and TRANSLATE study sites across Pakistan and the United Kingdom.

COMMUNITY ENGAGEMENT AND INVOLVEMENT (CEI)

COMMUNITY ADVISORY BOARD (CAB) MEETING

The Community Advisory Board (CAB) is a group of community members, carers, people with lived experience, and local representatives who help ensure the TRANSLATE project remains relevant and responsive to community needs. During the meeting held on May 18, 2026, members received updates on recruitment, awareness activities, and progress across the study. They reviewed new psychosis awareness materials and provided valuable feedback on how to improve community engagement. Members encouraged the use of social media, local languages, and stronger links with schools, colleges, universities, and healthcare services to increase awareness and reach more people. Their recommendations will help shape future outreach and awareness activities.

Community Advisory Board (CAB) Meeting Outcomes

A key theme of the Community Advisory Board discussion was making psychosis awareness more accessible and relatable. Members recommended using real people in awareness campaigns, expanding social media content, and producing materials in Urdu and other local languages. They also highlighted the importance of engaging young people and strengthening partnerships with educational institutions and primary care services. The research team agreed to explore these suggestions, alongside developing wider community consultation events to gather broader public perspectives and improve future engagement activities.



MEET THE PAKISTAN TEAM:



Prof. Abdul Jalil Khan
Academic lead



Prof. Mukhtar ul Haq Azeemi
Lead Consultant



Prof. Moin Ansari
Site lead



Prof. Imtiaz Ali Dogar
Site lead



Prof. Hazrat Ali
Site lead



Prof. Aftab Alam Khan
Site lead



Dr. Muhammad Firaz Khan
Lead Consultant



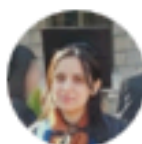
Dr. Laila Noushad
Post Doc Research Fellow



Ishfaq Tariq Azeemi
Manager Operations



Dr. Amir Wahab
Clinical Research Fellow



Dr. Shumaila Hamid
Manager Academics



Maryum Rahim
Qualitative Researcher



Syed Muhammad Uzair Shah
Assistant Coordinator



Taha Ayub Azeemi
Assistant Coordinator



Dr. Amir Aziz
Clinical Research Fellow



Fatima Ruby
Research Assistant



Saba Gul
Research Assistant



Eman Ismail
Research Assistant



Zainab Rehman
Research Assistant

MEET THE UK TEAM:



Professor Saeed Farooq
Chief Investigator



Dr Nalinda Wellappuli
Post-Doctoral Research Associate



Dr Nishani Fonseka
Postdoc Research Associate & Capacity
Development Lead



Sualiha Ali
Research Assistant



Abbie Milner
Research Assistant and Implementation
Research Lead

MEET THE SRI LANKA TEAM:



Prof. Athula Sumathipala
Director, IRD



Dr. Rumi Ruben
Principal Lead



Dr. Risitha Wakishta Arachchi
Research Assistant



Sameeha Jabir
Research Assistant



Hirudimalee De Silva
Research Assistant



Oshini Jayasinghe