



**The CONTROL**

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

**Funded by: RIGHT3, NIHR**

### **Workshop: 01**

### **Developing Theory of Change for the CONTROL Work Package 4**

**Monday, 02<sup>nd</sup> June 2025**

#### **Participants:**

- Dr. Zeeshan Kibria (Project Manager)
- Dr. Fayyaz Ahmad (Postdoctoral Research Fellow)
- Dr. Shaista Rasool (Postdoctoral Research Fellow)
- Dr. Rubab Farooqi (Trial Coordinator)
- Ms. Mariyam Rahim (Workshop facilitator/ Research Assistant)
- Mr. Hessam Ul Haq (Administrator)
- Ms. Sara Khan (Communication Officer/ Intervention development team)
- Ms. Fayal Fazal (Psychologist/ Intervention development team)
- Ms. Savera Khan (Research Assistant/ WP4 team)
- Dr. Aiman Niaz (Research Assistant/WP4 team)
- Mr. Awais Paracha (Site coordinator)
- Ms. Uzma Safi (Psychologist)
- Ms. Zarmina Fahim (Focal person- Data monitoring)
- Ms. Bushra Bibi (Research Assistant)
- Dr. Asma Habib (Data monitoring team)
- Ms. Zumar (Psychologist)
- Dr. Saad Ishaq Khattak (Research Assistant)

#### **Workshop date, day and venue:**

The workshop was held in the Committee Room of the Multipurpose Hall at Khyber Medical University.



Monday, 2<sup>nd</sup> June 2025.

### Workshop facilitator:

Maryiam Rahim

### Workshop Agenda:

Time	Session	Description
10:00–10:30 AM	Introduction	Overview of ToC and CONTROL WP1-WP4
10:30–11:15 AM	Identifying Challenges	Participants wrote implementation challenges on sticky notes
11:15–12:00 PM	Group Discussion	Joint discussion of challenges and solution brainstorming
12:00–12:30 PM	Mapping Outcomes	Discussion on short-, medium-, and long-term outcomes
12:30–1:00 PM	Planning Ahead	Discussion on next steps and future stakeholder workshops

## Workshop Process & Methodology

The workshop followed a participatory and iterative structure, involving:

- **Interactive facilitation** to introduce ToC concepts and WP4 objectives
- **Sticky note exercise** for identifying field challenges
- **Group discussion** for reviewing and refining challenges
- **Outcome pathway brainstorming** focusing on change over time
- **Forward planning** for upcoming stakeholder workshops

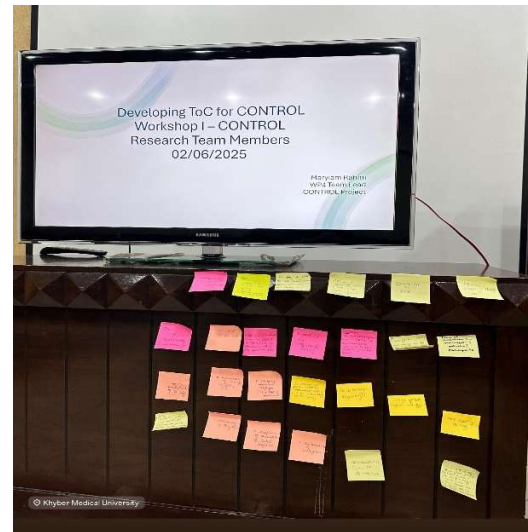
Tools used: Flipchart, sticky notes, printed WP4 summary, and verbal facilitation. A digital version of the ToC diagram will be developed in upcoming sessions.



## Proceedings:

The workshop commenced with facilitator **Ms. Maryiam Rahim** delivering an introduction to the theory of change and overview of CONTROL Work Package 4. Participants were invited to identify and write down challenges related to scaling up the CONTROL project using sticky notes.

The participants identified several challenges, including the absence of incentives for DOTS after project completion, travel incentives for patients, space limitations, scheduling difficulties for CBT sessions, the provision of CBT materials (such as flip books and handouts), integration of the CONTROL intervention into TB guidelines, and the need for training DOTS. These challenges were then collectively reviewed and discussed, along with potential solutions.



The participants also had a discussion regarding the short-, medium- and long-term outcomes of the CONTROL project. Ms. Maryiam Rahim told the participants that workshops are planned for patients, TB health workers, DOTS, and stakeholders to discuss the Theory of Change and the scaling up of the CONTROL project. Ms. Sara Khan suggested combining the workshops for patients and DOTS. The participants collectively agreed to hold the

next WP4 meeting on June 17, 2025.

## Theory of Change Overview

### Initial Framework Components (to be finalised in future workshops):

- **Impact (Long-term Goal):** Sustainable integration of the CONTROL intervention into national TB programs
- **Long-Term Outcomes:** Policy adoption, national scale-up, improved TB treatment outcomes



- **Medium-Term Outcomes:** Provincial endorsement, increased capacity of DOTS providers, improved patient adherence
- **Short-Term Outcomes:** Trained staff, adapted CBT materials, engaged stakeholders
- **Outputs:** Workshops held, materials developed, training sessions conducted
- **Activities:** Patient and provider training, stakeholder consultations, integration planning
- **Inputs:** Human resources, financial support, CBT materials, technical expertise
- **Assumptions:** Stakeholders buy-in, policy alignment, operational feasibility
- **External Factors:** Policy shifts, funding continuity, logistical constraints



## Key Insights and Discussion Points

- **Challenges identified:**
  - Lack of incentives post-project for DOTS
  - Patient travel costs not covered by TB CP
  - Limited space for CBT sessions
  - Scheduling CBT sessions difficult for DOTS without having site coordinator.
  - Inadequate CBT material access to DOTS
  - Training needs for DOTS staff integrated in TB CP
  - Need for policy integration for mental health treatment along with TB.
- **Solutions proposed:**
  - Workshop on policy integration
  - Develop budgeted plans for providing incentives for both patients and DOTS.
  - Explore integration of CONTROL intervention into TB guidelines
- **Strategic Suggestions:**
  - Multi-stakeholder engagement across levels.
  - Involving management of KP-TPCP in scale-up plans for CONTROL intervention integration in regular TB treatment.

## Challenges & Limitations

- Lack of direct patient input in this first session



- Early-stage ToC draft not yet validated with external stakeholders.
- Resource gaps (e.g. availability of CBT handouts/materials).
- Risk of losing trained staff/DOTS post-project due to incentive discontinuation.

## Recommendations & Next Steps

### Immediate Actions:

- Prepare for next WP4 meeting on **June 17, 2025**
- Workshop with patients and Caregivers to be held **2<sup>nd</sup> July 2025**
- Finalise stakeholder list for patient, DOTS, and health worker workshops
- Digitally document the emerging ToC model.
- Continue documenting assumptions and risks after input from each of the workshop.

### Mid-Term Actions:

- Conduct additional ToC workshops with patients, their care providers and DOTS facilitators.
- Align with provincial and national TBEP managers and policy makers.
- Begin integrating ToC into M&E and scale-up frameworks.