



## **The CONTROL**

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

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

**Afghanistan**

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**Reference: NIHR201773**

**“Five-Day Refresher Training (First  
Round) for DOTs facilitators on  
CBT”**

**14<sup>th</sup> ,15<sup>th</sup> ,16<sup>th</sup> ,22<sup>nd</sup> , 23<sup>rd</sup>**

**November 2024**



## EXECUTIVE SUMMARY

THE CONTROL is a psychological intervention program specifically designed for individuals undergoing tuberculosis treatment and experiencing depression. The core component of CONTROL is based on cognitive behavioural therapy (CBT), which is a widely recognized and recommended treatment for depression. By adopting a CBT-based approach in CONTROL, the program aims to provide patients with strategies based on evidence to manage their depressive symptoms while undergoing tuberculosis treatment.

The Five-day refresher training (first round) for DOTS facilitators was held from 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup> November 2024, centered on Cognitive Behavioral Therapy (CBT). During this period, CBT Master trainers thoroughly reviewed and revised CBT sessions 1-6, emphasizing practical intervention through roleplays. The training primarily focused on enhancing theoretical and practical understanding while equipping DOTs facilitators with the essential knowledge and skills for effective CONTROL intervention. The emphasis on roleplays provided facilitators with a hands-on approach to grasping concepts, ensuring a deeper understanding and better delivery of intervention to patients. This report will narrate the proceeding of refresher training for DOTs facilitators.

## Activity Background

The Five-Day Refresher Training program (first round) for DOTs, focusing on Cognitive Behavioral Therapy (CBT), was scheduled for November 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup> 2024. The primary objective was to provide participants with a comprehensive review of the sessions, revisiting and reinforcing the learning from the previous DOTs training on CBT. CBT Master Trainers guided participants through six sessions, covering topics such as Psychoeducation and Behavioral Activation (Session 1), Motivational Interviewing (Session 2), Cognitive Restructuring and Recognizing Thoughts (Session 3), Challenging Thoughts (Session 4), Alternative Thoughts (Session 5), and Problem-Solving (Session 6). This structured approach aims to ensure a deeper understanding of each session.

The clinical research fellow and CBT master trainers actively provided constructive feedback, enhancing participants' comprehension of CBT principles. Furthermore, the training presentation has been thoughtfully designed and delivered in Urdu, fostering cultural adaptation and facilitating better understanding among the diverse group of participants.

### Facilitators:

- Dr. Aamir Aziz Clinical Research fellow & CBT consultant
- Saara Khan Intervention development coordinator & CBT master trainer
- Faryal Fazal Research assistant & CBT master trainer
- Zumar Malik CBT master trainer & CONTROL MHR student
- Rafia Khalil CBT master trainer

### Participants:

The training was attended by 17 participants: 9 DOTs facilitators from Peshawar and Haripur districts, members from evaluation and management team.

### List of DOTs:



1. Tazeem Akhtar (TBC Kangra Colony, Haripur)
2. Syed Mushtaq Ali Shah (Civil Hospital Khalabat Township, Haripur)
3. Inayat Ullah (Kuwait Teaching Hospital, Peshawar)
4. Fawad Ali (PRIME Hospital, Peshawar)
5. Asif Ali (Irfan General Hospital, Peshawar)
6. Asad Ullah Zeb (TBC Gunj, Peshawar)
7. Chan zaib (Dr. Rafeeq Tanooli , Private Clinic, Haripur)
8. Nazia Gul (Khyber Teaching Hospital, Peshawar)
9. Nadia Jalal (EMDR TB, Leady Reading Hospital, Peshawar)

## **DAY 1**

### **Day & Venue**

Session 1, **Psychoeducation and Behaviour activation**, was held on 14<sup>th</sup> November 2024 09:00-03:00 pm in the Video Conference Room, Daud Khan Academic Block at Khyber Medical University.

### **Facilitator of session 1:**

The session was facilitated by Ms. Saara Khan, Intervention development coordinator & CBT master trainer.

## **Workshop Proceedings**

The first day of refresher training started with the recitation of the Holy Quran. Subsequently, Ms. Saara Khan provided an overview of the refresher training's aims and objectives for DOTs on CBT. The participants recapped previous sessions and shared feedback on challenges faced during onsite training.

## **Psychoeducation & behavioural activation:**

The facilitator started the session with a recap, focusing on psychoeducation and behavioral activation. She explained the theoretical aspects of the session and encouraged the DOTs to share their understanding of CBT concepts. The discussion included key CBT principles such as setting an agenda, giving feedback, working collaboratively, managing time, communicating effectively, encouraging emotional expression, identifying key thoughts, using guided discovery, integrating ideas, and applying techniques for change. Homework setting was also discussed. The session highlighted how depression and anxiety are connected and how they can be treated. Participants also reviewed the goals and steps of behavioral activation.

## **Roleplays**

Participants were divided into two groups to practice roleplays, conducted in both Urdu and Pashto to ensure inclusivity and relevance to the local context. These roleplays were observed and assessed by the clinical research fellow and master trainers, who provided detailed feedback.

The feedback focused on several important aspects of Session 1, including how to effectively start a therapy session, set the tone, and create a welcoming environment for the patient. They also emphasized the importance of befriending, which involves building rapport and trust with the patient to establish a strong therapeutic alliance.

The trainers highlighted key therapeutic skills such as active listening, showing empathy, and maintaining a non-judgmental attitude. They also pointed out specific areas for improvement, such as using culturally appropriate language, maintaining proper pacing, and addressing the client's concerns in a sensitive and structured manner.



Overall, the roleplays served as a valuable learning opportunity for participants to refine their skills and gain confidence in delivering CBT interventions effectively.

### **Feedback**

The feedback highlighted the importance of building a strong rapport with patients. Participants gained a valuable understanding of their roles and responsibilities, which helped create a collaborative and engaging learning environment. Session 1 provided a solid foundation by introducing psychoeducation, behavioral activation, and the practical use of therapeutic skills. The role-playing exercises were particularly effective in reinforcing these concepts. Future sessions are expected to build on this foundation, further enhancing participants' skills in engaging and supporting patients effectively.

## **DAY 2**

### **Day & Venue**

Session 2, **Motivational interviewing**, was held on 15<sup>th</sup> November 2024 09:00-03:00 pm in the Video Conference Room, Daud Khan Academic Block at Khyber Medical University.

### **Facilitator of Session 2:**

The session was facilitated by Ms. Faryal Fazal, research assistant and CBT master trainer, CONTROL.

### **Workshop Proceedings:**

The second day of the training program commenced with the warm welcome of the participants to set a positive tone for the day's activities. The session began with the recap of session 1 and each participant was requested to write their learning briefly on a sticky note.

### **Session Overview:**

Ms. Faryal Fazal introduced the second session, Motivational Interviewing (MI). She highlighted the significance and objectives of MI, emphasizing its relevance to the participants. The session's layout was revised to ensure consistency throughout the training program. As this was refresher training for DOTs, the emphasis was on improving the therapeutic skills of TB health workers.

Basic skills and principles of Motivational Interviewing were effectively conveyed through examples and participant interaction. The primary focus of the CONTROL program is on motivational interviewing in the context of medication adherence, with the central objective being to promote and ensure adherence to TB medication. Ms. Fazal distributed a change plan checklist on MI, allowing participants to practice the newly acquired knowledge in groups. The mock session between the Master Trainer and a patient was designed to make it easier and enhance participants' understanding before engaging in their own role-plays. The Master Trainer utilized a blend of Powerpoint presentations in Urdu, hands-on activities, and role-playing scenarios to create a well-rounded and immersive learning environment. The basic communication/ therapeutic skills such as active listening, empathetic towards TB patients, roll with resistance, use of open-ended questions and reflective listening and developing rapport with the patients were taught to Dots. The concept of roll with resistance was further explained by Dr. Amir Aziz to make them more understandable for TB health workers.

### **Role-plays:**

Participants engaged in a recap of Session 2, providing insights and learning into their understanding of the session. Participants were divided into two groups for role-plays, providing them with an opportunity to apply MI techniques in a simulated setting. The focus was to make their practice more efficient on MI change plan checklist and to enhance their



engagement with patients while planning for medication adherence. The role-plays were conducted in both languages i.e. Pashto and Urdu.

### **Feedback:**

The Master Trainer actively participated in the role-plays, offering constructive feedback to each group. This personalized approach allowed participants to receive specific insights into their strengths and areas for improvement. The feedback session was instrumental in bridging the gap between theory and practical application, enhancing the overall learning experience.

## **DAY 3**

### **Day & Venue**

Session 6, Problem solving was held on 16<sup>th</sup> November 2024 09:00-03:00 pm in Prof. Kamran's Siddiqi Auditorium, 1st Floor, Institute of the Public Health and Social Sciences, Khyber Medical University.

### **Facilitator of Session 6**

The session was facilitated by Ms. Rafia Khalil, CBT master trainer, CONTROL.

## **Workshop Proceedings**

The day began with the recitation of the Holy Quran and commenced with a recap of the previous day.

Ms. Rafia Khalil initiated Session 6, which covered problem-solving. The facilitator revisited the steps of problem-solving with the participants.

- a. Identifying or identifying and explaining the problem (identifying and prioritizing problems)
- b. Think of possible solutions (brainstorming)

- c. Look at the pros and cons of each solution (two-column technique)
- d. Divide this solution into as many steps as possible
- e. Following the plan

After revising the steps, a worksheet of problem solving was also exercised.

Problem:	
List of possible solutions:	
<u>Choose a potential solution:</u>	
Advantages:	Disadvantages:
(Repeat the same process, choosing a potential solution and coming up with advantages and disadvantages until you can identify the best solution)	
Chosen solution:	
Steps needed to apply the solution:	

### Roleplays:

After the worksheet discussion, participants were divided into two groups for roleplays conducted in Urdu and Pashto. The roleplays were assessed by the master trainer and Dr. Aamir Aziz, who provided detailed feedback. The focus was on maintaining a steady pace throughout the session and ensuring patient engagement using the flipbook. Trainers emphasized the importance of taking notes while the patient speaks to avoid missing any steps. Summarizing each step was also highlighted as essential for retaining the patient's attention and ensuring they fully understood the session.



## **DAY 4**

### **Day & Venue**

Session 3, **Understanding Thoughts, Emotions, and Physical Symptoms**, was held on 22<sup>nd</sup> November 2024 from 09:00-03:00 pm in Prof. Kamran's Siddiqi Auditorium, 1st Floor, Institute of the Public Health Department, Khyber Medical University.

### **Facilitator of session 3:**

The session was facilitated by Ms. Hafiza Zumar Malik, CBT master trainer and MHR Student CONTROL.

### **Workshop Proceedings:**

#### **Introduction:**

The training session provided DOT facilitators with a solid foundation in Cognitive Behavioural Therapy (CBT) techniques and their practical application. Participants learned essential skills to help patients recognize and change thought patterns, improving emotional and behavioural outcomes. The session incorporated interactive activities, real-life case studies, and roleplays to ensure a hands-on learning experience and build participants' confidence in using these strategies.

#### **Session overview:**

The session began with a recitation and a recap of the previous session. Participants shared feedback to reinforce their knowledge and prepare for the new content. This session aimed to

help participants understand the relationship between thoughts, emotions, behaviours, and physical symptoms. This understanding is key to applying the principles of CBT effectively.

Key Concepts, definitions of thoughts, emotions, behaviour, and physical symptoms were revised. Participants were introduced to the "vicious cycle," where sadness or anxiety leads to physical symptoms and unhelpful behaviours, creating a loop that perpetuates negative outcomes. The "Thought Diary 1" was introduced as a method to document situations, thoughts, emotions, and physical sensations, helping participants identify and understand these connections.

Participants explored their feelings in realistic scenarios by answering guided questions like, "How would you feel in this situation?" They documented these emotional responses on Vicious Cycle sheets. Stories of Zarmina and Gul Muhammad were used to illustrate the connection between thoughts, emotions, behaviours, and physical symptoms.

### **Roleplays**

Roleplays demonstrated how thoughts influence emotions and actions. Both facilitators and participants actively participated in these exercises. Participants were assigned the "Thought Diary 1" as homework. They were encouraged to practice identifying and recording their thoughts and emotions in daily life situations.

## **DAY 5**

### **Day & Venue**

Session 4 and Session 5, **Examining Thoughts and Alternative/Balanced Thoughts**, held on 23<sup>rd</sup> November 2024 09:00-03:00 pm in Prof. Kamran's Siddiqi Auditorium, 1st Floor, Institute of the Public Health Department, Khyber Medical University.



## **Facilitator of session 4 and 5:**

The sessions were facilitated by Ms. Hafiza Zumar Malik, CBT master trainer, and MHR Student CONTROL.

### **Session 4: Examining Thoughts**

The session started with recitation; after that, participants were asked about the previous session and feedback from them to revise their knowledge.

The fourth session focused on equipping participants with the ability to recognize and challenge cognitive distortions effectively. The goal was to enable facilitators to guide patients in critically evaluating their negative thoughts.

This was a detailed exploration of common thinking errors such as: *jumping to conclusions, selective abstraction, magnification and minimization, overgeneralization, all-or-nothing thinking, and personalization*. "Thought Diary 2" was introduced for structured analysis of thoughts, including: Identifying thinking errors and evaluating evidence supporting or contradicting this thought. Participants were trained to ask reflective questions.

Participants engaged in exercises/activities to help them identify their cognitive errors in realistic scenarios. Participants were asked to write their examples in thought diary no 2. Continued exploring Zarmina and Gul Muhammad's stories to identify and evaluate cognitive distortions. Participants practiced evaluating thoughts in roleplay led by Hafiza Zumar Malik and Dr. Aamir Aziz. Participants were divided into 2 groups and then they did a roleplay again for practice.

### **Session 5: Developing Balanced Thoughts**

This session focused on helping participants replace negative thoughts with balanced, realistic alternatives. Techniques for identifying balanced or alternative thoughts to replace distorted ones. Emphasis on flexibility and realism in thought processes. The "Elephant and six blind men" story was shared to demonstrate how different perspectives can lead to more balanced thinking. Participants practiced structured brainstorming of alternative possibilities using guided questions.

Exercises where participants developed alternative interpretations for problematic thoughts. Revisiting the stories of Zarmina and Gul Muhammad, focusing on generating balanced thoughts for their scenarios. Participants demonstrated their ability to develop and apply balanced thinking techniques in various scenarios during roleplays. DOTs facilitators were provided with thought diaries to practice in pairs and subsequently, they were organized into groups. Roleplays were conducted in both Urdu and Pashto languages. Dr. Aamir Aziz, along with master trainers, offered comprehensive feedback.

### **Conclusion:**

The five-day refresher training on Cognitive Behavioral Therapy (CBT) for DOTs was designed to provide a thorough and culturally relevant approach to learning CBT. It aimed to ensure that participants not only understood the theory behind CBT but also how to apply it effectively in real-life situations.

During the training, participants engaged in roleplays conducted in both Urdu and Pashto, allowing them to practice CBT techniques in a language they were comfortable with. This made the learning process more accessible and meaningful for them. These roleplays were followed by valuable feedback from CBT experts, which helped the participants refine their skills, making the training both practical and hands-on. The feedback emphasized the



importance of adapting CBT methods to fit the unique needs of each patient, especially when faced with cultural or language barriers.

To further support the practical application of CBT, the training used handbooks and flipbooks as tools for engaging patients. These resources helped DOTS facilitators keep patients interested and involved throughout the session, addressing any challenges they might encounter in real-time.

Overall, the refresher training program aimed to equip DOTs facilitators with not just theoretical knowledge, but also practical tools and strategies for implementing CBT in their work. It focused on strengthening their therapeutic skills and their ability to engage with patients in a culturally sensitive and effective way, ultimately enhancing their overall capabilities in delivering successful CBT treatments.

## COGNITIVE THERAPY FOR DEPRESSION IN TUBERCULOSIS TREATMENT (The CONTROL Program)

### “Five-Day refresher training (First Round) for DOTS facilitators on Cognitive behavior therapy”

#### Day 1

**Venue:** Video conference room, 3<sup>rd</sup> floor, Academic block

**Date & Time:** 14<sup>th</sup> Nov 2024, 09:00 AM to 03:00 PM

Time slot	Topic / title	Resource person
09:00am-09:05am	Recitation of the Holy Quran	Dr. Fayaz Ahmad
09:05am-09:30am	Recap of all sessions	Ms. Saara Khan
09:30am-11:00am	Revision of session 1: Psychoeducation and behavioural activation	
11:00am-11:30am	Tea break	
11:30am-12:15pm	Roleplays & feedback of session 1	Dr. Aamir Aziz & Ms. Saara Khan

#### Day 2

**Venue:** Senate Hall, Admin block (first floor), KMU

**Date & Time:** 10<sup>th</sup> January 2024, 09:00 AM to 04:00 PM

Time slot	Topic / title	Resource person
09:00am-09:05am	Recitation of the Holy Quran	Dr. Fayaz Ahmad
09:05am-09:30am	Recap of all sessions	Ms. Saara Khan
09:30am-11:00am	Revision of session 1: Psychoeducation and behavioural activation	



12:15pm-01:00pm	Revision of session 2: Motivational Interviewing	Ms. Faryal Fazal
01:00pm-01:30pm	Exercise on plan to change worksheet	
01:30pm-02:15pm	Lunch break	
02:15pm-03:30pm	Roleplays and feedback	Dr. Aamir Aziz & Ms. Faryal Fazal
03:30pm-04:00pm	feedback of the day	Ms. Saara Khan

Time slot	Topic / title	Resource person
09:00am-09:05am	Recitation of the Holy Quran	Dr. Fayaz Ahmad
09:05am-09:30am	Recap of session 1 & 2	Ms. Zumar Malik
09:30am-11:00am	Revision of session 3 & 4 : Cognitive restructuring-recognizing thoughts and challenging thoughts	
11:00am-11:30am	Tea break	
11:30am-12:15pm	Roleplays & feedback of session 3 and 4	Dr. Aamir Aziz & master trainers
12:15pm-01:00pm	Revision of session 5: Alternative thoughts	Ms. Zumar Malik
01:00pm-01:30pm	Hands on practice: exercise on thought 1 , 2 & 3	
01:30pm-02:15pm	Lunch break	
02:15pm-03:30pm	Roleplays and feedback	Dr. Aamir Aziz & Ms. Faryal Fazal
03:30pm-04:00pm	feedback of the day	Ms. Saara Khan