



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

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# **“Community Engagement Activity, Haripur”**

**13<sup>th</sup> December 2024**



## EXECUTIVE SUMMARY

The CONTROL CEI team regularly undertakes awareness initiatives for Pakistani and Afghan refugee communities. On December 13, 2024, a community engagement activity was held in Khalabat, located in the Haripur district of Khyber Pakhtunkhwa (KP). During this event, the CEI team conducted a feedback session on a video developed through community inputs and a co-creation workshop as a part of NIHR CEI Guiding Principles Pilot Project. The video narrates the story of an Afghan girl named Gul Makai, diagnosed with tuberculosis (TB) and depression, addressing the dual challenge of these issues.

The primary objective of the activity was to showcase the CEI video to Lady Health Workers (LHWs) and community members, providing an opportunity for them to share their feedback as they were part of the video content development process. This report offers a comprehensive overview of the community engagement activity, detailing the interactions with LHWs and community participants.

## INTRODUCTION

### Activity Aims & Objectives:

On December 13, 2024, the CONTROL CEI team conducted a community engagement activity at Khalabat Haripur, displaying an awareness video on tuberculosis and mental health. This video, crafted with input from community members and stakeholders, aimed to educate and spark meaningful conversations about the importance of community awareness regarding TB and mental health. By sharing this video with LHWs and LHVs, the team empowered community health workers to become awareness champions.

The facility for the activity was centrally located within Khalabat Haripur, making it easily accessible for LHWs, LHVs, and the research team. The room was spacious and well-maintained, accommodating approximately 20 female participants.

### Facilitators:

From the CONTROL CEI team, the session was facilitated by:

- Tuba Khan (Media Coordinate CONTROL CEI Guiding Principle Pilot Project and Research Assistant.)
- Maria Marjan (Community Engagement Officer (Local), Research Assistant).
- Ihsan Ullah (Community Engagement Officer (Afghan), Research Assistant).

### Participants:

20 Lady Health workers (LHW), Lady Health Supervisors (LHS), including an Islamic scholar (a teacher from the Madrassa) attended the session.



### Activity:

The activity commenced with the recitation of the Holy Quran by Maria Marjan.



Tuba welcomed all participants and explained the purpose of the visit to the participants. She provided them with an information

sheet and consent form for their participation in the CEI session. Maria first showcased the video “Gul Makkai ke Kahani” to all the participants and gathered the



feedback on the video.

### Participant's Feedback on Video

All the participants appreciated the team's efforts to turn their concept into a reality.



**Participant 1:** She praised the video, appreciating that it was "culturally respectful, reflecting our local norms and values." This thoughtful approach made the content more relatable and effective in conveying important messages about tuberculosis and mental health.

**Participant 2:** Another participant commended the video, stating that it was "**easily understandable for all community members, thanks to its availability in both Urdu and Pashto languages.**" This bilingual approach ensured that the important messages about the free treatment of tuberculosis and mental health were accessible and comprehensible to a wider audience.



**Participant 3:** Another participant noted that the video accurately reflects the cultural attitudes and stigma surrounding TB and mental health and appreciated that the CEI team tackled these sensitive topics head-on. *"We're*

*grateful that this video informs people that free treatment is available, and that TB is curable within 6 months of treatment,"* she said, highlighting the video's potential to dispel misconceptions and promote hope and healing.

**Participant 4:** A Lady Health Worker praised the video, saying, *"This is an excellent way to create awareness about TB and mental health. Producing it in Pashto is a brilliant initiative, as it will effectively*





*reach and educate the Afghan refugee community, promoting better health outcomes and breaking down stigma."*

Lady Health Supervisor stated, *"Today, your project has honored the incredible work of our Lady Health Workers by dedicating a character representing us in this video. We are the unsung heroes ensuring healthier futures for families, one step at a time. Through this video, we will be able to empower the community with knowledge about TB and mental and also about the free treatments available at TB facilities"*

The team then shared the video link with all the participants, and they all downloaded the video to their cell phones ensuring that during their door-to-door community visits, they will educate the community members via this video.

### **Concluding Remarks:**

Lady Health Workers (LHWs) enthusiastically praised the CEI team's efforts in creating the awareness video. Tuba, on behalf of the team, extended heartfelt gratitude to the female community health members and Lady Health Worker for their warm hospitality. She particularly appreciated their willingness to engage and connect, facilitating a meaningful and impactful experience for all involved.

