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Volume 3 Issue 1

THE QUARTERLY NEWSLETTER OF THE CONTROL RESEARCH PROGRAMME



Starting The New Year With A
Groundbreaking Adventure:

Unveiling CONTROL Pilot Trial

COgNitive Therapyfor
depRessiOn in
tubercuLosis treatment

CONTROL Workpackage-2

Pilot Randomized Controlled Trial

The intersection of tuberculosis (TB) and depression presents a complex challenge in healthcare, as both conditions can significantly impact patient outcomes. CONTROL study pilot randomized trial aims to test and refine the cognitive behavior therapy-based intervention with a clear progression criterion to the definitive trial to address depression among TB patients.

Before the launch of the pilot trial, WP 1 was completed by the team which led to the intervention development. This was followed by launching a comprehensive training program for master trainers, psychologists, research teams, DOT facilitators, and TB medical officers to equip them for different aspects of the trial fully.

Stages of intervention development



The Pilot Trial: Recruiting First Patient

The pilot trial was launched on 22nd Jan 2024 at 1 basic management unit (BMU) in district Haripur and 4 BMUs in district Peshawar Khyber Pakhtunkhwa (KP). The districts were selected based on the housing majority of Afghan refugees and the high burden of TB cases. Of the planned 80 patients to be recruited for the pilot trial, the first patient was recruited by the Nahaqi TB center, Peshawar. The utilization of cognitive behavior therapy-based intervention in pilot trial underscores dedication to evidence-based interventions, recognizing the significance of mental health in the overall well-being of TB patients.



CBT Session in Progress



Tree Planted by Patient
Completing his First CBT Session



Cake Cutting Ceremony by CONTROL Study's
First Recruited Patient



CONTROL Intervention Delivery Resources



Flipbook: A desk flipbook has been created with a dual orientation—one side facing DOTs facilitators and the other facing patients. It features concise hints, short descriptions of session topics, and visual aids to enhance patient understanding.

For the CONTROL CBT intervention delivery session, a unique set of intervention materials has been crafted, including a handbook, handouts, flipbook, and flyers.

Handbook: The handbook serves as a comprehensive manual tailored for DOTs facilitators, providing detailed insights into all session components.

Handouts: Patient-oriented handouts are designed to accompany each session. These contain informative reading materials and homework assignments, distributed to patients after each session.

Flyers: Informative flyers have been developed, offering details about depression, anxiety, and general treatment, and understanding of mental health concepts.

CBT Intervention Structure

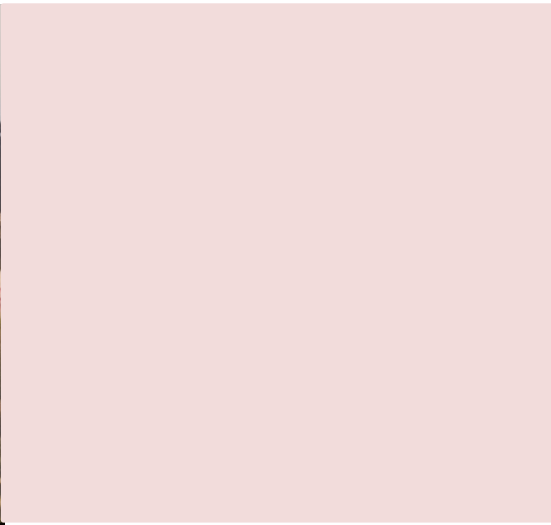
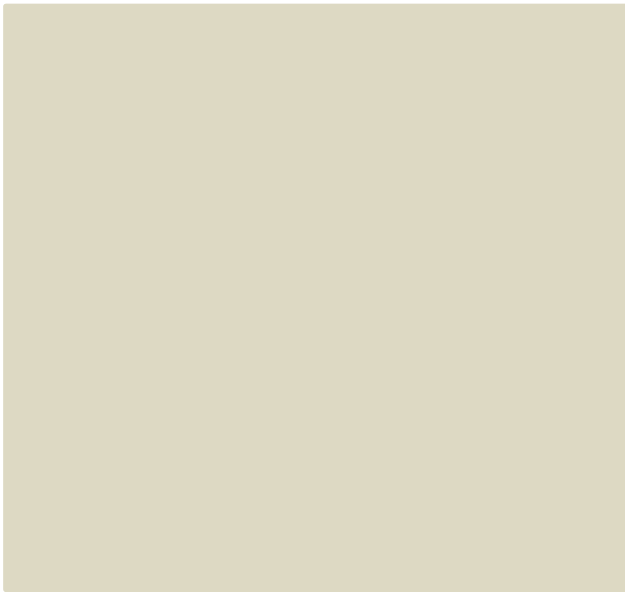
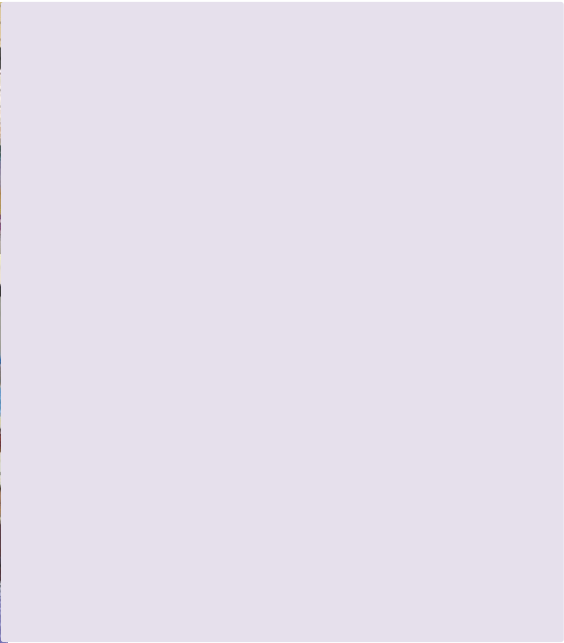
CONTROL pilot randomized trial is all about testing the cognitive therapy for depression in tuberculosis treatment intervention vs. enhanced treatment as usual (ETAU). The CBT-based intervention comprises 6 sessions which are currently delivered by TB Directly Observed Therapy Shortcourse (DOTs) facilitators, for which they were given comprehensive training in Dec 2023 and Jan 2024 to equip the DOTs facilitators with the necessary knowledge and skills for better understanding of CONTROL intervention, CBT

CONTROL Intervention Structure



principles, and CBT sessions.

During the pilot trial, intervention is delivered in 6 weeks and patients are followed up in 8, 24, and 32 weeks. Therapy is supervised by weekly briefing sessions of DoT facilitators with Master Trainers (MTs), weekly briefing meetings of MTs with a lead psychiatrist (clinical research fellow) & monthly supervision of MTs and lead psychiatrist with the CONTROL CBT Leads.



CONTROL PIs Monitoring Visit to Haripur

On 12th February 2024, the CONTROL study leads, Prof. Saeed Farooq and Dr. Zohaib Khan conducted a monitoring visit to the basic health unit (study site) at district Haripur as part of the ongoing pilot study. This visit was critical for ensuring the study's protocols



were being followed accurately and that any issues were addressed promptly. By monitoring the progress of the trial at the basic health unit, and while interacting with the research staff at the site, the leads aimed

to ensure the pilot study was in progress efficiently and effectively to maintain the integrity and reliability of the research.





CAPACITY BUILDING



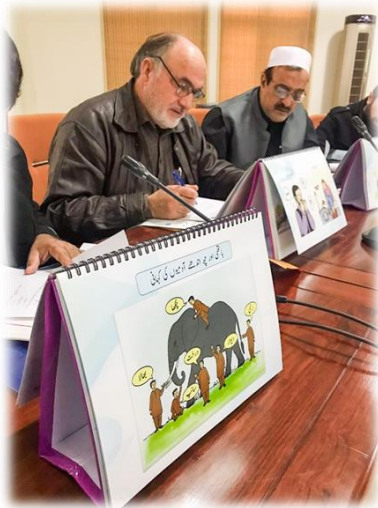
"Investing in team capacity development is not just about training skills; it's about empowering individuals to reach their potential and achieve collective success."

Capacity Development under CONTROL Study

The CONTROL research study is underpinned by a well-conceptualized and comprehensive training program, which serves as the backbone of its successful execution. This robust program equips team members with the knowledge, skills, and confidence needed to carry out their roles effectively and adhere to the study's protocols with precision. It is a testament to the research study's commitment to quality and integrity.

DOTs Facilitators Training on CBT

Training program for Directly Observed Therapy Shortcourse(DOTs) facilitators focusing on Cognitive Behavioral Therapy (CBT) was scheduled from 18th, 19th, 20th, 27th & 28th December 2023, and on January 4th and 5th, 2024. The training was designed and delivered in the Urdu language to enhance comprehension and facilitate better understanding among participants. The aim was to provide participants with insights into the CONTROL Intervention and CBT, emphasizing the application of CBT sessions in addressing the needs of TB patients with depression



Medical Officers Training on Mental Health Gap

The core training of medical officers on Mental Health Gap (MhGAP) was conducted on 6th & 7th October 2024. Later, a one-day refresher training on mhGAP for medical officers was held on 3rd January 2024 at the video conference room at Khyber Medical University (KMU) facilitated by Dr. Muhammad Firaz and Dr. Amir Aziz. Immediately before the start of the pilot trial at study sites, it was imperative to prepare medical officers by providing



them with insights into depression and anxiety, guidance on assessing physical conditions, and knowledge of psychosocial interventions. This preparation was essential for conducting a session on mhGAP tailored for

TB patients experiencing depression. The session on mhGAP is part of the Enhanced Treatment as Usual (ETAU).



Ph.D. Student's Poster Presentation

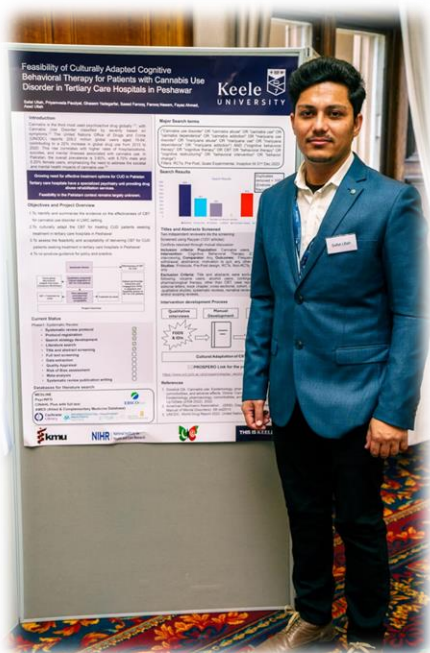
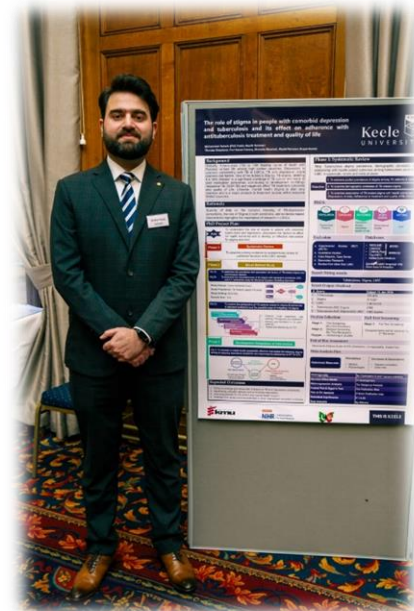
Ph.D students enrolled under the CONTROL program showcased their next generation of

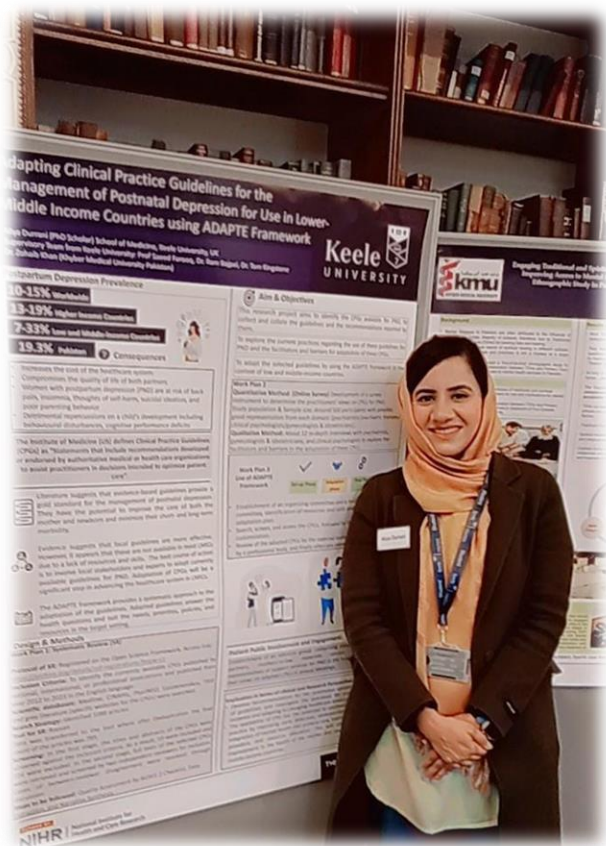
research at the Global Mental Health Symposium held at Keele University on 28th Feb 2024. Their work demonstrated a commitment to advancing understanding of mental health challenges and solutions on a global scale. The diversity of topics presented reflects the multifaceted nature of global mental health. This symposium offered a platform for Ph.D. students to

contribute to the broader discourse on mental health and to inspire collaborative approaches to addressing mental health disparities worldwide.

The experience gained from presenting posters at such

a prestigious event is invaluable for students' academic and professional development. It encouraged them to refine their communication skills, defend their proposed research, and receive constructive critique. Ultimately, these presentations highlight the vital role of emerging scholars in shaping the future of global mental health research and practices.



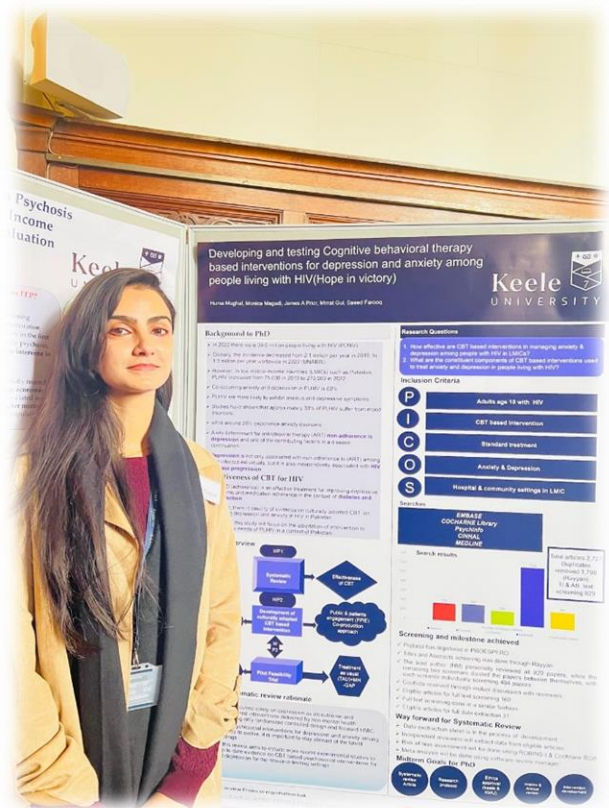


Titles of posters presented:

- ❖ Developing a comprehensive care package for severe mental health illness under universal health coverage in low-and-middle income countries (Abdul Latif)
- ❖ The role of stigma in people with comorbid depression and tuberculosis and its effect on adherence to antituberculosis treatment and quality of life (Muhammad Sohaib)
- ❖ Feasibility of culturally adapted cognitive behavioral therapy for patients with cannabis use disorder in tertiary care hospitals in Peshawar (Safat Ullah)

Titles of posters presented:

- ❖ Adapting clinical practice guidelines for the management of postnatal depression for use in lower-middle-income countries using ADAPTE framework (Aliya Durrani)
- ❖ Developing and testing cognitive behavior therapy-based intervention for depression and anxiety among people living with HIV (Hope in Victory) (Huma Mughal)



CONTROL Early Career Researchers Training at Keele University UK

From February 26th to March 8th, 2024, Keele University UK served as the backdrop for a series of workshops tailored to enrich CONTROL early career researchers and Ph.D. student's understanding across diverse professional backgrounds. Moderated by Prof. Danielle Van Der Windt, Nadia Corp, Jo Jordan, Dr. Alice Moulton, Mike Brooks, Laura Campbell, Anna Hough, Ghasem Yadegarfar, Dr. Martin Lewis, Royes Joseph, & Muhammad Usman, these workshops provided a unique opportunity to delve into a broad spectrum of topics. The participants



navigated through fundamental statistical methodologies, explored advanced techniques in meta-analysis and clinical trial design, and explored strategies for enhancing patient and public

involvement in healthcare research.

In addition to the formal training, the workshops facilitated networking opportunities, allowing



participants to connect with peers and experts in their fields. These interactions can lead to future collaborations and mentorships that further support the participants' growth and success.

The workshop's comprehensive curriculum and collaborative

environment provided a strong foundation for early career researchers and PhD students, empowering them to conduct impactful research and contribute meaningfully to their respective fields.



THE CONTROL'S VOICE

Value of Integrated Community Engagement

"Embrace diverse voices in health research for insights that truly reflect the world we live in...."



CEI/PPIE ADVISORY GROUP MEETING



The CONTROL Community Engagement Initiative (CEI) team and Community Engagement Advisory Group convened for a meeting on 1st Feb 2024, at Khyber Medical University Peshawar to provide insights and guidance for upcoming CEI activities and updates regarding the CONTROL study progress. The meeting centered the discussion around the refinement of community engagement strategies, and methods to enhance community participation, especially in the Afghan refugee camps, and the upcoming CEI activity at the Panian refugee camp. The members of the CEI and PPIE advisory group have remained actively engaged and involved at every stage of the CONTROL study. Therefore, it was imperative to provide them with updates to keep them informed and engaged in the progress. Dr. Zeeshan Kibria, Project Manager of CONTROL also shared the pilot progress and relevant details with the advisory group members.



Paniaan Refugee Camp Haripur Community Engagement Activity

The sixth community engagement activity under the CONTROL project was conducted with Afghan refugees on 12th February 2024 at Paniaan Refugee Village, Haripur led by Prof. Saeed



Farooq and Dr. Zohaib Khan.

Paniaan Afghan camp is among the World's top ten refugee camps as per UNHCR. The camp houses over 60000 Afghan refugees.

The activity aimed to engage with the Afghan community spread awareness about Tuberculosis (TB)

and Mental Health multi-morbidity, and dispel myths and misconceptions predominant in the community regarding both health issues.

The activity also aimed to identify potential members of the CONTROL community advisory committee from Afghan refugees. The current advisory committee is guiding the research team during all phases of the CONTROL program and is bringing the community perspective to our planning and decision-making.



GLOBAL MENTAL HEALTH SYMPOSIUM

Keele
UNIVERSITY



KEELE HALL | 28-29 FEBRUARY 2024



The Global Mental Health Symposium and CONTROL Showcase Event were held at Keele Hall, Keele University on the 28th and 29th February 2024. This two-day event was arranged by Professor Saeed Farooq (CONTROL Lead) and members

of his global mental health research team within the School of Medicine at Keele University. Overall, 119 people attended the symposium, with 65 attendees on day one and 54 attendees on day two of the event.

The symposium hosted guests from a variety of national and international organisations including the World Health Organisation, NIHR, HealthNet

TPO, Agha Khan University, Centre for Mental Health and Addiction Canada, and Kent and Medway Medical School.



Symposium Day 1 comprised the following five sessions:

1. Welcome and introduction to the global mental health research program.
2. The translate launch: translating research for implementing evidence-based practice.
3. Capacity building in mental health research in LMIC.
4. Implementation research in LMIC: from evidence to practice.
5. Improving mental health outcomes in tuberculosis.



Day 2 sessions comprised:

1. Collaborations for implementation research
2. Mental health in conflict and post-conflict settings
3. Implementation research: bridging the gap from evidence to clinical









Lest We Forget





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