

CONTNEWS

*The Quarterly Newsletter
of the CONTROL Research
Programme*



VOL 3 ISSUE 3
JULY – SEPTEMBER 2024



**RECOGNIZING THE
CONTRIBUTIONS OF
PROF. SAEED
FAROOQ**

Recognition of Prof. Saeed Farooq's Services: A Proud Moment for the CONTROL NIHR Family



A moment of pride for the entire CONTROL family as Prof. Saeed Farooq was honored for his remarkable contributions to mental health. In recognition of his efforts, Khyber Medical University has named its academic block as the "**Saeed Farooq Academic Block**".

Prof. Zia Ul Haq, Vice Chancellor of KMU, emphasized the importance of mental health, stating that it is as crucial as physical health. He called for breaking the stigma, offering support, and promoting access to mental health care for all. Recognition of Prof. Saeed's services reflects a commitment to prioritizing mental health and creating a world where it is valued equally.

Groundbreaking Achievements in Global Health Prof. Saeed Farooq's NIHR Professorship



In an exciting achievement for global health, Prof. Saeed Farooq has been awarded the prestigious NIHR Global Research Professorship. This honor, one of the most competitive in the field, recognizes his outstanding contributions to global health research. As the first-ever recipient from Pakistan, Prof. Farooq's selection speaks to his remarkable impact, chosen from a pool of candidates across the UK and 82 low- and middle-income countries.

During Prof. Saeed's recent visit to Pakistan, the CONTROL KMU team celebrated his achievement. It was not only a moment of pride but an inspiration for all the early and mid careers researchers in KMU.





PILOT TRIAL PROGRESS AND UPDATES

Pilot Trial Updates

The CONTROL pilot trial commenced on January 22, 2024, across two sites: District Haripur and District Peshawar, with activities conducted at two centers: Emergency Satellite Hospital, Nahaqi, and District Headquarter Hospital, Haripur. To enhance the recruitment rate, an additional three centers in Peshawar were incorporated into the pilot trial in March 2024. The target sample size of 80 patients was attained within three months, with a notable 85% completion rate ($n=68$) for the initial follow-up conducted 8 weeks post-baseline.

The second and third follow-ups, scheduled for 24- and 32 weeks post-baseline, are in progress. The 24-week follow-up assessments are near completion with an anticipated completion around the end of October 2024. As of 15 October 2024, 78.5% ($n=62$) have completed their 24-week follow-up assessment, whereas 7.6% ($n=6$) have completed their 32-week follow-up assessment. The 32-week follow-ups are expected to be completed by the end of December 2024. The pilot trial's process evaluation (PE) data has also been collected and analysed. Findings from the PE informed the adaptations in the CONTROL intervention as well as changes in the procedures of the definitive trial.

The interim findings from the pilot trial, which focused on the main feasibility outcomes in light of the progression criteria and the PE findings were presented to the steering committee (SC) on 16 September 2024, with the agenda of seeking approval from the SC for early start of the definitive trial. The members and the chair of the SC expressed satisfaction over the conduct and findings of the trial and granted approval for starting the trial from the 1st of November 2024. The completion rate of the 24-week follow-up assessments will be shared with the members on the 30th of October 2024.

Enrollment

Patients screened
for depression using
PHQ-2 (n=172)

Assessed for eligibility
(n=124) Eligibility assessment
not completed (n=1)
Reasons for not completing
Failed to attend (FTA)

Excluded (n= 47)
PHQ-2 score <3 (n=45)
Misdiagnosed as TB
(n=1) Lactating mother

Baseline assessment (n=80)
Completed (n=79)
Reasons for not completing:
Failed to attend (FTA)

Excluded (n=44)
PHQ-9 score <10 (n=17)
WHODAS score <16 (n=9)
High suicidal risk (n=5)
Receiving anti-
depressant treatment
(n=4)
Severe pain (n=1)
Lactating mother
(n=3)
Declined to participate (n=5)

Randomized (n=79)

ALLOCATION

Allocated to Group
A (n=40)

Allocated to Group B
(n=39)

Completed follow-up: (n=34)
Reasons for not completing: FTA
(n=6)

1st follow-up (8-week
post baseline)
Anticipated count (n=79)
Completed (n=68)

Completed follow-up: (n=34)
Reasons for not completing: SAE
(n=1)
FTA (n=2)
Withdrawn from study (n=2)

Completed follow-up:
(n=18) Reasons for not
completing: Loss to follow-up
(n=1),
FTA (n=1), Death (n=1)

2nd follow-up (24-
week post baseline)
Anticipated count (n=44)
Completed (n=37)

Completed follow-up:
(n=19) Reasons for not
completing: SAE (n=1),
Withdrawn from study
(n=1) Loss to follow-up (n=2)

Completed follow-up:
(n=1) Reasons for not
completing:
FTA (n=1)

3rd follow-up (32-week
post baseline)
Anticipated count (n=5)
Completed (n= 3)

Completed follow-up: (n=2)
Reasons for not
completing: SAE (n=1)

Meeting with Medical Officers from CONTROL Pilot Trial Sites

A meeting was held between the CONTROL Co-Lead Dr. Zohaib Khan and Medical Officers from the CONTROL pilot trial sites in Haripur and Peshawar. The session facilitated an in-depth exchange of reflections and observations drawn from the preliminary trial phase, which proved instrumental in shaping the trajectory for the forthcoming definitive trial. Key stakeholders reaffirmed their strong commitment and support, underscoring the importance of collaborative efforts in advancing TB research and control.

The discussions highlighted critical operational learnings, challenges encountered, and potential areas for optimization as the team prepares for the transition to the next phase of the study. This collaborative endeavor marks a pivotal moment in the ongoing battle against TB, with the unified objective of improving outcomes for affected populations. The shared dedication of the research team is expected to propel the trial towards achieving its objectives and contributing to the broader public health goal of eradicating TB. As the trial advances, further developments will be communicated, ensuring transparency and continuous engagement with key stakeholders. This meeting reflects not only a collective commitment to scientific rigor but also a broader responsibility to the communities served by this research.



CONTROL Pilot Trial Process Evaluation

Process evaluation is crucial in pilot trials, as it identifies implementation challenges, refines interventions, and improves trial design. In the CONTROL pilot, it provided valuable insights into session delivery and participant experiences, enabling the research team to make necessary adjustments for enhancing intervention quality and ensuring the trial's success in future phases.

The process evaluation for the CONTROL pilot trial, finalized in April 2024, was essential for assessing the intervention's feasibility. A structured field plan involved randomly selecting 24 CBT sessions, evaluated using the CTS-R and CBT assessment scales by master trainers. Quantitative data collection concluded in May, with analysis completed in June.



Qualitative data collection progressed with focus group discussions involving DOT facilitators and the trial team held in July, followed by sessions with Medical Officers (MOs) in September 2024 at KMU. Additionally, by the end of September, all 24-week follow-up interviews with patients from both the intervention and control arms were completed, providing comprehensive insights into the participants' experiences and outcomes.

The findings gathered from DOTS facilitators, patients, Medical Officers (MOs), and trial staff were thoroughly reviewed and shared with the intervention team. These insights played a critical role in identifying specific areas for improvement, ensuring that the intervention was further refined to address practical challenges and enhance its effectiveness. The collaborative input informed targeted adjustments to optimize the program's delivery and outcomes.

CONTROL Intervention Refinement

After a detailed process evaluation (PE), the principal investigators (PIs), postdoctoral fellows, and master trainers (MTs) met to discuss the findings. The MTs were tasked with incorporating feedback to revise the intervention, which was then reviewed by the intervention development leads. Major changes were made to the CONTROL intervention to improve its effectiveness.

Key updates included:

- Session 1 (Psychoeducation and Behavioral Activation): The content was streamlined, splitting material into "essential" and "optional" components to help facilitators prioritize based on time and patient needs.
- Session 2 (Motivational Interviewing): To improve comprehension, complex therapeutic concepts were simplified, and the original worksheet was replaced with a user-friendly checklist for homework, supporting patients with literacy challenges.
- Homework Support: A support mechanism was added, allowing patients to reach out to DOTS facilitators for homework assistance, enhancing ongoing support.
- Session 6: A new case example, Zarmina, was added alongside Gul Muhammad's story, offering diverse patient experiences for greater relatability.

These revisions, aimed at enhancing accessibility and patient focus, were presented at the consultative meeting on September 25, 2024.

CONTROL Consultative Meeting



CONTROL study consultative workshop conducted on 25th September 2024, aimed to present process evaluation findings and discuss proposed changes with key stakeholders, including the TB Control Program's Deputy Director Dr. Haroon, DOTS facilitators (Muhammad Shahab, Nazir Muhammad, Muhammad Ashfaq, and Shad Muhammad), TB patients (Muhammad Gul and Salman), CONTROL Post-doc fellows Dr. Shaista Rasool and Dr. Fayaz Ahmad, co-lead intervention Dr. Mirrat Gul, and the intervention development team including Saara Khan, Faryal Fazal, Zumar Malik, and Rafia Khalil.

The following changes were agreed upon for refining the intervention:

1. Session 1 (psychoeducation and behavioral activation) will be shortened, with content marked as "desirable" or "optional."
2. Session 2 (Motivational Interviewing) will be simplified, replacing the change plan worksheet with a checklist to ease patient homework.
3. Patients can now contact the DOTS facilitator for homework assistance, addressing their difficulties with reading and writing.
4. Zarmina's case example will be added to session 6, complementing Gul Muhammad's story.

The participants extended full support to the CONTROL team for the upcoming definitive trial.

CONTROL Consensus Workshop

The consensus workshop for the CONTROL program (COgNitive Therapy for depReSSIOn in tubercuLosis treatment) was held on 8th October 2024 at the KMU VC Committee Room. The event aimed to refine and finalize the CBT intervention for improving outcomes related to depression and tuberculosis (TB) in Pakistan and Afghanistan.

The stakeholders joining the consensus workshop included CONTROL Co-Lead, CONTROL Dr. Zohaib Khan, Dr. Zeeshan Kibria, Project Manager, Co-lead Intervention Development Dr. Mirrat Gul, CONTROL Post-Doc Fellows Dr. Shaista & Dr. Fayaz, Deputy Director KP TB Control Program Dr. Haroon Latif, Clinical Research Fellow Dr. Firaz, Senior Pulmonologist, Psychiatrists, Clinical Psychologists, Medical Officers, DOTs, CBT Master Trainers, and TB patients.



Key Points of the Workshop:

- Refinements were made to the content of the intervention based on patient feedback, with specific changes in session duration and homework complexity to make the process easier for participants.
- The final decision was to engage patients in their homework whenever they come for a session, with the intention of addressing their homework before starting the session. For homework, one of the stakeholders recommended adding stickers and a checklist where patients could easily tick or cross questions according to their requirements.
- Discussions highlighted the importance of supporting TB patients who struggle with reading and writing, prompting the introduction of phone-based support during homework completion.



CONTROL Consensus Workshop

- It was highlighted that the CONTROL intervention differs from standard and short-term CBT interventions. The CBT used in CONTROL is more specific, manualized, and culturally adapted, with a greater focus on health issues such as TB. Since every culture has different contexts and languages, the intervention was culturally adapted to fit the culture of Khyber Pakhtunkhwa. Furthermore, the content of the first session (Psycho-education and Behavioral activation) had been reduced from the previous version. Minor adjustments were made in the second session (Motivational interviewing). A checklist had been developed to assist with homework assignments as the previous version was difficult for the DOTs to deliver to TB patients.
- The inclusion of patient case examples, such as Zarmina and Gul Muhammad, across multiple sessions was finalized, ensuring continuity and engagement for patients.

Overall, the workshop successfully facilitated collaboration among stakeholders to refine the CONTROL intervention, moving it closer to implementation for definitive trial.



CONTROL Study Updates Presented to Technical Steering Committee



On September 16, 2024, the CONTROL Study Technical Steering Committee convened for a vital review of the ongoing pilot randomized controlled trial aimed at improving mental health outcomes for tuberculosis patients in Pakistan and Afghanistan. The TSC meeting was chaired by Prof. Arshad Javaid. Discussions focused on refining interventions for TB health workers and patients, particularly shortening session lengths for greater flexibility. The inclusion of Drug-Resistant Tuberculosis patients and lactating mothers was approved, expanding the study's reach. With impressive results from the pilot phase, the committee agreed to launch the full trial in November 2024.





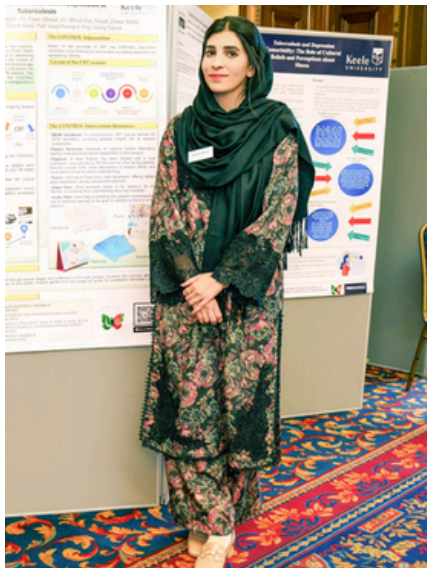
CAPACITY DEVELOPMENT

Monitoring Evaluation & Learning Workshop on Innovative Thinking Developing Superior Logical Frameworks

The "MEL Workshop - Innovative Thinking: Developing Superior Logical Frameworks" was held at Aga Khan University, Karachi, on August 15-16, 2024, organized by the C4Impact team. The workshop aimed to enhance Monitoring, Evaluation, and Learning (MEL) skills for participants from various sectors. Key team members from the CONTROL project, including Saara Khan (Communications Officer), Hessam ul Haq (Administrator), and Zeeshan Khan (Research Assistant), attended in person. Their presence enabled more direct interaction with facilitators and participants, fostering a hands-on learning experience.

Other CONTROL project members participated online, ensuring broader team engagement. Both in-person and virtual participants gained valuable skills in MEL practices. The workshop provided practical training on developing logical frameworks for global health projects, focusing on the Theory of Change and formulating effective evaluation questions. Interactive sessions, group activities, and exercises deepened participants' understanding of how MEL strategies can support project success.

Facilitators, including Dr. Zulfiqar A. Bhutta, Dr. Huma Qureshi, Dr. Zainab Samad, and Dr. Narjis Rizvi, highlighted the importance of innovation in project management, creating a rich and dynamic learning environment



CONTROL Master's in Health Research

2nd Contact Session

The second contact session of the Master's in Health Research (MHR) program, held from September 2nd to 6th, 2024, offered students in-depth training in statistical analysis, equipping them with essential skills to tackle health research challenges.

Day 1 (September 2nd, 2024): Dr. Nauman Arif led an evaluative session designed to review prior learning. Students engaged in a written exam, presented assignments, and completed practical assessments in data preparation, reinforcing their foundational knowledge.

Day 2 (September 3rd, 2024): Mr. Muhammad Ibrahim conducted a session on inferential statistics, covering t-tests (one-sample, independent, paired) and Analysis of Variance (ANOVA). The training included multiple comparison procedures, such as the Bonferroni and Tukey HSD tests, to help students understand group differences comprehensively.

Day 3 (September 4th, 2024): Dr. Sheraz Fazid introduced hypothesis testing, focusing on categorical data analysis through Chi-square tests, Fisher's exact tests, and correlation measures, including Pearson and Spearman correlations. These methods provided students with tools to explore relationships within data rigorously.

Day 4 (September 5th, 2024): Dr. Fazid led a session on regression analysis, focusing on both simple and multiple linear regression. Students learned to model and interpret linear relationships, crucial for predictive health research.

Day 5 (September 6th, 2024): Dr. Nauman Arif concluded the session series with training on logistic and multinomial logistic regression, essential for analyzing categorical outcomes in health research. A practical recap of all statistical techniques reinforced the week's learning outcomes.

This intensive, hands-on training prepared students to confidently apply statistical methods to health data, equipping them with the analytical skills necessary for conducting rigorous health research.

CONTROL's Ph.D. Scholars Year One Overview

Reflecting on first year of CONTROL's PhD students, their journey was transformative. All five Ph.D. scholars developed resilience, deepen their critical thinking, and refine research skills through intensive study and practical experience offered at both Keele University and Khyber Medical University. Their initial journey included:



Enrolled since August-2023



Attended three modules at KMU's course work



Attended one-month training sessions at Keele University



Regular supervisory meetings



Ethical approvals for the respective studies are in progress



Registration of systematic reviews protocols

This initial journey was followed by all scholars achieving important milestones including:

- Initial PDLP completion in 3rd month
- Literature review completion at 6-8 months
- Interim progress review report
- Progress review -1 report -9th month
- Progress report – 10th-12 months

PR-1 independent panel review- 10th -12 months in July 2024:

- PR-1 was successfully defended by 4 out of 5 scholar and remaining one completed it in following two months.

The Ph.D. scholars are currently engaged in completing their systematic reviews and progressing to phase 2 of their research studies.

All the scholars had presented their studies in the two Global Mental Health Symposiums held in Pakistan in Nov 2023 and in Keele in Feb 2024, followed by their poster presentations in Keele University.

Meet the Scholars

DR SHAISTA RASOOL

**POST DOC FELLOW
CONTROL**



Dr. Shaista Rasool is a post-doc fellow in the 'CONTROL' project. Dr. Rasool serves as the Head of Department of the Department of Public Health at the Institute of Public Health Social Sciences, Khyber Medical University (KMU). She has worked in public health academia since 2016.

She earned her BDS from the Khyber College of Dentistry at the University of Peshawar in Pakistan in 2006 and completed her master's degree in 'Public Health' with distinction from KMU in 2010. She was awarded a gold medal for outstanding academic performance in MPH. She recently completed her PhD studies from the University of Edinburgh, U.K under the Pakistan Higher Education Commission scholarship program. Currently Dr. Shaista is involved in CONTROL study intervention and trial activities.



HUMA MUGHAL CONTROL Ph.D. Scholar

Huma Mughal is a clinical psychologist with a strong academic and professional background. She began her career with a degree in Psychology, followed by a specialization in Clinical Psychology and postgraduate studies in the field.

As a Consultant Psychologist at Hayatabad Medical Complex, Huma provided psychological assessments and interventions for both inpatients and outpatients. Huma's research contributions include projects like STOP Plus and Management Plus (PM+). She has published six scientific papers, with three more in progress, and presented her work at national and international conferences.

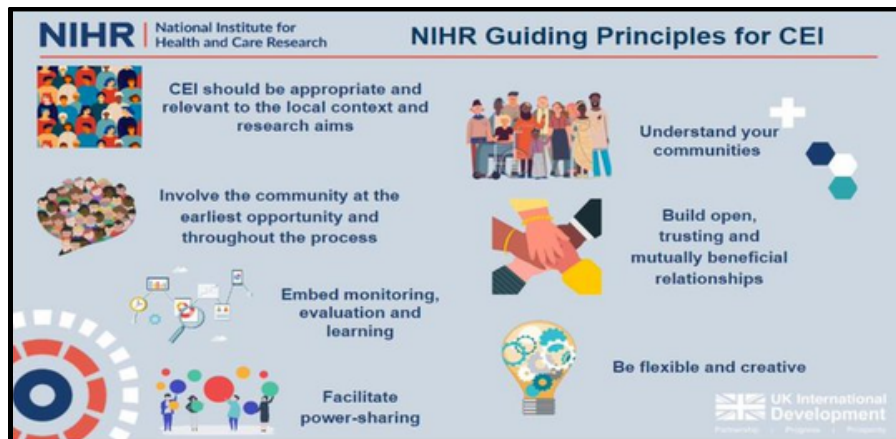
In addition to clinical practice, Huma has completed specialized training in Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Eye Movement Desensitization and Reprocessing (EMDR), all accredited to European standards. She is also a master trainer in the Mental Health Gap Action Programme (MH-GAP), conducting workshops for postgraduate students in Khyber Pakhtunkhwa (KPK).

Currently, Huma is pursuing a PhD in Public Mental Health at Keele University, UK, under a prestigious NIHR Scholarship as part of the CONTROL project, led by Professor Saeed Farooq. She completed year one of her PhD. Her research focuses on advancing understanding and treatment in public mental health. Huma remains dedicated to a dual career as a clinician and researcher, aiming to improve mental health care through evidence-based practice and innovation.



COMMUNITY ENGAGEMENT

CONTROL Study Piloting NIHR CEI Guiding Principles



The CONTROL study Expression of Interest was successful in piloting the NIHR CEI Guiding Principles, marking a significant achievement for the CONTROL team. The initiative set the stage for an exciting six-month pilot project **“Art for Impact: Community-Driven Creations for TB and Mental Health Awareness”** focused on piloting NIHR CEI guiding principles by developing art genre for community awareness based on community's choice.

Community engagement is at the heart of the CONTROL study. Community members are actively engaged at all stages of project activities. During the past year, via CEI activities CEI team explored the community's perspective regarding TB and mental health. In the next phase, we plan to bring diversity to community engagement based on participatory action research.

Visual, performing, or digital art are vital tools for community engagement as they have the power to unite people for a shared purpose and also reach to masses. For this new initiative, we hope to involve the community at the earliest opportunity and throughout the process to build open, trusting, and mutually beneficial relationships, facilitate power-sharing, be creative, and embed monitoring, evaluation, and learning.

This will support and empower communities to identify their own needs and work together to select and develop the most appropriate art medium to spread awareness regarding TB and Depression.

CEI Pilot Project Team Meeting with Additional Commissioner, Afghan Commissionerate, Peshawar

On 30 July, Dr. Saima Aleem and Pilot CEI team held a meeting with Mr. Haider Ali Shah, Additional Commissioner at the Afghan Commissionerate, Peshawar to secure a No Objection Certificate (NOC) for the "Art for Impact" project. The project aims to develop a unique art genre focused on community awareness, with active involvement and input from community members.

During the meeting, the team outlined the project's objectives, emphasizing the importance of using art as a tool for raising awareness on key issues like Tuberculosis and depression. They explained how the project seeks to empower the community by allowing them to shape the artistic narratives that reflect their concerns and aspirations. The Additional Commissioner expressed support for the initiative, recognizing its potential to develop engagement and bring positive change for the Afghan refugees.



Consultative Meeting with the CONTROL Community Advisory Group

CONTROL community advisory group comprises highly active and energetic members who are involved in all the project activities. After the success of CONTROL EoI to pilot NIHR CEI Guiding Principles, a consultative meeting was held with advisory group members on 22nd July 2024 at Khyber Medical University to get their feed back on the consent forms and information sheets, community engagement field activities and content to be presented regarding co-creation of art genre and feed back gathering strategies.

The advisory group shared their feedback on all the documents and expressed a strong desire to be a part of all the field activities both in Peshawar and in Haripur.



NIHR CEI GUIDING PRINCIPLES PROJECT FIELD ACTIVITIES VISIT TO NAGUMAN REFUGEE CAMP

As a part of the CEI pilot project, field activities were organized in both Peshawar and Haripur to engage local Pakistani and Afghan refugees for selecting and developing art genres for community awareness.

in this series, the first field activity was arranged at the Naguman Refugee Camp on 26th July 2024. The CEI team was joined by the CEI Advisory group members to extend support to the team and to make community members realize the importance of co-creation.

The community members were given information about the tuberculosis and mental health outcomes, and the concept of co-creation and various art-based genres for awareness were introduced. Participants views were audio recorded, and a focus group discussion was conducted to further explore their opinions on the art-based genres and their content. Prior to the activity, permissions were granted, and consent forms were signed. All the community members actively participated and openly shared their views regarding different art genre as per their community need.





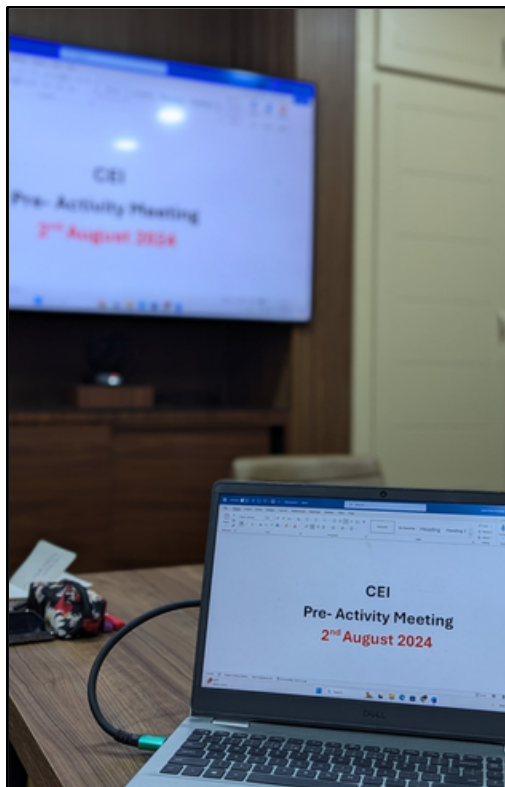
CEI Activity at Panian Afghan Refugee Camp



The CONTROL CEI team conducted another notable CEI activity with Afghan sisters and brothers on 3rd August 2024 at the Panian Afghan Refugee Camp in Haripur. The session focused on fostering engagement and support within the community, continuing the commitment to impactful outreach and collaboration to co-create art based community awareness genres.



Glimpse of CEI Pre-Activity Meeting at KMU



Before the CEI field activities at the Haripur, a pre-activity team meeting was held on 2nd August 2024 at Khyber Medical University. The team demonstrated strong readiness and commitment, showcasing the strategic planning and enthusiasm driving the upcoming activities. The team discussed all the logistic arrangements for the advisory group members to join team in the Haripur activities.

The CEI pilot project manager Asadullah briefed the team about the meeting with religious scholars and Afghan focal person in the Haripur. The male and female hujra details were shared with the team to ensure smooth conductance of all the activities.

The team also reflected upon the field activity conducted at the Naguman Afghan Refugee Camp in July 2024 and discussed the findings from the focused group discussion.

The pre-activity meeting helps the CEI team to develop close ties not only as team but to delegate the task equally among the team.

Lady Health Worker; Serving as a Linkage between Communities and Healthcare Services



The CEI session with Lady Health Workers in Khalabat, on 3rd August 2024 provided an exceptional opportunity to learn from their experiences and empower them with knowledge on raising awareness about tuberculosis (TB) and mental health outcomes. These health workers serve as a crucial link between communities and healthcare services, and their role in disseminating information and support was emphasized during the session.

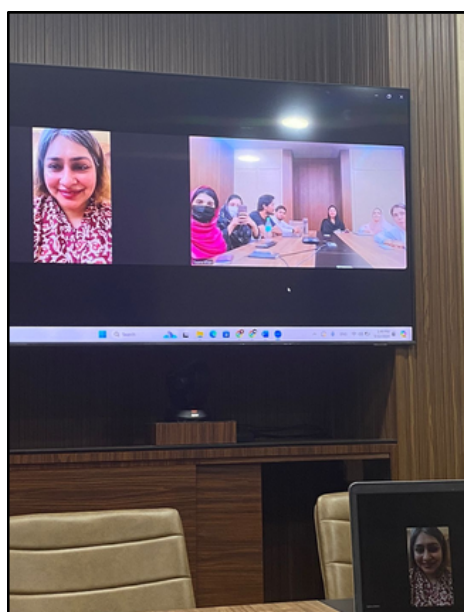


Hazar Khwani Community Engagement Activity

On August 6, 2024, a community engagement activity was conducted at Hazar Khwani village in Peshawar, Khyber Pakhtunkhwa (KP). The CEI team conducted separate awareness sessions on tuberculosis (TB) and mental health for female and male Pakistanis. The primary objectives of this engagement were to interact with the community in their natural setting, provide an overview of the CONTROL study, and discuss TB and mental health outcomes. Additionally, the activity aimed to introduce the concept of co-creation and art-based community engagement activities. A focused group discussion was an important aspect of the event, and participants were invited to express their opinions and personal observations. The discussion also acted as an opportunity to agree on various art-based strategies for promoting awareness about tuberculosis and mental health. The session closed with participants, including community leaders and a religious expert, agreeing to continue raising awareness. The consensus reached during the discussion will guide future community outreach activities, ensuring that they reflect local values and successfully treat both tuberculosis and mental health concerns.



Pilot CEI Team Prepares for Successfully Completing Phase 1 Activities for CEI Pilot Project



With the successful completion of Phase 1 field activities for NIHR CEI Guiding Principles Pilot project, on 12th September 2024, the pilot CEI team launched the preparation for the co-creation workshops.

The team gathered for an important meeting to align on key strategies, focusing on developing the agreed upon art genre. This session marked a pivotal moment as the team worked together to refine their approach, ensuring the findings from the field activity are well structured to be presented to co-creation workshop and the consensus to be built accordingly.

With teamwork and fresh ideas driving the effort, the team is ready to tackle the next phase with enthusiasm. More updates on this exciting journey will follow soon in the next CONTNEWS.

CEI Team Meets with Prof. Saeed Farooq to Advance Community Engagement Initiatives



On September 20, 2024, the CEI team convened for a productive meeting with Prof. Saeed Farooq to assess progress in community engagement efforts and outline the path forward.

The meeting provided an opportunity to celebrate recent achievements and reflect on impactful initiatives that have significantly strengthened community ties. Prof. Saeed Farooq offered valuable insights on enhancing outreach strategies, emphasizing the critical role of innovative approaches in maximizing community impact.

As a result, actionable next steps were identified to maintain momentum and ensure the effective implementation of new strategies. Prof. Saeed stressed upon the importance of effective community engagement not only for CONTROL study but also for NIHR. This meeting marked a pivotal moment in the team's commitment to fostering deeper community connections and driving meaningful change.

Collaboration and Insights from Local and Afghani Team Members



The CEI advisory group convened for a collaborative meeting that brought together a blend of local and Afghani team members. The focus was on sharing findings from the pilot CEI field activities and planning for the upcoming CEI co-creation workshop.

Participants exchanged valuable insights, exhibiting a spirit of collaboration that will enhance future efforts. The advisory group members shared their own preferences for the art genre and discussed pros and cons for all the art medium. The Afghan members endorsed the findings from the CEI field activities conducted at the Afghan refugee camps.

This meeting exemplified the importance of teamwork and shared knowledge in driving forward the objectives of the CEI initiative.

CEI Pilot Team Advances to Phase 2



The CEI Pilot Team held a meeting with Dr. Saima Aleem to discuss the transition to Phase 2 of the NIHR CEI Pilot. This marks a milestone in efforts to deepen community engagement and enhance the impact of ongoing initiatives.

The discussion focused on refining strategies to expand outreach and improve connections with local communities. During the meeting, the content and story board for the art genre development was discussed and the team openly shared their ideas. The story boards from the co-creation were also discussed as the during the co-creation group activities, all the community members actively shared their ideas.

The co-creation success was also discussed and celebrated as the real power show from the community members was showcased.

Art for Impact: Co-Creation Workshop Unites Communities for TB and Mental Health Awareness



The Art for Impact: Co-Creation Workshop, held on September 26, 2024, at the Senate Hall of Khyber Medical University, was organized as part of the NIHR-CEI guiding principles pilot project. The workshop aimed to present findings from the CEI pilot field activities and to build consensus on the art-based genres preferred by local and Afghan refugee communities for raising awareness on mental health and tuberculosis (TB).

The workshop brought together a diverse group of stakeholders, including TB workers, mental health professionals, teachers, youth representatives, content creators, religious scholars, Afghan journalists, IT experts, Afghan and local community representatives, and CEI & PPIE advisory group members. Three main awareness mediums were discussed: videos, flyers, and booklets. Each medium's pros and cons were considered, with participants sharing insights from their respective communities. Videos emerged as the preferred medium due to their accessibility, ability to engage both literate and illiterate audiences, and their alignment with the growing use of social media.

Glimpse of Co-Creation Workshop



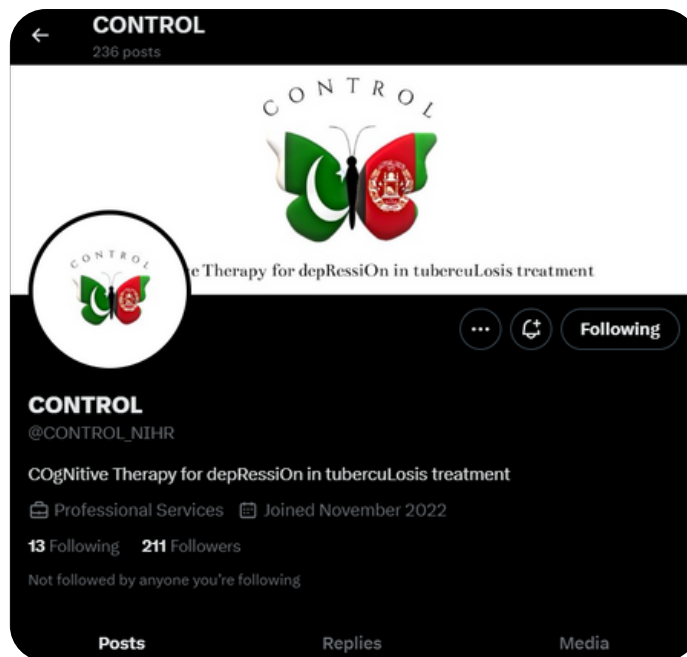


Co-Creation Group Pictures



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