



## **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 Initiative**  
**(CEI) activity on Tuberculosis and**  
**Depression**

**3<sup>rd</sup> December, 2022**

# CONTENT

<b>EXECUTIVE SUMMARY .....</b>	<b>4</b>
<b>INTRODUCTION.....</b>	<b>5</b>
<b>Activity Background:.....</b>	<b>5</b>
<b>Pawaka CEI Activity Plan: .....</b>	<b>5</b>
<b>Female Hujra: .....</b>	<b>6</b>
<b>Facilitator: .....</b>	<b>6</b>
<b>Workshop Proceedings.....</b>	<b>6</b>
<b>Day &amp; Venue .....</b>	<b>6</b>
<b>Participants: .....</b>	<b>6</b>
<b>Aims &amp; Objectives of CEI Activity: .....</b>	<b>6</b>
<b>Events:.....</b>	<b>7</b>
<b>All About Tuberculosis.....</b>	<b>7</b>
<b>Lived Experiences of Community: .....</b>	<b>7</b>
<b>Patient 1: .....</b>	<b>Error! Bookmark not defined.</b>
<b>Response From Community: .....</b>	<b>8</b>
<b>Mental Health &amp; Depression: .....</b>	<b>8</b>
<b>Lived Experiences of Community .....</b>	<b>9</b>
<b>Response of Community Regarding Mental Health:.....</b>	<b>9</b>
<b>Lest We Forget .....</b>	<b>10</b>
<b>Agenda .....</b>	<b>11</b>
<b>Team members.....</b>	<b>12</b>

## EXECUTIVE SUMMARY

In the Community Engagement Initiative activities series, third community engagement activity was held on 3rd December, 2022 in Pawaka village, KP to engage with community in their natural settings for project overview and to discuss TB and Mental Health Outcomes in detail. This was arranged as parallel activity in both male and female hujras considering the socio-cultural demographics of the area and to ensure active inclusion of both male and female members of community. This report will narrate the CEI activities in the male Hujras.

## INTRODUCTION

### **Activity Background:**

Third community engagement activity was held at Pawaka, a small village in rural Peshawar after the initial two meetings focusing on community mapping. The aim of the activity was to engage actively with community to spread awareness regarding project and TB and Mental Health outcomes and to address myths prevailing in the community.

Project research team expects to identify the community advisory committee members from these activities to facilitate the team about community perspective regarding project activities.

### **Pawaka CEI Activity Plan:**

The community engagement activity at Pawaka was planned as parallel activity in both male and female hujras considering the socio-cultural demographics of the area and to ensure active inclusion of both male and female residents.

Prior to the activity on due date, the three-member research team had visited the area to meet the hujra and area elders, to extend invites to community leaders and members and to make necessary arrangements. Separate meeting was conducted with the religious leader to take them on board for the activity.

### **Male Hujra:**

The dedicated male hujra for the activity was based in the center of the Pawaka and was approachable for all the community members and research team. The hujra was spacious and well maintained. Around 40 – 45 males participated in the activity.

### **Facilitator:**

#### **For male hujra:**

Dr. Zohaib Khan and Dr. Fayaz Ahmed facilitated the activity in male hujra.

### **Workshop Proceedings:**

#### **Day & Venue**

Community Engagement activity on Tuberculosis and Depression was held on 3rd December, 2022 in Pawaka village which is rural area in Peshawar, KP. The area is primarily populated by Pashtuns and their native language is Pushto. Pawaka is famous for its simplicity and hospitality.

#### **Participants:**

The workshop was attended by 40-45 male participants, including Islamic scholar (a teacher from Mandrassa), Political leader, and chairman of the village, male counselor and village elders along with local male residents.

#### **Aims & Objectives of CEI Activity:**

The aim of conducting the third CEI activity in natural setting and among rural population was to understand their perceptions regarding the TB and associated mental health outcomes, how they deal with TB patients and to address the myths prevailing in both urban and rural communities regarding TB and depression.

### Events:

The activity was opened with the recitation of Holy Quran by the male religious scholar. Later Dr. Zohaib Khan introduced the CONTROL team and briefed the participants the purpose of activity, its aims and objectives and how community can help and contribute to project.



### All about Tuberculosis

Dr. Zohaib Khan, Principle Investigator CONTROL, addressed about the history of tuberculosis and added that Pakistan ranked 5<sup>th</sup> among the countries who has Tuberculosis. He also explained

Tuberculosis signs & symptoms in detail including cough for 2 weeks or longer, pain in the chest, coughing up blood or sputum while other symptoms of TB disease are weakness or fatigue, weight loss, no appetite, chills, fever and sweating at night. Furthermore, types of tuberculosis, treatment and precautionary measures were also explained to participants.

The precautionary measure that should be taken by patients, caregivers, and anyone else who interacts with them were explained in detail, and participants were also given a detailed explanation of common myths in society.

### Lived Experiences of Community:

Both elder and young male actively participated in the session and shared their lived experiences. Among the participants, there was 1 male patient who had recovered from the Tuberculosis and narrated his journey from diagnosis till recovery.

### Verbatim as narrated by patient:

*“Nearly five years ago, due to my persistent cough and other symptoms, I was given a Tuberculosis diagnosis.”. When I was first diagnosed, I was hoping that people would understand my condition and will behave in a good manner but unfortunately, people were very unsupportive because they thought that it was not safe to talk to me or sit next to me.”*

### **Response from Community:**

They actively participated in the study and offered their complete cooperation to the research team as well as to anybody around who had TB or mental health difficulties. The male participants expressed their gratitude to Khyber Medical University and the CONTROL research project .They promised to assist anybody from Khyber Medical University who visits the area in the future for research.

Additionally, they recommended holding medical camps for various illnesses and conducting workshops in community. They should receive training on how to care for patients in families and how the community may help all such patients and their caregivers.

### **Mental Health & Depression:**

Dr. Zohaib Khan spoke about depression and mental health. Participants learned about mental health. The signs and symptoms of depression were discussed by Dr. Fayaz Ahmad. He gave examples from everyday life were used to explain the stigma associated with TB, mental health, and its consequences. The unwillingness to ask for assistance, the belief that doing so reveals a personality flaw, and the belief that one cannot change one's circumstances can all prevent people from getting the right support.



## Lived Experiences of Community.

People of the village had very little knowledge about mental health & depression. They use to approach faith healer whenever they feel down or in distress or they would call it a possession. One of the participant had symptoms about depression and people used to stigmatized him as mad or crazy person.



## Response of Community Regarding Mental Health:

Response was good regarding mental health as they had misconception regarding depression and possession. They came to know about that mental health is as important as physical health. Mental health is important at every stage of life, from childhood and adolescence through adulthood. They also came to know that poor mental health makes us more vulnerable to certain physical health problems. The participants shared their feedback regarding the information presented to them during activity and session was concluded with the note of thanks.

## Lest We Forget



**Group picture of Facilitators with Team CONTROL**

**COGNITIVE THERAPY FOR DEPRESSION IN TUBERCULOSIS  
TREATMENT  
(The CONTROL Project)**

***COMMUNITY ENGAGEMENT INITIATIVE***

**Agenda: CONTROL Community Engagement initiative 01**

**Date: 3<sup>th</sup> December 2022**

**Area: University Town, Pawakka, Mohallah Umar Zai Peshawar**

**Pinned location:**

**Male and female parallel in two different houses (Hujras)**

<b>Time slot</b>	<b>Topic / title</b>	<b>Resource person</b>
11:00am – 11:05am	Recitation of Holy Quran	Dr. Fayaz Ahmad (Male side) Dr. Fatima Khalid (Female side)
11:05am – 11:15am	Welcome note and Introduction of participants	Dr. Zeeshan Kibria (Male side) Dr. Saima Aleem (Female side)
11:15am – 11:25am	Infectious disease burden in Pakistan (specifically TB) and in Khyber Pakhtunkhwa. Aim & objective of the Community Interaction, importance of community engagement in improving healthcare delivery and access.	Dr. Zohaib Khan (Male side) Dr. Saima Aleem (Female side)
11:25am - 11:35am	Overview of mental health disorders in chronic diseases and TB Mental health disorders prevention and treatment, role of community in advancement of research and project specific research activities.	Prof. Dr. Saeed Farooq Ms. Saara Khan
11:35am – 11:45am	Speech by the community representative (cousellor)	Local cousellor (Male) Local cousellor (Female)
11:45am - 11:50am	Speech by the religious representative (Imam Masjid)	Imam Masjid (Male side) Hafiza (Female side)
11:50am - 12:00pm	Vote of thanks	Dr. Zeeshan Kibria (Male side) Dr. Fatima Khalid (Female side)



**Team members:**

Prof. Dr. Saeed Farooq (University of Keele UK)

Dr. Zohaib Khan (Khyber Medical University)

Dr. Zeeshan Kibria (Khyber Medical University)

Dr. Fayaz Ahmad (Khyber Medical University)

Dr. Safatullah (Khyber Medical University)

Mr. Sikander Sultan (Khyber Medical University)

Mr. Hessam ul Haq (Khyber Medical University)

Mr. Asadullah (Khyber Medical University)