



# CONTROL LAUNCH REPORT



# EXECUTIVE SUMMARY

Tuberculosis (TB) is the 10th leading cause of death globally. Common mental disorders, such as depression, is a significant multimorbidity with TB in most Low- and Middle-Income Countries (LMIC). Pakistan is ranked fifth among TB high-burden countries. Afghanistan has an even worse TB situation due to ongoing conflict and refugees migrating to Pakistan and adjoining areas. TB and depression are typical multimorbidity in which each disease increases the risk of poorer outcomes for the other.

No effective interventions are available to treat depression in people with TB. We, at CONTROL aim to develop and test a psychosocial intervention for treating depression in TB and improving adherence with anti TB treatment (ATT) to cater to the needs of local Pakistani patients and TB patients among Afghan Refugees.

The launch of CONTROL in Pakistan was held on 7<sup>th</sup> & 8<sup>th</sup> October, 2022 at the Pearl Continental Hotel, Bhurban. The subject specialists and delegates from both Keele and Khyber Medical Universities, National and Provincial TB Control Program, Afghan Commissionerate, Institute of Psychiatry, Pakistan Psychiatry Association, University of Peshawar, Tuberculosis patients and experts attended the event.

The event was a success with the audience, speakers and guests actively participated in the sessions and provided very constrictive feedback regarding their experience and how they can contribute to the project.



## CONTROL LAUNCH

The CONTROL launch and inaugural showcase of project spanned over two days (7<sup>th</sup> & 8<sup>th</sup> October 2022), each day following different sessions chaired by experts.

Day 1 comprised following three sessions

1. Opening Session
2. Introduction To Control
3. Community Engagement & Capacity Development

Session 1 was co-chaired by Prof Zia Ul Haq & Prof. Imtiaz Dogar and moderated by Dr. Zohaib Khan.

**Prof Dr Saeed Farooq**, is a renowned Professor of Psychiatry and Public Mental Health, Faculty of Medicine and Health Sciences at Keele University & serving as honorary consultant psychiatrist at Midlands partnership NHS Foundation Trust. He has vast experience in the field of mental health. He is Project Lead for “The CONTROL “COgNitive Therapy for depRessiOn in tubercuLosis”.



During his talk, he introduced “The Global Health Research Programme at Keele University” and presented the REF 2021 results for Keele indicating a 75% increase in the volume of world-leading research across the University compared to the last REF in 2014 and 80% of Keele’s research being classified as either world-leading or internationally excellent (4\* or 3\* rated research).



Prof Dr. Saeed Farooq addressed the most common and challenging health problems faced by patients, clinicians, and society. Moreover, he highlighted the collaborative research projects in South Asia including STOPS+, THE HOPE, CONTROL, ECLIPSE, iPrime, ANGLES, CLARENCE, SOLACE.



Next, Prof Dr. Zia ul Haq Vice Chancellor, Khyber Medical University introduced the Khyber Medical University. He mentioned that despite being a public sector university, the university is managing more than 80% of its own resources.



Prof. Zia highlighted the details regarding the programs offered by the university, affiliated and constituents' institutions, medical and dental colleges under university.

## KEYNOTE SPEAKERS

**Dr. Muddassar Shahzad** is a Project Director TB Control Program Khyber Pakhtunkhwa and was the first keynote speaker of the event. He presented the topic “Tuberculosis in EMRO



region”. He shared the aim of World Health Organization for a TB-free region through universal access to TB care & prevention, technical capacity enhancement for regional response to implementation bottlenecks, promoting diagnostic & treatment innovations and identified core functions. Further, he identified the statistics of TB cases in EMRO region and effect of COVID-19 & missing Gap in EMRO region. Mortality rate and Pakistan TB case notification rate were presented. Recommendations were given.



**Prof. Dr. Asad Tamizuddin Nizami** is a Professor & Chairman at Institute of Psychiatry Rawalpindi Medical University. He has a fellowship in Health Systems Research (UK) and Old Age Psychiatry (UK). Prof. Dr. Asad is a Collaborator President of Pakistan School

Mental Health Program. He is country lead for IMPACT Program in Pakistan funded by NIHR UK and was Former Director ORIC Rawalpindi Medical University.

Professor Dr Asad Tamizuddin Nizami was the second keynote speaker of the event. His talk on



“Global Mental Health” highlighted practices & research on improving health and health equity for all people worldwide and transnational health issues, determinants and solutions, using interdisciplinary collaboration with population-based prevention and individual-level clinical care. He highlighted the role of advocacy in the dissemination and translation of evidence into actionable policies. Dr. Nizami shared the journey of IMPACT and DiaDem with the audience.



**Dr. Shahid Salam Khattak**, District Chest Specialist, Karak and specializing in the field of pulmonology shared his view on “TB Research in Low- and Middle-Income Countries and Pakistan”.

The session one concluded with an overview of current status of TB patients in EMRO region and their mental health complications creating a harmonious integration of both the situations. The session also highlighted the need of collaboration between provincial TB Control Program KPK and CONTROL team to develop need catered intervention to address mental health issue of TB patients .

**The second session** was Co-chaired by Prof. Dr. Bashir & Director Curative DGHS, KP. Prof Saeed Farooq, Prof. Farooq Naeem, Dr. Mirrat Gul and Mr. Noor Sanauddin overviewed the Control as a project and its work packages.



Prof Saeed Farooq presented the concept of CONTROL and how his personal experience led to the conception of the idea. He presented in detail the work packages and how the evidence synthesis is done by systematic reviews previously conducted and published.

Prof Saeed also introduced the concept of ethnography being embedded in the work package 1 to support the intervention development. He highlighted how the project would contribute to the capacity development of TB program personnel's and DOTs facilitators and his expectations from the project itself and from all the stakeholders to be an effective part of CONTROL.

Prof. Farooq Naeem, University of Toronto via video message shared in detail the Southampton Adaptation Model for the adaptation of CBT. Southampton Adaptation Framework is the only framework that focuses on the cultural adaptation of cognitive behavior therapy and the three areas that need



to be focused are pre therapy issues, therapy related part of framework which focuses on assessment and engagement and third is therapy related areas including adjustment in therapy and sessions.



Prof Naeem and Dr. Mirrat Gul are involved in the intervention development in the current project.

The second session highlighted the overview of CONTROL as research project, work packages to achieve the objectives, capacity development and need of effective community engagement. Moreover, the cultural adaptation of CBT and overcoming issues during therapy were also highlighted in line with CONTROL.

## CLOSE GROUP MEETING

The close group meetings were arranged to discuss the CONTROL's Capacity Development and Community Engagement Plans.

The capacity development plan was presented by Dr. Fayaz Ahmad. There are 2.5 Post Doc positions, 5 Ph.D. and 8 Master studentship positions in Control. The details regarding the importance of Mentorship and the relation between mentor and mentee were discussed. The emphasis was laid on the identification of thematic areas for the Ph.D. students, quality of supervision, travel and study plan to be decided later for the Ph.D. students to travel to University of Keele.





CONTROL Community Engagement Plan was presented by Dr. Saima Aleem. The CEI is titled as CONTROL's VOICE (Value of Integrated Community Engagement). The community engagement spectrum is spread across understand, consult, involve, collaborate and empower involving well-thought activities ranging from community

mapping to CE workshops. It was emphasized that the community engagement activities should be well documented and equal involvement of both Pakistani locals and Afghan refugees should be ensured. It was suggested to conduct community engagement workshop involving all the stakeholders in the next quarter.



The close group meeting helped refine the capacity development and community engagement initiative embedded in the project.

The PIs and subject experts guided the team to integrate the mentorship program during the capacity development and to establish the sustainable working relation of mentor and mentee.

For the community engagement initiative, it was recommended to follow framework for reporting of the CEI and how to gauge the success of CEI at the end of project.



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## LAUNCH EVENT DAY 2

8<sup>TH</sup> OCTOBER 2022

The sessions of the day 2 were introduced by Dr. Zohaib Khan, Lead CONTROL (Pakistan).



Session I, Mental Health & Tuberculosis was chaired by Prof. Muhammad Ayub. The speakers for the session I were Prof Dr. Imtiaz Dogar, Dr. Razia Fatima, Prof. Dr. Ayub, Prof. Dr. Bashir Ahmed and two special guests were TB patients.

**Prof. Dr. Imtiaz Ahmad Dogar**, president of Pakistan psychiatric society, general secretary SARCC Psychiatric Federation and professor & head of department psychiatry & behavioral sciences at DHQ/Allied Hospitals & PMC in Faisalabad talked about the **“Psychiatric co-morbidity in medical patients and role of PPS”**.

Dr. Imtiaz shared numerous studies having association between physical and psychiatric disorders among general hospital inpatients.

The purpose of his current study was to see the rate of co morbidity of generalized anxiety and depression with medical diseases. Moreover, it was concluded as the psychiatric co-morbidity of generalized anxiety and major depression is that high in medical diseases, so the doctors



working in medical / Specialized units should be better educated and trained in assessment of psychiatric disorders especially anxiety and depression as well as their management.



**Dr Razia Fatima** is chief Research & Surveillance; chair IRB CMU Common Unit (HIV, TB, and Malaria), PhD Public Health Norway, and MSc epidemiology LSHTM UK. FRSPH UK, MPH Pak, MBBS, Chair the union TB section and she is also visiting senior research Fellow at university of York, UK.

Dr. Razia Fatima extended her support to the CONTROL Team. Dr. Razia shared her views on **“Tuberculosis in the National context”**. She highlighted the epidemiology of Tuberculosis and overviewed the structure and function of National TB Control Program. The vision, goal and indicators of the project **“The End TB strategy”** along with pillars and defined strategies were highlighted. Dr. Razia Fatima presented reporting TB care facilities in Pakistan with the total of 1367 facilities. Microscopy (1,082,758), Xpert (366,896), Culture (63,307), DST (5,552) were highlighted as TB laboratory services. Lastly, she concluded with the key activities planned for 2022/23 to increase case finding, diagnostics & treatment and scale-up treatment for prevention.



**Ms. Huma Mughal** is a Clinical Psychologist at Hayatabad Medical Complex (HMC) and executive member of Pakistan Psychological Society talked about **“Psychological Interventions in LMIC”**. Low- and middle-income countries (LMICs) are confronted with a serious ‘mental health gap’, indicating an enormous disparity between the number of individuals in need of mental health care and the availability of professionals to provide such care. Ms. Huma Mughal in detail presented the traditional forms of mental health services which are face-to-face, individualized assessments and interventions and suggested plausible strategies for addressing mental health gap. While defining the Low Intensity Therapies (LIT) she also enlightened the audience with advantages of LIT i.e., shorter and less time-intensive treatments, cheaper and easier to integrate into primary and community health care settings. Some of the LIT were shared in detail such as Behavior activation, PFA, problem solving therapy, crisis management and supportive counseling.



**Prof. Dr Muhammad Ayub** is a renowned Psychiatrist and President of Pakistan Association of Cognitive therapy. His talk about the **“Application of Cognitive Behavioral Therapy in**



**Multimorbidity”** was enlightening. Dr. Ayub suggested strategies to overcome multimorbidity in LMICs. Moreover, different mode of mechanisms like aging, inflammation multimorbidity, social, psychosocial and behavioral factors and medication were defined along with prevention and its management. Dr. Ayub enlightened the audience by



providing evidences including interventions targeting comorbidity or common clusters of conditions that include depression may improve mental health outcomes, but found no clear evidence of effectiveness for interventions targeting multimorbidity more broadly. The most consistent evidence for comorbidity studies relates to collaborative care approaches for comorbid depression, which improve depression outcomes.

**Prof Dr. Bashir Ahmad** is CBT Program Director and Vice President Pakistan Psychiatric Society. He presented “**Cognitive Behavioral**

**Therapy and global Mental Health**” and briefly explained the CBT approach by linking it to the way we think effects how we behave and people can interpret the same life situation very differently, leading to different emotional & behavioral responses.

Dr. Bashir added that CBT can help Tuberculosis patients by reducing the stigma related to the illness,

by improving depression related to the illness, by improving compliance and quality of life.

Further, He added that we don't have enough trained CBT professional and suggested that there should be more training regarding CBT and more professionals should be trained in CBT and this trained work force can contribute to the current project by involving in providing individual as well as group CBT, developing CBT training manuals, train other health professionals or any other way suggested by the project leads.



Two special guests (Tuberculosis patients) shared their lived experience with tuberculosis and the impact on their social and mental health. The down the memory lane ride was emotional for both audience and themselves. They both had similar experience of having the fear of getting rejected from the social circle for stigma attached to tuberculosis however, to their surprise the colleagues, families and social circle was supportive.



The impact of disease on mental health was extremely deteriorating for disease hindering the quality of life but their timely treatment and support of TB program helped them cope with disease and successfully treat it. Their lived experience helped the panel and project team to develop better understanding of where the support is needed to the patients combating tuberculosis and how effectively they can contribute to community engagement initiatives for spreading awareness. Session one concluded that the comorbidity rate among the physical diseases and mental health problems is high, therefore the Tuberculosis was highlighted in the national context in which the CONTROL would contribute as per the principles of END TB strategy. It was also mentioned that CBT trained workforce contribute to the current project by involving and providing individual as well as group CBT, develop CBT training manuals, train other health



professionals, while the experiences of TB patients can help in the better understanding of the situation and can guide the research team at various stages of the project.

Session II themed Global Health Research at Khyber Medical university was co-chaired by Additional Secretary Health KPK and Prof. Saeed Farooq

**Dr. Firaz Khan**, Assistant Professor at Psychiatry department, Lady Reading Hospital (LRH) and trial coordinator CONTROL & STOPS project presented on “**STOPS+ (Supervised treatment in outpatients for Schizophrenia) Community-based intervention to improve adherence and reduce treatment gap in LMIC**”.

As, Schizophrenia is one of the leading causes of years lived with disability, especially in Low and Middle-income countries (LMICs). He explained that existing interventions for schizophrenia have been poorly implemented and most LMICs have high Treatment Gap (TG) for schizophrenia. He added the factors for high Treatment Gap and provided different authentic strategies to reduce those factors. He explained the findings of STOPS, which was developed and modeled on the infectious disease model i.e., Directly Observed Treatment Short-course (DOTS) intervention which helped in improving treatment adherence for people with tuberculosis (TB), and the evaluation of STOPS in a tertiary care setting showed that it significantly improved treatment adherence, symptoms and functioning in patients. Key findings of the project were highlighted



**Dr. Abdul Jalil Khan** (Co-investigators HOPE project) Overviewed of The HOPE project. The role of spiritual healer in our part of the world can't be denied and people from all walks of life do connect back to them. Dr. Jalil presented the work packages of the project along with the capacity development and community engagement roadmaps.



**Dr. Saima Afaq**, Assistant Professor & Director of Institute of Public Health and Social Sciences at Khyber Medical University, Peshawar introduced her newly launched research project funded by Higher Education Commission of Pakistan and Grand Challenge Fund. She shared the vision, summary and findings of the project **“Improving outcomes in people with TB by integrating diabetes prevention and management in TB care”**



Dr. Saima shared the aim of the project is to improve health, quality of life and economic outcomes for people with TB and diabetes by optimizing diabetes management within TB care. Objectives were to design a TB-Diabetes care package, piloting and refining its implementation strategies, implementing the package in urban and rural sites and assess its reach, effectiveness, adoption, implementation and maintenance, potential for

scale-up and strengthen research capacity in implementation science and in research



leadership. While explaining the project vision she added that this project can help in Needs of more than 200,000 people with TB and diabetes in Pakistan could be met which will in turn improve their clinical outcomes and quality of life, increase productivity and help decrease the economic burden on health system and the country, the Sustainable Development Goal (SDG 3.3) target requiring 80% reduction in TB incidence by 2030 will not be achieved, unless comorbid diabetes is managed adequately,

**Dr. Khalid Rehman** (Assistant Professor Public health) – highlighted the Synergies

between NIHR Global Health Projects. He highlighted the pathway to the establishment of synergies and how the experience sharing among different project teams can strengthen every project in different aspects.

It was also highlighted how shared learning and capacity development groups can work in coherence to

benefit the teams and help utilize the resources in more productive ways.



The two days launch event was concluded by closing remarks by the special sect health. He extended the support to the project team and appreciated the quality collaborative research projects being conducted in the KPK and Khyber Medical University. He extended his warm wishes to the University of Keele for the collaboration.



In this session, the findings and gaps identified in various projects can help the CONTROL team to address similar issues during project, if encountered. The need to establish synergies between different NIHR funded project and to learn from each other's experience can guide CONTROL team to not only improve the quality of life of TB patients via CBT intervention but to develop the capacity of both health workforce, research team and community at large.

In the end souvenirs were presented to all the speakers followed by group picture.

### *LEST WE FORGET*



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

### Agenda: Launch event (October 7-8, 2022)

VENUE: PEARL CONTINENTAL HOTEL, BHURBAN)		
Day 1: October 7, 2022 (Friday)		
Time slot	Topic / title	Resource person
<b>Session I: Opening Session</b>		<b>Co-chairs: Prof Zia Ul Haq &amp; Prof. Imtiaz Dogar</b>
09:30am - 10:05am	- Registration of the Participants	CONTROL team from KMU
10:05am - 10:10am	- Recitation of Holy Quran	Dr. Fayaz Ahmad (Assist. Prof. Public Health KMU)
10:10am - 10:30am	- Welcome and Introduction of the Participants	Dr. Zohaib Khan (Director ORIC, CONTROL Co-lead)
10:30am - 10:40am	- Introduction to Global Health Research Programme at Keele University	Prof. Dr. Saeed Farooq (University of Keele UK, CONTROL LEAD)
10:40am - 10:50am	- Introduction of Khyber Medical University	Prof Dr. Zia ul Haq (Vice Chancellor, KMU)
10:50am - 11:05am	- Keynote Speaker 1 (Tuberculosis in the EMRO region)	Dr. Muddasser Shahzad (Provincial TB control Program KP)
11:05am - 11:20am	- Keynote Speaker 2 (Global Mental Health)	Prof. Asad Nizami (Institute of Psychiatry, Rawalpindi)
11:20am - 11:30am	- TB Research in LMICs and Pakistan	Dr. Shahid Salam Khattak (District Chest Specialist Karak)
1130am - 1150am	- <b>Coffee / tea break</b>	
<b>Session II: Introduction to the CONTROL</b>		<b>Co-chairs: Prof. Dr. Bashir &amp; Director Curative DGHS, KP.</b>
11:50am - 12:05pm	- Overview of CONTROL Programme of Research	Prof. Saeed Farooq (University of Keele UK, CONTROL lead) Dr. Zohaib Khan (Director ORIC, CONTROL Co-Lead)
12:05pm - 12:40pm	- Overview of Work Package 1 (Intervention Development)	Prof. Dr. Farooq Naeem (University of Toronto) Dr. Mirrat Gul (Mayo Hospital, Lahore)



12:40pm 01:00pm	-	Overview of the Qualitative work for CONTROL Intervention development	Dr. Noor Sanauddin (Department of Sociology, University of Peshawar) Dr. Fayaz Ahmad (Assist. Prof. Public Health KMU)
01:00pm 02:00pm	-	<b>LUNCH / PRAYERS Break</b>	
<b>Session III: Community Engagement &amp; Capacity Development</b>		<b>Co-chairs: Dr. Abdur Rehman &amp; Director Admin Afghan Commissiomerate for refugees</b>	
02:00pm 02:15pm	-	CONTROL Community Engagement Plan	Dr. Saima Aleem (Communication Manager, CONTROL Project)
02:15pm 02:30pm	-	CONTROL Capacity Development Plan	Dr. Fayaz Ahmad (Assist. Prof. Public Health KMU)
02:30pm 03:15pm	-	<b>Q &amp; A session / Feedback</b>	
<b>Parallel Activity</b>		Close Group meeting (CONTROL staff and voluntary participants) <ul style="list-style-type: none"> <li>• Capacity Development Plan</li> <li>• Community Engagement</li> </ul>	

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

### Agenda: Launch event (October 7-8, 2022)

VENUE: PEARL CONTINENTAL HOTEL, BHURBAN)		
Day 2: October 8, 2022 (Saturday)		
Time slot	Topic / title	Resource person
<b>Session I: Mental Health and Tuberculosis</b>		<b>Prof. Muhammad Ayub &amp; Prof. Arshad Javaid</b>
09:00am - 09:15am	Role of Pakistan Psychiatry Society in Improving Mental Health in Comorbid Conditions	Prof. Dr. Imtiaz Dogar (President Pakistan Psychiatry Society)
09:15am - 09:30am	Tuberculosis in the National Context	Dr. Razia Fatima (National TB program, (Member steering committee CONTROL)
09:30am - 09:45am	Psychological Interventions in Comorbid Conditions in LMICs	Prof. Dr. Jehanzaib (Vice Chancellor FATA University)
09:45am - 10:00am	Application of Cognitive Behavioral Therapy in Multimorbidity.	Prof. Dr. Muhammad Ayub (President Pakistan Association of Cognitive Therapists)
10:00am - 10:10am	Cognitive Behavioral Therapy and Global Mental Health	Prof. Dr. Bashir Ahmed (Vice President Pakistan Psychiatry Society)
10:10am - 10:30am	Voice of TB patients	Afghan & Pakistani patients
10:30am - 11:00am	Coffee / tea break	
<b>Session II: Mental Health and Tuberculosis: Afghanistan Perspective</b>		<b>Prof. Dr. Muhammad Jehanzeb &amp; Director PHC Commissioner for Afghan Refugees, KP.</b>
11:00am - 11:15am	Mental health: Evidence from Afghanistan	Dr. Abdul Wahab Yusufzai (Shifa International Hospital)
11:15am - 11:30am	Global Health and Afghanistan	Prof. Ivan Komproe/Dr. Abdul Rehman (HNTPO)
11:30am - 11:45am	Tuberculosis & Mental Health in the Context of Afghan Refugees	Representative of Afghan Commissionerate in Pakistan
11:45am - 12:00pm	CONTROL Capacity Development Roadmap	Dr. Zohaib Khan (CONTROL Co-Lead) Dr. Fayaz Ahmad (Assist. Prof. Public Health KMU)
12:00pm - 12:15pm	CONTROL Community Engagement Roadmap	Dr. Saima Aleem (Communication Manager CONTROL)



12:15pm - 12:30pm	Remarks	Secretary HED Government of KP
12:30pm - 01:30pm	<b>LUNCH / PRAYERS Break</b>	
<b>Session III: Global Health Research at KMU</b>		<b>Secretary Health, KP and Prof. Saeed Farooq</b>
01:30pm - 01:40pm	STOPS Project Findings	Dr. Firaz Khan (Trial Coordinator CONTROL and STOPS project)
01:40pm - 01:50pm	NIHR IMPACT Centre	Dr. Zainab Samad (Member steering committee CONTROL)
01:50pm - 02:00pm	DiaDem Project Presentation	Dr. Najma Siddiqi (University of York)
02:00pm - 02:10pm	Overview of HOPE Programme of Research	Dr. Abdul Jalil Khan (Co-investigator HOPE Project)
02:10pm - 02:20pm	Overview of HEC GCF grant (TB and Diabetes project)	Dr. Saima Afaq (Director Public Health KMU, PI: GCG grant)
02:20pm - 02:30pm	Synergies Between NIHR Global Health Projects	Dr. Khalid Rehman (Assist. Prof. Public Health KMU)
02:30pm - 02:40 pm	Remarks	Secretary Health, KP.
<b>Closing</b>		
02:40pm - 02:50pm	Remarks by steering committee (CONTROL)	Prof. Dr. Arshad Javaid (Member steering committee CONTROL Project)
02:50pm - 03:00pm	Vote of thanks	Prof. Dr. Zia ul Haq (Vice Chancellor KMU)
<b>GROUP PHOTO</b>		

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