

The Quarterly Newsletter of the CONTROL
Research Programme

CONTNEWS

January - March 2023



The CONTROL

TB and depression is a
typical multimorbidity in
which each disease
increases the risk of poorer
outcomes for the other...

ALL about CONTROL's Lead

Prof. Saeed Farooq

Prof. Saeed Farooq is Project Lead and Principal Investigator of THE CONTROL study. He is a clinician scientist with extensive research in public health and mental health. He has over 150 papers in international peer-reviewed scientific journals. He is trained in psychiatry both in Pakistan and UK. He led the development of academic psychiatry in Northern Pakistan. He trained a large number of psychiatrists who are now leading services in the region as well as conducted clinical studies in a conflict-afflicted area.

Saeed joined Keele in 2015 and is a member of the Mental Health Research Group. He has produced significant evidence for treating schizophrenia and mental health care in conflict-affected areas. He has been a member of the editorial board of a number of peer-reviewed international journals. He was part of the working group that developed a classification of psychotic disorders for the International Classification of Diseases (ICD-11). As a founding member of the South Asian Cochrane Network (SACN), His research interests include improving the outcomes in severe mental illness by using evidence-based interventions, physical health in severe mental illness, and global mental health. Saeed is passionate about providing evidence-based health care using a public health approach for disadvantaged communities and his recent study CONTROL funded by NIHR RIGHT 3 is a practical presentation of his vision.



In an interview to the CONTROL communication team, he added that THE CONTROL program aims to improve the outcome of mental health disorders in people with tuberculosis. Tuberculosis is one of the leading causes of mortality worldwide among infectious diseases and about half of the people with tuberculosis would have one of the common mental disorders including depression and anxiety. The CONTROL programme of research aims to develop a psychological intervention that will help to improve the outcomes for depression in TB and will also improve the adherence to the treatment



Workpackage 1 - Leads and Co-leads

Dr. Noor Sanauddin

Dr. Noor Sanauddin, holding a PhD in Sociology from the University of Glasgow, UK is currently working as an Associate Professor of Sociology at the University of Peshawar. Dr. Noor Sanauddin has extensive experience of teaching and research and has published widely in national and international journals. He has particular interests and expertise in ethnographic and qualitative research. Recently, he has been engaged in public health issues in a number of research projects funded by MRC, NIHR, and the Higher Education Commission (HEC) of Pakistan.

As co-applicant in the CONTROL study, Dr Noor is leading the WP 1 wherein he has played the lead role in writing the protocol for ethnographic and qualitative research, developing observation frameworks for focus ethnographies and topic guides for qualitative studies, as well as developing plans, and coding frames from data analysis. Dr. Noor Sanauddin has also been instrumental in planning and imparting training to the CONTROL research assistants in ethnography and qualitative data collection and analysis, leading to the capacity development of the future generation of public health researchers.



Dr. Fayaz Ahmad

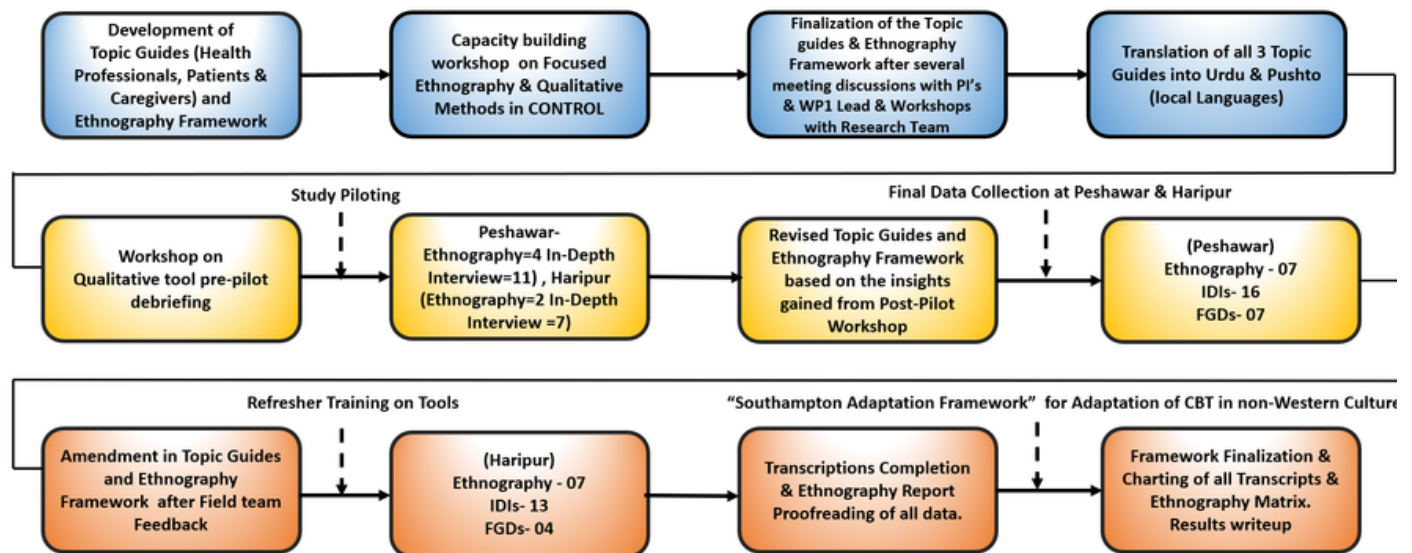


Dr. Fayaz Ahmad, Post Doc fellow in the CONTROL, is an Assistant Professor and coordinator PhD-program at Institute of Public Health and Social Sciences (IPH&SS), Khyber Medical University (KMU). He received PhD Public Health from KMU. He brings along a diverse experience as a mixed-methods researcher, and is part of many international collaborative studies funded by the German Academic Exchange Service (DAAD) and NIHR. He's also leading the qualitative group in a project on social health protection initiative (SHPI), funded by the German Development Bank (KFW), a consortium of two German universities, KMU and international health consultants.

Dr Fayaz is currently leading the capacity development component of CONTROL including management of both PhD and master studentships in the project, trainings of the research assistants (RAs) and employees from the department of health on qualitative research methods, refinement of tools (topic guides and checklists) based on the feedback from field and PIs, designing and refining the data analysis frameworks. Moreover, he is actively managing activities in the work package 1 of the CONTROL along with intellectual inputs, assigned by the PIs of project.

The CONTROL Work Package 1 Journey

The work package 1 of the CONTROL aimed at developing intervention using evidence synthesis based on **ethnographic** and **qualitative methods** for incorporating the perspectives of patients and care givers (family and health professionals). The 10 months journey of WP1 was an emotional ride for the leads, co-leads and the team for converting the vision into a reality and taking the first step to intervention development. Let us take you to the WP1 journey via process flow diagram and the themes identified by the analysis team.



Theme 1-
"Understanding of cultural knowledge"
 "We are currently treating a married lady, according to her husband, she is just making excuses and she is completely all right. Until she is completely cured, she will stay at her mother's home."
(Healthcare Professional)

Theme 2-
Assessment of belief system
 "Sadness is obvious because when your family members keep distance, you feel unwanted and deprived. It is apparently the result of social distancing and extra precautionary measures that got her [TB patient] worried because we separated everything from her."
(Care giver)

Theme 3
Culturally acceptable therapy
 "yes, the first thing is that the patient does not consider himself a psychiatric patient, does not even accept the word (psychiatric), they (patients) start reasoning with us. Even some of them come and start unethical reasoning"
(Healthcare Professional)

Theme 4
Adherence to TB treatment
 "It is difficult to take [anti TB] medicines continuously for six months' duration. It's too long. It should be one or two months instead of six months. Some people leave treatment because of this long duration, they feel sad, weak, and anemic with anti TB drugs."
(Patient)

QUALITATIVE TOOLS REFRESHER TRAINING

Before the commencement of qualitative data collection at Haripur, a robust refresher training session for the Haripur field team was conducted on 1st March 2023. Dr. Noor Sanauddin to equip the field team with the updated data collection tools, information sheets, consent forms and to focus on their problem solving skills once in field.



Dr. Noor also emphasized on the importance of quality data collection for the CONTROL study. During the feedback session in the refresher training, he encouraged the field team to share their pilot study field experiences to help them get more understanding of any particular situation and how to tackle it in future.



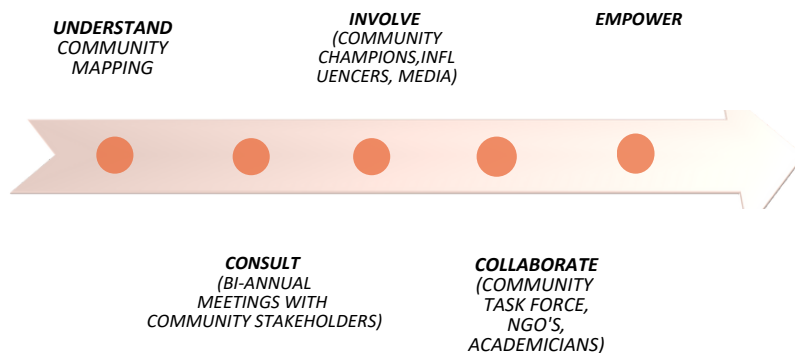
CONTROL's Voice - *Value of Integrated Community Engagement*

About the VOICE of CONTROL

The VoICE of CONTROL is a programme of interactive community engagement activities focusing on establishing strong linkages with community and patient groups in Khyber Pakhtunkhwa, Pakistan. The aim is to involve these groups in the design, conduct and dissemination of the research conducted under the CONTROL programme of research. At the very outset of CONTROL research programme, CEI was envisioned to establish a mutual understanding between patients, communities, community gatekeepers and influencers, civil society representatives and researchers regarding TB and mental health outcomes.

Community Engagement Spectrum

To establish an adequate community engagement foundation, the CEI team is following the community engagement spectrum. Under the CEI, a series of interactive information sessions in both urban and rural settings are arranged to cater for communities affected by TB and mental health issues and explicitly recognizing the valuable expertise and insights that people with lived experience offer.



CEI Khalabat

The CE team visited Khalabat, a village in Haripur, a thickly populated area in the district of Haripur, which is one of the two target districts for the CONTROL programme of research. A centrally located premises in the Khalabat village was identified prior to activity and designated as the female hujra for the meeting. The hujra was easily accessible to all the community members and research team. and parallel CE activities in both male and female hujras were conducted. Separate gatherings were held for both genders, respecting the social norms of our geographic catchment.

TB and Mental Health



Discussions with the community members included introducing CONTROL as a research study, an overview of Tuberculosis, and associated common mental health outcomes and depression. Mr Ashfaq and Dr Saima Aleem introduced the project in male and female hujras respectively. The lived experiences of the community were valuable for the team to envisage their perspective of health seeking for TB and mental health and the areas that need to be focused on while developing the intervention.

The importance of mental well-being, individual, social, and health-related factors either protecting or undermining, TB-related mental health stressors and coping mechanisms were discussed in detail with participants by Ms Saara Khan at female hujra and Dr Safat ullah at male hujra. Special emphasis was laid upon the TB-related stigma and both stigma and depression prevailing in the local community was interactively discussed.

Stigma

In lower- and middle-income countries, the shame and stigmatization associated with diseases and lack of social and emotional support leads to poor treatment and mental health outcomes. Stigma associated with both TB and depression was explained to participants in simplest possible way by taking daily life examples as reference for better understanding.

In the local community, the problem of stigma is compounded by the issue of marginalization, resulting in a lack of optimum care for their conditions, low self-esteem, and impaired quality of life. The team discussed the lived experiences of the community members and shared the coping mechanism to help them improve their mental well-being



INTERVENTION DEVELOPMENT LEADS

Prof. Farooq Naeem

Farooq Naeem is a Professor of Psychiatry at the University of Toronto and a psychiatrist at the Centre for Addiction & Mental Health. He was trained in Psychiatry in Merseyside training scheme in Liverpool, England. He completed MSc in Research Methods in Health and later a Ph.D. in CBT and Culture from Southampton University, England. He also received training in Lean thinking and quality improvement in England. He has worked in senior management positions in Pakistan, England and Canada.

Prof. Farooq is leading the intervention development for the CONTROL study and is currently developing the cognitive behavior intervention.



Prof. Farooq Naeem
Department of Psychiatry
University of Toronto

Dr. Mirrat Gul



Dr. Mirrat Gul
Senior Clinical Psychologist
President PACT

Dr. Mirrat is senior Clinical Psychologist with over 19 years of experience providing top-notch psychology services to diverse populations in both private and public sectors. She possesses ample capacity to effectively communicate Psychiatric and Psychological information, test results, diagnoses and proposed treatment in a manner easily understood by the client/ patient. Mirrat is an expert in adequate knowledge of psychological test administration, scoring, and interpretation.

Dr. Mirrat is co-leading the CONTROL intervention development with Prof. Farooq Naeem and is actively involved with the CONTROL study team at Khyber Medical University regarding CBT related training workshops, capacity development and training the team regarding problem solving skills.

CONTROL JOURNAL CLUB

Journal Clubs demand evidence and make the members exercise their critical thinking skills and improve their presentation and debate abilities. Team CONTROL has developed a monthly journal club roadmap for three years to keep the team members abreast of the latest scientific evidence in mental health and tuberculosis.

CONTROL's second journal club was held on 28th March 2023. Dr. Amir Wahab and Ms. Tuba presented the paper "**A review of the interplay between tuberculosis and mental health**". The concept of paper, definitions, risk factors, and methods of the study was discussed by the presenters.



PUBLIC HEALTH CONFERENCE - BREAKING THE MANACLES

The three days conference on Public Health themed "Breaking the Manacles" was held on 21st-23rd February 2023 at Khyber Medical University KMU. The subject specialists and delegates from different Medical Universities attended the event. The plenary session on mental health was moderated by Dr. Firaz while Prof. Dr. Saeed Farooq, Dr. Zohaib Khan, and Mukhtar ul Haq (LRH) were the part of honorary panelists.

Prof Saeed Farooq

Prof Saeed Farooq co-leading THE CONTROL, the NIHR-funded under RIGHT3 talked about **“Public health interventions to combat multimorbidity in Mental health”**. Prof Farooq explained the prevalence of multimorbidity in low-middle-income countries along with the degree and extent of multimorbidity in Pakistan was also discussed. Prof Saeed explained interventions for multimorbidity in mental health require working across disciplines for which he talked about STOPS and CONTROL, NIHR-funded projects working on multimorbidity. Moreover, he added that providing collaborative care for depression, diabetes, and hypertension in a collaborative care model covers the major causes of disability and mortality resulting from multimorbidity in developing countries and suggested that it requires change in training, public health models, and collaborative research.



Dr. Zohaib Khan



Dr. Zohaib Khan, co-leading THE CONTROL, the NIHR-funded under RIGHT3. He highlighted the coexistence of depression among Tuberculosis patients which leads to an increase in the risk of TB reactivation and contributes to poor adherence to TB treatments and disease progression. CONTROL aims to develop, test, and implement a brief intervention to improve the mental health of people who have TB and test whether the intervention is effective in improving adherence to TB treatments.

GUEST OF HONOR

PRESIDENT DR ARIF ALVI

Dr. Arif Alvi, The President of Pakistan was invited as a chief guest at the Conference of Public Health, at Khyber Medical University. He started his talk by quoting the saying of Dutch philosopher Desiderius Erasmus *“Prevention is better than cure”* and added that quality work should be done on prevention rather than cure. Adoption of a basic lifestyle in non-communicable diseases is necessary to have less prevalence rate and mortality rate. He emphasized that the medical community and people should work on primary, secondary, and tertiary prevention as prevention is the best tool to tackle non-communicable diseases.



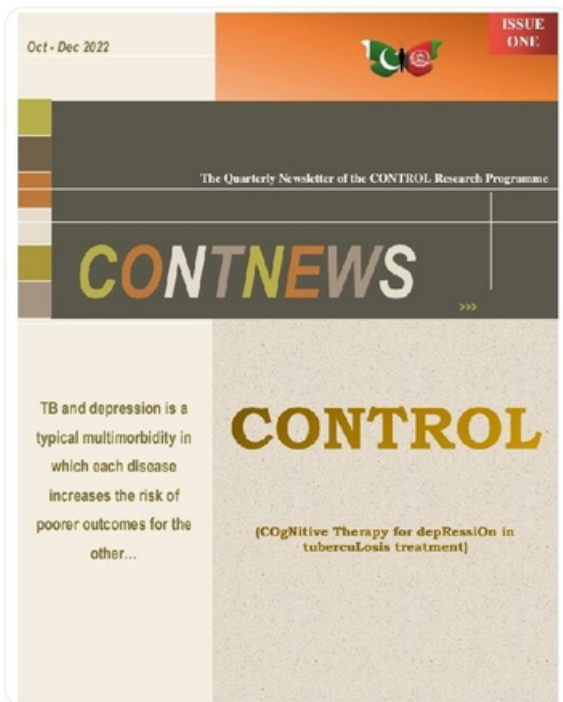
He added that 24% of individuals in Pakistan are suffering from Mental health issues i.e., anxiety, depression, and stress, only 550 psychiatrists, and 1200 psychologists are available which is not enough to deal with patients with mental health problems. So, for this purpose, the government is looking forward to developing a “Mental Health Helpline” to filter some of those and provide mental health counseling. The event was concluded with closing remarks by Dr. Arif Alvi. He appreciated the quality talks by different speakers and delegates from different specialists.

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CONTNEWS..
Coming up soon 📧📄



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Be sharp-minded and keen. The world is dwindling, but dwindles your challenges with your wit. Be Fearless & conquer the world. Happy Women's Day to all the strong ladies out there 📧📄 @SaimaSheikh1974 @saimaaleem8 @Drmirrat @Saar_kay

