

CONTNEWS

GLOBAL MENTAL HEALTH SYMPOSIUM 2-5 DECEMBER 2024



ADVANCING QUALITATIVE RESEARCH: A WORKSHOP WITH DR. TOM KINGSTONE

The Global Health Symposium hosted a dynamic session on qualitative research, led by Dr. Tom Kingstone from Keele University on 2nd December 2024.

Participants from diverse professional backgrounds engaged in meaningful discussions, exploring data collection methods and applying qualitative analysis techniques through hands-on practice.



To honor Dr. Kingstone's contributions, Prof. Saeed Farooq, Prof. Antonius Raghubansie, and Dr. Zohaib Khan presented him with a token of appreciation, celebrating his impactful workshop.



WORKSHOP ON THE "CONDUCT AND MANAGEMENT OF RANDOMIZED CONTROLLED TRIALS (RCTS)"



The workshop on the "Conduct and Management of Randomized Controlled Trials (RCTs)" was held on December 2nd and 3rd, 2024, at Hall A, Ramada Hotel, Islamabad. It was facilitated by Ms. Sarah Ann Lawton, Head of Operations, Clinical Trials Unit, keele University UK.

The workshop aimed to enhance the participants' understanding of RCTs, including trial design, governance, quality management, data handling, and safety monitoring.

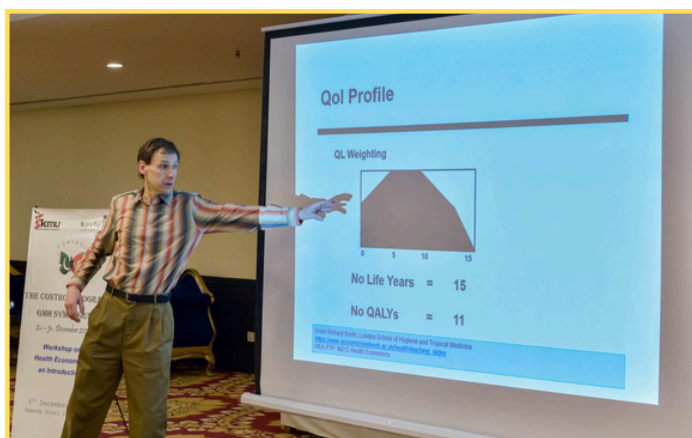
Over two days, participants engaged in insightful sessions, discussions, and hands-on activities. Feedback indicated that the workshop effectively met its objectives, equipping attendees with valuable skills and knowledge.

Prof. Saeed Farooq, CONTROL's Principal Investigator, honored Sarah Ann Lawton with a token of appreciation, followed by a group photo to celebrate the productive sessions.



WORKSHOP ON HEALTH ECONOMICS: AN INTRODUCTION

The "Workshop on Health Economics: An Introduction," held on December 3, 2024, at Hall B, Ramada Hotel Islamabad, was an important part of the CONTROL program's Global Mental Health Symposium. The workshop aimed to give participants a clear understanding of basic health economics concepts and how they can be applied in real-world settings.



Led by Prof. Martyn Lewis, with support from Dr. Zeeshan Kibria, the session combined theory with interactive activities to make the learning practical and engaging. Key topics included understanding health economics evaluations like cost-effectiveness and cost-benefit analysis, exploring different costing approaches, and learning about health economics modeling.

Participants also took part in group exercises and lively discussions, gaining useful knowledge they could apply in their work. Overall, the workshop supported the symposium's larger goal of improving global mental health research.



WORKSHOP ON MINIMIZING BIAS IN CLINICAL RESEARCH THROUGH DIRECTED ACYCLIC GRAPHS (DAGS)

The workshop titled “Minimizing Bias in Clinical Research Through Directed Acyclic Graphs (DAGs)” was conducted on December 3, 2024, at Hall C, Ramada Hotel, Islamabad. The workshop was designed to enhance researchers' competencies in identifying and mitigating bias in clinical research through the application of Directed Acyclic Graphs (DAGs).

The session was led by Dr. Muhammad Naseem Khan, Associate Professor of Population Medicine at Qatar University. The primary objective of the workshop was to provide participants with a robust theoretical foundation and practical expertise in leveraging DAGs to address methodological biases in clinical research.



The workshop content focused on pivotal concepts, including confounding, collider bias, and causal inference, with particular emphasis on distinguishing between association and causation in research contexts. Attendees were guided through the construction, interpretation, and application of DAGs to identify potential sources of bias and to design methodologically sound research studies. A key highlight of the workshop was the integration of Dagitty, an advanced software tool for creating and analyzing DAGs.



EXCITING START TO THE GLOBAL MENTAL HEALTH SYMPOSIUM- 4 & 5 DECEMBER 2024

The first day of the Global Mental Health Symposium started with an engaging inaugural session on "Collaboration for Equitable Healthcare Research and Training," moderated by Dr. Zohaib Khan, Co-PI of CONTROL.

The session set the tone for a day filled with thought-provoking discussions and diverse perspectives on global healthcare.



Session 2, led by Dr. Khalid Rehman, Director of the Institute of Public Health & Social Sciences, explored the "Challenges & Opportunities in Global Health Research." The session generated lively debate on the current state of global health and strategies for overcoming challenges in the field.

Participants gained valuable insights from "Khyber Medical University & Keele University's Global Health Research Updates," moderated by Prof. Abdul Jalil Khan, Head of Family Medicine at KMU. This session highlighted the exciting research collaborations between the two institutions and the potential for groundbreaking discoveries.



STRENGTHENING GLOBAL PARTNERSHIPS IN MENTAL HEALTH RESEARCH

Prof. Antonius Raghubansie, Pro Vice-Chancellor at Keele University UK, highlighted the importance of sustainable collaborations for capacity development, showcasing the Keele-KMU joint PhD initiative as a successful example.



ADVANCING HEALTH SERVICES RESEARCH IN THE GLOBAL SOUTH

Prof. Saeed Farooq, PI of CONTROL, shared valuable insights on developing sustainable collaboration in health services research in the Global South, emphasizing its importance for creating equitable and impactful global health solutions.



STRENGTHENING GLOBAL PARTNERSHIPS IN MENTAL HEALTH RESEARCH

Prof. Muhammad Ayub from University College London discussed the challenges and opportunities in researching developmental disorders in LMICs, stressing the need for collaboration, resource-sharing, and context-specific approaches.



STRENGTHENING CAPACITY FOR BETTER HEALTH OUTCOMES IN LMICS

Prof. Asad T. Nizami from the Institute of Psychiatry, RMU, highlighted the importance of building capacity to improve health outcomes in LMICs, stressing that investing in sustainable solutions is essential to bridging the mental health care gap.



BRIDGING THE GAP IN GLOBAL HEALTH RESEARCH ETHICS AND GOVERNANCE

Prof. Athula Sumathipala, Professor Emeritus of Psychiatry at Keele University, discussed the challenges of ethics and governance in health research faced by low- and middle-income countries, emphasizing the need to bridge this gap for greater equity in global health.



PROF. KARA HANSON HIGHLIGHTS CAPACITY-STRENGTHENING OPPORTUNITIES

Prof. Kara Hanson, Director of the Global Health Research Programme at NIHR, emphasized exciting capacity-strengthening opportunities within the UK's NIHR Global Health Research Program.



This initiative represents a significant step toward advancing impactful global collaborations, encouraging innovation, and enhancing research capacity worldwide.

STRENGTHENING CAPACITY FOR BETTER HEALTH OUTCOMES IN LMICS

Prof. Martyn Lewis, Professor of Biostatistics at Keele University and Trial Statistician for CONTROL NIHR, shared valuable insights on The HOPE Trial



A groundbreaking study exploring the collaboration between traditional healers, primary care, and mental health services for early psychosis. The feasibility trial's findings underscore the potential of integrated approaches in addressing mental health challenges.



KMU AND KEELE UNIVERSITY MOU FOR PHD PROGRAM



Khyber Medical University and Keele University formalized their partnership with the signing of a Memorandum of Understanding (MoU) for a joint PhD program.

This milestone marks a significant step forward in strengthening global collaboration in research and education, opening new opportunities for academic growth and international partnerships.



PROF. ABDUL JALIL KHAN LAUNCHES TSH & PRIMARY CARE MANUALS AND PREMIERES 'ZINDAGI BULATI HAI' VIDEO



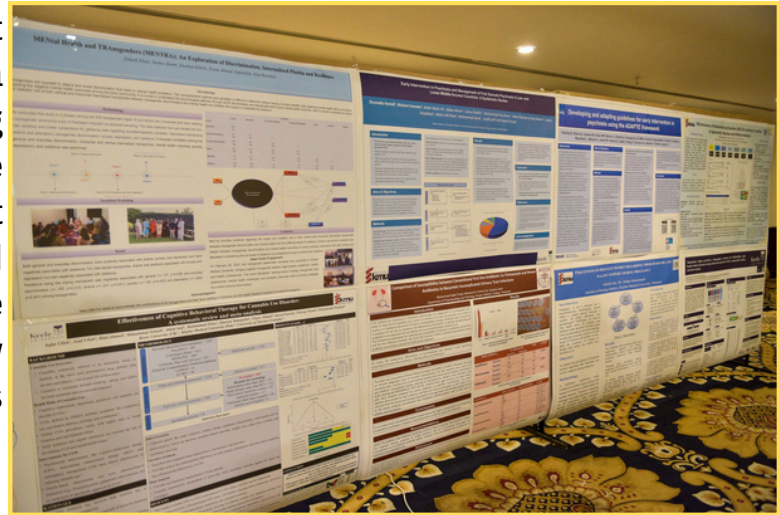
Prof. Abdul Jalil Khan marked a significant milestone with the launch of the TSH & Primary Care Manuals, aimed at enhancing mental health care.

He also premiered the impactful video, 'Zindagi Bulati Hai', which highlights the importance of early intervention in effectively treating psychosis in young individuals.



SHOWCASING INNOVATION AND ADDRESSING GLOBAL CHALLENGES: POSTER PRESENTATIONS

The poster exhibition at GMH symposium provided a platform to explore ongoing research initiatives that are making a significant impact in various fields. Guests and participants had the opportunity to get to know about innovative projects driving positive change.



A session on Tableau, moderated by Prof. Abdul Jalil, featured an impactful presentation by the CONTROL team on youth mental health. The tableau displayed daily challenges, coping strategies, and the crucial role of parents in supporting youth mental health.

Another enlightening tableau highlighted the connection between climate change and mental health, shedding light on how environmental changes harm both physical and mental well-being, while also affecting productivity. It served as a powerful reminder of the need for collective action to address these pressing issues.



CELEBRATING EXCELLENCE IN RESEARCH: POSTER PRESENTATION WINNERS

The poster competition at the symposium spotlighted exceptional research contributions, recognizing innovative ideas and impactful findings.

🏆 Winner: Muhammad Sohaib

Muhammad Sohaib's poster on "TB Stigma Prevalence, Demographic Correlates, and Its Relationship with Health-Related Outcomes Among TB Patients in LMICs: A Systematic Review and Meta-Analysis" captured top honors. His work highlighted critical insights into addressing stigma in tuberculosis care, earning high praise for its significance and depth.



🥈 1st Runner-Up: Abdul Latif

Abdul Latif, a CONTROL PhD student, secured the 1st Runner-Up position for his poster titled "Cost-Effectiveness of Interventions for Severe Mental Illness in LMICs: A Systematic Review." His research sheds light on optimizing mental health strategies in resource-limited settings, a crucial area for global health.

2nd Runner-Up Bilal Ahmad's poster, "Effectiveness of Behavioral Activation for Anxiety in Adults: A Systematic Review and Meta-Analysis," earned him the 2nd Runner-Up title. His work provided valuable insights into therapeutic strategies for anxiety, showcasing the power of evidence-based interventions. The winners were honored with prizes and shields presented by Prof. Zia ul Haq, Prof. Saeed Farooq, and Prof. Ayub, celebrating their remarkable achievements and dedication to advancing global health research.



SPOTLIGHT ON PHD SCHOLARS: ADVANCING GLOBAL HEALTH RESEARCH

PhD scholars from the CONTROL NIHR program presented impactful research addressing key global health challenges at the symposium:

Dr. Abdul Latif reviewed the Cost-Effectiveness of the Interventions for Severe Mental Illness (SMI) in Low and Middle-Income Countries; A Systematic Review



Aliya Durrani shared her work on Management of Postnatal Depression: A Systematic Review of Clinical Practice Guidelines.



Muhammad Sohaib- explored Tuberculosis Stigma Prevalence, Demographic Correlates and Relationship With Health-Related Outcomes Among Tuberculosis Patients In LMIC: A Systematic Review And Meta-Analysis



Dr. Safat Ullah presented Cannabis use disorder & CBT- Systematic Review at a tertiary care hospital in Peshawar, offering promising evidence for addressing addiction through innovative interventions.



Huma Mughal presented Effectiveness of CBT-based intervention for depression and anxiety among people living with HIV in LMIC.



BUILDING RESEARCH CAPACITY: MASIHA SHAFEE'S INSPIRING JOURNEY IN APPLIED HEALTH RESEARCH

Masiha Shafee, an Afghan national and student of the Master's in Health Research program at CONTROL NIHR, shared her experiences on capacity development in applied health research. Her journey highlighted the program's role in developing research expertise for impactful health solutions.



PROCESS EVALUATION INSIGHTS

Dr. Fayaz Ahmad, Associate Professor and Post-Doctoral Fellow, shared pivotal findings from the **CONTROL** program's pilot trial process evaluation.



Dr. Noor Sanauddin, Associate Professor of Sociology, University of Peshawar, presented key insights from the process evaluation of THE **HOPE** feasibility trial.



Dr. Khalid Rehman, Director of IPHSS, discussed bridging physical and mental health gaps through the Center for **IMPACT**, advocating for holistic well-being.



Dr. Fatima Jamal, Manager of the **POTENTIAL** Project, highlighted efforts to provide optimized integrated TB and diabetes care, empowering communities in LMICs.



EMPOWERING COMMUNITIES THROUGH COMMUNITY ENGAGEMENT AND INVOLVEMENT

Mr. Ishfaq Azeemi, Manager of THE HOPE program, shared key insights on the integration of traditional healers in mental health research. He emphasized the value of community engagement and the lessons learned from field experiences, showcasing innovative approaches to collaboration in healthcare



Dr. Saima Aleem, CEI Lead and Communications Manager at **CONTROL**, highlighted the use of art as a medium to raise awareness about tuberculosis and mental health. By piloting the NIHR CEI Guiding Principles, she demonstrated how creative community-driven initiatives can inspire impactful change.



Dr. Romaina Iqbal, Head of NCDs and Mental Health at Aga Khan University, provided valuable perspectives on community engagement practices at the NIHR Center for **IMPACT**. Her presentation underscored the importance of collaboration in addressing complex health challenges.



A dynamic session on community engagement, led by **Dr. Romaina Iqbal** and co-chaired by **Dr. Ghazala Yasmin**, PPIE member, emphasized the need for inclusive approaches to generate impactful health solutions. Discussions revolved around strategies to bridge gaps between research and community needs.



EMPOWERING COMMUNITIES THROUGH COMMUNITY DRIVEN AWARENESS INITIATIVES

The CONTROL team proudly presented Gul Makai Ki Kahani (The Story of Gul Makai), a powerful video that highlighted the challenges faced by individuals battling tuberculosis (TB) and mental health issues. This community-driven initiative emphasized the importance of early intervention, support, and the impact of collective action in overcoming stigma.



Gul Makai Ki Kahani shared the personal journey of resilience, offering hope to those struggling with TB and mental health conditions. The video served as a reminder that through unity, empathy, and awareness, a supportive



environment could be created, helping these individuals thrive. It showcased that, together, we had the power to inspire change and make a meaningful impact in the fight against TB and mental health stigma.

This project stood as a testament to the strength of community involvement in addressing some of the most pressing health challenges. It reaffirmed the need to continue raising awareness and working collectively towards a healthier, stigma-free society.



CELEBRATING THE SUCCESS OF THE GLOBAL MENTAL HEALTH SYMPOSIUM

The Global Mental Health Symposium wrapped up as a resounding success, leaving participants inspired and motivated. The event was expertly organized, bringing together global health experts, researchers, and professionals to engage in meaningful discussions on mental health and global health challenges.



The organizing team was acknowledged for their exceptional efforts in ensuring the event's success. During the closing ceremony, Prof. Saeed Farooq and Prof. Zia ul Haq presented token of appreciation to the team for their dedication and hard work.

This symposium demonstrated the power of collaboration and set the stage for future advancements in mental health research and practice. The impact of the event will continue to inspire positive change in global health.

GLOBAL MENTAL HEALTH SYMPOSIUM



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