



**The CONTROL**  
**(COgNitive Therapy for depRessiOn in tubercuLosis treatment)**  
**to improve outcomes for depression and TB in Pakistan and**  
**Afghanistan**

**Funded by: RIGHT3, NIHR**

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# **“HEALTH ECONOMICS: AN INTRODUCTION”**

**Date: 3<sup>rd</sup> December, 2024**



## EXECUTIVE SUMMARY

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.

## INTRODUCTION

### Activity Background

This workshop was part of the CONTROL program's efforts to link health economics with mental health research. Held on 3<sup>rd</sup> December 2024 at Ramada Hotel Islamabad, it brought together people from different backgrounds to learn the basics of health economics and how to use them in practice. The sessions supported the CONTROL program's goal of promoting evidence-based economic tools in healthcare projects.

### Objectives

The main objective of the workshop was to help participants understand key ideas and methods in health economics. It focused on teaching concepts like cost-effectiveness, cost-utility, and cost-benefit analysis, as well as health economics modeling. The workshop aimed to give participants practical skills they could use in real-life healthcare decisions, improving how resources are used in health programs.

### Facilitators

**Chief Facilitator:** Prof. Martyn Lewis, Professor of Biostatistics, Keele University, UK.

#### Co-facilitators:

- Dr. Zeeshan Kibria, Additional Director ORIC KMU/Program Manager in the CONTROL program.
- Mr. Zeeshan Khan, Research Assistant in the CONTROL program.

**Workshop Coordinator:** Dr. Shawana Bangash, Research Assistant/Qualitative Interviewer in the CONTROL program.

### Participants



The workshop brought together researchers, healthcare workers, policymakers, and students from different fields. Everyone contributed to a lively and engaging learning environment, sharing unique ideas and working together in meaningful discussions.

## Proceedings

The workshop began with an engaging introduction by **Dr. Zeeshan Kibria**, who welcomed participants and started the proceedings. Dr. Kibria highlighted the importance of understanding health economics in addressing real-world challenges and addressed the main aim of this workshop. He outlined the learning outcomes of the workshop and emphasized the need for collaboration and active participation to make the sessions fruitful.

Following this, **Prof. Martyn Lewis** took the lead in delivering the workshop's core content. His sessions were structured to guide participants through the agenda step by step:

- **An Overview of Health Economics Concepts:** Prof.

Lewis started by explaining the foundational principles of health economics, breaking down complex ideas into simple, relatable terms. He



introduced key concepts like resource allocation, cost-effectiveness, and cost-benefit analysis, ensuring participants had a solid starting point.

- **Types of Health Economics Evaluations:** In this session, Prof. Lewis discussed various evaluation methods, including cost-utility analysis and cost-minimization analysis, emphasizing their relevance to mental health interventions.



- **Costing Approaches and Considerations:** This segment focused on practical aspects

of costing, such as identifying and categorizing costs in healthcare projects. Prof. Lewis provided real-world examples to illustrate these concepts, making it easier for participants to connect theory with practice.




Table 3. Comparison of average effects per patient by treatment group, and summary of ICERs relating to differences in cost and effect.

	PCM plus TENS (n = 121)	PCM only (n = 120)
Primary clinical outcome	1.771 (0.105)	1.763 (0.114)
Pain change	0.112 (-0.125, 0.349)	
Healthcare costs (95% CI)	£299.91 (-3540.25, 4107.59)	
Societal costs (95% CI)	£581.61 (-8686.28, 8112.83)	
ICER (95% CI)	0.729 (0.022)	0.767 (0.020)
ICER (95% CI)	-0.015 (-0.058, 0.029)	
Healthcare costs (95% CI)	£2200.67 (-25989.03, 22168.18)	
Societal costs (95% CI)	£4342.67 (-42906.66, 68824.70)	
ICER (95% CI)	0.748 (0.014)	0.785 (0.014)
ICER (95% CI)	0.007 (-0.022, 0.035)	
Healthcare costs (95% CI)	£4715.71 (-37319.61, 36940.40)	
Societal costs (95% CI)	£9305.71 (-104429.58, 90124.93)	

Mean imputed values (SE) over 1 year follow-up except where mean difference (95% CI) is specified.

ICER (95% CI) = ratio of mean difference in cost to mean difference in effect (relative to pain (primary analysis)) = £581.61 denotes a mean cost saving of £581.61 per patient outcome for the PCM plus TENS group compared to PCM only (adjusted for baseline age, gender, pain score, EQ-5D and SF-6D).

The workshop also featured **interactive group activities**, designed to enhance learning and encourage collaboration:

Participants were divided into small groups and given case studies on health interventions. They worked together to conduct cost-effectiveness analyses and



identify suitable evaluation methods for the scenarios provided.

A **practical costing exercise** allowed participants to apply the costing methodologies discussed earlier. Each group analyzed hypothetical budgets, identified

gaps, and proposed solutions.



After lunch, the focus shifted to **Health Economics Modeling**, where Prof. Lewis introduced predictive tools used in healthcare decision-making. He explained the importance of modeling in planning and implementing health policies, ensuring participants understood how to apply these tools effectively. The final session covered **Critical Assessment and Systematic**



**Reviews**, where participants learned to evaluate existing studies for reliability and applicability. This session emphasized the importance of evidence-based decision-making and the need for thorough reviews in health economics research.

Throughout the workshop, the facilitators encouraged questions and facilitated discussions. **Prof. Lewis** addressed specific challenges faced by participants in their fields, ensuring the content remained relevant and actionable. The group exercises concluded with presentations by each team, allowing them to showcase their findings and receive constructive feedback from the facilitators and peers.



Overall, the workshop's interactive format and clear, practical focus left participants feeling confident and equipped to apply health economics principles in their work. The





collaboration between the facilitators and participants created an engaging and productive learning environment, reinforcing the CONTROL program's commitment to advancing global mental health research.

## Conclusion

The "Workshop on Health Economics: An Introduction" provided participants with valuable knowledge and practical tools to better understand and apply health economics concepts in mental health research. The sessions, led by

**Prof. Martyn Lewis** and supported by **Dr. Zeeshan Kibria**, combined clear explanations, hands-on exercises, and interactive discussions, making the learning process engaging and effective. Participants



gained a strong foundation in **cost-effectiveness analysis**, **health economics modeling**, and **critical assessment**, which they can now use to improve decision-making in health interventions. The group activities encouraged collaboration and helped translate theory into practice, leaving attendees with actionable insights. Overall, the workshop aligned with the CONTROL program's mission of integrating evidence-based approaches into health research and empowered participants to contribute meaningfully to advancing global mental health initiatives.





**The CONTROL program**  
**GLOBAL MENTAL HEALTH SYMPOSIUM**  
**(2<sup>nd</sup> to 5<sup>th</sup> December 2024)**

**Venue: Hall B: Ramada Hotel Islamabad**

**WORKSHOP ON HEALTH ECONOMICS: AN INTRODUCTION**

**3<sup>rd</sup> December 2024**

Time (HOURS)	Title of the session	Resource person
0930 – 0945	Introduction to the resource persons and workshop participants	Dr. Zeeshan Kibria
0945 – 0950	Learning outcomes of the workshops and overview of the workshop contents	Prof. Martyn Lewis
0950 – 1020	An overview of key concepts in Health Economics	
1020 – 1100	Types of Health Economics Evaluation	
1100 – 1130	TEA BREAK	
1130 – 1200	Costing approaches considerations	Prof. Martyn Lewis
1200 – 1225	Case examples (literature)	
1225 – 1310	Group exercise / practical	
1310 – 1330	Discussion and Q&A	
1330 – 1430	LUNCH BREAK	
1430 – 1500	Health Economics modelling	Prof. Martyn Lewis
1500 – 1530	Critical assessment / Systematic reviews in economics	
1530 – 1600	Discussion and Q&A	