



The CONTROL

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

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Workshop on Qualitative Research Methods

2nd Dec 2024

Executive Summary

The qualitative research methods workshop, a component of the CONTROL Global Mental Health Symposium held on December 2, 2024, in Hall A of the Ramada Hotel, Islamabad, was an engaging platform to deepen understanding of qualitative methodologies in health research. The session was led by Dr. Tom Kingstone, a Senior Lecturer in Mental Health and Wellbeing at Keele University, UK, and facilitated by Dr. Fatima Khalid, Qualitative Analyst CONTROL study from Khyber Medical University, Pakistan. With 36 participants in attendance, the workshop aimed to provide a comprehensive overview of qualitative research and its applications in mixed-methods studies, focusing on health and wellbeing.

Dr. Tom Kingstone brought 15 years of experience in health research, specializing in qualitative methodologies, with expertise in mental health areas such as anxiety, depression, psychological distress, and chronic pain. He shared insights into intervention development and evaluation, drawing from his extensive portfolio of work, including help-seeking behavior studies and mixed-methods research integration. Dr. Fatima Khalid complemented these discussions with her expertise as a data analyst in the CONTROL program, contributing contextual knowledge of qualitative methods in health research settings in Pakistan. This report narrates the proceedings and highlights of the workshop.

INTRODUCTION

Facilitator:

Dr Tom Kingstone, Senior Lecturer in Mental Health and Wellbeing at Keele University, UK

Co-Facilitator:

Dr. Fatima Khalid Qazi, Qualitative Analyst CONTROL

Proceedings:

The workshop commenced with a warm welcome by **Dr Fatima Khalid**, who introduced **Dr Tom Kingstone**, the lead facilitator for the session.

Dr. Kingstone then shared his extensive experience in **mental health** and **qualitative research**, emphasizing his contributions to intervention development and evaluation in diverse health contexts. Following this, participants were invited to introduce themselves, sharing their professional backgrounds and areas of interest.



The introductory session transitioned seamlessly into an **engaging interactive activity** where



participants collaboratively explored the purpose and definition of qualitative research. This exercise encouraged them to reflect on their **philosophical perspectives** and collectively develop a concise definition, enhancing their understanding of **qualitative**

methodologies. The dynamic interaction helped establish a foundation for the detailed sessions that followed.

Participants explored the **foundational purpose** of qualitative research, emphasizing its interpretive nature. Using definitions from prominent sources such as **Ravitch and Carl (2021)**, the workshop clarified how qualitative research seeks to understand individuals, groups, and phenomena in context. Attendees were introduced to the **"Research Onion"** model by **Saunders**, covering key philosophical considerations like ontology, epistemology, and axiology.



A detailed session focused on various data collection methods, including interviews, focus groups, observational methods, and secondary data analysis. Specific examples like the **"go-along"** method (Carpiano, 2009) illustrated innovative approaches to understanding participant experiences in real-world contexts.



Participants learned thematic analysis using **Braun and Clarke's (2006)** six-step framework, emphasizing coding, theme generation, and refinement. An activity on **transcripts** was also conducted, facilitated by Dr Fatima, allowing participants to apply the "thematic coding" in a **hands-on setting**. They engaged in practical exercises to analyze



semi-structured interview data, enhancing their analytical skills through discussion and feedback.

Dr. Kingstone highlighted the significance of integrating qualitative and quantitative data in **mixed-methods research**. Models such as sequential and triangulation designs were explained, demonstrating how integration adds value through confirmation, expansion, and addressing discordance in findings.

Participants were actively involved in discussions and hands-on activities. Group exercises included defining qualitative research in 140 characters and scoring philosophical orientations using the **HARP (Heightening Awareness of Research Philosophy)** tool. These exercises fostered critical thinking and collaboration among attendees, enhancing their grasp of research philosophies and methodologies.



The qualitative research workshop was a significant success, providing a robust framework for participants to integrate qualitative methodologies into their work. The interactive format, expert facilitation by **Dr. Kingstone and Dr Fatima**, and practical exercises were highly



appreciated by the attendees. session emphasized the importance of **qualitative approaches** in addressing the nuanced and contextual aspects of global health challenges, equipping participants with the

skills and knowledge to contribute meaningfully to this dynamic field.

The workshop concluded on a high note with a certificate distribution ceremony, recognizing the active participation and dedication of all attendees. Dr Tom Kingstone personally handed out certificates to the participants, appreciating their enthusiasm and engagement throughout the session.



Prof. Farooq and Prof. Raghubansie (VC, KEELE

University) extended thanks to Dr. Kingstone for always being around, from the UK to



Pakistan, and for conducting such valuable workshops. The event culminated with a group photograph, capturing the vibrant and collaborative spirit of the workshop. This moment not only celebrated the collective efforts of the facilitators and participants but

also served as a memorable token of the shared learning experience. A token of appreciation was presented to **Dr. Kingstone by Prof. Farooq and Dr. Zohaib Khan** in recognition of his contributions.

The **group picture** captured the vibrant energy and unity of all participants, symbolizing the collective effort and shared learning experience of the **workshop**. It served as a lasting memento of **the collaborative spirit** and the **successful completion** of an engaging and insightful session. Everyone in the photo stood together, reflecting the camaraderie and enthusiasm that defined the event.





Workshop Agenda

Time (HOURS)	Title of the session	Resource person
0930 – 0945	Introduction to the resource persons and workshop participants	Dr. Fatima Khalid
0945 – 0950	Learning outcomes of the workshop and overview of the workshop contents	Dr. Thomas Kingstone
0950 – 1020	Purpose of Qualitative Research	
1020 – 1100	Reflect on your philosophical perspective	
1100 – 1130	TEA BREAK	
1130 – 1220	Review common types of data collection and analysis	Dr. Thomas Kingstone
1220 – 1300	Explore the value of qualitative approaches in mixed methods research.	
1300 – 1330	Discussion	
1330 – 1430	LUNCH BREAK	
1430 – 1530	Apply and compare different qualitative analysis techniques	Dr. Thomas Kingstone
1530 – 1600	Discussion and Q&A	