



## **The CONTROL**

**(COgNitive Therapy for depReSSIOn in tubercuLosis treatment)**

**to improve outcomes for depression and TB in Pakistan and**

**Afghanistan**

**Funded by: RIGHT3, NIHR**

**Reference: NIHR201773**

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**“Seminar on Cognitive Behavioral**  
**Therapy and its Cultural**  
**Adaptation”**

**5th May 2025**

## EXECUTIVE SUMMARY

Capacity development is an integral component of the CONTROL study as the research team comprises early-career researchers, including Research Assistants, qualitative and quantitative researchers, data input administrators, DOTS facilitators, master's students, Ph.D. scholars, and Postdoctoral Fellows. Developing their knowledge, skills, and attitude will, in turn, contribute to the quality of project deliverables.

A seminar on Cognitive Behavioral Therapy (CBT) and its Cultural Adaptation was held on May 5, 2025, at Alexander Fleming Hall, Khyber Medical University. It was facilitated by Prof. Farooq Naeem (Lead, Intervention Development, CONTROL) and Dr. Mirrat Gul (Co-Lead, Intervention Development, CONTROL). The seminar aimed to highlight the importance of culturally adapting CBT, particularly in the context of the CONTROL project. The session focused on why cultural adaptation is essential for ensuring the effectiveness of mental health interventions in low- and middle-income countries (LMICs). It also highlighted the development and refinement process of the CONTROL intervention, emphasizing the collaborative and systematic approach taken to make it culturally relevant and impactful. The seminar provided a valuable opportunity for knowledge exchange, capacity building, and reinforcing the significance of culturally grounded mental health practices.

### Activity Background

A seminar on CBT and its cultural adaptation was held on May 5, 2025, from 10:00 AM to 12:00 PM in Alexander Fleming Hall at Khyber Medical University. The purpose of the seminar was to highlight the significance of cultural adaptation in CBT, especially as it forms the core component of the CONTROL project. Given the diverse backgrounds of the wider team, it was essential to emphasize the importance of cultural adaptation in low- and middle-income countries (LMICs). The seminar also shed light on the development process of the CONTROL intervention, detailing how it was designed and refined through a systematic and collaborative approach.

### Facilitators:

- Prof Farooq Naeem (Lead Intervention development, CONTROL)
- Dr. Mirrat Gul (Co-lead Intervention development, CONTROL)

### Moderator:

- Ms. Faryal Fazal (Research Assistant and CBT Master Trainer, CONTROL)

### Participants:

The seminar was attended by 40 participants, including the Principal Investigator, Co-Investigator, Postdoctoral Fellows, Clinical Research Fellow, CBT Master Trainers, and Research Assistants from both the CONTROL and TRANSLATE projects.



## Seminar Proceedings:

### Introduction:

The seminar began with a warm welcome and an introduction to the participants, followed by the recitation of a few verses from the Holy Quran to set a reflective tone. Dr. Zohaib Khan warmly welcomed all the esteemed guests and participants. Ms. Faryal then shared the seminar's objectives, followed by the talks delivered by Prof. Farooq Naeem and Dr. Mirrat Gul.



### Overview:

The first talk was delivered by Dr. Mirrat Gul, who presented on the topic of Culturally adapted Intervention in the CONTROL Project. She highlighted the importance of tailoring mental health interventions to local cultural contexts, especially in low-resource settings. Dr. Gul discussed how Culturally adapted Cognitive Behavioral Therapy (CaCBT) was systematically developed for the CONTROL Project to meet the specific needs of tuberculosis (TB) patients.



The process involved adapting CBT techniques in alignment with cultural beliefs, values, and language. She also emphasized that the training of Master Trainers and DOTS facilitators was conducted through an iterative process,

incorporating ongoing feedback and refinement to ensure the relevance, acceptability, and effectiveness of the CONTROL intervention.

This was followed by an insightful presentation from Professor Farooq Naeem, who shared his expertise on Cognitive Behavioral Therapy (CBT) and its Cultural Adaptation. His talk emphasized the significance of adapting evidence-based practices, such as CBT, to diverse populations for improved mental health outcomes.

Following Professor Naeem's talk, a Q&A session was held, during which participants engaged actively by asking questions regarding the challenges and potential problems in culturally adapting CBT. The session provided insights and generated constructive discussion among mental health professionals and researchers.

A key highlight of the seminar was the signing of a Memorandum of Understanding (MoU) between the Institute of Mental Health & Behavioral Sciences and the Pakistan Association of Cognitive Therapy (PACT). This collaboration aims to foster



future academic and clinical partnerships in culturally informed mental health practices.

### **Conclusion:**

Prof. Saeed Farooq delivered the vote of thanks and expressed his appreciation to Prof. Farooq Naeem, Dr. Mirrat Gul, and the entire intervention team for their contributions to the



CONTROL intervention. This was followed by the presentation of tokens of appreciation and a group photo.





**Group photo of the CONTROL team with the facilitators**



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

### “Seminar on Cognitive Behavioral Therapy and its Cultural Adaptation”

**Venue:** Alexander Fleming Hall, Admin block, first floor, KMU

**Date & Time:** 5th May 2025, 10:00 AM to 12:00 PM

Time slot	Topic/Title	Resource Person
10:00AM - 10:20AM	Recitation Welcome note	<i>Dr. Zohaib Khan (Co-PI, CONTROL)</i> <i>Ms. Faryal Fazal (RA &amp; CBT MT, CONTROL)</i>
10:20AM-10:40AM	CONTROL Intervention	<i>Dr. Mirrat Gul (Co-lead Intervention development, CONTROL)</i>
10:40AM:11:10AM	CaCBT and Cultural Adaptation	<i>Prof. Farooq Naeem (lead Intervention development, CONTROL)</i>
11:10AM-11:30AM	MoU signing ceremony	<i>PACT &amp; Institute of Mental Health &amp; Behavioral Sciences</i>
11:30AM-11:50AM	Q/A session	<i>All Participants</i>
11:50AM-12:00PM	Vote of Thanks Group Picture	<i>Prof. Saeed Farooq (PI, CONTROL)</i>