



The CONTROL
(COgNitive Therapy for depRessiOn in tubercuLosis treatment)
to improve outcomes for depression and TB in Pakistan and
Afghanistan
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“Training for DOTS facilitator on Cognitive Behavioural Therapy”

May 23rd , 24th , 29th , and 30th , 2025

EXECUTIVE SUMMARY

THE CONTROL is a psychological intervention program specifically designed for individuals undergoing tuberculosis treatment and experiencing depression. The core component of CONTROL is based on cognitive-behavioural therapy (CBT), which is a widely recognized and recommended treatment for depression. By adopting a CBT-based approach in CONTROL, the program aims to provide patients with evidence-based strategies to manage their depressive symptoms while undergoing tuberculosis treatment.

During training for the DOTS facilitator on CBT on May 23rd, 24th, 29th, and 30th, 2025, the CBT Master trainers covered all six CBT sessions in the CONTROL intervention to equip the DOTS facilitator with the necessary knowledge and skills for a better understanding of the intervention and CBT principles. This allowed him to gain a deeper understanding of the concepts and how to effectively deliver them to the patients. This report will narrate the proceedings of the CBT training for DOTS facilitators.

Activity Background

A training program for DOTS facilitators focusing on Cognitive Behavioral Therapy (CBT) was scheduled for May 23rd, 24th, 29th, and 30th, 2025. This training was arranged for one DOTS facilitator from the newly recruited private TB center. The aim was to provide the participant with insights into the CONTROL Intervention and CBT, emphasizing the application of CBT sessions in addressing the needs of TB patients with depression. The CBT Master Trainers guided DOTS facilitator through six sessions i.e., Sessions 1: Psychoeducation and behavioural activation, Session 2: Motivational interviewing, Session 3: Cognitive reconstructing, recognizing thoughts, Session 4: Cognitive reconstructing, challenging thoughts, session 5: Cognitive reconstructing, alternative thoughts and session 6: problem solving, ensuring a comprehensive understanding and practical application of CBT principles. For the CONTROL intervention, a unique set of intervention materials has been designed, including a handbook, handouts, a flipbook, flyers, audio files for patients, and video files for DOTS facilitators. The training presentation was designed and delivered in the Urdu language to enhance comprehension and facilitate better understanding among participants.

Facilitators:

- **Saara Khan** *Intervention development coordinator & CBT master trainer*
- **Faryal Fazal** *Research assistant & CBT master trainer*
- **Zumar Malik** *CBT master trainer & MHR student*

Participants:

The training was attended by one DOTS facilitator, i.e., Mr. Jahanzeb from Dr. Asif Safi's private clinic, Peshawar.

Day 1: Overview of CONTROL CBT Intervention & Session 1 (Psychoeducation and Behavioural Activation)

Facilitator: *Saara Khan*

The first day of the training was facilitated by Ms. Saara Khan, who provided a comprehensive overview of the CONTROL intervention, which is grounded in Cognitive Behavioural Therapy (CBT). She explained that the intervention comprises a structured six-session approach, each lasting approximately 45 minutes to 1 hour, designed to systematically explore and apply CBT techniques. Patients are scheduled to attend one session per week, promoting consistency and gradual improvement.

Ms. Khan then introduced the **General Information Sheet** and **PHQ-2**, a pre-screening tool for depression. The DOTS facilitator was trained on its administration and participated in a hands-on practice session.

The remainder of the day focused on **Session 1: Psychoeducation and Behavioural Activation**. Ms. Khan discussed general treatment modalities for depression and anxiety, supported by real-life examples. She demonstrated Behavioral Activation techniques and guided the participant through practical activities. Additionally, a video of Session 1 was shown to reinforce learning. This practical component allowed the facilitator to internalize the therapeutic strategies introduced during the session.

Day 2: Session 2 –Motivational Interviewing (MI)

Facilitator: *Faryal Fazal*

Ms. Faryal Fazal led Day 2 by introducing **Session 2: Motivational Interviewing (MI)**. She emphasized the importance and objectives of MI, especially in promoting medication adherence among TB patients, one of the primary goals of the CONTROL intervention.



The participant was taught the core principles and basic skills of MI through interactive discussions and practical examples. Key skills included: active listening, avoiding the “righting reflex”, using open-ended questions, reflective

listening, and building rapport with patients. The session layout was revised slightly to improve consistency across the training program.

Day 3: Sessions 3 & 4 – Cognitive Restructuring

Facilitator: *Ms. Hafiza Zumar Malik*

Day 3 focused on two core CBT sessions: **Session 3, “Recognizing Thoughts”**, and **Session 4, “Challenging Thoughts”**. Ms. Hafiza Zumar Malik introduced the concept of **Cognitive Restructuring**, a cornerstone of CBT. She explained the relationship between thoughts, emotions, physical symptoms, and behaviors using real-life scenarios and visuals. The participant explored common **cognitive errors**, including personalization, all-or-nothing thinking, overgeneralization, magnification or minimization, and selective abstraction. These concepts were brought to life through engaging activities that helped the participant identify and understand the impact of unhelpful thinking patterns.

Day 4: Sessions 5 & 6 – Balanced Thinking and Problem Solving

Facilitators: *Hafiza Zumar Malik (Session 5) and Saara Khan (Session 6)*

Session 5 began with a brief recap of the previous day.

Ms. Zumar guided the participant through the final step of cognitive restructuring: developing **balanced (alternative) thoughts**. The DOTS facilitator was encouraged



to challenge his negative thoughts and replace them with more constructive alternatives. This was practiced using **Thought Diary No. 3**, which helped the participant apply the balanced thinking technique in a structured format.

Session 6, led by Ms. Saara Khan, introduced **Problem Solving**, outlining its five essential steps:

1. Identifying and prioritizing the problem
2. Brainstorming possible solutions
3. Evaluating the pros and cons of each option (two-column technique)
4. Breaking down the chosen solution into actionable steps
5. Implementing and reviewing the plan

The participant was given a **Problem-Solving Worksheet** to apply what he had learned by



identifying a personal or professional problem and working through it using the structured steps.

After each role-play activity, the participant received constructive feedback from the CBT Master Trainers and

revisited key learnings from the previous day to reinforce his understanding. Having completed the core CBT training, the next step involves a refresher training and onsite supervision to ensure effective implementation and continued practice. The training concluded with a formal vote of thanks, marking the end of a productive and insightful learning experience.

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

“Training for DOTS facilitator on Cognitive behavior therapy”

May 23, 24, 29 & 30, 2025

Day 1

Venue: CEI Room, ORIC, Khyber Medical University

Date & Time: 23rd May 2025, Friday, 09:00 AM to 03:00 PM

Time	Activity Details
09:00 – 10:15	Welcome and introductions Overview of CONTROL CBT intervention and its relevance to TB patients
10:15 – 10:30	Tea Break
10:30 – 11:00	Introduction to PHQ-2 and General Information Sheet Hands-on practice of PHQ-2
11:00-12:00	Session 1: Psychoeducation and Behavioral Activation Explanation of depression symptoms
12:00-01:00	Behavioral activation techniques and real-life examples Session 1 video demonstration
01:00 – 02:00	Lunch and Prayer Break
02:00 – 03:00	Guided practice of behavioral activation Group discussion and Q&A

Day 2

Venue: CEI Room, ORIC, Khyber Medical University

Date & Time: 24th May 2025, Friday, 09:00 AM to 03:00 PM

Time	Activity Details
09:00 – 10:15	Introduction to Session 2: Motivational Interviewing Objectives and importance in TB care
	Relevance to medication adherence and patient engagement
10:15 – 10:30	Tea Break
10:30 – 12:00	Training in MI core skills: Open-ended questions, reflective listening, affirmations
12:00-01:00	Avoiding righting reflex and building rapport Interactive examples and discussion
01:00 – 02:00	Lunch and Prayer Break
02:00 – 03:00	Role-plays and group activities Practicing MI techniques through patient scenarios

Day 3

Venue: CEI Room, ORIC, Khyber Medical University

Date & Time: 29th May 2025, Friday, 09:00 AM to 03:00 PM

Time	Activity Details
09:00 – 10:15	Session 3: Recognizing Thoughts
	Understanding automatic thoughts and cognitive models
	Exploring the thought-emotion-behavior connection
10:15 – 10:30	Tea Break
10:30 – 11:30	Session 4: Challenging Thoughts
	Introduction to cognitive distortions (e.g., all-or-nothing)
11:30-01:00	Thought challenging techniques using worksheets and real-life examples
01:00 – 02:00	Lunch and Prayer Break
02:00 – 03:00	Case-based activities
	Role-play to identify and modify unhelpful thinking patterns

Day 4

Venue: CEI Room, ORIC, Khyber Medical University

Date & Time: 30th May 2025, Friday, 09:00 AM to 02:30 PM

Time	Activity Details
09:00 – 10:15	Session 5: Developing Balanced Thoughts
	Replacing negative thoughts with constructive alternatives
	Use of Thought Diary 3 to apply balanced thinking
10:15 – 10:30	Tea Break
10:30 – 11:00	Session 6: Problem Solving
	5-step structured approach
11:30-12:00	Identifying problems, generating solutions, evaluating options, planning, and reviewing outcomes
12:00-01:00	Practice using the Problem-Solving Worksheet
01:00 – 02:00	Lunch and Prayer Break
02:00 – 02:30	Review of all 6 sessions
	Participant feedback