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QUARTERLY

NEWSLETTER



TRANSLATE

TRANSLATING EVIDENCE FOR EARLY INTERVENTION
IN PSYCHOSIS IN LMICS:
IMPLEMENTATION AND EVALUATION

TRANSLATE is an NIHR-funded initiative aimed at establishing and evaluating early intervention in psychosis (EIP) services in Pakistan and Sri Lanka. The project assesses engagement and remission in first episode psychosis (FEP) and explores clinical markers linked to treatment-resistant schizophrenia (TRS). Additionally, the study will develop a clinical tool for early TRS risk prediction, tailored for use in low- and lower-middle-income countries.



5TH INTERNATIONAL PUBLIC HEALTH CONFERENCE AT KHYBER MEDICAL UNIVERSITY, PESHAWAR (7-10 APRIL)

The Khyber Medical University (KMU) successfully hosted its 5th International Public Health Conference from April 7-10, 2025.

Centered on the theme "Innovation and Collaboration in Public Health," the four-day event convened renowned public health experts, policymakers, researchers, and students from across the country and abroad.

The TRANSLATE team was an active and integral participant throughout the conference.

Workshops and Academic Contributions

A workshop on "Early Intervention in Psychosis Services" was facilitated by Dr. Laila Noushad. Prof. Jalil Khan led a workshop on "Ethics and Leadership in Primary Care and moderated a session on "Family Medicine and Primary Care Approaches that Contribute to Strengthening Health Systems."

In the oral presentation sessions, Uzair Shah presented his PhD research. The team also participated in the poster Competition with presentations from Dr. Laila Naushad, Dr. Shumaila Hameed and Emaan Ismail Ishfaq, Taha and Uzair Shah.



Stall Exhibition and Engagement:

The TRANSLATE team managed a dynamic stall showcasing the TRANSLATE project and its Early Intervention in Psychosis (EIP) services.

The stall was managed by Zainab Rehman, Saba Gul, Emaan Ismail, Shumaila Hamid, Laila Nouhad, Ishfaq, Uzair, and Taha.

Prof. Saeed Farooq personally visited the stall and commended the team for their outstanding efforts.

Keynote Address and Official Project Launch

A major highlight of the conference was the keynote address delivered by Prof. Saeed Farooq, who presented on public mental health and the journey from THEHOPE to the TRANSLATE project. The conference served as the official launch platform for the TRANSLATE project, which was formally announced and endorsed by all attendees. Prof Saeed Farooq, Prof Jalil Khan, Dr Faraz Khan, Prof Mukhtar, and all the site leads were present at the occasion.

Psychologists training workshop (11th April to 13th April)

A three-day training workshop on psychometric tools and ODK for psychologists under the TRANSLATE Study was held at Khyber Medical University (KMU), Peshawar, from April 11th to April 13th, 2025. The workshop aimed to enhance participants' proficiency in administering psychometric tools and build capacity in using the Open Data Kit (ODK) platform for efficient data collection and management within the TRANSLATE research framework. Participants from various project sites, including Hyderabad, Faisalabad, Abbottabad, Peshawar, and Quetta, as well as participants from Sri Lanka, attended the intensive workshop.



The sessions were delivered by expert facilitators, including clinical psychologists and psychiatrists involved in the TRANSLATE study, utilizing an interactive format that included lectures, discussions, role-plays, and live demonstrations.

Key topics covered over the three days included an introduction to the TRANSLATE study and measurement tools, Open Data Kit (ODK), Comprehensive Assessment of At-Risk Mental States (CAARMS), and Negative Symptoms Scale (PANSS) on Day 1. Day 2 focused on clinical rating scales such as the Young Mania Rating Scale (YMRS), Hamilton Depression Rating Scale (HDRS), Internalized Stigma of Mental Illness (ISMI), and Clinical Global Impression Scale (CGI), with practical training on administering and interpreting scales through role-play and case-based discussions, and ODK data entry practice. The final day, Day 3, concentrated on functioning, side effects, and quality of life assessments, including WHO-DAS 2.0, Glasgow Antipsychotic Side-effect Scale (GASS), Zarit Burden Interview (ZBI), EQ-5D, and Drug Abuse Screening Test (DAST). The workshop concluded with a post-workshop assessment, certificate distribution, and a networking lunch.

Psychiatrists Training Workshop (April 14th to 17th)



From April 14–17, 2025, a four-day training workshop on Early Intervention in Psychosis (EIP) Assessment & Management for Psychiatrists was held at Khyber Medical University (KMU), Peshawar, as part of the TRANSLATE Study.

The workshop aimed to enhance psychiatrists' skills in early detection and comprehensive care for First Episode Psychosis (FEP) using a multidisciplinary, evidence-based approach.

The opening session was led by Prof. Saeed Farooq, Chief Investigator of TRANSLATE, who emphasized the importance of psychometric assessment.

Daily Highlights:

Day 1: Pre-assessments, introduction to EIP in low-resource settings, overview of TRANSLATE, and hands-on training with CAARMS, PANSS, and SCAN.

Day 2: Structured assessment of non-affective FEP, CBTp, employment support, and role-playing exercises. Concluded with a cultural tour of Peshawar city.

Day 3: Case-based discussions on treatment resistance, relapse, side effects, and use of mood stabilizers and clozapine. Included a guided tour of KMU Clinical Trials Unit (CTU) and the CONTROL Project Trial site.

Day 4: PPIE session featuring lived experiences of psychosis, guideline-based management, substance abuse, autism-psychosis co-occurrence, post-assessments, feedback, and certificate distribution.

Global Mental Health Research Session (26th April)



KMU Peshawar, in collaboration with RCD, organized a Global Mental Health Research session on 26th April 2025. A vital capacity development opportunity for our early-career researchers. Prof Saeed Farooq chaired the session, and his guidance boosted motivation among our future mental health leaders. Dr Shumaila Hamid, Dr Laila Noushad, Maryum Rahim, and Ishfaq Tariq presented in the session.



CBT FOR PSYCHOSIS (28th to 30th April 2025)

Fountain house, Lahore, Pakistan

A three-day workshop on CBT for Psychosis (CBT-P) was held from April 28–30, 2025, at Fountain House, Lahore, organized by PACT (Pakistan Association of Cognitive Therapists) in collaboration with partner organizations. The workshop was facilitated by Prof. Dr. Farooq Naeem, Founder of Dilkibaat and PACT, and co-facilitated by Ms. Nazish Habib. The training aimed to strengthen the capacity of mental health professionals in delivering culturally adapted CBT interventions for individuals experiencing psychosis. Participants included psychologists, psychiatrists, therapists, researchers, and members of the TRANSLATE project team from all sites except Quetta.

Day 1: Case Formulation and Conceptual Models

The workshop began with an introduction to CBT foundations and case formulation using the 4Ps framework—Predisposing, Precipitating, Perpetuating, and Protective factors. Conceptual models such as the Stress-Vulnerability Model, Biopsychosocial Model, and Cognitive Model of Psychosis were explored through case-based discussions, role-plays, and small group exercises.

Day 2: Understanding Delusions and Assessment Techniques

The second day focused on therapeutic approaches to delusions, including behavioral experiments, the befriending technique, and the use of assessment tools for engagement. A live role-play between Dr. Naeem and Ms. Habib demonstrated respectful and culturally sensitive strategies for exploring delusional beliefs, followed by group practice and debriefing.

Day 3: Hallucinations and Socratic Dialogue

The final day addressed auditory hallucinations and the use of Socratic questioning to explore beliefs collaboratively. Emphasis was placed on validation, psychoeducation, and reducing stigma. Participants practiced these techniques in pairs and small groups, with locally relevant examples enhancing cultural applicability.

Key Takeaways:

- Structured case formulation using multiple models
- Therapeutic strategies for delusions and hallucinations
- Application of Socratic questioning in psychosis care
- Importance of cultural adaptation in CBT-P delivery

The interactive format—featuring lectures, role-plays, group work, and case discussions—created a dynamic learning environment.

The contributions of Dr. Farooq Naeem and Ms. Nazish Habib were central to the workshop's success, offering participants practical tools and insights for clinical practice.



1st workshop to co-develop a model for Early Intervention in Psychosis (EIP) in Pakistan (11th June)

The TRANSLATE project achieved a major milestone with its first consensus-building workshop held at Khyber Medical University (KMU). The event brought together a diverse group of stakeholders to co-develop a culturally and contextually appropriate Early Intervention in Psychosis (EIP) service model for Low and Middle-Income Countries (LMICs).

Workshop Objectives

- Finalise a draft EIP model based on existing evidence.
- Establish a shared understanding of First-Episode Psychosis (FEP) services Identify and prioritise service gaps and challenges

Inclusive Participation

Attendees included psychiatrists, psychologists, primary care physicians, policymakers, researchers, legal and religious leaders, teachers, patients, carers, media, and NGOs such as SRSP and GiZ.

Methodology and Presentations

Using the Nominal Group Technique (NGT), the workshop featured plenary sessions, focused discussions, and structured voting.

Key presentations were delivered by:

- Prof. Jalil Khan (Academic Lead, KMU)
- Dr. M. Firaz Khan (Lead Consultant, KMU)
- Dr. Laila Noushad and Dr. Amir Wahab (KMU)
- Dr. Sylvia Ali Khan (Consultant Psychiatrist, Northwest Hospital)
- Dr. Naveed Afzal (Head of Medical Education, KGMC)

Facilitated Consensus

The consensus session, led by Prof. Jalil Khan, was facilitated by Dr. Rubab Farooqi and Ms. Sarah Khan, with documentation by Ms. Eman Ismail and Dr. Shumaila Hamid.

Key Outcomes

Participants agreed on the feasibility of implementing EIP services and highlighted the need for:

- Community awareness and stigma reduction
- Early identification and referral pathways
- Active stakeholder engagement

The session concluded with the screening of the Hope Psychosis awareness video and a vote of thanks from Prof. Jalil Khan and the TRANSLATE team.

Community Awareness & Outreach

- **Grassroots Education:** Distribute informational leaflets on psychosis signs and symptoms to households via Polio workers.
- **Engage Community Leaders:** Train and involve religious leaders to disseminate information and reduce stigma through Mosques. Conduct awareness programs at the village level for early referral.
- **School and College Involvement:** Involve educational institutions by training teachers, conducting awareness sessions, and potentially maintaining student health data for early identification.
- **Alternative Awareness Methods:** Utilize street theatre and other engaging local art forms to convey messages about mental health in a culturally resonant way. The reality of the situation should be shown, not a fantasized version.

Media & Technology

- **Mass Media Campaigns:** Launch awareness campaigns using social media, local TV channels, and radio. Radio, in particular, was highlighted as a key medium for reaching communities in villages, with potential for live call-in shows.
- **Digital Communication:** Use automated SMS messages to inform the public. Encourage team members and supporters to share information via personal-level posts on social media.
- **Shareable Content:** The "Hope Psychosis" awareness video should be widely disseminated online and through community networks.

Service Model Enhancements

- **Strengthen Referral & Monitoring:** Ensure the referral-to-monitoring pathway is robust and seamless. This should be a primary focus of the model.
- **Establish a Grievance Mechanism:** Form a grievance committee as part of the service model to analyze and address patient and carer concerns, ensuring accountability and trust.
- **Create a Safe Environment:** The service must provide a non judgmental, safe space where patients and carers feel heard, understood, and supported.
- **Involve a Wider Circle:** Emphasize that follow-up and support should involve not just doctors, but other trained members of the community.
- **Patient and Carer Information:** Develop a system to share reports and progress updates directly with patients and their carers.

MEET THE PAKISTAN TEAM:



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