

# CONTNEWS



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# CONTROL INTERVENTION DEVELOPMENT

## Stage 1

Evidence Synthesis,  
Focused Ethnography,  
and Qualitative Studies



## Stage 2

Development and  
Refinement of the  
Intervention through  
Expert Consultations



## Stage 3

Training for Master  
Trainers



## Stage 4

Consensus Workshops

# CONTROL INTERVENTION DEVELOPMENT

## QUALITATIVE STUDY

A qualitative study using a variety of data collection techniques was conducted to elicit data about the subjective experiences of TB patients and carers, through focus group discussions (FGDs) and in-depth interviews (IDIs) along with the objective realities of healthcare facilities, through focused ethnographies, IDIs and FGDs.

The research team worked through a series of steps to analyze the data, including transcription, translation, reviewing and refining the transcribed data, and finally organizing the data into themes and sub-themes as per the modified Southampton framework.



# CONTROL MASTER TRAINERS

## **Ms. Sara Khan**

Sara Khan, a clinical psychologist by profession is currently working with CONTROL study as a master trainer and communication officer.

Sara brings along the diverse experience of working with both national and international organizations to deliver training regarding stress management, depression, and anxiety.

Sara is working closely with CONTROL intervention development leads and co-leads for CBT based manual and handout development.



## **Ms. Faryal Fazal**

Faryal fazal, holding MPhil in Psychology, is a promising and dedicated master trainer and research assistant in CONTROL study whose contribution in CBT based intervention and handout translations are both inspiring and impactful.

With a passion to understand and improve mental health and innate ability to empathize with patients make her a natural fit for the project team.





# CONTROL MASTER TRAINERS

## **Ms. Rafia Khalil**

Rafia Khalil recently joined the CONTROL family as a master trainer. She is a blend of theoretical knowledge and practical skills. Her academic achievements and training in cognitive behavior therapy equip her with a strong understanding of psychological concepts and the ability to apply these principles in real-world settings.



## **Ms. Hafiza Zumar Malik**

Hafiza Zumar Malik, is holding MSC in Psychology and diploma in CBT and in forensic psychology. Zumar is poised to contribute to CONTROL's ongoing intervention development and is already extending her expertise in manual and handout development.



# TRAINING OF MASTER TRAINERS

Under the supervision of Dr. Mirrat Gul, Principal Clinical Psychologist and co-applicant CONTROL, a five-day training session was conducted from 17th to 21st July 2023, at Mayo Hospital, Lahore Pakistan. Dr. Mirrat Gul, covered several key topics related to culturally adapted cognitive behavioral therapy to equip the master trainers with the necessary knowledge and skills for better cultural relevance and inclusivity.



Cognitive Behavioral Therapy (CBT) represents a psychotherapeutic approach for transformation of detrimental thought patterns and behaviors, leading to the improved mental health and overall well-being. This training, helped master trainers to improve their skills enabling them to implement CBT principles within their professional endeavors and to train the DOTs facilitators for intervention delivery.



# TRAINING OF MASTER TRAINERS

**Day 1**  
Session on the CBT manual, role play & observation



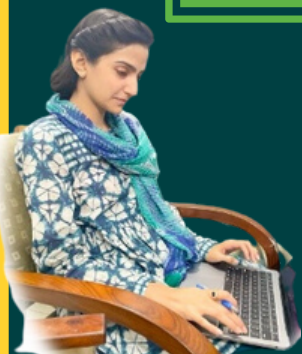
**Day 2**  
Session on pre therapy issues & Behavioral Activation



**Day 3**  
Hands on practice and discussion on transcription



**Day 4**  
Feedback and discussion on CBT manual



**Day 5**  
Presentation and demonstrations by the master trainers on the manual





# CONTROL CONSENSUS WORKSHOP

The first out of three scheduled consensus workshop on Tuberculosis and Depression was held on 15th August 2023 at Senate Hall in Khyber Medical University (KMU). The purpose of the workshop was to bring together all the stakeholders, study experts, and project team to discuss the components of the intervention and to build consensus over the Cognitive Behavior Therapy (CBT) based intervention including the number of sessions, theoretical orientation, delivery methods, and settings of intervention, taking into consideration the evidence from the qualitative and ethnographic data generated during work package 1.





# CONTROL CONSENSUS WORKSHOP

## Key Findings and Consensus:

During the consensus workshop, TB health workers provided valuable feedback and developed consensus on various points related to the CBT intervention. The main consensus points were:

1. Duration of therapy
2. Duration of a session
3. Mode of sessions
4. Training for DOTs facilitators
5. Stories and example used in manual
6. Content of manual and handouts



# CONTROL TEAM PROGRESS MEETING

CONTROL progress meeting is a regular monthly activity. However, a special in-person progress meeting held on 10th August 2023 at Khyber Medical University holds significant importance for sharing updates, keeping track of timelines, developing problem-solving approaches, and boosting the motivation and morale of all the team members. The meeting was attended by study leads and co-leads, managers, research staff, CBT master trainers and newly hired Afghan staff.



Dr. Noor Sanauddin, WP1 lead presented the work package 1 wrap up and signing off.



Dr. Firaz Clinical Research Fellow CONTROL, shared the Pilot RCT timelines.



Ms. Saara Khan updated about intervention development current status and future timelines.





# CONTROL PH.D. ORIENTATION

Under the umbrella of CONTROL program, five Ph.D. studentships are offered. The orientation session for the Ph.D. students admitted after a highly competitive process was held on 10th August 2023.

CONTROL PhD studentship is a 3 years' program and degree will be awarded by Keele University, UK. The Ph.D. students will be based at Khyber Medical University, Peshawar to pursue their research with 3-4 weeks visit to Keele per year.



The aim of conducting orientation session was to welcome new Ph.D. students and to provide them with essential information about their doctoral program. The session was attended by Vice Chancellor Khyber Medical University, Chairperson Institute Basic Medical Science (IBMS) KMU, CONTROL study leads and co-leads, Ph.D. advisors, Ph.D. students and CONTROL senior research staff.

In the second half of the session, the Ph.D. students presented their research proposals, and later the offer letters were officially distributed to all five students.



# PH.D. OFFER LETTER DISTRIBUTION



**Ms. Aliya Durrani**



**Mr. Abdul Latif**



**Mr. Safat Ullah**



**Ms. Huma Mughal**



**Mr. Mohammed Sohaib**



**Group Photo**



# DIVERSITY AND INCLUSIVITY

Diversity and inclusivity in research projects contribute to better research outcomes, greater societal impact, and a more equitable and just approach to scientific inquiry. They help broaden the horizons of research, increase its quality, and ensure that it is relevant and respectful of diverse perspectives and communities.

CONTROL study leads expanded the CONTROL family with the inclusion of Afghan nationals into the research team. Dr. Zohaib Khan, co-lead CONTROL, on 10th August 2023, welcomed the newly appointed Afghan team members and introduced them to Prof. Saeed Farooq, CONTROL lead.

Both Prof. Saeed and Dr. Zohaib mentioned that we at the CONTROL believe in mutual understanding, cooperation and respect and that CONTROL is nothing without the power of collaboration and teamwork.



# CONTROL JOURNAL CLUB

Journal clubs are essential for promoting knowledge sharing, critical thinking, research skills, and professional development. They help researchers stay informed, engaged, and continually growing in their fields while fostering collaboration and interdisciplinary communication.

CONTROL journal club is scheduled on a monthly basis for the research assistants, early career researchers, and CONTROL study research team to appraise the published literature and to incorporate the methodology and findings of papers into their own learning.

CONTROL's fifth journal club was held on 4th July 2023. The paper titled "Association between mental health and oral health status care utilization" was presented by Dr. Shawana Bangash and Dr. Somia Amin.



# CONTROL PPIE ADVISORY GROUP

The concept of the Patient Public Involvement and Engagement (PPIE) Advisory Group in CONTROL is innovative as it brings together individuals from diverse backgrounds who share a common link with TB and mental health disorders.

PPIE Advisory Groups are instrumental in ensuring that healthcare and research are patient-centered, ethical, and responsive to community needs. They help foster collaboration, transparency, and trust while promoting better healthcare outcomes and the advancement of research that truly benefits the public.

Here, we are introducing three of the five CONTROL PPIE advisory group members who are actively engaged with CONTROL PPIE/CEI team and CEI working group to share insights on project activities and to help refine community engagement strategies.

## **Dr. Ghazala Yasmin**

Dr. Ghazala Yasmin, a medical doctor by profession, personally experienced TB and faced TB-related stigma and mental health consequences.





# CONTROL PPIE ADVISORY GROUP

## **Ms. Ammara Iqbal**

Ms. Ammara Iqbal is a speech therapist and psychologist by profession. She works closely with Afghan refugees especially female refugees regarding neglect, stigma, and gender-based violence.



## **Mr. Naveed Faqeer**

Mr. Naveed is an engineer by profession. He recovered twice from TB and experienced extreme difficulties at the workplace, in the community, and during his overseas stay.





# FIND US ON TWITTER

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**CONTROL**

115 posts

Following

**CONTROL** @CONTROL\_NIHR · Aug 26

🎉 Celebrating a moment of triumph & pride for our amazing @CONTROL NIHR PhD students receiving their well-deserved @Keele PhD placement offer letters. A huge shoutout to @DrZia for his unwavering support & special thanks to all the distinguished guests for gracing the occasion 🙏



**Keele's PhD placement offer Letters distribution ceremony**



**CONTROL** @CONTROL\_NIHR · Aug 26

Dr. Fayaz Ahmad, Post Doc fellow and Capacity development lead briefed the audience about PhD positions recruitment process, supervisory team & highlighted the upcoming master studentship offered under the @CONTROL\_NIHR.

| Students           | Keele Supervisor(s)  | Keele Supervisor(s) | Clinical Advisor  |
|--------------------|--|---------------------|-------------------|
| Abdul Latif        | Saeed Farooq, Ryana Geron                                    | Zuhab Khan          | Sae Gul           |
| Alpa Durran        | Saeed Farooq, Tom Kingstone, Ram Bajaj                       | Zuhab Khan          | Asad Nisam        |
| Huma Maghal        | Munira Khatun, Saeed Farooq, Samira Piroo                    | Mirza Gul           | Wajid Ali Akhunda |
| Muhammad Saifullah | Tom Shaghari, Saeed Farooq, Michelle Marshall                | Khalid Rehman       | Bashir Ahmed      |
| Saeed Farooq       | Pragna Parvati, Saeed Farooq, Ghazwan Nadeem, Farooq, Nadeem | Fayaz Ahmad         | Riaz Ahmad        |



**CONTROL** @CONTROL\_NIHR · Aug 22

Mr. Abdul Latif, PhD student presented his proposal on "Developing an Essential Package of Care for the Treatment of Severe Mental Illness" as a part of Universal Health Coverage (UHC) Program in Pakistan" at @CONTROL\_NIHR PhD orientation session. 🌟



You and 5 others

**Editor CONTNEWS: Dr. Saima Aleem**  
**Communication Manager, CONTROL**

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