

# CONTNEWS



## In this issue:

- CONTROL Global Mental Health Symposium
- CONTROL Trial Preparation
- CONTROL Community Engagement
- CONTROL Capacity Development



# CONTROL GLOBAL MENTAL HEALTH SYMPOSIUM

The CONTROL Global Mental Health Symposium, held on 8th & 9th November 2023 in Islamabad, Pakistan, convened over two impactful days, fostering a collaborative platform for mental health leaders, clinicians, primary care professionals, CONTROL study stakeholders, early and mid-career researchers to explore and address critical issues in the mental health as both stand-alone and emerging as a comorbid condition.

## Symposium Day 1:

Day 1 comprised the following four sessions:

1. Global health research at Keele University
2. The CONTROL study progress showcase
3. Research at Keele School of Medicine & Impact Acceleration Unit
4. Capacity building in mental health



# CONTROL GLOBAL MENTAL HEALTH SYMPOSIUM



# CONTROL GLOBAL MENTAL HEALTH SYMPOSIUM



# CONTROL GLOBAL MENTAL HEALTH SYMPOSIUM

## Symposium Day 2:

Day 2 comprised the following sessions:

1. Panel discussion on developing capacity in research, training and policy implementation in Mental Health
2. Global mental health collaborative projects in Khyber Medical University, Peshawar



# CONTROL GLOBAL MENTAL HEALTH SYMPOSIUM



# CONTROL GLOBAL MENTAL HEALTH SYMPOSIUM



# CONTROL GLOBAL MENTAL HEALTH SYMPOSIUM





# CONTROL PILOT TRIAL PREPARATION

---

In anticipation of tackling the complex interplay between tuberculosis (TB) and depression, meticulous groundwork is underway since work package 1 for the pioneering pilot trial. This innovative endeavor aims to integrate cognitive-behavioral therapy (CBT) based intervention into the existing TB treatment paradigm, addressing the often overlooked mental health aspects.

With a meticulous focus on trial preparation, our team endeavors to bridge the gap between physical and psychological well-being in TB patients. The forthcoming trial starting from January 2024, represents a critical step towards comprehensive care, promising to unveil the efficacy of CBT-based interventions in ameliorating depression amidst TB. As we embark on this journey, meticulous planning and collaboration lay the foundation for transformative outcomes in both TB management and mental health support.

The pre-pilot trial activities comprised five-day training on CBT provided to master trainers by Dr. Mirrat Gul. The CONTROL intervention consists of six face-to-face counseling sessions delivered by TBHWs, including:

- **TBHW Handbook:** A tailored CBT manual providing detailed insights into all session components.
- **Patient Handouts:** Informative reading material and homework assignments for patients.

# CONTROL PILOT TRIAL PREPARATION

---

- **Flipbook:** A desk flipbook featuring concise hints, session descriptions, and visual aids

for both TBHWs and patients.

- **Flyers:** Informative flyers about depression, anxiety, and treatment.
- **Video Files:** Short, animated videos of sessions for TBHWs to reinforce understanding.
- **Audio Files:** Files to enhance patient comprehension and reinforce learning.

Apart from training the research team, a comprehensive training plan was developed for TB health workers (TBHW). TBHWs received eight days of extensive training and three days of refresher training by CBT master trainers on CONTROL intervention. Since the patient in the control group will receive enhanced treatment as usual (ETAU), two days mhGAP training and one-day refresher training were delivered to Medical Officers (MOs) by Dr. Muhammad Firaz and Dr. Amir Aziz and they underwent two days of training on mhGAP.

The CONTROL study senior team is visiting all the study sites to ensure all the administrative arrangements are in place before the launch of pilot trial in January 2024.

# CONTROL CAPACITY DEVELOPMENT

## WORKSHOP ON TRIAL PROCEDURES & DATA COLLECTION TOOLS

Under the capacity development module, a comprehensive work package 2 data collection tool workshop was held from 25th October to 1st November 2023, at the Senate Hall, Admin Block Khyber Medical University (KMU), which aimed to familiarize research assistants and CBT master trainers with the upcoming pilot trial, providing them with an in-depth understanding of the trial and to offer a practical, hands-on experience with the translated tools, information sheets and consent forms in native languages.

The trainings were focused on nine different data collection tools, introduction to digital data collection platform (ODK), and different aspects of research ethics.



# CONTROL CAPACITY DEVELOPMENT



# CONTROL CAPACITY DEVELOPMENT

## WORKSHOP ON CONDUCT & MANAGEMENT OF RANDOMIZED CONTROLLED TRIALS

The "Conduct and Management of Randomized Controlled Trial" workshop, conducted on 7th November 2023 in Islamabad, was a specialized training program designed to address the intricate aspects of planning, executing, and overseeing randomized controlled trials (RCTs). Acknowledging the critical role RCTs play in shaping evidence-based practices, this workshop aimed to equip participants with the knowledge, skills, and tools necessary to navigate the complexities of trial design, implementation, and management.

- **Prof. Monica Magadi** conducted a training session on Observational studies: Study designs, Confounding, Bias, and Causality.
- **Prof. Ivonne Solis-Trapala's** training session covered all the details regarding randomized controlled trials.
- **Dr. Martyn Lewis** conducted session on focused on statistical methods in clinical trials including sample size and analysis.

**WORKSHOP ON CONDUCT AND MANAGEMENT OF RANDOMIZED CONTROLLED TRIAL**

**Facilitators**

 **Prof. Monica Magadi**  
Professor of Epidemiology and Global Health Research - Keele University, UK

 **Dr. Ivonne Solis-Trapala**  
Keele CTU Director and Senior Lecturer in Medical Statistics - Keele University, UK

 **Dr. Martyn Lewis**  
Reader in Medical Statistics - Keele University, UK

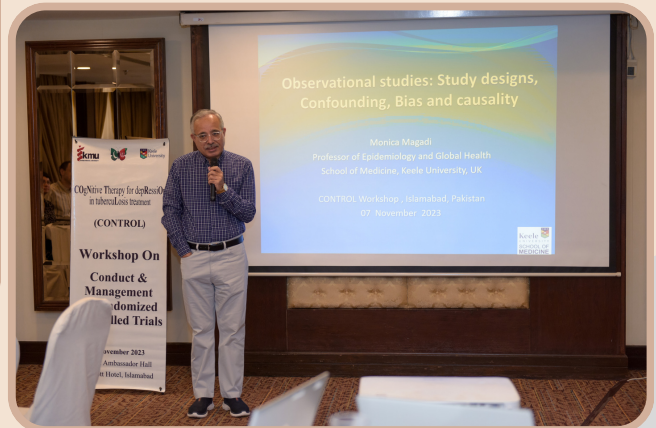

**9:00 AM TUESDAY**  
**7**  
**NOVEMBER**

**MARRIOTT HOTEL ISLAMABAD**

**NIHR** | National Institute for Health Research

# CONTROL CAPACITY DEVELOPMENT

## WORKSHOP ON CONDUCT & MANAGEMENT OF RANDOMIZED CONTROLLED TRIALS



# CONTROL CAPACITY DEVELOPMENT

## WORKSHOP ON CONDUCT & MANAGEMENT OF RANDOMIZED CONTROLLED TRIALS



# CONTROL COMMUNITY ENGAGEMENT

## COMMUNITY ENGAGEMENT SESSION ON WORLD MENTAL HEALTH DAY

The VoICE (Value of Integrated Community Engagement) of CONTROL is a program of interactive community engagement activities focusing on establishing strong linkages with diverse community and patient groups in Khyber Pakhtunkhwa, Pakistan.

On World Mental Health Day 2023, the CONTROL team organized a community awareness session at University of Peshawar in collaboration with THE HOPE study team to involve academia and youth in mental health awareness sessions. The session was co-chaired by Prof. Saeed Farooq and Vice Chancellor, University of Peshawar. The session was attended by students from different departments.



**OUR MINDS**  
**OUR RIGHTS**  
World Mental Health Day 2023

10 October

Mental Health  
Awareness Session

Organized by  
Khyber Medical Uni  
in Collaboration



# CONTROL COMMUNITY ENGAGEMENT

## COMMUNITY ENGAGEMENT SESSION ON WORLD MENTAL HEALTH DAY



**OUR MINDS**  
**OUR RIGHTS**  
World Mental Health Day 2023

10 October

Mental Health  
Press Session

Organized by  
Khyber Medical Uni  
in Collaboration

# CONTROL COMMUNITY ENGAGEMENT

## COMMUNITY ENGAGEMENT SESSION ON WORLD MENTAL HEALTH DAY



# CONNECT WITH US ON TWITTER

