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ISSUE  
ONE

The Quarterly Newsletter of the CONTROL Research Programme

# CONTNEWS



TB and depression is a typical multimorbidity in which each disease increases the risk of poorer outcomes for the other...

# CONTROL

(COgNitive Therapy for depRessiOn in tubercuLosis treatment)

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# CONTROL



CONTROL is an NIHR funded research programme, which aims to develop and test psychological intervention for treating depression in Pakistani and Afghan refugee Tuberculosis (TB) patients and to improve their adherence with anti-TB treatment.



The CONTROL programme, is led by Professor Dr. Saeed Farooq from Keele University (UK), & Dr. Zohaib Khan from Khyber Medical University-KMU (Pakistan). Our vision is to bring together the diverse experience of the other co-investigators from a variety of different organizations, to develop a brief psychological intervention, test its effectiveness and cost effectiveness, and examine how the intervention can be implemented in the real-world setting



## CONTROL



### Joint Lead Institutions

### Co-Applicants

**Keele University - Professor Saeed Farooq (WP1-WP4)**

*Co-Applicants: Dr Martyn Lewis (WP2),  
Prof Christian Mallen (WP1-4)*

**Khyber Medical University (KMU) - Zohaib Khan (WP2 – WP3)**

*Co-Applicants: Professor Zia Ul Haq,  
Prof Saadia Ashraf*

### Pakistan

Lady Reading Hospital (WP4)  
Dr Mian Mukhtar Ul Haq

Prof. Dr. Haroon Rashid Clinic (WP1)  
Dr Mirrat Gul

Uni of Peshawar (WP1)  
Dr Noor Sanauddin

TB Control programme of Khyber  
Pakhtunkhwa (WP1)  
Dr Mohammad Dost Khan

### Netherlands

Healthnet TPO, Netherlands -  
(WP3)  
Professor Ivan Komproe

### UK

University of Leeds  
(WP4)  
Dr Ian Kellar

### Canada

Centre for  
Addiction and  
Mental Health  
(CAMH), Toronto  
(WP1)  
Dr Farooq Naeem

# The CONTROL Programme Work Packages

## WP1

Developing intervention using evidence synthesis based on ethnographic and qualitative methods

## WP2

Inbuilt pilot RCT to test and refine intervention

## WP3

Evaluating the clinical and cost effectiveness of CONTROL in a randomized controlled trial

## WP4

Developing implementation plans with stakeholder's engagement using theory of change for future scale up

**NIHR** National Institute  
for Health Research

**“This will be the first study in which teams in UK, Pakistan, Afghanistan and other countries will work together to develop a psychological treatment for depression in TB and then test its effectiveness.”**

Prof Saeed Farooq (Keele University) and Dr Zohaib Khan (Khyber Medical University, Pakistan), co-leads of research into multiple long-term conditions funded by RIGHT 3



# We are Inclusive

Team CONTROL is committed to achieve gender equality by generating equal employment and academic progression opportunities for both males and females. Our team has female representation at all levels, whether it is in decision making or engaging with the community, there is an active involvement of our female staff. Our prominent female team members include Dr. Mirrat Gul, who is Co-Leading the intervention development, Ms. Saima Sheikh, who manages the CONTROL programme, Dr. Saima



Aleem and Ms. Sara Khan, who are taking care of the coordination

and communication portfolio. Our research team for the field also has a strong presence of females in it. Dr. Fatima, Dr. Kanwal, Mahnoor, Rida, Mariyam, Urooj, Sania, Tuba, Samina, Nazia, Mariya, Faryal, Bushra and Afsha are involved in the conduct of research in the field, in various roles. CONTROL is inclusive and

takes pride in the fact that we have in our team a variety of members from various academic and professional backgrounds, bringing diversity and expanding the breadth of expertise base in our team. Going forward we intend to create equal academic opportunities for Post Doc, Ph.D. and master studentships to help females blend into main stream health sector after completion of their respective degrees.



# The CONTROL Launch

The CONTROL project launch was held in Pearl Continental Hotel, Bhurban over two days (7<sup>th</sup> & 8<sup>th</sup> October 2022), and was attended by various stake-holders including subject specialists, academics, Govt. official (Special secretary to the health minister), National and Provincial TB Control Programmes, representatives of the Afghan commissionerate for refugees, delegates from the Pakistan Psychiatry Association, Tuberculosis patients and their care-takers, and team members from Keele and KMU.



The event comprised three sessions on each day chaired by experts, with active participation of all the invited speakers and event delegates. The main theme of discussions was around the importance of tackling mental health issues in multimorbidity. The speakers also emphasized on the need of increased synergies between the different research projects in the field of mental health and multimorbidity, especially those funded by the NIHR. This would augment co-learning and experience sharing between the various teams working in the same thematic areas. The CONTROL team was also urged to work on sustainable plans for capacity development of the local human resource, as well as active involvement of the community in the CONTROL programme

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**NIHR** | National Institute for  
Health and Care Research

# CONTROL's Capacity Development

## *From Theory to Practice*

### The Trainings

The CONTROL programme has a strong emphasis on local capacity development, with a particular focus on early career researchers. Our capacity development journey started on 19<sup>th</sup> July 2022 with the commencement of three-day workshop on “ethnography and qualitative methods” to orientate the newly inducted research assistants and other members of the research team to the basic concepts of these research methods, as they form the basis of CONTROL's work package 1.

Ethnographers were particularly trained via a series of workshops to participate in daily communal life as well as observing interactions between patients and their family members in seeking help from TB control programme, and interaction with TB DOTS workers.

### Three-Days Capacity Development Workshop on Ethnography & Qualitative Methods



CONDUCTING MOCK INTERVIEWS



CONDUCTING FDG



CONDUCTING FOCUSED ETHNOGRAPHY

## Two-Day Capacity Development Workshop on Data Collection Tools

This was followed by a two-days workshop on the collection of quality data, including interview-taking and conduct of focus group discussions, held on 25th & 26th November 2022 at KMU, Peshawar. Before the launch of field work, on the directives of project leads, it was important for the research assistants to practice interviews, and focused group discussion using developed tool for better understanding and to translate the learning into actions once they will be in the field for work package 1 pilot and definitive data collection.



## One-Day Session on Cognitive Behavioral Therapy

Both TB and depression have significant stigma, and help-seeking is determined by cultural, religious, and social factors that are poorly understood. Considering the ethnography and qualitative methods backbone of WP1, the research assistants were trained to take both participant-observation and non-participant observations in each field site.



The team was introduced to cognitive behaviour therapy by Dr. Mirrat Gul and workshop was attended by the research assistants from other parallel funded studies running at Khyber Medical University to develop their capacity and synergies.



OVERVIEW OF DEPRESSION & ANXIETY



INTRODUCTION TO CBT



ROLE PLAY ON CBT

### One-Day Session on Tuberculosis & Depression

Fourth workshop was conducted on Tuberculosis and Depression to make research team understand the structure of TB centers, their staff, how they function, patient registration with TB program and the care seeking pathway. The team was also trained practically to differentiate between sadness, grief and depression to prepare them well for pilot ethnographies and qualitative work in TB centers.



TB DOTS STRUCTURE & REPORTING



MENTAL HEALTH & DEPRESSION



ROLE PLAY ON DEPRESSION

# CONTROL Journal Club

Journal Clubs demand evidence and make the members exercise their critical thinking skills, and improve their presentation and debate abilities. Team CONTROL has developed a monthly journal club roadmap for three years to keep the team members abreast of the latest scientific evidence in mental health and tuberculosis. The first meeting of the club was held on 29th November, 2022. Dr. Saima Aleem, Ms. Saara Khan, Dr. Fatima Khalid and Dr. Safat Ullah were the first group to present a paper titled **“Community Engagement in Research; Frameworks for Education and Peer Review”**. Authors, paper and journal were introduced and team later on shared the methodology, frameworks and key findings of the paper.



# CONTROL For the Community, By the Community

Community Engagement (CE) or patient and public involvement and engagement (PPIE) is at the heart of CONTROL. The CE team visited Pawaka, a village in the outskirts of Peshawar, and parallel CE activities in both male and female hujras were conducted. Separate gatherings were held for both genders, respecting the social norms of our geographic catchment.

Discussion with the community members encompassed the introduction of CONTROL as a research study, overview of Tuberculosis and associated common mental health

outcomes and

depression. Dr.

Zohaib Khan and Dr.

Saima

Aleem introduced the project in both male and female hujra's respectively. The lived experiences of the community were valuable for the team to envisage their perspective of health seeking for TB and mental health and the areas need to be focused while developing intervention.



# In the Limelight

Dr. Zohaib Khan was invited as guest speaker at the Aga Khan University Pakistan initiative for the Non-Communicable Diseases research Symposium themed “Landscape of Research in Pakistan” on 6<sup>th</sup> December 2022.

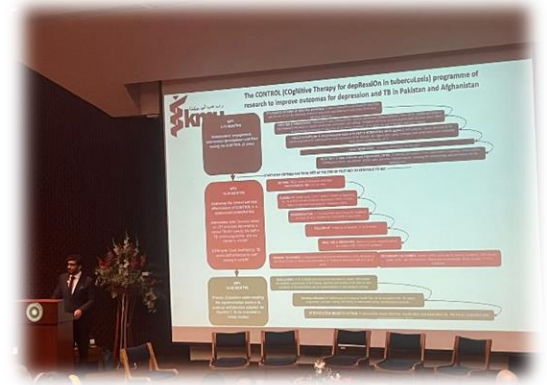
Dr. Khan presented the CONTROL research program at the symposium while highlighting Tuberculosis and Mental Health

outcomes dynamics in local KPK population and among Afghan Refugees residing in the province.

Dr. Zohaib Khan had secured additional small fund via National Health Challenge Grant funded by the Health Research Institute of the National Institute of Health-Pakistan for his project, **Mental Health in Transgenders**

**(MENTRA)** with the aim to conduct research among marginalized communities focusing their mental health issues and their access to care.

The project came to limelight by winning the first prize in the Poster Competition in the NCD research meet at Aga Khan University, Karachi.





# CONTROL TEAM UK



**Dr. Saeed Farooq**  
Professor of PSychiatry & Public Mental Health  
Keele University  
**CONTROL - Principal Investigator**



**Professor Christian Mallen**  
Director & NIHR Professor of General Practice  
**CONTROL Lead, Capacity Development**



**Dr. Alyn Martyn Lewis**  
Reader in Medical Statistics  
Keele University



**Saima Sheikh**  
Project Manager, CONTROL  
Keele University



**Dr. Nishani Fonseka**  
Postdoc Research Associate, CONTROL  
Keele University



**Abigail Milner**  
Research Administrator, CONTROL  
Keele University

Impact  
Accelerator Unit

THIS IS KEELE



# CONTROL TEAM PAKISTAN



**Dr. Zohaib Khan**  
Director, ORIC  
Khyber Medical University  
Co-Principal Investigator CONTROL



**Dr. Zeeshan Kibria**  
Manager CONTROL



**Dr. Fayaz Ahmad**  
Post-Doc Fellow CONTROL



**Dr. Saima Aleem**  
Communication Manager  
CONTROL



**Saara Khan**  
Communication Officer  
CONTROL



**Dr. Safat Ullah**  
Administrator CONTROL

# Get to Us



[https://twitter.com/CONTROL\\_NIHR?s=20&t=qWY9O-Yidzzvhj8PamYp8w](https://twitter.com/CONTROL_NIHR?s=20&t=qWY9O-Yidzzvhj8PamYp8w)



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# *In the Next Issue...*

Get to know the Principal Investigators

All About Work package 1

Control Field Activities

Holding Hands with Afghan Refugees

Meet the Team Pakistan –Part II