

# THEHOPE



## THEHOPE IN SPOTLIGHT

THE HOPE project (Traditional HEalers working with primary care and mental Health for early interventiOn in Psychosis in young pErsons) is collaborative initiative of Keele University UK, Khyber Medical University Peshawar and Lady Reading Hospital Peshawar (Pakistan), funded by Medical Research Council (MRC UK), which aims to develop culturally appropriate interventions to involve traditional and spiritual healers (TSH) to work together with primary care practitioners (PCPs) and psychiatrists through task shifting for early detection, referral, and treatment of First Episode of Psychosis (FEP).

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## TRIAL MONITORING VISITS:

The Hope internal monitors, Dr. Jalil Khan(PI) and Project Coordinator, Dr. Shumaila Hamid, visited the trial sites weekly to ensure the trial process was going smoothly and encouraged the team to continue working with zeal. Continuous feedback was taken from the trial teams to improve the trial process. KMU CTU team checked the trial data. Uzair Shah and Taha Ayub scanned the trial data files



**TRIAL EXTERNAL MONITORS TRAINING:**

Trial External Monitors, Dr. Naveed Afzal and Dr. Yousaf Jamal were given mandatory training in monitoring. The training covered the brief intro of THEHOPE Trial, trial progress and overview of monitoring, followed by the hands-on ISF and Patient file checklists

Dr. Abdul Jalil Khan (PI) and Dr. Shumaila Hamid facilitated the session.

**EXTERNAL MONITORS VISIT TO TRIAL SITE:**

Trial External Monitors, Dr. Naveed Afzal and Dr. Yousaf Jamal visited Lady Reading Hospital and Hayatabad Medical Complex for monitoring visit. Investigator site files, CRFs, patient files and ICFs were thoroughly checked according to the checklist provided. The trial team shared the total number of screened, recruited and trial data entry updates



## **DATA SAFETY AND MONITORING BOARD MEMBERS (DSMB): FIRST MEETING:**

The Hope first meeting on trial data safety and monitoring was held in KMU on 2<sup>nd</sup> Nov, 2023. Principal Lead Dr. Abdul Jalil Khan and Chief Investigator, Prof. Dr. Saeed Farooq hosted the session. Meeting was chaired by Prof Dr. Javed Iqbal Farooqi. Esteemed members were briefed about the project's aim and the progress in detail.



## **COMMUNITY & PPIE ADVISORY GROUP MEETING:**

Meeting was held at KMU on 22<sup>nd</sup> Nov, 2023. The group was briefed by Project Manager, Ishfaq Tariq about the overview of the community mental health awareness plan. Members thoroughly reviewed the content and added valuable suggestions and feedback.



## THEHOPE COMMUNITY ENGAGEMENT ACTIVITIES:

A total of fifteen (15) sessions were conducted in the month of October, November and December, 2023. The sessions were conducted by field research team under the supervision of the Principal lead and Chief Investigator.



Sessions were conducted at the community level in different Hujras, mosques and primary care facilities. The aim was to create mental health awareness in the general community in Peshawar, Pakistan.





Project Manager Ishfaq Tariq and Research Assistants, Uzair Shah and Taha Ayub conducted these sessions under the keen supervision of PI, Dr. Abdul Jalil Khan (PI) and Prof Dr. Saeed Farooq (CI).

The community engagement activities under the HOPE research project were conducted with the local community after the initial two PPIE meetings focusing on community mapping. The focus was to actively involve the local community for creating awareness about the project and common mental health disorders particularly psychosis. Addressing the stigma and misconceptions prevailing in the community and improve access to the mental health services.





## THE HOPE PPIE Advisory group: Second meeting

PPIE Advisory group second meeting was conducted on 4<sup>th</sup> April, 2024 at KMU facilitated by Dr. Noor Sanauddin and Dr. Jalil Khan. The PPIE Advisory group actively participated and shared their valuable feedback and suggestions regarding process evaluation qualitative chapter topic guides. Dr. Jalil Khan (PI), Dr. Noor Sanauddin (Co-PI) and the hope team appreciated and thanked the PPIE members for their time and valuable feedback.





**The Hope Process Evaluation:**

Two In-depth interviews with Traditional and spiritual healers for the process evaluation were conducted in the month of April at KMU. The interviews were conducted by Dr. Noor Sanauddin, Ishfaq Tariq, Uzair Shah, and Taha Ayub.



## GLOBAL MENTAL HEALTH SYMPOSIUM, NOV, 2023:

CONTROL Project in collaboration with KEELE and KMU, arranged an informative three-day global mental health symposium in Islamabad.

### **DAY 1: CAPACITY BUILDING WORKSHOP ON “CONDUCT AND MANAGEMENT OF RANDOMIZED CONTROL TRIALS”:**

Facilitators for the workshop were Prof. Monica Magadi, Dr. Ivonne Solis-Trapala and Dr. Martyn Lewis. The workshop was attended by early-career researchers, mid-career researchers and public health specialists. Entire Hope team attended the workshop.

*Prof Monica Magadi, Professor of Epidemiology and Global Health at Keele, gave an overview of observational studies focusing on the study types, bias, confounding variables and causality. Observational studies were explained in detail with examples.*



***Dr. Ivonne Solis Trapala, Keels' Clinical Trial Unit Director, explained in detail Randomized control trials, highlighting its importance, common types of RCT and reporting guidelines. She also shared interesting history of how RCT emerged.***



***Dr. Martyn Lewis, Trial statistician Keele Clinical trials unit (CTU), gave a detailed, informative and interactive training session on RCT statistics focusing on general overview of statistics and the statistical methods, sample size and data analysis***

The training session ended with the CONTROL Lead, Dr Zohaib and Chief Investigator, CONTROL and HOPE , Prof Dr Saeed Farooq thanking the esteemed facilitators and participants for the amazing and informative workshop. Certificates were distributed among the facilitators, organizers and participants.

*A memorable group photo of Keele and KMU amazing team*



## DAY 2<sup>nd</sup> and 3<sup>rd</sup>: Global Mental Health Symposium:

The Global mental health symposium brought together global health experts from around the world, including leading academics from Keele University School of Medicine. Featuring both in-person and remote presentations and keynote talks. A great platform to showcase the impactful global health work undertaken by Keele experts, particularly their significant contributions to improving mental health outcomes in low- and middle-income countries.

- ❖ Professor Saeed Farooq(CI) discussed the outstanding and innovative joint research initiatives of Keele and KMU. He emphasized the enhanced capacity building intended for scholars in their early and mid-career stages.
- ❖ The hope research project's progress was discussed by Dr. Jalil Khan(PI) at the GMH symposium in Islamabad. He talked about his unique experience with Traditional healers.





- ❖ Dr. Firaz Khan presented his talk on challenges faced during randomized controlled trials in Lower middle income countries
- ❖ Dr. Noor Sanauddin shared the CONTROL project qualitative and ethnographic findings in GMH, Islamabad.

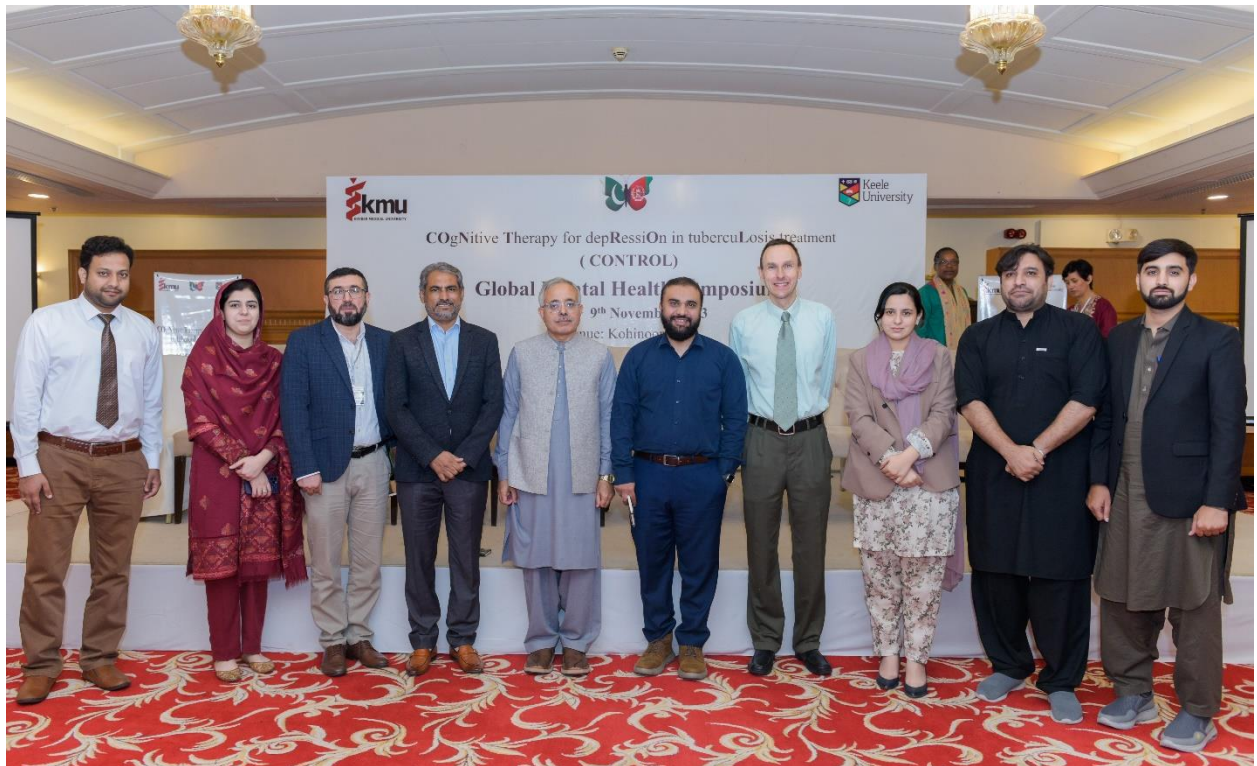


- ❖ Dr. Jalil Khan moderated the plenary session titled “Developing capacity in research, training and policy implementation in Mental Health”. Experts in mental health and psychiatry from throughout Pakistan comprised the panelists. The session was chaired VC KEMU, Prof Zia ul Haq.
- ❖ Second session moderated by Dr. Khalid Rahman comprised of International speakers shared their valuable insights;
- ❖ Prof. Ivonne Solis talked about the Keels’ Clinical Trials Unit.
- ❖ Prof Monica Magadi shared valuable insights on relationship between HIV and poverty in sub Saharan Africa.
- ❖ Dr. Martyn Lewis presented his talk on Analysis of Global Health Trials





*Prof.Dr. Saeed Farooq (chief investigator, HOPE) with Keele esteemed guests, Prof Monica Magadi, Dr. Ivonne Solis Trapala and Dr. Martyn Lewis*



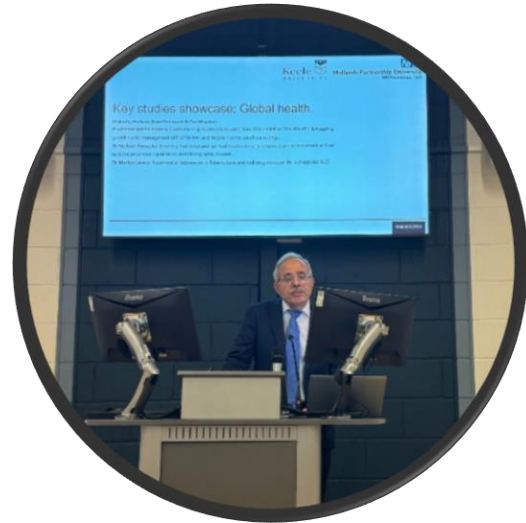
THE HOPE amazing team with Vice chancellor, KMU and esteemed international speaker, Dr. Martyn Lewis



Dr. Jalil Khan (PI), Prof. Dr. Saeed Farooq (CI), Dr. Martyn Lewis and Dr. Noor Sanauddin at GMH Islamabad.

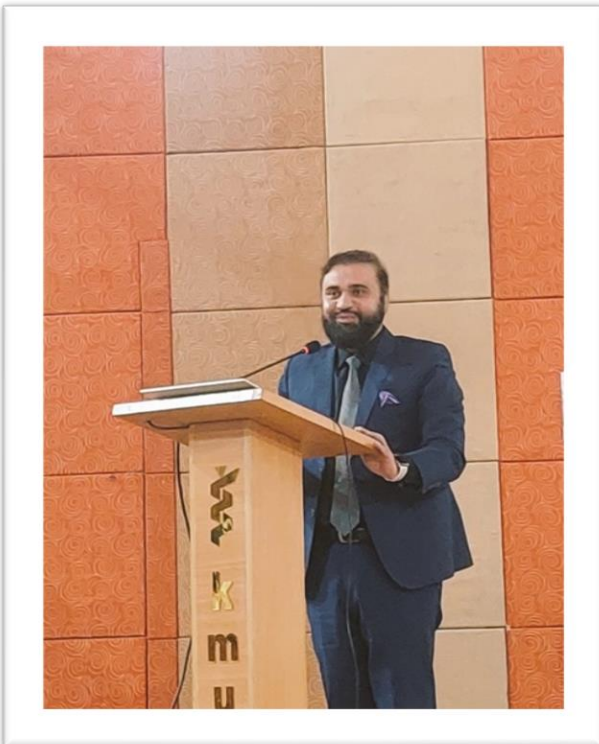
## MENTAL HEALTH & WELLBEING SHOWCASE CONFERENCE AT UK:

Prof. Saeed Farooq, Dr. Nishani Foneska & Dr. Martyn Lewis presented insightful sessions on global health Key Studies Showcase in Mental Health & Wellbeing Showcase Conference at UK



## *Public Mental Health Symposium at KMU, Peshawar:*

Public mental health symposium was organized by IMH&BS, KMU on 15th Feb, 2024. Centered around the introduction of Public mental health with the focus on youth mental health, featuring mental health experts and collaborative strategies for effective solutions.



Plenary session titled "Strengthening Public Mental Health in Challenging Times." Panelists consisted of experts in psychiatry, mental health and public health. The session was moderated by Dr. Firaz Khan, Director IMH&BS

Honorable Vice chancellor KMU, Prof Dr. Zia ul Haq chaired the session.

Prof Dr. Saeed Farooq, HOPE & CONTROL CI, highlighted the need for public mental health and destigmatizing mental issues in the community, advocating for approaches to tackle these issues effectively.

Principal lead HOPE, Dr. Abdul Jalil Khan, talked about the Hope research project and its progress so far.

Co-PI Hope, Prof. Dr Muhammad Irfan shared his insights highlighting the crucial link between individual mental well-being & broader public health concerns, advocating for approaches to tackle these issues effectively.

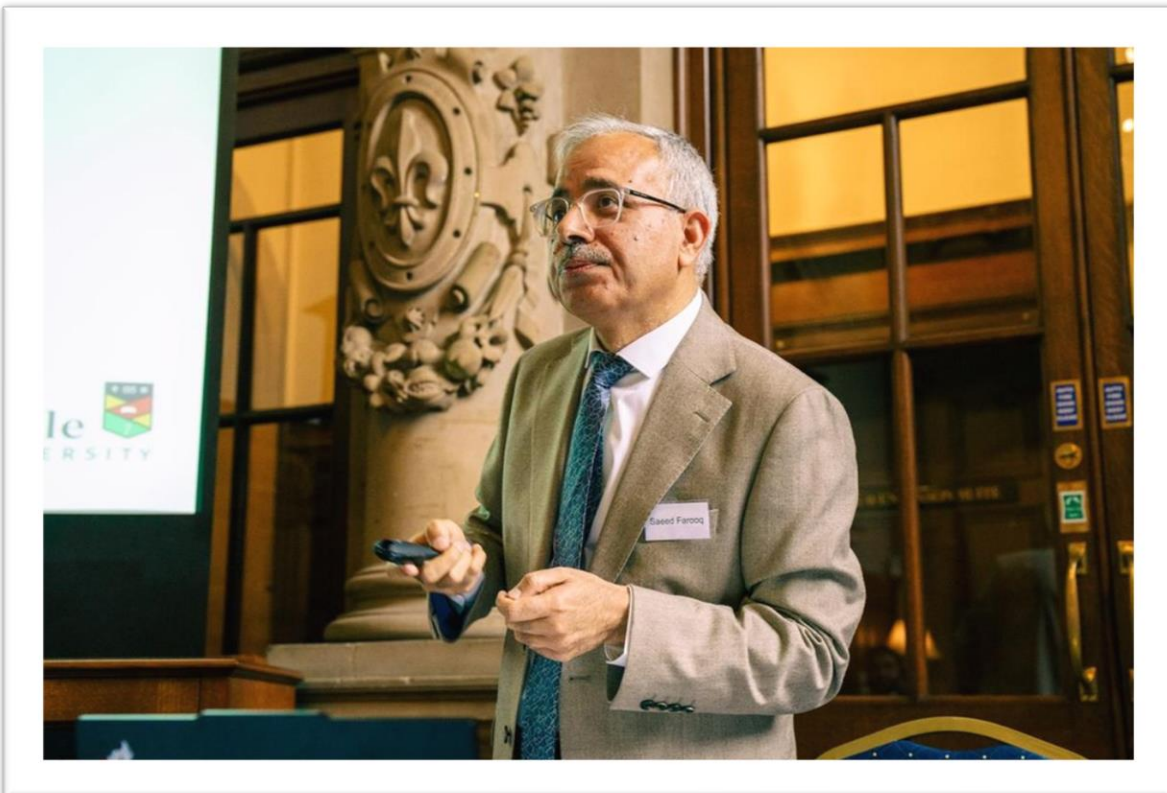




## Global Mental Health Symposium at Keele University:

Global mental health symposium was organized by Keele & CONTROL Team on 28<sup>th</sup> and 29<sup>th</sup> of February in U.K.

Prof Saeed Farooq, Professor of Psychiatry & Public Mental Health, Keele University & NIHR Global Research Professor, shares his valuable insights on global mental health research collaborations and translating evidence for early intervention in psychosis LMIC: implementation and evaluation.





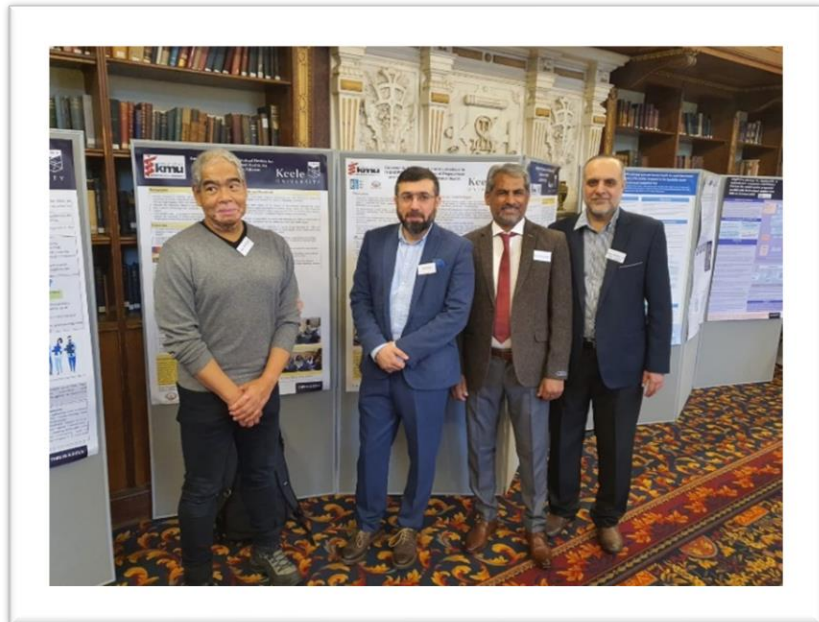
THEHOPE Principal Lead, Dr. Abdul Jalil Khan, Co-PIs Dr. Noor Sanauddin and Dr. Mukhtar ul Haq Azeemi presented posters in the Keel's global mental health symposium. Four of the Hope posters were presented.

-Engaging Traditional and Spiritual Healers for Improving Access to Mental Health: An Ethnographic Study in Pakistan.

-Untreated Psychosis and Healthcare Seeking Behaviors in Pakistan: A Qualitative Study.

-CEI in THEHOPE Project: Strategies of Engagement and Impacts on Access to Mental Health in Peshawar, Pakistan

- Traditional healers working with primary care and mental health for early intervention in psychosis in young persons (THE HOPE): Protocol for the feasibility cluster randomized controlled trial.



THEHOPE Principal Lead, Head of Department of Family Medicine, Khyber Medical University, Dr. Abdul Jalil Khan delivered an insightful talk on "Implementation of best practice in Early Detection & Management of First Episode Psychosis in GMH symposium at KEELE University, UK





THE HOPE Co-PI and qualitative expert, Dr. Noor Sanauddin presented the qualitative findings of the CONTROL project in GMH at Keele.



Dr. Mian Mukhtar Ul Haq Azeemi, THEHOPE Co-PI, Consultant Psychiatrist, Lady Reading Hospital, Medical Teaching Institute talk on Implementation research: Bridging the gap from evidence to clinical.

Dr. Muhammad Firaz,  
Director, Institute of  
Mental Health &  
Psychiatry, Khyber  
Medical University, talk  
on implementing tasks  
sharing & task shifting in  
Mental Health in LMIC



*Esteemed Speakers of KEELE and KUMU*



*A group photo of amazing Keele and KMu team*

## Fourth International Public Health Conference at IPH&SS, KMU, (April 16<sup>th</sup>-19<sup>th</sup>):

Organized by the Institute of Public Health & Social Sciences (IPH&SS) at Khyber Medical University (KMU), the conference highlighted the need for preventive healthcare. It emphasized the importance of integrating and strengthening preventive care, primary care, and mental health services within the current healthcare system to build healthier communities.



**Plenary Session 1: NCDs; Diabetes, CVD, Lifestyle Medicine, Cancer:** Dr. Jalil Khan moderated this session on April 18, 2024. The session explored non-communicable diseases (NCDs) such as diabetes, cardiovascular disease (CVD), and cancer, along with the role of lifestyle medicine.

**Plenary Session 2: Family Practice Approach and Universal Health Coverage:** Dr. Jalil Khan spoke about the importance of a family practice approach and achieving Universal Health Coverage (UHC) in this second plenary session.



**The Hope Team's Participation:** *The Hope team participated in the paper and poster presentations on April 18th, receiving positive feedback.*

*Uzair Shah, Taha Ayub, Ishfaq Tariq, and Zikria Faqir presented their posters in the competition.*



*Dr. Fatima Jamal presented her MPH research in the paper competition and won first place.*



- **Good Clinical Practice Workshop:** This workshop, facilitated by Dr. Abdul Jalil Khan on April 16, 2024, covered best practices for clinical research.
- **Consultation Skills for Medical Graduates' Workshop:** Dr. Jalil Khan also facilitated this workshop on April 17th, focusing on consultation skills for medical graduates.







### Mental Health Plenary Session:

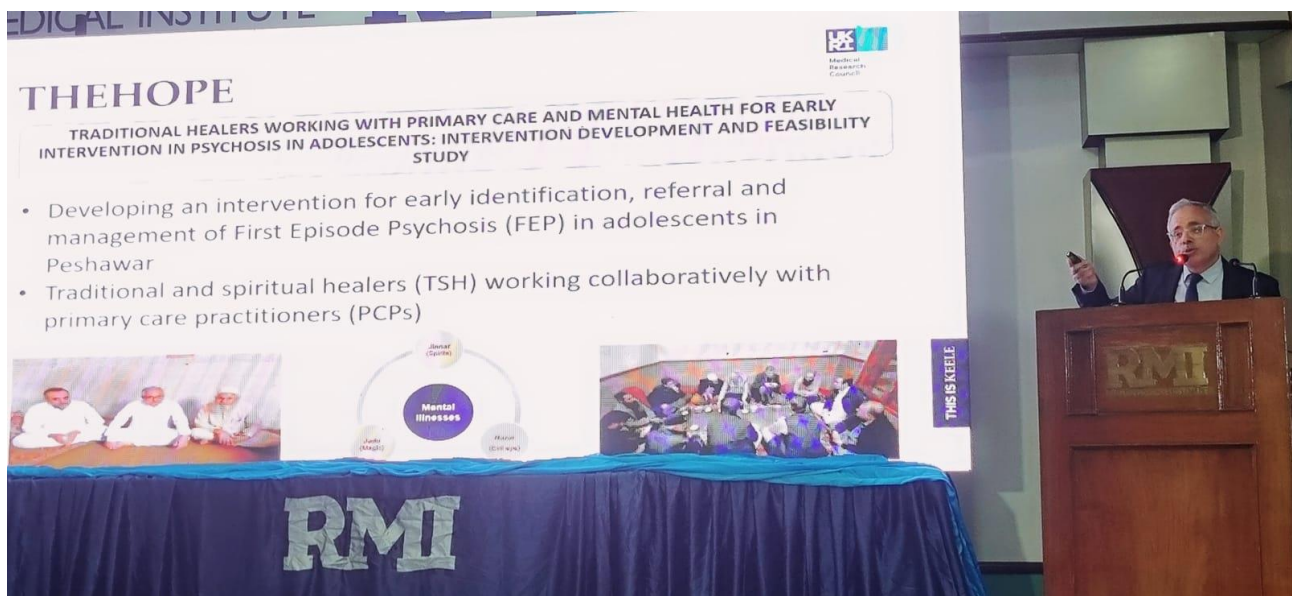
Dr. Firaz Khan, Director of IPMH&BS, moderated the plenary session on mental health on April 19th. This session featured presentations from national and international mental health experts.





International Conference on Health Research at RMI, Peshawar, (26th April-28th April, 2024):

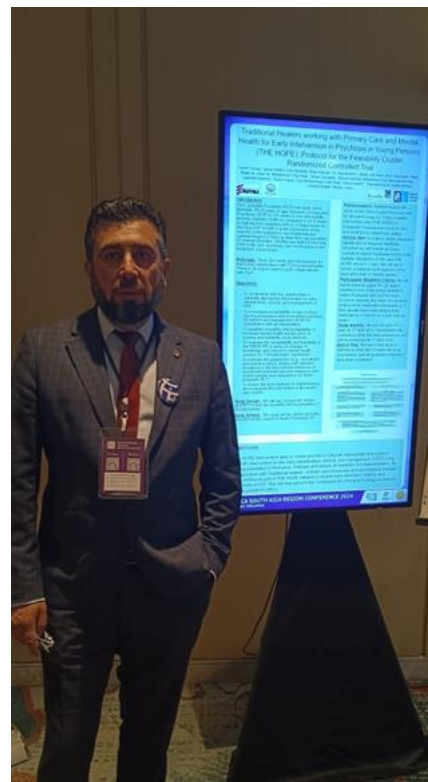
- Prof Dr. Saeed Farooq was invited as an Honorary guest and speaker at the International conference on Health Research in Rehman Medical Institute, Peshawar
- Prof Saeed Farooq's talk highlighted the need and importance of multidisciplinary research sharing the unique experience of working with traditional and spiritual healers in the hope research project





**WONCA South Asia Region Conference May 2024, Srilanka;**

- Dr. Jalil Khan presented the Hope ethnographic study titled "*Engaging Traditional and Spiritual Healers for Improving Access to Mental Health: Experiences from a Study in Pakistan*" at the Wonca conference held in Sri Lanka. In addition to his talk, Dr. Khan also presented the Hope Protocol in a poster presentation.
- He conducted a workshop entitled "How to Plan and Conduct Ethical Research."
- Dr. Khan also presented emerging family medicine models and shared his valuable insights.



The Hope Chief Investigator, Prof Saeed Farooq celebrated the successful completion of trial patients' recruitment with the team. He appreciated and acknowledge the efforts of the team





*Memorable photo of the Hope Research Team*

*Editor: Dr. Shumaila Hamid*