

CURRICULUM VITAE

PROFESSOR MALIK HUSSAIN MUBBASHAR

***Hilal-e-Imtiaz
Sitara-i-Imtiaz***

NAME **PROF. MALIK HUSSAIN MUBBASHAR**

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DATE OF BIRTH 1st August 1945

NATIONALITY Pakistani

MARITAL STATUS Married

QUALIFICATION

M.B.B.S.	1968	
(King Edward Medical College, Punjab University)		
D.P.M.R.C.S (UK)	1971	
M.R.C.P (London, UK)	1972	
M.R.C.P. (Edinburgh, UK)	1972	
M.R.C.P. (Glasgow, UK)	1972	
M.R.C. Psych (UK)	1972	
F.R.C. Psych (UK)	1982	
F.R.C.P. (Edinburgh, UK)	1983	
F.R.C.P. (London, UK)	1986	
F.C.P.S. (Pakistan)	1992	
Fellow, National Academy of Medical Sciences		1995
Fellow New York Academy of Sciences		1998
Fellow American Psychiatric Association (USA)		1982
Fellow Royal Society of Medicine (Honorary)		1978

CIVIL AWARDS

Companion of Honour

Received Companion of Honour, Council of University of Manchester, Queen's Anniversary Prizes (UK) on 13th October 1999.

Sitara-i-Imtiaz

Was awarded Sitara-i-Imtiaz in recognition of outstanding research work and achievement in the field of medicine on 14th August 1986.

Hilal-e-Imtiaz

Hilal-e-Imtiaz has been announced on 14th August 2002.

Lieutenant Colonel (Honorary)

In recognition of meritorious services in the field of Mental Health, was conferred as Honorary Lieutenant Colonel in Armed Forces of Pakistan on 23rd March 1987.

PRESENT APPOINTMENTS

1. Vice Chancellor, **University of Health Sciences, Lahore**
2. Director, **WHO Collaborating Centre for Mental Health Research and Training Rawalpindi.**
3. National Coordinator and Mental Health Advisor on **WHO Mental Health Programme** in Pakistan since 1978.
4. Chairman, **Global Mental Health Network- Global Forum for Health Research, Geneva.**
5. Member, **International Neurosciences Faculty, Copenhagen.**
6. Member, The virtual International Training Group for Mental Ill-Health in General Medical Settings.
7. Member, WHO Expert Committee on **Mental Health & Drug Dependence, WHO Headquarter, Geneva** since 1976.
8. Regional Coordinator for Eastern Mediteranian region, **International Consortium on Mental Health Policy and Services** since 1998.
9. Dean, Faculty of Psychiatry, **College of Physicians and Surgeons, Pakistan.**
10. Fellow **International Brain Research Organization.**
11. Honorary Companion, **Council of University of Manchester, UK.**
12. Visiting Professor (Honorary), **Institute of Psychiatry, University of London.**
13. Visiting Professor (Honorary), Institute of Medicine, **University of Kathmandu, Nepal.**
14. External examiner, M.Sc in Psychiatry, **University of Manchester.**
15. External examiner M.Sc in Community Health, Institute of Child Health, **University of London.**
16. External examiner in Psychiatry, **The Agha Khan University Karachi.**
17. Convener, F.C.P.S examination, **College of Physicians and Surgeons Pakistan.**
18. Convener, M.C.P.S. examination, **College of Physicians and Surgeons Pakistan.**
19. Senior Examiner D.P.M. **Punjab University, Lahore.**
20. Postgraduate instructor in Psychiatry, **Armed Forces Medical College Rawalpindi.**
21. Executive member **Pakistan Medical Association** Rawalpindi, Pakistan.
22. Advisor **National Institute of Psychology** Islamabad.

23. Founder Patron, **Pakistan-UK Association of Biological Psychiatry.**
24. Chairman working Group on **Mental Health & Drug Dependence of Planning Commission** for 9th Five year Plan.
25. **Member of Editorial Advisory board of following International Indexed Journals:**
 - Journal of American Medical Association, New York**
 - Journal of mental health, Oxford United Kingdom**
 - Medicine International, New Zealand**
 - Eastern Mediterranean health journal**
 - Islamic Journal of Medical World London**
 - Journal of College of Physicians and Surgeons Pakistan**
 - Journal of Clinical Psychology**
 - Journal of the Society for Children in need of Special Attention (SCINOSA) Karachi**
 - Journal of Pakistan medical Association, Rawalpindi**
 - Rawalpindi Medical Journal Rawalpindi**

PREVIOUS APPOINTMENTS

1. Deputy Dean **Rawalpindi Medical College**, Rawalpindi
2. President **Pakistan Psychiatric Society**, 1996-1998.
3. First Pakistani member, **International Council for Alcohol Addiction** Switzerland.
4. First Pakistani member, **International Association of Traffic medicine.**
5. First Pakistani member **British Association of Psychopharmacology.**
6. Project Coordinator, **Brain Research Institute, Ministry of Health**, Pakistan.
7. Federal Coordinator, **UN/Pakistan programme for Drug Abuse Control.**
8. Advisory Consultant, **UN Division of Narcotics Drug Division.**
9. Patron, **Society for Rehabilitation for Mentally ill** (Regd)
10. Member, **Chambell Institute for Mentally Retarded Children**, Rawalpindi.
11. Technical consultant, to **Pakistan Narcotic board.**
12. Member, Expert Committee for Research in Mental Health, **Pakistan Medical Research council.**

13. Secretary, Committee on Mental Health and Legislation, Government of Pakistan.
14. Advisor, University Grant Commission Islamabad.
15. Advisor Centre for Social Sciences and Humanities Research, University Grants Commission.
16. Member, Working Group of Planning Commission on the problem of narcotics in Pakistan for 7th & 8th five-year plan.
17. Founder members, National Association for psychological Studies.
18. Member, Working Group of Planning Commission for 6th, 7th and 8th five-year plan.
19. Fellow, New York Academy of Sciences.
20. Visiting Professor, St. Johns University, Newfoundland.
21. Visiting Professor, Saskatchewan University, Canada.

BOOK PUBLISHED- AUTHOR OF TWENTY-EIGHT BOOKS

1. **Mental health in the new Millennium: Freud, Freedom and Future**. Proceedings of the 13th International Psychiatric Conference. Editors: Mubbashar, M H & Asma Humayun. January 2001.
2. **Al-Junun: Mental illnesses in the Islamic world** Ed. Dr. Ihsan Al-Issa. Chapter: **Mental Illness in Pakistan** by Mubbashar M.H (2000), International Universities Press.
3. **Psychiatry in developing countries**. Edited by S Murthy. Chapter: **Development in Mental Health Services – Pakistani Perspective** by Mubbashar M H (2000). Oxford University Press.
4. **Textbook of Psychiatry for SAARC Countries**. Edited by Dinesh Bhugra. Chapter: **Preventive Psychiatry** by Mubbashar M H (2000). Oxford University Press.
5. **Handbook of Technique for Clinical Examination in Psychiatry**. (March 2000) by Mubbashar M.H and Asma Humayun. College of Physicians and Surgeons, Pakistan.
6. **Common mental disorders in primary care**-Essays in honour of Professor Sir David Goldberg, Edited by Michele Tansella and Graham Thornicroft. Chapter: **Mental health services in rural Pakistan** by Mubbashar M.H (1999), Routledge.

7. **Reproductive Health- A manual for family physicians** (1999 Edition), Chapter: **Psychosocial aspects of reproductive health**. College of Physicians and Surgeons, Pakistan.
8. **Preventing Mental Illness, Mental Health Promotion in Primary Care** . Ed: Rachel Jenkins and T.B.Ustun. Chapter: **School Mental Health Programme in Pakistan** by Mubbashar M.H (1998), Wiley.
9. **The ICD 10 Classification of Mental and Behavioral Disorders** . Clinical and PHC version. Principal investigator from Pakistan (1992) World Health Organization.
10. **Mental Health for all - all for Mental health** Vol. I, Proceedings of the VIIIth International psychiatric Conference (1992) Pakistan Psychiatric Society.
11. **Mental Health in Developing Countries** Vol II, Proceedings of the VIIIth International Psychiatric conference (1992) Pakistan Psychiatric Society.
12. **Behavioral Sciences** Report of national workshop on Behavioral Sciences. Edited by Mubbashar M.H and Michael Herbert. (1992). WHO Collaborating Centre for mental health research and training, Rawalpindi.
13. **Drug Dependence** (1988) by Mubbashar M.H.
14. **Diagnosis and Management in Psychogeriatrics** (1986) by Mubbashar M.H, psycho publishers, Pakistan.
15. **Liaison Psychiatry** (1985) by Mubbashar M.H psycho publishers, Pakistan.
16. **A Textbook of Psychiatry** (1984), Mubbashar M.H. psycho publishers, Rawalpindi Pakistan.
17. **Nafsiati Aur Zehni Sehat** (Urdu) (1982) Mubbashar M.H., Rawalpindi Pakistan.
18. **Role of Prevention in psychiatry** Ed. E.S. Paykel. chapter: **Prevention of mental disorders in developing countries** by Mubbashar M.H. Royal College of Psychiatrists (1992).
19. **Psychiatry in developing countries** Ed. Louis appleby and Digby Tantum Chapter: **Epidemiology of Mental Disorders in Developing Countries** by Mubbashar M.H. (1997) Gaskell Publication.
20. **Training manual for Primary Health Care Physicians** -Institute of Psychiatry, WHO Collaborating Centre, Rawalpindi General Hospital, Rawalpindi.
21. **Training manual for Lady Health Workers** - Institute of Psychiatry, WHO Collaborating Centre, Rawalpindi General Hospital, Rawalpindi.

22. **Training manual for School teachers**- Khalid Saeed, Zafar Iqbal & Malik H Mubbashar Institute of Psychiatry, WHO Collaborating Centre, Rawalpindi General Hospital, Rawalpindi
23. **Counseling skills for Health professionals**- Khalid Saeed, Zafar Iqbal & Malik H Mubbashar, Institute of Psychiatry, WHO Collaborating Centre, Rawalpindi General Hospital, Rawalpindi.
24. **Community psychiatry – A Pakistani perspective.** Malik H Mubbashar & Khalid Saeed, PPS-consensus series 02.
25. **Disabilities caused by mental illness and rehabilitation.** Institute of Psychiatry, WHO Collaborating Centre, Rawalpindi General Hospital, Rawalpindi.
26. **Reaching the unreached – mental health care to rural masses –** Mubbashar et al. Proceedings of International seminar on community psychiatry. Rawalpindi General Hospital, Rawalpindi. 16-17 Dec, 1986.
27. **Rational prescription of psychotropic drugs** (in Urdu), 1995
28. **Community mental health research.** National workshop on Community mental health research. Edited by Malik H Mubbashar. Oct. 4-5, 1989.

PEER REVIEWED PUBLICATIONS

Annotation: Developing Child mental Health Services in Developing Countries.

Rahman A, Mubbashar M H, Harrington R, Gater R. *J. Child Psychol. Psychiat.* Vol 41, No 5, pp 539-546, 2000

Integration of Mental Health care into primary care : Demonstration cost –outcome study in India and Pakistan... Mubbashar M H et al.. *British Journal of psychiatry* (2000), 176, 581-588

Stress and psychiatric disorder in urban Rawalpindi - A community survey. Mumford D.B., Minhas F, Mubbashar M.H et al. *British Journal of psychiatry* 177, 557-562 (2000)

Setting the WHO agenda for mental health –round table discussion- WHO can help to combat mental health literacy. Mubbashar M.H., Saeed K. *Bulletin of the WHO. The International Journal of public health*, 2000, 78 (4), page 507-508.

Development in Mental Health Services and a World View Goldberg D, Mubbashar M.H., Mubbashar S, *International review of psychiatry* (2000) 12, 240-248

The prevalence, classification and treatment of mental disorders among attendees of native faith health's in rural Pakistan. ...Mubbashar MH et al. *Soc Psychiatry Psychiatr Epidemiol* (2000) 35: 480-485

Reviewer, Draft on **Neurological and Psychiatric disorders: Meeting the challenge in the developing world.** Board on Global Health – Institute of Medicine, Washington DC, 2000.

Prevalence of psychiatric morbidity among the attendees of a native faith health at Rawalpindi....Mubbashar M H.et al. *Journal of College of Physicians and Surgeons Pakistan*, January 2000.

Prevalence of Personality disorder in a tertiary care psychiatric outpatient population. ...Mubbashar M H et al. *Journal of College of Physicians and Surgeons Pakistan*. Vol.10 No.8, 2000.302-305

Attitudes of medical students towards Psychiatry. Minhas F, Mubbashar M H. *Journal of College of Physicians and Surgeons Pakistan*, 2000

Suicide: A public health problem. Mubbashar M.H. *Journal of College of Physicians and Surgeons Pakistan* vol. 10 no. 9 (Sept 2000) pp315-316.

Training psychiatrists in Britain to work in developing countries. Mubbashar M.H and Asma Humayun. *Advances in Psychiatric Treatment* (1999) vol 5, pp 443-446.

Detection of disabilities by school children: a pilot study in rural Pakistan. ... Mubbashar M H et al. *Tropical Doctor*, July 1999.

Mental health manpower development in Afghanistan: a report on a training course for primary health care physicians. ...Mubbashar et al. *M.Eastern Mediterranean health journal*, Vol 5 No2 pp 373-377,1999.

Evaluation of the impact of school mental health programme: a study of knowledge and attitudes among girl students at Rawalpindi –Islamabad. Saeed K, Mubbashar M.H., *Journal of College of Physicians and Surgeons Pakistan*,Vol 9,No 7,pp 325-327, July 1999.

Mental Health Problems of Long –Term Prisoners in the District Jail, Rawalpindi, Pakistan. Rasool G, Mubbashar M, Saeed K & Gater R.(1997) Submitted for publication

Clear Vision - A study of the impact of correcting visual errors on the social and academic performance of school children . Gater R, Mubbashar M.H. et al (1998). Submitted to Lancet.

Randomised trail of impact of school mental health programme in rural Rawalpindi, Pakistan. Rahman A, Mubbashar M.H. et al. *Lancet* September 26,1998, 352: 1022-25.

The impact of a community health service on the prevalence, detection and treatment of psychiatric disorders among primary health care attenders in rural Pakistan. Regmi S, Mubbashar M.H. et al. *British Journal of psychiatry* (1998)

Stress and psychiatric disorder in rural Punjab - A community survey. Mumford D.B., Mubbashar M.H et al. *British Journal of psychiatry* 170, 473-78. (1997)

Validation of General health questionnaire in primary care in Pakistan. Minhas F A, Mubbashar M.H. *Journal of the college of physicians and surgeon Pakistan* vol. 6 No 3 133-36 (May-June1996)

Validation of Self Rating questionnaire in primary care setting in Pakistan, Mubbashar M.H. *The Pakistan Journal of Clinical psychiatry* vol. 5, No. 2, 60-65. (1995)

Risk Factors for Drug Abuse in Pakistan:A Replication. Gillis J S, Mubbashar M.H. *Psychological Reports* 76, pp 99-108. (1995)

Detection of depression in Medical inpatients using Depression Scale. Mubbashar M.H. (1995) *Journal of the college of physicians and surgeons, Pakistan* vol. 5 No. 2

Application of psychiatric epidemiology in planning Mental Health Services in developing countries. Mubbashar, M.H. presented on workshop on Mental Health Services in Developing Countries. Manchester: Withington Hospital. Dec 1994.

Detection of Anxiety in medical in patients using Brief Anxiety Scale, Mubbashar M.H.(1993) *Pakistan Journal of clinical psychiatry* vol. 3, No. 3

On death and dying. Mubbashar M.H. *Journal of American Medical Association* Vol. 2, No. 11, 631(1991)

Propensity to gamble. Mubbashar M.H, *Journal of American Medical Association.* vol. 2 No2, 95. (1990)

Promotion of mental health through school health programme, Mubbashar et al, *Eastern Mediterranean Region Health Services Journal* No. 6, March 1989.

Getting ready to live , Mubbashar M.H. *Journal of American Medical Association.* Vol. 1 No 8, 462. (1989)

Community based rural mental health care programme. Report of an experiment in Pakistan. Mubbashar, M,H, Malik. S.J. Zar, J.R, and Wig, N.N. *EMR Health service Journal* 1986 Sep, 1: 14-20.

Psychogeriatric pharmacology-psychiatry quarterly. Vol.2 109-112. 1986

Psychiatric drugs. psychiatry quarterly vol. 2. No.3 103-108. 1986

Etiology of psychiatric disorders .Psychiatry quarterly vol.2 13-17. 1985

Organic psychosis, psychiatric quarterly vol. 2 73-78. 1985

Psychotropic drugs in pregnancy and lactation *RMJ. MN.vol-5*, 1984

Five questions in search of an answer, *Rawal medical Journal* . Feb, 16th. Vol. XII. 1984

Doctors dilemma: prescription of psychotropic drugs. MNG Gazette Oct. vol. XII section 13 page no. 11-14. 1984

Social ecology of drug abuse. MB gazette vol. XI. Jan. 1984

Psychosomatic disorder in general practice, *Rawal Medical Journal* vol.X. 1984

Tri-cyclics on a tight rope, *Medical news* Nov. 15.1984

Medical practice-forgotten healing art. *Medical gazette.* PMA Rawalpindi, Dec. 1984

Normal pressure Hydrocephalus- *Rawal medical Journal* vol.X. Jan. 1983

Recent advances in psychiatry. Editorial *Rawal Medical Journal* PMA Vol .X. 1982

Culture-bound syndrome in psychiatry and innovative methods of treatment- *Proceedings of world psychiatric moot*, Islamabad. 1982

Tasawaf therapy .Proceedings of 4th International conference, 1982.

Planning of services for mentally retarded in Pakistan. *Rawalpindi Medical Journal* , April. 1982

Personality traits of patient with chronic pain communication. ACTA psychiatrica Scandanavica vol.xx1. 1982

Dubai syndrome- psychosocial impact of migration to Middle East. BKTm-Journal 1982

Savage voyage- Mubbashar, M.H. *Shifa Journal of Rawalpindi Medical College.* 1981

Drug dependence and dependability -Man, Drug and society-current perspectives. Canberra. March.1980

Psychotropic drugs and traffic safety in developing countries. Proceedings of T-30 conference Stockholm Sweden. June 1980

Drug problems in the psycho-cultural context- A basis for policies and program planning. Public health series no 73. WHO, Geneva 1978.

Psychosomatic approach to medicine- Editorial PMA Medical Journal .Oct. 1978

Opium use in two communities of Pakistan - A comparison of rural and urban pattern - Mubbashar M.H. *UN bulletin on Narcotic* vol. xxx, No. 4 (Oct – Dec 1978)

Drug dependence in developing countries WHO document EM/CO-M.HGM/10 1977

Psychiatric aspects of family planning and Psychosomatic aspects of female sterilization *PMA medical Journal* vol. 43. 1976

Opium use in Pakistan. UN Division on narcotic drugs. Seminar on Reduction of demand of drugs. 1976

Cultural variation in depressive symptomatology. Proceedings of International Transcultural psychiatry congress, Bradford 1976.

Phobias-Proceedings of 3rd International Psychiatric Conference, Lahore. 1976

Rheumatoid brain, preliminary communication *Journal of psychosomatic research* vol. 16. 1974

Epidemiological studies in psychiatry - Proceedings of first national psychiatric conference, Hyderabad Pakistan 1974

Psychiatric emergencies *Rawal Medical Journal*, PMA Rawalpindi. 1973

Sensory deprivation - *Guys Hospital Gazette*, London. 1972

CONFERENCES/WORKSHOPS ATTENDED

1. Chairman, Meeting of the **Global Forum for Health Research Health Research** Vienna, Austria. 7-9 March 2002.
2. Chairman, Meeting of the **Global Forum for Health Research** Washington DC. 14-20 January 2002.
3. **Evidence for Prevention and Promotion in Mental Health.** World Health Organization. Geneva. 28-30 November 2001.
4. **Regional Consultation on World Health Report World Health Organization** Egypt. 25-26 November 2001.
5. **Regional Consultation Mental Health World Health Organization** Iran. 17-19 April 2001.
6. **SAARC Conference on Mental Health Care in New Millennium.** Sri Lanka 6-8 April 2001.
7. Meeting of the **Media and Mental Health World Health Organization** Egypt. 1-3 April 2001

8. **International Conference on Health Research for development.** Bangkok 10-13 October 2000.
9. Organizer in Chief, **13th International Psychiatric Conference**, 25th-28th January 2001, Rawalpindi.
10. Delivered an invited lecture at **Royal college of physicians** London on 18.10.1999.
11. World Congress- World psychiatric Association, Aug 1999, Hamburg, Germany.
12. Chairman & resource person, Workshop on the **Development of Mental health services in Developing countries**, 7-9 April 1999, Manchester UK.
13. Guest speaker, **Health Services Academy** Islamabad, July 1999.
14. Visiting professor, for **Gaskell UK Academic attachment**, April-June 1999.
15. Chairman & resource person, Workshop on **the Development of Mental health services in Developing countries**, 15-24 April 1998 Manchester UK.
16. Chairman & resource person, Workshop on the **Development of Mental health services in Developing countries**, 7-11 Apr 1997, Manchester UK.
17. Guest speaker, **National Policy Academy** Islamabad at ASPs course, Oct 1997.
18. External Examiner, conducting **FCPS-II Examination of College of Physicians and Surgeons**, Bangladesh 10.7.1997.
19. World Congress- **World psychiatric Association**, Spain, Aug-Sept 1996.
20. Participant, National **workshop on Curriculum Development of M.D. Psychiatry**, Sept 1996, Nepal.
21. Guest speaker, **National Policy Academy** Islamabad at ASPs course, Oct 1996.
22. Guest speaker, **Health Services Academy** Islamabad, Aug 1996.
23. Delivered a state-of-art lecture "Savage voyage" at the Golden Jubilee Celebration of **Pakistan Medical Association** on 12, March 1996.
24. Speaker, meeting on "Health development and the future investment" Oct 1994 Kuwait.
25. Special Lecture on "Developing Community Mental health Services in Pakistan", **Institute of Psychiatry**, London, Dec 1993.
26. Guest speaker: **Training of Imams** at Dawah Academy, organized by UNICEF, Feb 1993 Islamabad.

27. Guest Speaker, **Drug Menace in Pakistan**, Civil Services Academy Lahore November 1992.
28. Guest Speaker: 'My clothes are torn'. **International Child Health Groups annual meeting** held in conjunction with the British Pediatrics Associations annual meeting, University of Warwick, Apr. 1992.
29. Represented Pakistan, south Asian Association for Regional Cooperation (**SAARC Seminar on treatment and prevention of Drug Dependence**, Islamabad, April 1992.
30. WHO Representative, 2nd International Youth Conference on Drug Abuse Prevention, 15-17 Feb. 1991, Lahore.
31. Guest Speaker: **Treatment and rehabilitation and role of voluntary organizations**. District Seminar: **Drug Abuse Prevention**, organized by Rotary International Club Islamabad, May 1991.
32. Guest Speaker: Psychosocial environment of hospital. National Seminar: **current and future Issues in Hospital management**. Oct. 1991, Pakistan institute of medical Sciences, Islamabad.
33. Chairman, **8th International Psychiatric conference**, Dec. 1990, Rawalpindi.
34. Convener 2nd **Regional meeting of Royal College of Psychiatrists**, Islamabad Pakistan Dec. 1990.
35. **Delivered the distinguished Mental Health Lecture "When Wisdom guides" The Royal College of Psychiatrists**, London, 1989.
36. Speaker, **16th International Epilepsy congress**, New Delhi Oct 1989.
37. Guest Speaker, National Seminar on **Role of NGO's in Health for all**, 24th - 26th Feb. 1989.
38. Convener, first **Regional Meeting of Royal college of Psychiatrists**, Rawalpindi 1984.
39. Participant, **World Congress of Psychiatry**, Vienna, July 1983.
40. Chairman, **4th International Psychiatric Conference** of Pakistan psychiatric Society Islamabad, December 1982.
41. Secretary, Developing countries seminar of T-80 conference on **alcohol drugs and traffic safety**, Stockholm June 1980.
42. Chairman Scientific session, **Pan-pacific conference on alcohol and drug abuse**, Canberra, Feb. 1980
43. Guest Speaker, **International Congress on Transcultural Psychiatry** held in Bradford U.K. Jul-Aug 1976.

WORK EXPERIENCE: AT INTERNATIONAL LEVEL

At World Health Organization, I started representing Pakistan in the mental health field in 1974 and struggled till 1986 when the Institute of Psychiatry at Rawalpindi General Hospital, Rawalpindi was finally designated as WHO Collaborating Centre for Mental Health Research and Training. My objectives included development of mental health services in Pakistan and other countries in the region. I have been involved in:

- **Internal fellowships** for master trainers from all over Pakistan.
- **External fellowship** for trainers from all over eastern Mediterranean region countries of WHO including **Sudan, Yemen, Nepal, Palestine, Iran, Iraq, Morocco, Tunisia, Egypt and Afghanistan.**
- **Development of Mental Health Programme in Yemen and Afghanistan.**
- Development of **Mental Health Programme and M.D in Psychiatry for Nepal.**

Following is a brief summary of my **engagements as a WHO consultant:**

- WHO Adviser, **World Mental Health Report 2001**, Cairo, November 2000.
- WHO Consultant, International conference on **Health Research for Development** in Bangkok, Oct. 2000.
- Meeting of **International Consortium for Mental Health Policy and Services**, Bangkok, Sept 2000.
- Meeting of the **International Consortium of Mental Health Policy and Services** 13-14 March 2000, Uganda.
- Speaker, WHO **workshop on Suicide prevention**, Tehran, Iran, March 2000.
- Meeting of **International Consortium for Mental Health Policy and Services**, Washington D.C., Dec. 1999.
- Meeting of Global forum for health Research, WHO for the **project analytical studies on mental health policy and services**, Dec 1999, Washington DC, USA.
- Advisor WHO, Regional conference on **health for all policy and health reform in the 21st century** EMRO Alexandria, July 1999.
- Meeting of the organizing committee of Global forum for Research, Geneva, June 1999.
- Meeting of **International Consortium for Mental Health Policy and Services**, Washington D.C., Dec. 1998

- 50th Anniversary of **WHO and World Federation of Mental Health**, London, Oct 1998.
- WHO Consultant, a course for **Senior Work Bank Managers on “Cost Effective Mental Health Delivery”**, September 1998, Washington D.C.
- WHO Advisor, WHO working Group on **psychoactive substance use and primary Health care/community involvement in Health**, Trinidad, Dec. 1997.
- WHO Advisor, Consultative Group **Nations for Mental health**, Dec. 1997, Geneva.
- WHO Advisor, 41st International Institute on the **Prevention and Treatment of Drug Dependence**, Cairo Egypt, May 1997.
- WHO Advisor, **WHO Working Group Meeting**, Katmandu (Pokhara) Nepal, Dec 1996.
- WHO Advisor, **Technical Group on “Nations for Mental Health”**, Dec 1996, Geneva.
- WHO Advisor, **Mental health Diploma Course**, Mazar-I-Sharif Afghanistan, Oct. 1996.
- WHO Advisor, **30th Expert Committee Meeting on Drug Dependence**, Oct 1996 Geneva.
- WHO Advisor, Consultation on **Mental Health Legislation**, Alexandria, May 1996.
- WHO Advisor, Working group on **Community Involvement in Treatment of Substance Abuse**, Harare Zimbabwe, March 1996.
- WHO Advisor, Inter country meeting on the evaluation of the progress of the **National programme of Mental Health**, Casablanca Morocco, 22-26 May 1995.
- WHO Advisor, **Eastern Mediterranean Advisory Committee on Health Research**, Riyadh Saudi Arabia, 20-22 March 1995.
- WHO Advisor, 29th Expert Committee Meeting on **Drug Dependence**, Geneva, Sept. 1994.
- Special lecture on **Developing Community Mental health Services in Pakistan**, Institute of psychiatry London Dec 1993.
- WHO consultant, **Mental Health program in Yemen**, November 1991.
- WHO Consultant, **Evaluation of School of Mental Health Programme**, Egypt, Dec.1991.
- WHO Advisor, **Consultation on Clear Vision Project**, April 1990, Geneva.

- WHO Advisor, Inter country meeting on progress of **National programs of Mental health**, Nicosia Cyprus, July 1990.
- WHO Advisor, Inter country meeting on the progress of **National programs of mental health**, Isfahan Iran, Mar 1989.
- WHO Consultant, **Consultation on Islamic Lifestyles**, Amman Jordan, Jan 1989.
- WHO Consultant and Chairman, Regional Consultation on “**Appropriate neuropsychiatric drugs**”, Alexandria Egypt, Oct-Nov 1988.
- WHO consultant, 26th expert committee on **Drug Dependence**, Geneva, April 1988.
- WHO Advisor, Inter country meeting on progress of **National programs of mental health**, Alexandria Egypt, Nov-Dec 1988.
- WHO Consultant, representing WHO EMRO in 2nd **International Conference on health promotion**, Adelaide Australia, Apr. 1988.
- WHO Advisor, **Role of medical schools in rational use of psychotropic drugs**. Beijing China, Aug 1987.
- WHO consultant, **Protection and promotion of mental health –Global Programme**, Brazzaville Congo, March-Apr 1987.
- Member, advisory group WHO meeting, guidelines for teaching on **Drug and Alcohol Dependence in medical institutions**, Minnesota USA, Oct 1983.
- WHO workshop on Behavioral and Mental Health aspects of primary Health Care Research possibilities, Washington, Aug-Sep 1983.
- Temporary advisor WHO, Regional meeting for **Research in Mental Health**, Karachi June 1981.
- W.H.O. Advisor, Meeting of coordinating group of selected **mental health specialties**, Alexandria, Nov 1979.
- W.H.O Advisor, Workshop on **Prevention and Treatment of Drug Dependence**, Alexandria, Oct 1978.
- W.H.O. Consultant, meeting on **Psychiatric and Psychosomatic aspects of female sterilization**, Geneva, May 1977.
- WHO Advisor, Working Group on **Mental Health Legislation**, Cairo Egypt, Aug 1976.
- W.H.O. Seminar on **Application of Psychiatric Epidemiology**, Khartoom Sudan, Feb 1975.
- W.H.O. Senior Fellowship, **Special study on Drug Dependence**, 1974.

WORK EXPERIENCE: AT NATIONAL LEVEL

1. CLINICAL:

I returned to Pakistan in 1972 after completing my postgraduate training in UK, and joined the Central Government service at CGH, Rawalpindi. I started a clinical department of Psychiatry against great odds. The status of the hospital changed when it was taken over by the provincial government in 1980. I succeeded in developing this department to an Institute in 1980.

Over the last 33 years, I have continued to provide clinical services at this institution where over a hundred patients attend every day from all over the country. It has facility for 50 in-patients and the total admissions now are about 800 per year. As part of developing community mental health services, the facility for patient care has extended much beyond the hospital. The details are described later.

2. TEACHING & TRAINING:

UNDERGRADUATE TEACHING

My interest in undergraduate teaching is evident from the fact that I have been a founder faculty member at Rawalpindi Medical College since 1974 and was appointed as a Professor of Psychiatry in 1983. Over this period, I have been actively involved in undergraduate teaching of Psychiatry and succeeded in implementing curriculum of Behavioural Sciences in 1995 for the pre-clinical years. I recently attended the following related workshops:

- Re-organization of the **curriculum and Evaluation and Confidentiality of MBBS/BDS** exam at University of Punjab Lahore on 11.3.1999.
- Attended **National workshop on Role of Behavioural Sciences in General Health Care** at Department of psychiatry, PNS Shifa Karachi 20-21 February, 1999.
- Attended **National workshop on poverty literacy and mental health** 2-4 Sep 1997 at Liaquat Medical College Jamshoro Sindh.
- Attended **WHO National workshop on the Role and Application of Behavioural Sciences** in General health care 14-16 June 1997 at PNS Shifa Karachi.

POSTGRADUATE TEACHING

I have been actively training post graduate students at the Institute and am pleased that more than half of the Fellows of the College of Physicians and Surgeons,

Pakistan have been trained at the Institute of Psychiatry in Rawalpindi. These specialists are now serving all over the country and are heading the departments of Psychiatry at most medical colleges. I also have the pleasure to train postgraduate trainees from other countries including **Sudan, Yemen, Nepal, Palestine, Iran, Iraq, Morocco, Tunisia, Egypt, Afghanistan and Palestine** through United Nations Refugee Welfare Agency (UNRWA) who came as WHO fellows.

In addition to regular training, I have been organizing short term post-graduate training courses over the last few years. I have been an Examiner for the College of Physicians and Surgeons, Pakistan since 1977 and have the privilege of examining postgraduate students at universities outside the country as well.

OTHERS: PRIMARY HEALTH CARE PHYSICIANS, PARAMEDICAL PERSONNEL, HEALTH AND EDUCATION ADMINISTRATORS

As part of ongoing training at the community level, regular courses are held for the training of the above organized by the Institute of Psychiatry. I have organized the following activities regularly at regional and national level:

- ❑ **Training workshop in mental health for Primary Health Care physicians**
- ❑ **Training workshop for Education Administrators**
- ❑ **Orientation and Training workshop for Mid level Health Administrators**
- ❑ **Training workshop for paramedical personnel**

3. DEVELOPMENT OF NATIONAL MENTAL HEALTH PROGRAMME

My efforts were fruitful when in 1986, Pakistan became the first country in the Eastern Mediterranean Region of WHO for adopting the initiatives of developing national programme for mental health and was officially included in the seventh five-year development plan (1988-1993) and again in the eighth five-year plan. In 1990, the mental health policy was announced.

I was the chairman of the working group of the 9th five-year plan where strategies and policy was discussed for phase wise integration of mental health in primary health care.

As the Coordinator for national mental health programme, following are some of the recent activities undertaken:

- Organized meeting of the **National coordinating Group for Mental Health**; 24-25 April 2000.
- Meeting of the **National coordinating group for Mental Health** 22-23 November, 1999
- Conference on the **National health survey of Pakistan** 24-26 Sept. 1999 (PMR) Islamabad
- Attended Meeting of the **National project coordinator at Ministry of health** Islamabad on 22.7.1999.
- Organized Meeting of the **National Coordinating group on Mental Health** 4th and 5th Sept. 1998.
- Organized workshop on **Need Evaluation for mental Health Care Delivery in Developing countries** from 25th-26th March 1998.
- National workshop on **Need Evaluation for community based Health delivery** 25-26 March 1998.
- Organized Meeting of the **nations coordinating Group for Mental Health** from 26-27 Nov 1997.
- Attended National workshop on **Rational use of psychotropic Drugs** at DHQ Hospital Faisalabad from 22-24 May 1997.
- National workshop on **Health life style in promotion of mental health** 3-5 May 1997 Jinnah Hospital Lahore.
- Organized a workshop on **Role of psychosocial Factors in General Health Care** on 28-30 April 1997.
- National workshop **Mental Health for All – The consumers View point** 24-26 April 1997 at PGMI Services Hospital Lahore.
- Organized National workshop on **Mental Health Economics** 2-4 March 1997.
- Organized Meeting of the **National coordinating Group for Mental Health** 17-18 Feb 1997.

3. ESTABLISHING COMMUNITY MENTAL HEALTH SERVICES

I was involved in setting up of Demonstration project of community mental health services in Rawalpindi in 1985. When Pakistan formulated its national mental health programme in March 1986, a multi-phased community-based rural mental health

programme was started in the Rawalpindi division, which has since then, been widely replicated at the national level and at an international level. Pakistan was also the first to initiate a school mental health programme as far back as 1986. Both programmes are well recognized in the world of psychiatric literature.

Following are some of the activities undertaken at the community mental health programme:

- **Development of Manuals for**
 - Primary care physicians
 - Multipurpose health workers (Urdu)
 - Lady health workers (Urdu)
 - School teachers
- **Regular publication of Community mental health bulletin**, Institute of Psychiatry, WHO Collaborating Centre, Rawalpindi General Hospital, Rawalpindi.
- **Development of Referral cards.**
- **Development of Information systems (Urdu and English).**
- **Development of list of Essential psychotropic drugs for priority mental disorders.**
- **Development of community education material on: -**

Depression	Drug dependence
Psychosis	Anxiety
Epilepsy	Phobia
Sleep disorders	
- **Intersectoral collaboration** - Involving faith healers in mental health service provision for the community.

Following is a summary from the reports of Eastern Mediternean regional meetings, WHO which reflects the efforts and progress made by WHO Collaborating Centre for Mental Health Research and Training at Rawalpindi:

- In 1989 the report states, “Pakistan was the **first country in the region** for adopting the initiatives of developing national programme for mental health...”
(WHO, Intercountry meeting on the progress of National Programmes of Mental Health. Isfahan, Islamic Republic of Iran, 12-16 March 1989)
- “In 1990, the mental health policy is announced in Pakistan ...” and the report updates all activities taking place within the country.

(WHO, report on the second Inter-country meeting on progress achieved in national mental health programmes. Nicosia, Cyprus, 16-20 July 1990)

- In 1993, the report states “ Pakistan, with a population of 122 million is a **pioneer**, in a sense, that not only was it the **first country** in the region to adopt a national programme of mental health, but was also the **first to initiate** a school mental health programme as far back as 1986. Another achievement was the designation by WHO of the department of Psychiatry, Rawalpindi Medical College, as a WHO collaborating centre for Mental Health Research and Training—the **first of its kind** in the Eastern Mediterranean Region of WHO.”

(WHO, Report on the Consultation on School Mental Health Programmes. Islamabad, Pakistan, 14-17 November 1993)

- These efforts continued and in 1995 the report says “ Pakistan formulated its national mental health programme at a multisectoral workshop in March 1986, and it has been officially included in the seventh five-year development plan (1988-1993) and again in the eighth five-year plan. As a part of the programme, which involves a phased approach, a community-based rural mental health programme was started in the Rawalpindi division, which is being replicated at the national level.

(WHO, Mental Health report on the Intercountry Meeting on the evaluation of the progress of National Mental Health Programmes in the Eastern Mediterranean region. Casablanca. Morocco. 22-26 May 1995)

At the same time the research critiques all over the world were following the developments in the mental health sphere in Pakistan and following are some reports from “The Lancet” which again is a leading medical journal.

- **“The integration of provisions for the mentally ill into primary care was encouraged by the World Health Organization and pioneered in India about ten years ago. It has now been developed a step further in Pakistan...”**

(“THE LANCET” the leading medical journal issue March 28, 1987. Pakistan-REVOLUTION IN MENTAL HEALTH CARE)

- Their views were extremely encouraging and positively concluded that Pakistan is leading in providing a rural based community psychiatric services:

“The Community Mental Health programme in Pakistan got off to a flying start owing to conjunction of a President with a genuine interest in services for the mentally ill and an indefatigable Professor of Psychiatry.”

“Pakistan will be the first to produce substantial change in its mental illness services, since there seems a greater willingness to grasp the principal that mental health is major public health issue. Mental health programmes must be pursued with equal vigor”

(THE LANCET, the leading medical journal issue October 31st, 1987.)

- **“ ...Muslim may not speak to a Hindu but a movement that began in India has Entered the Islamic World and has even been approved by it. When rehabilitation schemes for those with chronic psychoses also derive their power from the people, community psychiatry will have crossed its last frontier. The crossing may yet be made in Pakistan.”**

(THE LANCET, the leading medical journal issue, December 16, 1989. Pakistan-

A QUANTUM LEAP FOR COMMUNITY PSYCHIATRY, David Goldberg.)

- **Very recently these efforts to develop community mental health services are acknowledged as a role model and a “GEM” piece of work that is envy of industrialized world.**

(Common Mental disorders in primary care: Essays in honour of Professor David Goldberg. Review. Bulletin of the World Health Organization. Volume 78, Number 4, 2000, 411-568.)

- **WHO Representative of Pakistan, Mr. K. Kosh Chashm wrote down his feed back from the 17th meeting of the regional director with WHO representatives held in November 2000:**

“Mental Health Programme: Mental Health Programme continues to be one of the best collaborative programme between WHO and Ministry of Health.

Implementation is proceeding smoothly and as programmed. The issue of substance Abuse and particularly injecting Drug Use was also discussed.”

RESEARCH GRANTS

Clear vision project : a multi centered study to assess the impact of correcting refractory errors on the social and academic performance of school children- Research grant by WHO Head quarters, Geneva.

Prevention of Iodine Deficiency in pregnant /lactating Women and children in iodine deficient areas of Pakistan - ODA research grant.

Economic analysis and evaluation of community based mental health programs in Pakistan and India - Welcome Trust Research Grant.

Impact of mental health of mothers on infant’s growth -Welcome research grant.

Psychological profile of Drug addicts - Research grant by WHO headquarters - Geneva.

Sale of psychotropic drugs - Research grant by WHO - Alexandria.

Epidemiological survey of mental illnesses in Rawalpindi-Islamabad. Funded by Ministry of health and social welfare.

Dubai syndrome -Evaluation of the psychosocial impact on the families of migrants to middle East - funded by Ministry for Labor and Overseas Pakistanis.

Study on self mutilation in drug dependent persons, Funded by Research unit Rawalpindi General Hospital.

Development of child guidance and counseling services in rural schools of Rawalpindi Pakistan - Welcome research grant.

POST GRADUATE TRAINING EXPERIENCE

- **House Officer,** General Medicine M.J.W. Hospital Lahore June -Oct 1968.
- **House officer and Senior House officer** in General Surgery, NS ward Mayo Hospital, Lahore, Oct-July 1968.
- **Senior House Officer** in Psychiatry, Long Grove Hospital EPSOM, London Aug-Dec, 1968.
- **Registrar** in Psychiatry Kingston General Hospital London, Jan-Nov 1970.
- **British council Fellow in Neurology,** Royal Postgraduate medical School and Hammersmith Hospital, London Dec 1970-March 1971.
- **Senior Resident Physician,** Dept. Of Psychological Medicine Guys Hospital Medical School London, April-July 1971.

- **Senior Registrar and Tutor in Psychiatry.** Guys Hospital medical School London Aug-Dec. 1971.
- **Smith and Nephew Fellow in Neurology,** Institute of Neurology National Hospital for Various Diseases, Queen Square London Feb-Dec 1973.

MEDALS & UNIVERSITY DISTINCTIONS

- First undergraduate Nuffield Fellow from Pakistan at St. Thomas Hospital Medical School, London.
- Neil Memorial Medal for standing Ist in Anatomy and Histology.
- Beli Ram Lamont Medal for being the best student in Practical anatomy University examination.
- Mackenzie Memorial medal for being the best student in Pathology, Microbiology and Hematology in University examination.
- Silver Medal in forensic Medicine and Toxicology for being the best student in University examination.
- Ewans memorial medal for being the best student in Psychological Medicine and Neuro-psychiatry.
- Bott Memorial medal in General and Minor surgery.
- Burton Brown Memorial Medical in General Medicine and Therapeutics, University examination.
- University distinction in anatomy and Histology
- University distinction in Physiology and biochemistry.
- University distinction in Tropical and Preventive Medicine.

UNIVERSITY HONORS

- Honors in Anatomy and Histology
- Honors in Physiology and Biochemistry
- Honors in Pathology and Microbiology.
- Honors in Hygiene and Tropical Medicine.
- Honors in General and Minor Surgery.
- Honors in Forensic Medicine and Toxicology.
- Honors in diseases of Ear, Nose and Throat.
- Honors in Psychological Medicine.