Thinking Healthy Programme (THP) in practice

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MACH Symposium
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Thinking Healthy Programme

Rahman 2007; Rahman et al 2008; Rahman et al 2012
Cognitive behaviour therapy-based intervention by community health workers for mothers with depression and their infants in rural Pakistan: a cluster-randomised controlled trial  

Atif Rahman, Abid Malik, Siham Sikander, Christopher Roberts, Francis Creed

Translation, cultural adaptation and field-testing of the Thinking Healthy Program for Vietnam

Jane Fisher¹, Hau Nguyen¹, Priya Mannava², Ha Tran³, Thao Dam³, Huong Tran³, Thach Tran¹, Kelly Durrant², Atif Rahman⁴ and Stanley Luchters²,⁵,⁶,⁷

CHANGES IN
ADAPTATION OF THINKING HEALTHY PROGRAM (THP) IN BANGLADESH
THINKING HEALTHY
A manual for psychosocial management of perinatal depression

WHO generic field-trial version 1.0, 2015
Series on Low-Intensity Psychological Interventions – 1
Not finished yet......

• Fading of effects
• Human resource challenge
• Training and supervision
• Integration into MCH programs