

CURRICULUM VITAE



NAME: Dr Amina Khan

POSITION TITLE: Executive Director

INSTITUTION: The Initiative

PROFESSIONAL TRAINING/EDUCATION:

INSTITUTION AND LOCATION	DEGREE (if applicable)	COMPLETION DATE	FIELD OF STUDY
Quaid-e-Azam University of Punjab, Islamabad, Pakistan	MBBS	Nov 1989	Medicine
University of Health Sciences, Armed Forces Post Graduate Medical Institute, Rawalpindi, Pakistan.	MPH	Oct 2012	Public Health

A. PERSONAL STATEMENT

I am a global public health expert, working in the field of tobacco control particularly within low- and middle-income countries, like Pakistan. With the background in general medicine and extensive experience in project management, development, and implementation, I am equipped with a comprehensive understanding of public health challenges and effective strategies to address them. As the Executive Director of The Initiative, a private, non-governmental, non-profit organization, I provide my strategic guidance in designing tobacco control policies in Pakistan along with other public and private partners. Through my leadership I have highlighted awareness about the detrimental effects of tobacco use but also driven initiatives for cessation, advocacy, and policy reform in the country. I have also been involved in research focusing on Tuberculosis, Non-communicable diseases (NCDs), and Air pollution, underscoring my commitment to tackling multifaceted public health issues. Through research and evidence generation, I have operated at senior leadership level, contributing effectively to informed policy discussions, decision making

and interventions aimed at improving population health outcomes. Having invested heavily in my organization over these years, today it stands as a trusted advisor among the public and private sector and plays its part as a steering force in designing and implementing of tobacco control policies in Pakistan, earning recognition for our impactful contributions to public health. I have practiced collaborative, participatory and a dedicated approach to contribute to the global public health challenges.

.B. LIST OF POSITIONS (From latest):

1. **Country Lead (Pakistan), *FreshAir4Life - Implementation research on tailored, multidisciplinary NCD prevention in youth Targeting tobacco and air pollution Exposure For mid- to late adolescents in disadvantaged populations-*** FA4LIFE is a 4-year implementation research study, covering a research area of high uncertainty that, considering the increasing NCD burden, will become even more important in years to come. The objective of this project is to empower adolescents for a healthier future by concurrently addressing tobacco control and promoting awareness about air quality. From strategically planning the implementation of project from its inception, through mentorship and guidance, I empower team members to excel in their respective roles and contribute to the overall success of the project. By monitoring the field activities and steering the project directions, so that it is aligned with overarching objectives and goals. Through effective leadership and collaboration, I ensure that FA4LIFE contributes significantly to empowering adolescents for a healthier future, addressing NCD prevention in disadvantaged populations, and advancing the understanding of sustainable interventions in tobacco control and air quality awareness **January 2023- Ongoing**
2. **Project Lead (Mental health theme- SPiRiT-D), *Centre4IMPACT-***
As the project lead for the SPIRIT-D (Collaborative Care) project within the Centre4IMPACT, my primary responsibility is to provide leadership and direction for all aspects of the project. This includes overseeing project planning, budgeting, and implementation, as well as coordinating with SINA clinics and other stakeholders. I lead a multidisciplinary team of healthcare professionals, ensuring clear communication and effective collaboration to achieve project goals. Additionally, I contribute to program development, capacity building, and monitoring and evaluation efforts. My role involves advocating for mental health parity alongside physical health, managing risks, and reporting progress to stakeholders. I also play a key role in scaling up the project to other regions, such as KPK, and identifying opportunities for expansion. Overall, I am dedicated

to ensuring the success and impact of the SPIRIT-D project in promoting mental and physical health in Afghanistan and Pakistan - **November 2023- Ongoing**

3. **Implementation lead, *Tobacco control policies and the health of Adolescents in Pakistan (TAP)***- Tobacco control policies and the health of Adolescents in Pakistan (TAP) is a UK Research and Innovation (UKRI) funded project (reference number MR/X004228/1). The aim of TAP is to inform policies on plain packaging and taxation in Pakistan in order to reduce tobacco uptake and use in adolescents, thereby improving their health and preventing premature deaths and disabilities in later life. This is being done through five interconnected studies conducted across 9 Pakistan districts including two districts of KPK over three years. The project will include data on tobacco products from 720 point-of-sales, 16 focus group discussions with adolescents, 30 in-depth interviews with stakeholders and a survey of 13,320 adolescents (school and out-of-school).

As the Implementation Lead, entrusted with overseeing the execution of the project, I have adeptly translated the overarching project objectives into tangible, actionable outputs. In this capacity, I have provided mentorship and guidance to the project team, ensuring alignment with strategic goals and fostering a culture of excellence. By instituting rigorous training programs, I have equipped team members with the requisite skills and knowledge essential for the seamless operations of the nationwide adolescent survey. Leveraging my expertise in public health research, I have optimized operational efficiencies and upheld the highest standards of quality throughout the implementation process. My leadership in this role reflects a commitment to driving impactful outcomes and facilitating the advancement of health research initiatives - **November 2022-ongoing**

4. **Country lead- Trial Manager, *Quit4TB Trial***- As the Trial Manager for the mHealth intervention study aimed at helping TB patients quit smoking in Bangladesh and Pakistan, my primary responsibility revolves around stakeholder management, particularly with government bodies such as the National and Provincial TB Control Programs. I am tasked with ensuring that all relevant stakeholders are fully engaged and supportive of the project's execution. This involves establishing and maintaining effective communication channels with these entities, coordinating meetings and discussions to garner their input and endorsement, and addressing any concerns or challenges they may have. Additionally, I work closely with the research team to ensure alignment of project activities with the requirements and priorities of the TB control programs. My role also entails facilitating collaboration and cooperation between the research organization, government partners, and other stakeholders to maximize the impact and success of the intervention.

Through strategic engagement and relationship-building efforts, I aim to foster a supportive environment conducive to the successful implementation of the study and the achievement of its objectives- **June 2022- Ongoing**

Along with this under the RESPIRE consortium, from Pakistan I am leading the IPPTA - Identifying policy priorities for tobacco control and improving air quality: Stakeholder engagement in seven countries.

5. **Project lead**, Waste Recycle Survey (WRS) - The waste recycle cigarette pack survey aims to assess the effectiveness of the tax stamp policy in combating the illegal trade of tobacco products This survey can provide valuable insights into whether the tax stamp policy is being implemented correctly and whether it has had any impact on reducing the illicit trade. Additionally, the survey can help to understand the compliance of tobacco companies with the tax stamp policy – **March – April 2023**
6. **Program Manager**, *Improving Outcomes in Mental and Physical Multimorbidity and Developing Research Capacity in South Asia (IMPACT)*, Funded by NIHR UK, the IMPACT Program was a collaboration between partners in Bangladesh, India, Pakistan and the UK including researchers, clinicians, policy makers and patient and public representatives. This project has been implemented in KPK under the partnership with Khyber medical university- **February 2021-2022**
7. **Project Manager**, *IMPASS: The Impact of the COVID-19 Pandemic on People with Severe Mental Illness and on Mental Health Services Provision in South Asia (IMPASS)*- The IMPASS project was funded by the Medical Research Council (MRC), it aimed to investigate and help mitigate the impact of the COVID-19 pandemic and responses (e.g. lockdown and social distancing), on people with mental health problems and on mental health service provision in Bangladesh and Pakistan. - **September 2021 - March 2023**
8. **Principal investigator**, *ENDS Study: The use and perception of Electronic Nicotine Delivery Systems (ENDS) in Pakistan (and the impact of COVID-19 on use): A qualitative exploratory study*- **March 2020 – November 2020**
9. **Principal investigator**, *COVID19 and Tobacco project, investigating the psychological, social and economic impact of COVID-19 epidemic and its response in a cohort of smokers in Pakistan*- **May 2020- 31st July 2020.**
10. **Principal Investigator**, *The Initiative, Studying tobacco users of Pakistan (STOP): Repeated cross-sectional and longitudinal Survey. STOP was a national survey conducted in multiple districts of Pakistan*- **July 2019 – July 2020.**

11. **Principal investigator**, *The Initiative (Pakistan), a multi-country study “Tobacco cessation within TB programmes: A ‘real world’ solution for countries with dual burden of disease”* The project was implemented in KPK and Punjab and was later scaled up in KPK – **Nov 2015 - Oct 2019.**
12. **Trial Manager**, *The Initiative, Study: ‘The efficacy of Varenicline in achieving abstinence among hookah smokers. A two-arm, double-blind, randomised, placebo-controlled trial’*, The project was implemented in Punjab-Pakistan. **July 2015 – May 2017.**
13. **Principal investigator (Pakistan)**, *A multi-country study: An analysis of the production and supply chain of smokeless tobacco in South Asia: a feasibility study.* This study was simultaneously conducted in Nepal, Bangladesh and Pakistan. Nov 2013 – June 2014
14. **Independent consultant**, *John Hopkins’s Bloomberg School of public health, Institute for Global Tobacco Control (IGTC) for study- Tobacco Packaging Surveillance Study (TPackSS) for Pakistan -Nov-Dec 2013.*
15. **Research Associate**, *Smokeless tobacco in South East Asia – A policy review*, funded by the University of York- **Nov 2012 – July 2013**
16. **Research Associate**, *Smoke-free Implementation and Enforcement Training for FCTC signatory countries funded by International Union against Tuberculosis and Lung Diseases (The Union) and WHO- Sep 2012-Nov 2012*
17. **Public Health consultant**, *SHINe (Social and Health Inequalities Network), Islamabad, Pakistan. Division: Research and Development Unit- Mirpur Health Education Project (MHEP); Improving health outcomes of women and their newborns who have recently migrated from Pakistan to the UK- Mar 2012–Sep 2013*
18. **Senior House Officer Anesthesia**, Russell’s Hall Hospital, Dudley, West Midlands, UK- **1996-1999**
19. **Senior House Officer Hematology**, Russell’s Hall Hospital, Dudley, West Midlands, UK- **1995-1996**
20. **Commissioned Medical Officer** (Captain in Pakistan Army), Military Hospital Rawalpindi, **1991-1992**
21. **House Officer**, Combined Military Hospital (Department of Internal Medicine and Surgery), **1990-1991**

C. GRANTS SECURED

1. **FRESHAIR4LIFE-** Implementation research on tailored, multidisciplinary NCD pREvention in youth: TArgeting tobacco and aIR pollLutlon Exposure For mid- to latE

- adolescents in disadvantaged populations, Funded by European Union Horizon 2020, Grant No. 101095461 Horizon 2020, €204,938.00.
2. **Centre for IMPACT-** “NIHR Global Health Research Centre for Improving Mental and Physical Health Together” - Funded by National Institute for Health and care Research (NIHR), UK, Grant No. NIHR203248, £451,587.00
 3. **TAP-** Tobacco control policies and the health of Adolescents in Pakistan: a multi-method study, Funded by The Medical Research Council (MRC) (a research council of UKRI – UK Research and Innovation) and sponsored by University of York, UK, Grant No. MR/X004228/1, £328,797.00
 4. **Pakistan Illicit Study-CTFK**, Funded by Campaign for Tobacco Free Kids-Tobacco Free Kids Action Fund, USA, \$21,428.00
 5. **QUIT4TB TRIAL RESPIRE-2** -A mHealth intervention (mTB-Tobacco) for smoking cessation in people with tuberculosis: a two-stage adaptive design, randomised trial Quit 4 TB Trial, Funded by NIHR Global Health Unit on Respiratory Health (“RESPIRE 2”) and sponsored by University of Edinburgh, Scotland, UK, Grant No. NIHR132826, £236,051.00
 6. **STOP-II** - “Studying Tobacco users of Pakistan (STOP): repeated cross-sectional and longitudinal survey, STOP SURVEY-II”, Funded by National Institute for Health Research (NIHR) UK, £44,750.00
 7. **STOP I** -Studying Tobacco users of Pakistan (STOP): repeated cross-sectional and longitudinal survey-STOP-I”, Funded by EU H2020 and RCUK and sponsored by University of York UK, €43,582.00
 8. **ENDS Study:** Global Challenges Research Fund, University of York, 12000 pounds
 9. **COVID19 and Tobacco project**, GCRF, Scottish funding council, University of Edinburgh, 35000 Pounds
 10. **TB & TOBACCO-** European commission.H2020)-HCO2015, Grant no 680995, Role PI Pakistan (the Initiative), “Tobacco cessation within TB programmes: A ‘real world’ solution for countries with dual burden of disease”, 478,321 Euro
 11. **HOOKAH TRIAL-** Pfizer USA, Grand 2014, WI194558, Role Trail Manager, ‘The efficacy of Varenicline in achieving abstinence among hookah smokers. A two-arm, double-blind, randomized, placebo-controlled trial’. 100,829 USD.
 12. The University of York, Role PI (Pakistan), University of York. Title: An analysis of the production and supply chain of smokeless tobacco in South Asia: a feasibility study. This study was simultaneously conducted in Nepal, Bangladesh and Pakistan.

13. **TPackSS** -John Hopkins's Bloomberg school of public health, Institute for Global Tobacco Control (IGTC), role PI(Pakistan), Tobacco Packaging Surveillance Study (TPackSS) for Pakistan – 2013

D. PUBLICATIONS

1. Zahid, R., Dogar, O., Mansoor, S., Khan, A., Kanaan, M., Jawad, M., Siddiqi, K. (2017). The efficacy of varenicline in achieving abstinence among waterpipe tobacco smokers – study protocol for a randomized controlled trial. *Trials*, 18, 14. <http://doi.org/10.1186/s13063-016-1761-y>
2. Khan A, Huque R, Shah SK, Kaur J, Baral S, Gupta PC, Cherukupalli R, Sheikh A, Selvaraj S, Nargis N, Cameron I, Siddiqi K. Smokeless Tobacco Control Policies in South Asia: A Gap Analysis and Recommendations. *Nicotine & Tobacco Research*. 2014 Jun;16(6):890-4
3. Siddiqi, K., Scammell, K., Huque, R., Khan, A., Baral, S., Ali, S., & Watt, I. (2015). Smokeless tobacco supply chain in South Asia: A comparative analysis using the WHO Framework Convention on Tobacco Control. *Nicotine & Tobacco Research*, ntv067.
4. Warsi S, Elsey H, Boeckmann M, Noor M, Khan A, Barua D, Nasreen S, Huque S, Huque R, Siddiqi K; TB & Tobacco consortium. Using behaviour change theory to train health workers on tobacco cessation support for tuberculosis patients: a mixed-methods study in Bangladesh, Nepal and Pakistan. *BMC Health Serv Res*. 2019 Jan 25;19(1):71. doi: 10.1186/s12913-019-3909-4. PubMed PMID: 30683087; PubMed Central PMCID: PMC6347762.
5. Dogar O, Barua D, Boeckmann M, Elsey H, Fatima R, Gabe R, Huque R, Keding A, Khan A, Kotz D, Kralikova E, Siddiqi K; TB and Tobacco project consortium. The safety, effectiveness and cost-effectiveness of cytisine in achieving six-month continuous smoking abstinence in tuberculosis patients-protocol for a double-blind, placebo-controlled randomized trial. *Addiction*. 2018 May 30; 113 (9):1716–1726. doi: 10.1111/add.14242. [Epub ahead of print]. PubMed PMID: 29676824; PubMed Central PMCID: PMC6099220
6. Dogar, Omara Fatima , Keding, Ada , Gabe, Rhian  et al. (16 more authors) (Accepted: 2020) *Multicentre Randomised Double-Blind Placebo Controlled Trial of Cytisine for Smoking Cessation in Smokers with Tuberculosis*. *The Lancet Global Health*. ISSN 2214-109X (In Press)

7. Marshall, A., Barua, D., Mitchell, A., Keding, A., Huque, R., Khan, A., Zahid, R., Dogar, O. F., & Siddiqi, K. (Accepted/In press). Smoking prevalence among tuberculosis patients: a cross-sectional study in Bangladesh and Pakistan. *Tobacco Induced Diseases*.
8. Siddiqi, Kamran, Faraz Siddiqui, Amina Khan, Saeed Ansaari, Mona Kanaan, Mariam Khokhar, Ziauddin Islam, Masuma Pervin Mishu, and Linda Bauld. 2020. "The Impact of COVID-19 on Smoking Patterns in Pakistan: Findings from a Longitudinal Survey of Smokers." *Nicotine & Tobacco Research: Official Journal of the Society for Research on Nicotine and Tobacco*, October. <https://doi.org/10.1093/ntr/ntaa207>.
9. Siddiqi, K., Siddiqui, F., Boeckmann, M., Islam, Z., Khan, A., Dobbie, F., Khan, Z., & Kanaan, M. (2020). Attitudes of smokers towards tobacco control policies: findings from the Studying Tobacco users of Pakistan (STOP) survey. *Tobacco Control*. <https://doi.org/10.1136/tobaccocontrol-2020-055995>
10. Khan A, Dobbie F, Siddiqi K, Ansari S, Abdullah S, Iqbal R, et al. Illicit Cigarette Trade in the Cities of Pakistan : Comparing Findings between the Consumer and Waste Recycle Store Surveys. *Tob Control* [Internet]. 2021 Mar 18 [cited 2021 Apr 16]; Available from: <http://eprints.whiterose.ac.uk/172481/>
11. Siddiqi, Kamran , Keding, Ada , Marshall, Anna  et al. (9 more authors) (Accepted: 2021) *Do smokers with tuberculosis who quit smoking during treatment have better health outcomes than those who don't? A secondary analysis of the TB & Tobacco Trial*. *Thorax*. ISSN 0040-6376 (In Press)

E. POLICY BRIEFS

- **Use of tobacco taxation for tobacco control in Pakistan-** MoNHSR&C, University of Stirling, University of York, The Initiative
- **Plain Packaging of tobacco products: Making a case for Pakistan-** MoNHSR&C, University of Stirling, University of York, The Initiative
- **Policy Brief: COVID19 and Tobacco** – University of Edinburgh, Usher Institute, The Initiative