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Developing and feasibility testing of Hamdard Force

Hamdard Force is a community mental health intervention specifically designed for Pakistan. The objectives of this intervention are to build the capacity of a community mental health workforce to provide basic psychosocial support, identify people with mental healthcare needs, and refer them to relevant services.

[Developing and feasibility testing of Hamdard Force: an intervention to build the capacity of a community mental health workforce in Pakistan](#) provides [an unedited version of] the study to share the process of developing the Hamdard Force intervention and findings from testing its feasibility.



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Developing and feasibility testing of Hamdard Force: an intervention to build the capacity of a community mental health workforce in Pakistan

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Asma Humayun ✉, Arooj Najmussaqib & Noor ul Ain Muneeb

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⚠ We are providing an unedited version of this manuscript to give early access to its findings. Before final publication, the manuscript will undergo further editing. Please note there may be errors present which affect the content, and all legal disclaimers apply.

Abstract

Background

As part of a Mental Health and Psychosocial Support (MHPSS) initiative, this study presents the process of developing an intervention to build the capacity of a community mental health workforce in Pakistan - Hamdard Force (HF). Our objective was to build the capacity of a community mental health workforce to provide basic psychosocial support, identify people with mental healthcare needs, and refer them to relevant services. For this purpose, we explored implementation challenges, developed a context-specific intervention based on adaptation of the Psychological First Aid (PFA) Guide, and developed integrated digital resources.

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| Sections | References |
|---|------------|
| Abstract | |
| Data availability | |
| Abbreviations | |
| References | |
| Acknowledgements | |
| Funding | |
| Author information | |
| Ethics declarations | |
| Additional information | |
| Supplementary Information | |
| Rights and permissions | |

Guided by the ADAPT implementation science framework, a multi-method design was used to systematically develop the intervention in four stages:

- ① Identify the challenges for training a community workforce.
- ② Address these challenges by adapting the [Psychological First Aid: Guide for field workers](#) across three domains of structure, content, and digital design; and develop training resources for implementation.
- ③ Test the processes of recruitment, training and supervision.
- ④ Plan a pilot implementation.

The results indicate strong engagement, improved knowledge, and positive user feedback supporting Hamdard Force as a scalable, evidence-based, and feasible solution to build the capacity of the community workforce within low-resource settings across Pakistan.

Mental Health Strategic Planning & Coordination Unit