APPENDIX 25: PSYCHOLOGICAL AND PSYCHOSOCIAL INTERVENTIONS - FOREST PLOTS

1.1	Individual psychological interventions compared with treatment as usual (TAU)	.2
1.2	Group psychological interventions compared with treatment as usual (TAU)	15
1.3	Family psychoeducation compared with TAU	26
1.4	Family psychoeducation compared with an active control	34
1.5	Cognitive behavioural therapy (CBT) compared with an active control	39
1.6	Interpersonal and social rhythm therapy compared with an active control	12
1.7	Collaborative care compared with TAU	15
1.8	Integrated group therapy compared with group drug counselling	19
1.9	Integrated cognitive and interpersonal therapy compared with treatment as usual	
(TAU))	50

Abbreviations

A acute (mania or depression)

Ad acute depression

CBT cognitive behavioural therapy

CI confidence interval FFT family focused therapy

GAF Global Assessment of Functioning scale

IV intravariance
M maintenance
M-H Mantel-Haenszel
PE psychoeducation
SD standard deviation
SE standard error
TAU treatment as usual

1.1 INDIVIDUAL PSYCHOLOGICAL INTERVENTIONS COMPARED WITH TREATMENT AS USUAL (TAU)

Depression symptoms at post-treatment

			Experimental	Control		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
1.1.1 Online Psychoeduca	ition						
PROUDFOOT2012 [Ad&M]	0.02	0.122449	139	134	30.7%	0.02 [-0.22, 0.26]	+
TODD 2012 [A&M]	-0.44	0.19898			16.1%		
Subtotal (95% CI)			191	187	46.8%	-0.18 [-0.63, 0.26]	•
Heterogeneity: Tau² = 0.08	; $Chi^2 = 3.88$, $df = 1$ ($P = 0.1$	05); I² = 74%					
Test for overall effect: Z = 0	1.80 (P = 0.42)						
1.1.2 CBT							
BALL2006 [M]	-0.46852925	0.27796134	25	27	9.3%	-0.47 [-1.01, 0.08]	
JONES2013 [M]	0	0.29591837	26	20	8.3%	0.00 [-0.58, 0.58]	
LAM2000 [M]	-0.35246214	0.40567828	12	11	4.7%	-0.35 [-1.15, 0.44]	
LAM2003 [M]	-0.1705	0.20286467	48	48	15.6%	-0.17 [-0.57, 0.23]	
SCOTT2001 [A&M]]	-0.47824184	0.30724731	21	21	7.8%	-0.48 [-1.08, 0.12]	
ZARETSKY2008 [M]	-0.582974	0.312674	26		7.5%		-
Subtotal (95% CI)			158	147	53.2%	-0.31 [-0.53, -0.08]	•
Heterogeneity: Tau² = 0.00	; $Chi^2 = 2.97$, $df = 5$ ($P = 0.7$	70); I²= 0%					
Test for overall effect: Z = 2	1.69 (P = 0.007)						
Total (95% CI)			349	334	100.0%	-0.23 [-0.41, -0.05]	◆
Heterogeneity: Tau ² = 0.01	$Chi^2 = 8.55, df = 7 (P = 0.3)$	29); I² = 18%					
Test for overall effect: Z = 2	.55 (P = 0.01)						-4 -2 0 2 4 Favours experimental Favours control
Test for subgroup difference	ces: Chi² = 0.24, df = 1 (P =	0.62), $I^2 = 09$	6				ravours experimental Favours control

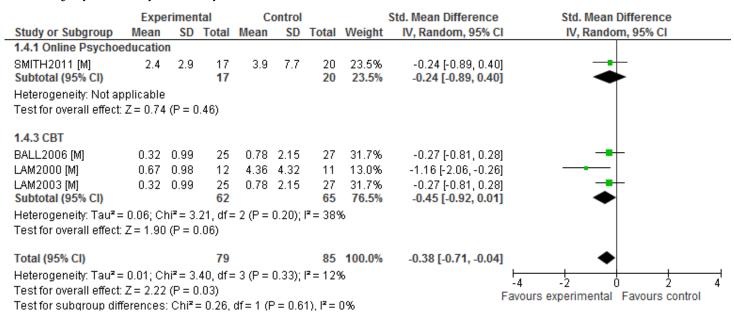
Depression symptoms at follow-up

			Experimental	Control		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Random, 95% C	I IV, Random, 95% CI
1.2.1 Online Psychoeducati	ion						
PROUDFOOT2012 [Ad&M]	-0.03	0.12244898	139	134	36.3%	-0.03 [-0.27, 0.21	†
SMITH2011 [M]	-0.78	0.28571429	26	27	12.6%	-0.78 [-1.34, -0.22]
Subtotal (95% CI)			165	161	49.0%	-0.36 [-1.09, 0.37]	ı
Heterogeneity: Tau² = 0.23; ($Chi^2 = 5.82$, $df = 1$ (P = 0.1	02); I² = 83%					
Test for overall effect: Z = 0.9	37 (P = 0.33)						
1.2.2 CBT							
BALL2006 [M]	-0.30706504	0.27524852	25	27	13.4%	-0.31 [-0.85, 0.23] +
JONES2013 [M]	-0.02	0.33418367	22	15	9.8%	-0.02 [-0.67, 0.63	1
LAM2000 [M]	-0.45646772	0.40792628	12	11	6.9%	-0.46 [-1.26, 0.34	i
LAM2003 [M]	-0.12857055	0.20270363	48	48	21.0%	-0.13 [-0.53, 0.27] +
Subtotal (95% CI)			107	101	51.0%	-0.19 [-0.46, 0.08] ◆
Heterogeneity: Tau² = 0.00; ($Chi^2 = 0.96$, $df = 3$ (P = 0.3	31); I² = 0%					
Test for overall effect: Z = 1.3	39 (P = 0.16)						
Total (95% CI)			272	262	100.0%	-0.21 [-0.43, 0.01]	1 ♦
Heterogeneity: Tau ² = 0.02; ($Chi^2 = 6.85$, $df = 5$ (P = 0.3	23); I² = 27%					1, t t
Test for overall effect: $Z = 1.8$							-4 -2 U 2 4 Favours experimental Favours control
Test for subgroup difference	es: Chi² = 0.18, df = 1 (P =	0.67), $I^2 = 09$	6				ravours experimental Favours control

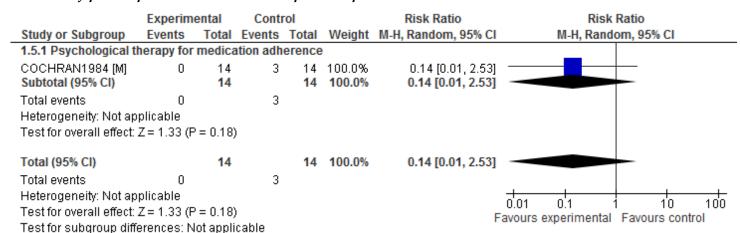
Manic symptoms at post-treatment

Study or Subgroup	Std. Mean Difference	SE	Experimental Total		Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
1.3.1 CBT	Std. Illedii Dillerellee	JL	1014	Total	Weight	iv, italiaom, 55% ci	TV, Randoni, 33 / Ci
BALL2006 [M]	-0.02	0.27551	25	27	30.8%	-0.02 [-0.56, 0.52]	<u>+</u>
LAM2000 [M]	-0.32	0.420918	12	11	13.2%	-0.32 [-1.14, 0.50]	
LAM2003 [M]	0	0.204082	48	48	56.1%	0.00 [-0.40, 0.40]	•
Subtotal (95% CI)			85	86	100.0%	-0.05 [-0.35, 0.25]	•
Heterogeneity: Tau ² =	= 0.00; Chi ² = 0.48, df = 2	(P = 0.79);	I² = 0%				
Test for overall effect:	Z = 0.32 (P = 0.75)						
Total (95% CI)			85	86	100.0%	-0.05 [-0.35, 0.25]	•
Heterogeneity: Tau ² =	= 0.00; Chi ² = 0.48, df = 2	(P = 0.79);	I² = 0%				
Test for overall effect: Test for subgroup dif	: Z = 0.32 (P = 0.75) ferences: Not applicable					F	Favours experimental Favours control

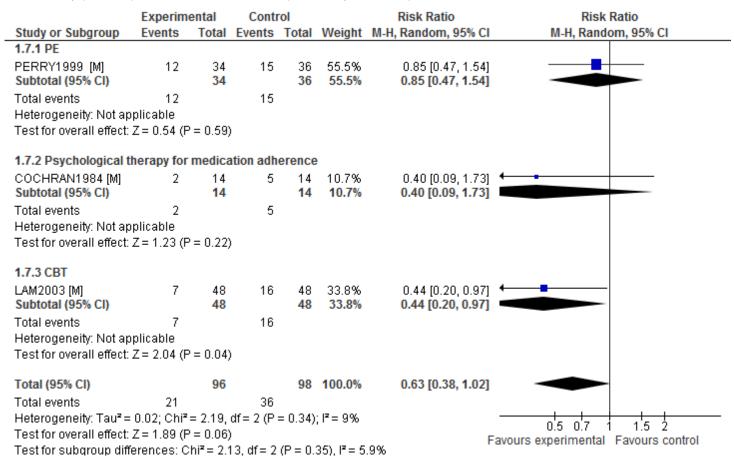
Manic symptoms at follow-up



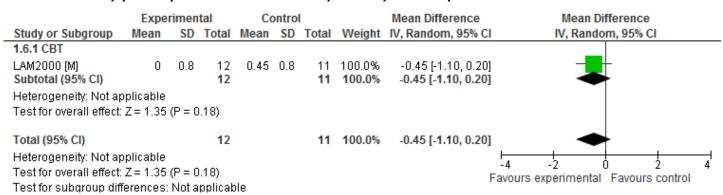
Number of participants admitted to hospital at post-treatment



Number of participants admitted to hospital at follow-up



Mean number of participants admitted to hospital at follow-up



Number of participants who relapsed (any type) at post-treatment

	Experime	ental	Contr	ol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
1.8.1 PE							
PERRY1999 [M] Subtotal (95% CI)	13	34 34	20	36 36	40.0% 40.0 %	0.69 [0.41, 1.15] 0.69 [0.41, 1.15]	•
Total events	13		20				
Heterogeneity: Not app	olicable						
Test for overall effect: 2	Z=1.41 (P	= 0.16)					
1.8.2 Psychological th	erapy for i	nedica	tion adhe	erence			
COCHRAN1984 [M]	2	14	5	14	5.0%	0.40 [0.09, 1.73]	
Subtotal (95% CI)	2	14	3	14	5.0%	0.40 [0.09, 1.73]	
Total events	2		5				
Heterogeneity: Not app	olicable						
Test for overall effect: 2	Z=1.23 (P	= 0.22)					
1.8.3 CBT							
BALL2006 [M]	5	25	9	27	11.9%	0.60 [0.23, 1.55]	
LAM2003 [M]	13	51	22	52	33.4%	0.60 [0.34, 1.06]	
SCOTT2001 [A&M]]	1	18	2	15	2.0%	0.42 [0.04, 4.16]	
ZARETSKY2008 [M]	6	40	4	39	7.6%	1.46 [0.45, 4.79]	
Subtotal (95% CI)		134		133	55.0%	0.67 [0.43, 1.04]	•
Total events	25		37				
Heterogeneity: Tau² = I	0.00; Chi ² =	: 2.02, 0	f=3(P=	0.57);	$I^2 = 0\%$		
Test for overall effect: 2	Z=1.77 (P	= 0.08)					
Total (95% CI)		182		183	100.0%	0.66 [0.48, 0.92]	•
Total events	40		62			_	
Heterogeneity: Tau ² = 1	0.00; Chi²=	: 2.50. d	f= 5 (P=	= 0.78):	$I^2 = 0\%$		
Test for overall effect: 2			•	71		-	0.05 0.2 1 5 20
Test for subgroup diffe	•		8. df = 2	(P = 0.7)	79), I² = 0°	%	avours experimental Favours control

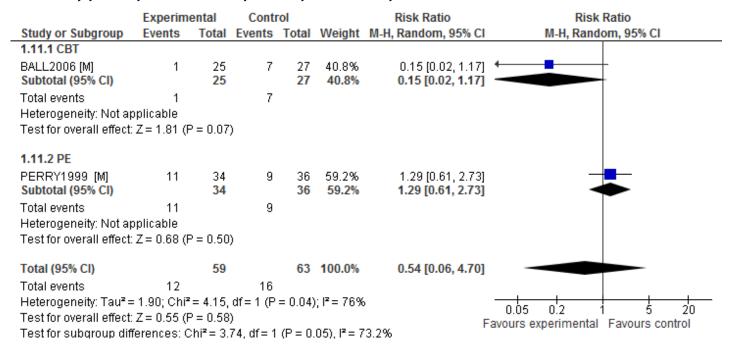
Number of participants who relapsed (any type) at follow-up

	Experim	ental	Conti	rol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
1.10.1 PE							
JAVADPOUR2013 [M]	2	45	6	41	1.1%	0.30 [0.06, 1.42]	
LOBBAN2010 [M]	26	56	24	40	18.4%	0.77 [0.53, 1.13]	
PERRY1999 [M]	22	34	27	36	27.1%	0.86 [0.63, 1.18]	
Subtotal (95% CI)		135		117	46.6%	0.81 [0.64, 1.02]	•
Total events	50		57				
Heterogeneity: Tau ² = 0).00; Chi²=	1.96, df	= 2 (P =	0.37); F	²= 0%		
Test for overall effect: Z	= 1.78 (P =	= 0.08)					
1.10.3 Psychological ti	herapy for	medica	tion adhe	erence			
COCHRAN1984 [M]	8	14	11	14	9.4%	0.73 [0.43, 1.24]	
Subtotal (95% CI)		14		14	9.4%	0.73 [0.43, 1.24]	
Total events	8		11				
Heterogeneity: Not app	licable						
Test for overall effect: Z	= 1.18 (P =	0.24)					
1.10.4 CBT							
BALL2006 [M]	13	25	16	27	11.0%	0.88 [0.54, 1.43]	
JONES2013 [M]	12	29	20	29	10.6%	0.60 [0.36, 0.99]	
LAM2003 [M]	21	48	36	48	20.3%	0.58 [0.41, 0.84]	
ZARETSKY2008 [M]	6	26	4	20	2.1%	1.15 [0.38, 3.55]	
Subtotal (95% CI)		128		124	44.0%	0.67 [0.53, 0.86]	•
Total events	52		76				
Heterogeneity: Tau ² = 0).00; Chi ^z =	2.84, df	= 3 (P =	0.42); ř	= 0%		
Test for overall effect: Z	= 3.19 (P =	= 0.001)	-				
Total (95% CI)		277		255	100.0%	0.74 [0.63, 0.87]	•
Total events	110		144				
Heterogeneity: Tau ² = 0).00; Chi ^z =	5.78, df	= 7 (P =	0.57); ř	²= 0%		
Test for overall effect: Z	•			- '		-	0.5 0.7 1 1.5 2
Test for subgroup differ	•		•	P = 0.58	3), $I^2 = 0\%$,	avours experimental Favours control

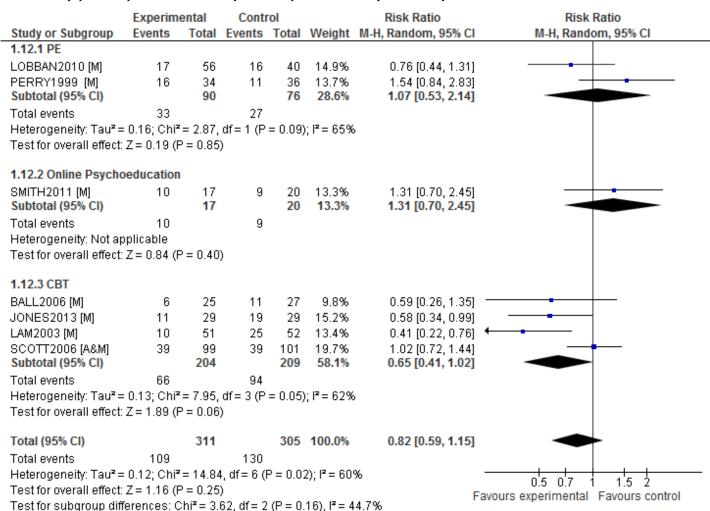
Mean number of participants who relapsed (any type) at follow-up

	Expe	rimen	tal	Co	ontro	ı		Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% C	I IV, Random, 95% CI
1.9.1 CBT									
LAM2000 [M]	0.42	0.9	12	2	1.8	11	100.0%	-1.58 [-2.76, -0.40	ı —
Subtotal (95% CI)			12			11	100.0%	-1.58 [-2.76, -0.40	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 2.63	(P = 0)	.009)						
Total (95% CI)			12			11	100.0%	-1.58 [-2.76, -0.40	
Heterogeneity: Not ap	plicable								
Test for overall effect:	Z = 2.63	(P = 0)	.009)						Favours experimental Favours control
Test for subgroup diff	erences:	Not a	pplicab	le					1 avours experimental 1 avours control

Number of participants who relapsed (depression) at post-treatment



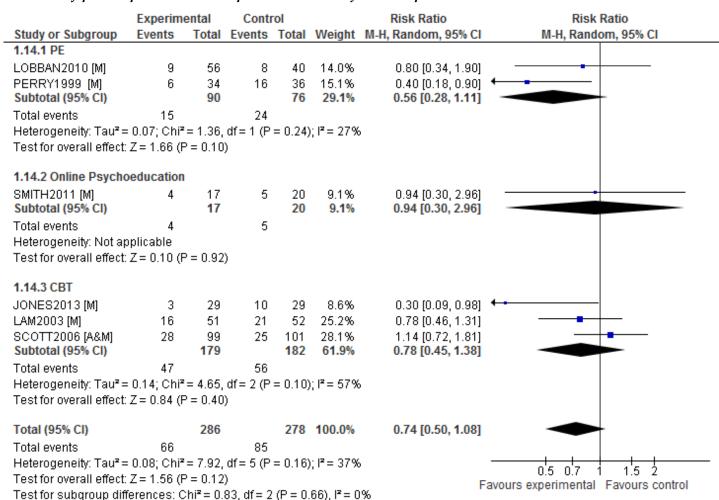
Number of participants who relapsed (depression) at follow-up



Number of participants who relapsed (mania) at post-treatment

	Experim	ental	Conti	rol		Risk Ratio	Risk Ratio)
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 9	95% CI
1.13.1 PE								
PERRY1999 [M]	2	34	11	36	100.0%	0.19 [0.05, 0.81]		
Subtotal (95% CI)		34		36	100.0%	0.19 [0.05, 0.81]		
Total events	2		11					
Heterogeneity: Not ap	oplicable							
Test for overall effect	Z = 2.26 (F	P = 0.02)					
Total (95% CI)		34		36	100.0%	0.19 [0.05, 0.81]		
Total events	2		11					
Heterogeneity: Not ap	oplicable							
Test for overall effect	Z = 2.26 (F	P = 0.02)				0.05 0.2 1 Favours experimental Fav	5 20
Test for subgroup dif	ferences: N	lot appl	icable			Г	-avours experimental Fav	ours control

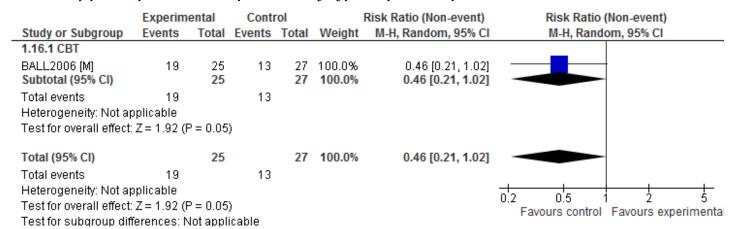
Number of participants who relapsed (mania) at follow-up



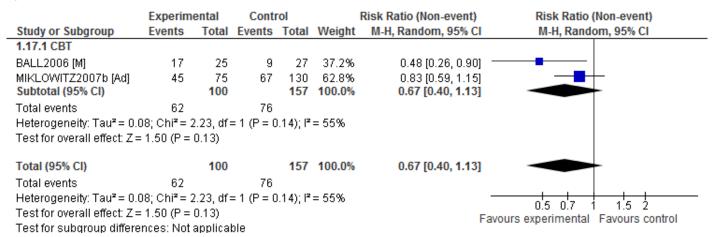
Number of participants who responded (any type) at post-treatment

	Experim	ental	Contr	rol		Risk Ratio (Non-event)	Risk Ratio (Non-event)
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
1.15.1 CBT							
SCOTT2001 [A&M]]	7	18	2	15	100.0%	0.71 [0.46, 1.07]	
Subtotal (95% CI)		18		15	100.0%	0.71 [0.46, 1.07]	
Total events	7		2				
Heterogeneity: Not ap	pplicable						
Test for overall effect	Z = 1.64 (F	o = 0.10)				
Total (95% CI)		18		15	100.0%	0.71 [0.46, 1.07]	-
Total events	7		2				
Heterogeneity: Not ap	pplicable						05 07 1 15 2
Test for overall effect	Z = 1.64 (F	o = 0.10)				0.5 0.7 1 1.5 2 Favours experimental Favours control
Test for subgroup dif	ferences: N	lot appl	icable			Г	avours experimental Favours control

Number of participants who responded (any type) at follow-up



Number of participants who responded (50% reduction in depressive symptoms) at follow-up



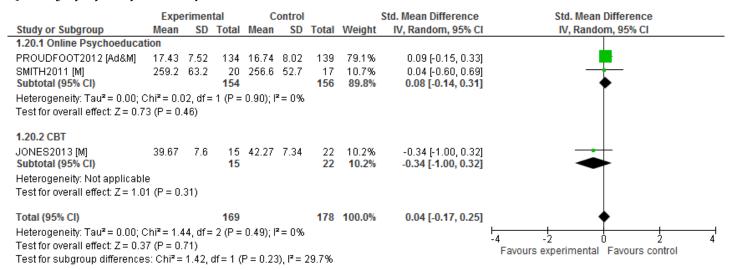
$Number\ of\ participants\ who\ responded\ (50\%\ reduction\ in\ manic\ symptoms)\ at\ follow-up$

	Experim	ental	Conti	rol		Risk Ratio (Non-event)	Risk Ratio (Non-event)
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
1.18.1 CBT							_
BALL2006 [M]	17	25	12	27	100.0%	0.58 [0.30, 1.12]	
Subtotal (95% CI)		25		27	100.0%	0.58 [0.30, 1.12]	
Total events	17		12				
Heterogeneity: Not ap	pplicable						
Test for overall effect	: Z = 1.63 (I	P = 0.10)				
Total (95% CI)		25		27	100.0%	0.58 [0.30, 1.12]	
Total events	17		12				
Heterogeneity: Not ap	pplicable					-	05 07 1 15 2
Test for overall effect:	Z = 1.63 (i	P = 0.10)				Favours control Favours experimental
Test for subgroup dif	ferences: N	Jot anni	icable				Tavours control Tavours experimenta

Quality of life at post-treatment

	Evne	erimenta	al	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean		Total	Mean	SD	Total	Weight		
1.19.1 Psychoeducation			rotui			rotui	· · · · · · ·	17,1141140111,0077	
DOGAN2003 [M] Subtotal (95% CI)	75.4	18.6	12 12	89.98	11.48	14 14	19.3% 19.3%		_
Heterogeneity: Not applicable	е								
Test for overall effect: $Z = 2.23$	3 (P = 0.0	13)							
1.19.2 Online Psychoeducat	ion								
PROUDFOOT2012 [Ad&M]	17.03	8.22	134	16.12	8.37	139	29.6%	0.11 [-0.13, 0.35	ı -
TODD 2012 [A&M]	197.72	43.96	53	233.82	39.69	52	27.2%		· I
Subtotal (95% CI)			187			191	56.8%	-0.36 [-1.30, 0.59]	*
Heterogeneity: Tau ² = 0.44; C Test for overall effect: Z = 0.74			1 (P < 0).0001); I	²= 94%				
1.19.3 CBT									
JONES2013 [M]	38.14	14.27	21	42.3	9.03	26	23.8%	-0.35 [-0.93, 0.23]	ı
Subtotal (95% CI)			21			26	23.8%	-0.35 [-0.93, 0.23]	· •
Heterogeneity: Not applicable Test for overall effect: Z = 1.19		(4)							
Total (95% CI)			220			231	100.0%	-0.46 [-1.05, 0.12]	•
Heterogeneity: Tau² = 0.29; C	$hi^2 = 20.1$	14. df=	3 (P = 0	1.0002): F	²= 85%				
Test for overall effect: Z = 1.5			- (-		30.0				-4 -2 0 2 4
Test for subgroup differences	•		= 2 (P =	0.50), 12	= 0%				Favours experimental Favours control

Quality of life at follow-up



Psychosocial functioning (Global Assessment of Functioning scale; GAF) at post-treatment

	Expe	erimen	tal	С	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% (IV, Random, 95% CI
1.21.1 CBT									
BALL2006 [M]	75.67	16.6	27	81.56	9.25	25	55.7%	-0.43 [-0.98, 0.13	2] -■+
SCOTT2001 [A&M]]	77.1	11.9	21	84.5	13.9	21	44.3%	-0.56 [-1.18, 0.00	5j
Subtotal (95% CI)			48			46	100.0%	-0.49 [-0.90, -0.08	•]
Heterogeneity: Tau ² =	= 0.00; C	$hi^2 = 0.$	10, df=	1 (P=	0.75);	$I^2 = 0\%$			
Test for overall effect	Z = 2.32	P = 0	1.02)						
Total (95% CI)			48			46	100.0%	-0.49 [-0.90, -0.08	•
Heterogeneity: Tau ² =	= 0.00; C	$hi^2 = 0.$.10, df=	1 (P=	0.75);	l² = 0%			
Test for overall effect	Z = 2.32	P = 0	0.02)						-4 -2 U 2 4 Favours experimental Favours control
Test for subgroup dif	ferences	: Not a	nnlicat	ole					ravours experimental Favours control

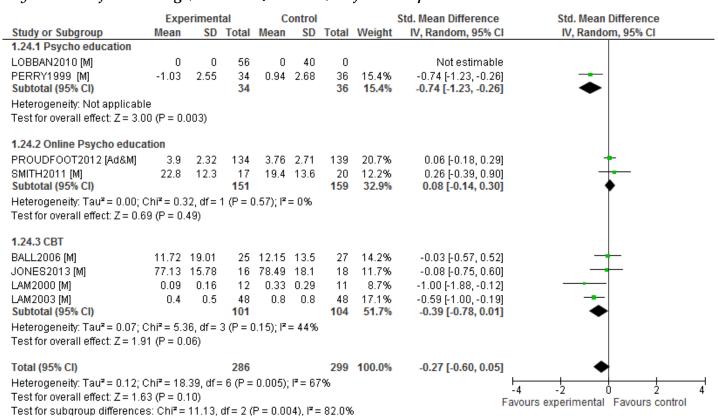
Psychosocial functioning (GAF) at follow-up

	Expe	eriment	tal	C	ontrol			Std. Mean Difference	ce Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95%	CI IV, Random, 95% CI
1.22.1 Online Psycho	o educati	ion							
SMITH2011 [M] Subtotal (95% CI)	65.9	21.8	20 20	70.8	14.8	17 17	41.4% 41.4%	-0.25 [-0.90, 0.4 - 0.25 [-0.90, 0.4	
Heterogeneity: Not ap	pplicable								
Test for overall effect	Z = 0.76	(P = 0.	44)						
1.22.2 CBT									
BALL2006 [M] Subtotal (95% CI)	77.85	15.98	27 27	81.28	11.68	25 25	58.6% 58.6%	-0.24 [-0.79, 0.3 -0.24 [-0.79, 0.3	·
Heterogeneity: Not ap	pplicable								
Test for overall effect	Z= 0.86	(P = 0.	39)						
Total (95% CI)			47			42	100.0%	-0.25 [-0.66, 0.1]	17]
Heterogeneity: Tau ² =	= 0.00; CI	ni = 0.0	0, df=	1 (P = 0)	.98); l ² :	= 0%			· · · · · · · · · · · · · · · · · · ·
Test for overall effect	: Z = 1.15	(P = 0.	25)						Favours experimental Favours control
Test for subgroup dif	ferences	: Chi²=	0.00, d	f=1 (P	= 0.98).	$J^2 = 09$	6		Favours experimental Favours control

Psychosocial functioning (social and/or work) at post-treatment

	Exp	erimen	tal	(Control			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
1.23.1 CBT									
BALL2006 [M]	8.09	11.51	25	15.11	14.56	27	9.3%	-0.52 [-1.08, 0.03]	-
JONES2013 [M]	64.89	24	19	75.73	19.52	22	7.5%	-0.49 [-1.11, 0.13]	
LAM2000 [M]	0.1	0.11	12	0.31	0.27	11	3.8%	-1.00 [-1.88, -0.12]	
SCOTT2001 [A&M]]	11.1	7	21	14.5	8.5	21	7.7%	-0.43 [-1.04, 0.18]	
Subtotal (95% CI)			77			81	28.4%	-0.55 [-0.87, -0.23]	◆
Heterogeneity: Tau ² = 0.00;	$Chi^2 = 1.3$	20, df=	3(P = 0)	0.75); l ^z	= 0%				
Test for overall effect: $Z = 3.3$	39 (P = 0.	.0007)							
1.23.2 Psycho education									
PERRY1999 [M]	-0.23	2.6	34	0.2	2.43	36	12.7%	-0.17 [-0.64, 0.30]	
Subtotal (95% CI)			34			36	12.7%	-0.17 [-0.64, 0.30]	•
Heterogeneity: Not applicab	ile								
Test for overall effect: $Z = 0.7$	71 (P = 0.	.48)							
1.23.3 Online Psycho educ	ation								
PROUDFOOT2012 [Ad&M]	3.63	2.08	134	4	2.48	139	41.0%	-0.16 [-0.40, 0.08]	-
TODD 2012 [A&M]	33.75	7.94	53	38.29	8.95	52	17.9%	-0.53 [-0.92, -0.14]	
Subtotal (95% CI)			187			191	58.9%	-0.31 [-0.67, 0.05]	•
Heterogeneity: Tau ² = 0.04;	$Chi^2 = 2.6$	55, df=	1 (P = 0)	0.11); l ²	= 61%				
Test for overall effect: $Z = 1.7$	71 (P = 0.	.09)	•						
Total (95% CI)			298			308	100.0%	-0.34 [-0.51, -0.17]	•
Heterogeneity: Tau ² = 0.00;	Chi ^z = 6.4	49. df=	6 (P = 0	0.37); I²	= 8%				<u> </u>
Test for overall effect: Z = 3.0				///				,	-4 -2 Ó 2
Test for subgroup difference	•		f = 2 (P	= 0.37	$I^2 = 0.6$	3%		ı	Favours experimental Favours control

Psychosocial functioning (social and/or work) at follow-up



Number of participants discontinuing at post-treatment

	Experim		Contr			Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
1.25.1 CBT							
BALL2006 [M]	4	25	11	27	16.2%	0.39 [0.14, 1.07]	I
JONES2013 [M]	3	33	12	34	13.4%	0.26 [0.08, 0.83]	I
LAM2000 [M]	1	13	1	12	3.6%	0.92 [0.06, 13.18]	I
SCOTT2001 [A&M]]	3	21	6	21	12.4%	0.50 [0.14, 1.74]	I
SCOTT2006 [A&M]	28	127	25	126	29.1%	1.11 [0.69, 1.80]	
Subtotal (95% CI)		219		220	74.7%	0.58 [0.30, 1.13]	•
Total events	39		55				
Heterogeneity: Tau² =				= 0.10)	; I*= 49%		
Test for overall effect:	Z = 1.61 (F	'= 0.11)					
1.25.2 PE							
LOBBAN2010 [M]	6	56	0	40	3.2%	9.35 [0.54, 161.38]	
PERRY1999 [M]	1	34	1	36	3.5%	1.06 [0.07, 16.27]	I
Subtotal (95% CI)		90		76	6.7%	3.04 [0.33, 28.16]	
Total events	7		1				
Heterogeneity: Tau² =	0.56; Chi²	= 1.28, (df= 1 (P :	= 0.26)	; I ^z = 22%	ı	
Test for overall effect:	Z = 0.98 (F	' = 0.33)					
1.25.3 Online Psycho	education						
TODD 2012 [A&M]	9	61	8	61	18.6%	1.13 [0.46, 2.72]	
Subtotal (95% CI)	9	61	٥	61	18.6%	1.13 [0.46, 2.72]	
Total events	9	•	8	•	10.070	1110 [0140, 2112]	$oldsymbol{ au}$
Heterogeneity: Not ap			۰				
Test for overall effect:	•	' = 0.79)					
100110101010101	_ 0.20 (.	J., J,					
1.25.4 Psychological	therapy fo		ation ad	herend	e		
COCHRAN1984 [M]	0	14	0	14		Not estimable	
Subtotal (95% CI)		14		14		Not estimable	
Total events	0		0				
Heterogeneity: Not ap	•						
Test for overall effect:	Not applica	able					
Total (95% CI)		384		371	100.0%	0.74 [0.44, 1.27]	•
Total events	55		64				
Heterogeneity: Tau² =	0.20; Chi²	= 11.29	, df = 7 (F	P = 0.13	3); I² = 38°	%	0.01 0.1 1 10 100
Test for overall effect:	Z = 1.08 (F	' = 0.28)					Favours experimental Favours control
Test for subgroup diff	erences: C	hi² = 2.8	86, df= 2	(P = 0.1)	24), I² = 3	0.1%	avours experimental if avours control

Number of participants discontinuing at follow-up

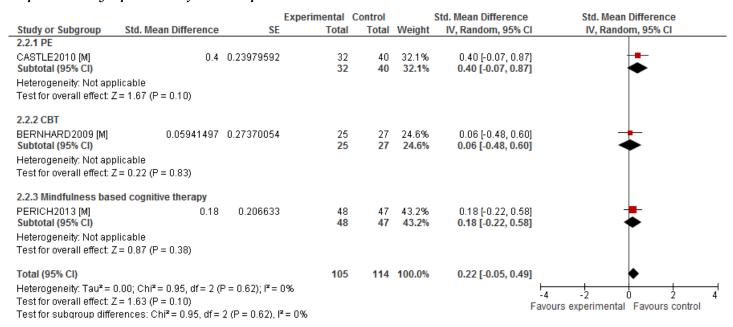
	Experime	ental	Contr	ol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
1.26.1 PE							
JAVADPOUR2013 [M]	9	54	13	54	9.5%	0.69 [0.32, 1.48]	
LOBBAN2010 [M]	6	56	0	40	0.7%	9.35 [0.54, 161.38]	+
PERRY1999 [M]	1	34	1	36	0.8%	1.06 [0.07, 16.27]	
Subtotal (95% CI)		144		130	11.0%	1.26 [0.29, 5.58]	—
Total events	16		14				
Heterogeneity: Tau ² = 0.82; C			P = 0.18	z = 42	2%		
Test for overall effect: Z = 0.3	1 (P = 0.76)					
1.26.2 Online Psychoeducat	tion						
PROUDFOOT2012 [Ad&M]	2	141	5	139	2.1%	0.39 [0.08, 2.00]	
SMITH2011 [M]	7	24	6	26	6.3%	1.26 [0.49, 3.23]	-
Subtotal (95% CI)		165		165	8.4%	0.85 [0.28, 2.56]	•
Total events	9		11				
Heterogeneity: Tau ^z = 0.24; C	Chi ² = 1.54,	df = 1 (P = 0.22	; I ^z = 35	5%		
Test for overall effect: $Z = 0.2$	8 (P = 0.78)					
1.26.3 Psychological therap	y for medi	cation a	adherenc	e			
COCHRAN1984 [M]	0	14	0	14		Not estimable	
Subtotal (95% CI)		14		14		Not estimable	
Total events	0		0				
Heterogeneity: Not applicable	е						
Test for overall effect: Not ap	plicable						
1.26.4 CBT							
BALL2006 [M]	7	25	12	27	9.6%	0.63 [0.30, 1.34]	
JONES2013 [M]	11	33	11	34	11.7%	1.03 [0.52, 2.04]	+
LAM2000 [M]	1	13	1	12	0.8%	0.92 [0.06, 13.18]	
LAM2003 [M]	3	51	4	52	2.7%	0.76 [0.18, 3.25]	
MIKLOWITZ2007b [Ad]	31	75	40	130	36.8%	1.34 [0.93, 1.95]	-
ZARETSKY2008 [M]	14	40	19	39	19.1%	0.72 [0.42, 1.22]	 }
Subtotal (95% CI)		237		294	80.6%	0.98 [0.74, 1.30]	•
Total events	67		87				
Heterogeneity: Tau² = 0.01; C			P = 0.36	; I² = 99	%		
Test for overall effect: Z = 0.1	3 (P = 0.90)					
Total (95% CI)		560		603	100.0%	0.97 [0.77, 1.23]	♦
Total events	92		112				
Heterogeneity: Tau² = 0.00; 0	$2hi^2 = 10.21$	l, df = 1	0 (P = 0.4)	(2); l² =	2%		0.002 0.1 1 10 500
Test for overall effect: $Z = 0.2$	•	•					avours experimental Favours control
Test for subgroup difference:	s: Chi²= 0.	17. df=	2 (P = 0.	92), l²=	: 0%		areare experimental rareare control

1.2 GROUP PSYCHOLOGICAL INTERVENTIONS COMPARED WITH TREATMENT AS USUAL (TAU)

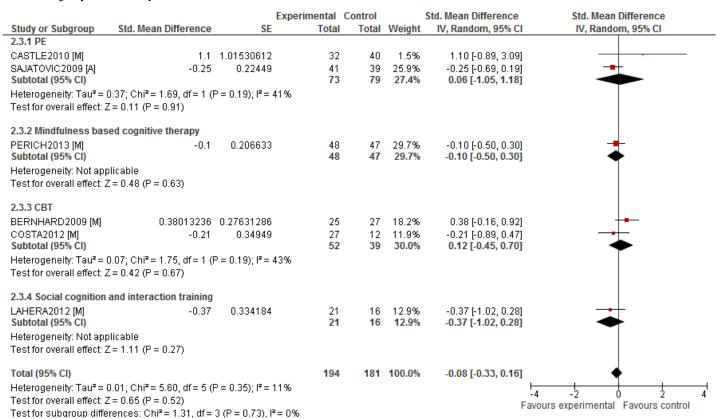
Depression symptoms at post-treatment

Study on Sub-	Ctd Manage Differences		perimental		10/-:	Std. Mean Difference	Std. Mean Difference
Study or Subgroup 2.1.1 PE	Std. Mean Difference	SE	Total	Total	Weight	IV, Random, 95% C	I IV, Random, 95% CI
CASTLE2010 [M]	0.15	0.237245	32	40	14.7%	0.15 [-0.31, 0.61]	ı
SAJATOVIC2009 [A]	0.13	0.22449	41			• •	· I
Subtotal (95% CI)	0.11	0.22110	73				
Heterogeneity: Tau² = 0	0.00; Chi ² = 0.00, df = 1 (P	= 0.98); I ^z = 0%					
Test for overall effect: Z	(= 0.89 (P = 0.37)						
2.1.2 Mindfulness bas	ed cognitive therapy						
PERICH2013 [M]	-0.47	0.209184	48	47	15.4%	-0.47 [-0.88, -0.06]	
WILLIAMS2008 [M]	-0.74	0.558673	7	7	7.8%		
Subtotal (95% CI)			55	54	23.2%	-0.50 [-0.89, -0.12]	◆
Heterogeneity: Tau² = 0 Test for overall effect: Z	0.00; Chi ^z = 0.20, df = 1 (P C= 2.57 (P = 0.01)	= 0.65); I ^z = 0%					
2.1.3 CBT							
BERNHARD2009 [M]	-0.3007697	0.27514274	25	27	13.8%	-0.30 [-0.84, 0.24]	ı -•
COSTA2012 [M]	-0.89	0.362245	27		11.7%		
Subtotal (95% CI)			52	39	25.4%	-0.55 [-1.12, 0.02]	■
Heterogeneity: Tau² = 0 Test for overall effect: Z	0.07; Chi² = 1.68, df = 1 (P (= 1.89 (P = 0.06)	= 0.20); I ^z = 409	%				
2.1.4 Social cognition	and interaction training						
LAHERA2012 [M]	0.92	0.352041	21	16	11.9%	0.92 [0.23, 1.61]	ı ——
Subtotal (95% CI)			21	16	11.9%	0.92 [0.23, 1.61]	
Heterogeneity: Not app Test for overall effect: Z							
2.1.5 Dialectical behav	vior therapy						
DIJK2013 [Ad]	-1.18	0.44898	12	12	9.8%	-1.18 [-2.06, -0.30]	_
Subtotal (95% CI)			12				
Heterogeneity: Not app	licable						
Test for overall effect: Z	(= 2.63 (P = 0.009)						
Total (95% CI)			213	200	100.0%	-0.24 [-0.64, 0.16]	•
Heterogeneity: Tau² = 0	0.23; Chi² = 25.65, df = 7 (F	e = 0.0006); l ² =	73%				
Test for overall effect: Z	(= 1.16 (P = 0.25)						-4 -2 0 2 4 Favours experimental Favours control
Test for subgroup diffe	rences: Chi² = 22.89, df=	4 (P = 0.0001),	l² = 82.5%				around experimental Tayound control

Depression symptoms at follow-up



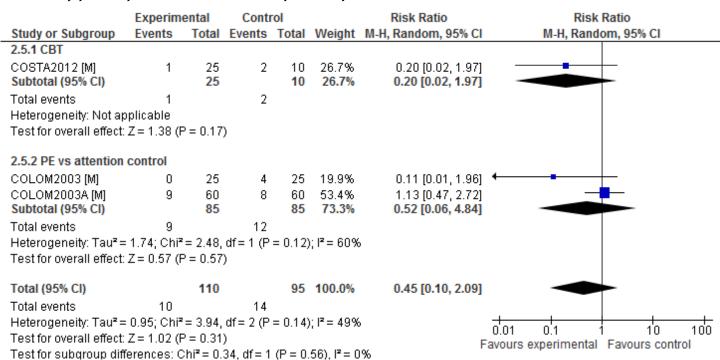
Manic symptoms at post-treatment



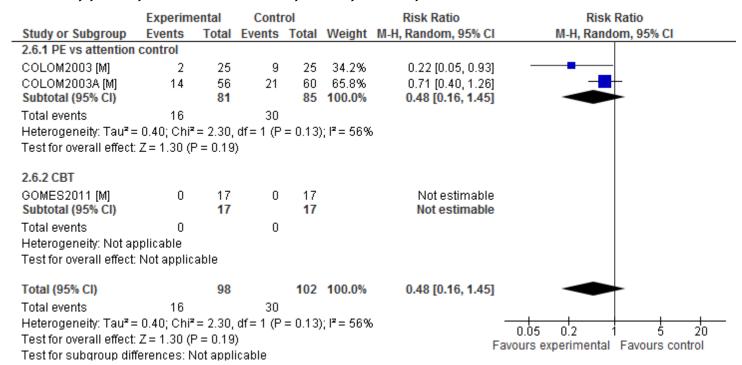
Manic symptoms at follow-up

			Experimental			Std. Mean Difference	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Random, 95% C	I IV, Random, 95% CI
2.4.1 PE							
CASTLE2010 [M]	0.33	0.239796	32	40	31.9%	0.33 [-0.14, 0.80	n + -
Subtotal (95% CI)			32	40	31.9%	0.33 [-0.14, 0.80	ı
Heterogeneity: Not app	licable						
Test for overall effect: Z	(= 1.38 (P = 0.17)						
2.4.2 CBT							
							L
BERNHARD2009 [M]	0.120784	0.27558266	25 25		24.1% 24.1 %		
Subtotal (95% CI)	U I- I -		23	21	24.170	0.12 [-0.42, 0.66	
Heterogeneity: Not app							
Test for overall effect: Z	.= U.44 (P = U.66)						
2.4.3 Mindfulness base	ed cognitive therapy						
PERICH2013 [M]	0.06	0.204082	48	47	44.0%	0.06 [-0.34, 0.46	n
Subtotal (95% CI)	0.00	0.20.002	48		44.0%		
Heterogeneity: Not app	licable						
Test for overall effect: Z							
	, ,						
Total (95% CI)			105	114	100.0%	0.16 [-0.10, 0.43	i] 🔶
Heterogeneity: Tau ^z = 0	0.00; Chi ² = 0.76 , df = 2 (I	$P = 0.68$); $I^2 = 1$	0%				, , , , , , , , , , , , , , , , , , ,
Test for overall effect: Z	(= 1.19 (P = 0.24)						Favours [experimental] Favours [control]
Test for subgroup differ	rences: Chi²= 0.76, df=	2 (P = 0.68), P	²= 0%				ravours (experimental) Pavours (control)

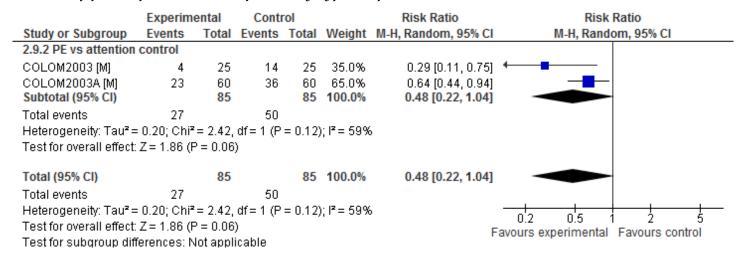
Number of participants admitted to hospital at post-treatment



Number of participants admitted to hospital at follow-up



Number of participants who relapsed (any type) at post-treatment



Number of participants who relapsed (any type) at follow-up

	•		•	U		•	
	Experime	ental	Contr	rol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
2.10.1 PE							
CASTLE2010 [M]	14	42	27	42	16.8%	0.52 [0.32, 0.84]	-
Subtotal (95% CI)		42		42	16.8%	0.52 [0.32, 0.84]	
Total events	14		27				
Heterogeneity: Not ap	•						
Test for overall effect:	Z = 2.66 (F	P = 0.00	8)				
2.10.2 PE vs attention	n control						
COLOM2003 [M]	15	25	23	25	20.5%	0.65 [0.46, 0.92]	
COLOM2003A [M]	40	56	55	60	24.1%	0.78 [0.65, 0.94]	-
Subtotal (95% CI)		81		85	44.5%	0.75 [0.64, 0.88]	◆
Total events	55		78				
Heterogeneity: Tau² =	0.00; Chi²	= 0.83,	df=1 (P	= 0.36)	; I² = 0%		
Test for overall effect:	Z = 3.53 (F	P = 0.00	04)				
2.10.3 CBT							
GOMES2011 [M]	14	23	14	27	16.7%	1.17 [0.72, 1.91]	
Subtotal (95% CI)		23		27	16.7%	1.17 [0.72, 1.91]	
Total events	14		14				
Heterogeneity: Not ap	plicable						
Test for overall effect:	Z = 0.64 (F	P = 0.52)				
2.10.4 Mindfulness ba	ased cogn	itive the	егару				
PERICH2013 [M]	39	48	27	47	21.9%	1.41 [1.07, 1.87]	
Subtotal (95% CI)	-	48		47	21.9%	1.41 [1.07, 1.87]	•
Total events	39		27				
Heterogeneity: Not ap	plicable						
Test for overall effect:	Z = 2.42 (F	P = 0.02)				
Total (95% CI)		194		201	100.0%	0.86 [0.61, 1.20]	•
Total events	122		146			- · ·	
Heterogeneity: Tau ² =		= 21.48	6. df = 4 (1)	P = 0.0I	003); I ² = 3	81%	
TicleTogeneity, rau -					-71		0.5 0.7 1 1.5 2
Test for overall effect:	Z = 0.91 (F	P = 0.36)			-	avours experimental Favours control

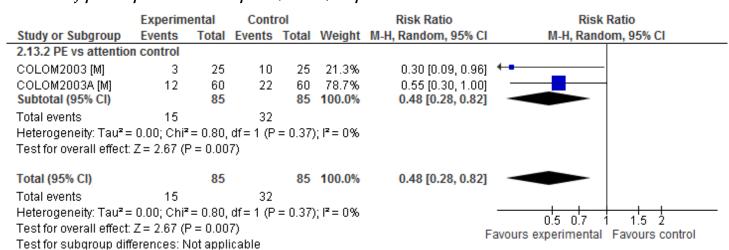
Number of participants who relapsed (depression) at post-treatment

Study or Subgroup	Experime Events		Contr		Weight	Risk Ratio M-H, Random, 95% CI	Risk Ratio M-H, Random, 95% CI
2.11.2 PE vs attention	control					,,	
COLOM2003 [M] COLOM2003A [M] Subtotal (95% CI)	1 8	25 60 85	5 19	25 60 85	11.4% 88.6% 100.0%	0.20 [0.03, 1.59] 0.42 [0.20, 0.89] 0.39 [0.19, 0.78]	
Total events Heterogeneity: Tau² = Test for overall effect:		-	-	= 0.50)	; I²= 0%		
Total (95% CI) Total events Heterogeneity: Tau ² =			,	85 = 0.50)	100.0% ; I² = 0%	0.39 [0.19, 0.78]	0.1 0.2 0.5 1 2 5 10
Test for overall effect: Test for subgroup diff	,		,			F	Favours experimental Favours control

Number of participants who relapsed (depression) at follow-up

	Experim		Contr			Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
2.12.1 PE							
CASTLE2010 [M]	4	32	15	40	9.2%	0.33 [0.12, 0.91]	
Subtotal (95% CI)		32		40	9.2%	0.33 [0.12, 0.91]	
Total events	4		15				
Heterogeneity: Not ap	•						
Test for overall effect:	Z = 2.15 (F	° = 0.03)				
2.12.2 PE vs attentior	n control						
COLOM2003 [M]	6	25	16	25	14.1%	0.38 [0.18, 0.80]	
COLOM2003A [M]	24	56	43	60	32.5%	0.60 [0.42, 0.84]	
Subtotal (95% CI)		81		85	46.6%	0.54 [0.36, 0.79]	•
Total events	30		59				
Heterogeneity: Tau ^z =	0.02; Chi²	= 1.25,	df=1 (P	= 0.26)); I ^z = 20%)	
Test for overall effect:	Z = 3.10 (F	P = 0.00	2)				
2.12.3 Mindfulness ba	ased cogn		erapy				
PERICH2013 [M]	20	34	17	25	29.6%	0.87 [0.59, 1.28]	
Subtotal (95% CI)		34		25	29.6%	0.87 [0.59, 1.28]	•
Γotal events	20		17				
Heterogeneity: Not ap							
Test for overall effect:	Z = 0.73 (F	° = 0.47)				
2.12.4 CBT							
GOMES2011 [M]	7	17	9	19	14.6%	0.87 [0.41, 1.82]	
Subtotal (95% CI)		17		19	14.6%	0.87 [0.41, 1.82]	
Total events	7		9				
Heterogeneity: Not ap	plicable						
Test for overall effect:	Z = 0.37 (F	P = 0.71)				
Total (95% CI)		164		169	100.0%	0.62 [0.45, 0.88]	•
Total events	61		100				
Heterogeneity: Tau²=		= 712		= 0.13	r ² = 44%	1	+ + + + + + + + + + + + + + + + + + + +
				- 0.10,	,, - 	,	0.1 0.2 0.5 1 2 5 1
Test for overall effect:	7 = 2.73 /P	, = U UU	K)			_	avours experimental Favours control

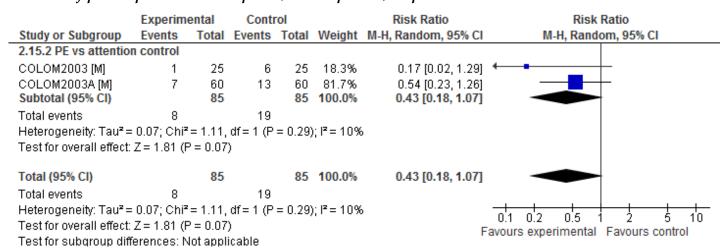
Number of participants who relapsed (mania) at post-treatment



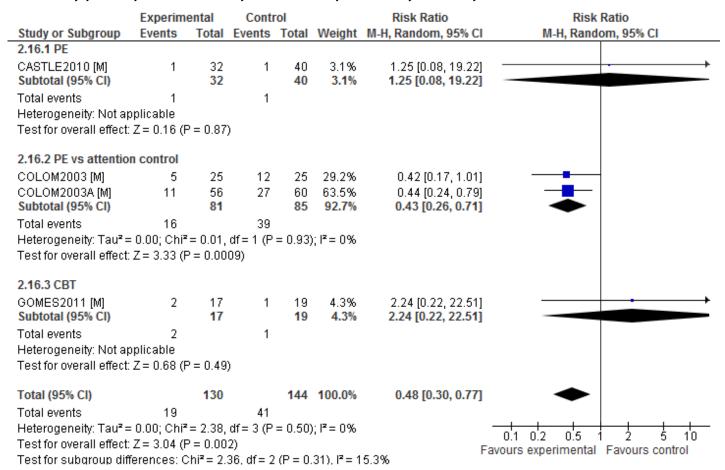
Number of participants who relapsed (mania) at follow-up

	Experim		Contr			Risk Ratio	Risk Ratio
Study or Subgroup 2.14.1 PE	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
CASTLE2010 [M] Subtotal (95% CI)	9	32 32	11	40 40	14.6% 14.6 %	1.02 [0.48, 2.16] 1.02 [0.48, 2.16]	
Total events	9		11				
Heterogeneity: Not ap	•						
Test for overall effect:	Z = 0.06 (F	P = 0.95)				
2.14.2 PE vs attention	n control						
COLOM2003 [M]	14	25	25	25	26.4%	0.57 [0.40, 0.80]	
COLOM2003A [M]	36	56	58	60	30.9%	0.67 [0.54, 0.81]	A 1
Subtotal (95% CI)		81		85	57.3%	0.64 [0.54, 0.76]	◆
Total events	50		83				
Heterogeneity: Tau² =	•			= 0.44	$ ^2 = 0\%$		
Test for overall effect:	Z = 5.05 (F	° < 0.00	001)				
2.14.3 Mindfulness b	ased cogn	itive th	егару				
PERICH2013 [M] Subtotal (95% CI)	19	33 33	10	21 21	20.2% 20.2%	1.21 [0.71, 2.07] 1.21 [0.71, 2.07]	
Total events	19		10				
Heterogeneity: Not ap	plicable						
Test for overall effect:	Z = 0.69 (F	P = 0.49)				
2.14.4 CBT							
GOMES2011 [M] Subtotal (95% CI)	7	17 17	3	19 19	7.9% 7.9%	2.61 [0.80, 8.52] 2.61 [0.80, 8.52]	
Total events	7		3				
Heterogeneity: Not ap	plicable						
Test for overall effect:	Z = 1.59 (F	P = 0.11)				
Total (95% CI)		163		165	100.0%	0.85 [0.58, 1.25]	•
Total events	85		107				
Heterogeneity: Tau² =	0.11; Chi²	= 13.04	4, df = 4 (1)	P = 0.0	1); I²= 69	%	0.1 0.2 0.5 1 2 5 10
Test for overall effect:	•		•			F	Favours experimental Favours control
Test for subgroup diff	erences: C	hi² = 10).75, df=	3 (P = 1	0.01), I²=	72.1%	

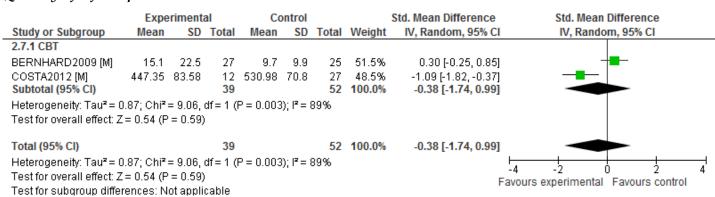
Number of participants who relapsed (mixed episode) at post-treatment



Number of participants who relapsed (mixed episode) at follow-up



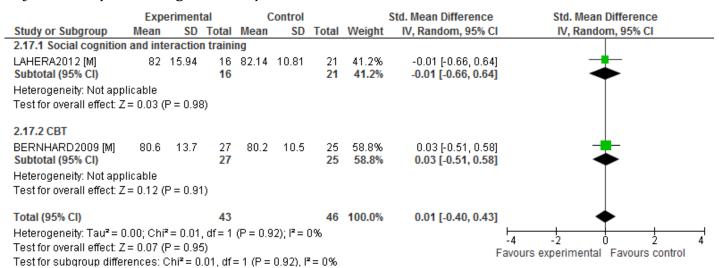
Quality of life at post-treatment



Quality of life at follow-up

	Exper	rimen	tal	Co	ontro	I		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
2.8.1 CBT									
BERNHARD2009 [M] Subtotal (95% CI)	14.7	21	27 27	9.7	9.9	25 25	100.0% 100.0%	0.30 [-0.25, 0.84] 0.30 [-0.25, 0.84]	
Heterogeneity: Not appl Test for overall effect: Z		P = 0.2	29)						
Total (95% CI) Heterogeneity: Not appl Test for overall effect: Z Test for subgroup differ	= 1.06 (F		•	е		25	100.0%	0.30 [-0.25, 0.84] - Fav	4 -2 0 2 4 vours [experimental] Favours [control]

Psychosocial functioning (GAF) at post-treatment



Psychosocial functioning (GAF) at follow-up

	Expe	rimen	tal	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% C	I IV, Random, 95% CI
2.18.1 CBT									
BERNHARD2009 [M] Subtotal (95% CI)	81.9	13.9	27 27	71.5	16.5		100.0% 100.0%	0.67 [0.11, 1.23 0.67 [0.11, 1.23	· · · · · · · · · · · · · · · · · · ·
Heterogeneity: Not appli Test for overall effect: Z=		P = 0.0	12)						
Total (95% CI) Heterogeneity: Not appli Test for overall effect: Z =	= 2.36 (•			25	100.0%	0.67 [0.11, 1.23	-4 -2 0 2 4 Favours [experimental] Favours [control]

Psychosocial functioning (social and/or work) at post-treatment

	Exp	eriment	tal	(Control			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
2.19.1 Social cogniti	on and i	nteracti	on trai	ning					
LAHERA2012 [M] Subtotal (95% CI)	41.71	15.13	21 21	34.38	18.67	16 16	100.0% 100.0%	0.43 [-0.23, 1.09] 0.43 [-0.23, 1.09]	-
Heterogeneity: Not a Test for overall effect			20)						
Total (95% CI)			21			16	100.0%	0.43 [-0.23, 1.09]	•
Heterogeneity: Not a Test for overall effect Test for subgroup dif	Z=1.28	P = 0.3	•	e				F	-4 -2 0 2 4 avours experimental Favours control

Number of participants discontinuing at post-treatment

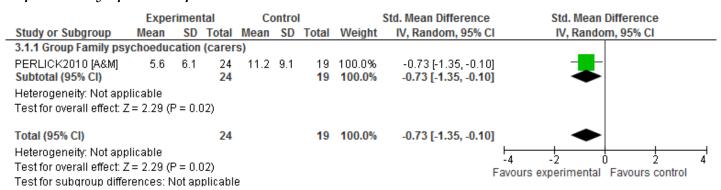
, ,			J	•			
	Experime		Contr			Risk Ratio	Risk Ratio
Study or Subgroup	Events			Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
2.20.1 Mindfulness ba	_						
WILLIAMS2008 [M] Subtotal (95% CI)	4	11 11	1	8 8	3.6% 3.6%	2.91 [0.40, 21.35] 2.91 [0.40, 21.35]	
Total events	4		1				
Heterogeneity: Not app	olicable						
Test for overall effect: 2	Z= 1.05 (P =	0.29)					
2.20.2 CBT	_						
BERNHARD2009 [M]	7	32	9	36	15.4%	0.88 [0.37, 2.08]	
COSTA2012 [M]	0	27	0	12	45.40/	Not estimable	
Subtotal (95% CI)	7	59		48	15.4%	0.88 [0.37, 2.08]	
Total events	7		9				
Heterogeneity: Not app Test for overall effect: 2		0.76)					
	- 0.00 (.	J., J,					
2.20.3 PE	40	40		4.0	0.400	500 11 17 04 10	
CASTLE2010 [M]	10	42	2	42	6.4%	5.00 [1.17, 21.46]	
SAJATOVIC2009 [A] TORRENT2013 [M]	43 20	84 82	41 14	80 80	47.4% 25.1%	1.00 [0.74, 1.35] 1.39 [0.76, 2.56]	
Subtotal (95% CI)	20	208	14	202	78.9%	1.41 [0.75, 2.64]	•
Total events	73		57			[0.11 0, 2.10 1]	
Heterogeneity: Tau² = 1		5.61. df		0.06):1	r= 64%		
Test for overall effect: 2			- (,,			
2.20.4 PE vs attention	control						
COLOM2003A [M]	0	60	0	60		Not estimable	
Subtotal (95% CI)		60		60		Not estimable	
Total events	0		0				
Heterogeneity: Not app							
Test for overall effect: I	Not applicab	le					
2.20.5 Social cognition	n and intera		aining				
LAHERA2012 [M]	0	21	0	16		Not estimable	
Subtotal (95% CI)		21		16		Not estimable	
Total events Heterogeneity: Not app	0 olicable		0				
Test for overall effect: 1		le					
2.20.6 Dialectical beh							
	_	_	4	40	2 4 0/	1 00 (0 07 44 24)	
DIJK2013 [Ad] Subtotal (95% CI)	1	13 13	1	13 13	2.1% 2.1%	1.00 [0.07, 14.34] 1.00 [0.07, 14.34]	
Total events	1		1				
Heterogeneity: Not app							
Test for overall effect: 2	Z= 0.00 (P=	1.00)					
Total (95% CI)		372		347	100.0%	1.23 [0.83, 1.81]	*
Total events	85		68				
Heterogeneity: Tau ² = 1			= 5 (P =	0.24);1	P= 26%		0.1 0.2 0.5 1 2 5 10
Test for overall effect: 2					o. 13	, F	avours experimental Favours control
Test for subgroup diffe	rences: Chi	^= 1.51	, at = 3 (F	- = U.68	8), I*= U9	Ò	

Number of participants discontinuing at follow-up

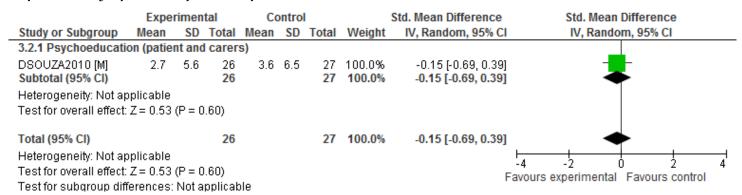
	Experim	ental	Contr	ol		Risk Ratio	Risk Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI		
2.21.1 PE									
CASTLE2010 [M]	10	42	2	42	29.2%	5.00 [1.17, 21.46]			
Subtotal (95% CI)		42		42	29.2%	5.00 [1.17, 21.46]			
Total events	10		2						
Heterogeneity: Not app									
Test for overall effect: Z	(= 2.17 (P :	= 0.03)							
2.21.2 PE vs attention	control								
COLOM2003A [M]	4	60	0	60	13.4%	9.00 [0.50, 163.58]			
Subtotal (95% CI)		60		60	13.4%	9.00 [0.50, 163.58]			
Total events	4		0						
Heterogeneity: Not app	licable								
Test for overall effect: Z	(= 1.48 (P	= 0.14)							
2.21.3 CBT									
BERNHARD2009 [M]	7	32	9	36	39.4%	0.88 [0.37, 2.08]			
GOMES2011 [M]	1	23	2	27	18.0%	0.59 [0.06, 6.06]	•		
Subtotal (95% CI)		55		63	57.4%	0.83 [0.37, 1.88]	-		
Total events	8		11						
Heterogeneity: Tau² = 0	0.00; Chi * =	0.10, d	f=1 (P=	0.75);	l²=0%				
Test for overall effect: Z	(= 0.44 (P :	= 0.66)							
Total (95% CI)		157		165	100.0%	1.85 [0.53, 6.43]			
Total events	22		13						
Heterogeneity: Tau ² = 0			f=3 (P=	0.09);	l²= 55%		0.1 0.2 0.5 1 2 5 10		
Test for overall effect: Z	•	,		_		F.	avours experimental Favours control		
Test for subgroup diffe	rences: Ch	$i^2 = 6.08$	3, df = 2 (P = 0.0	5), I²= 67	.1%			

1.3 FAMILY PSYCHOEDUCATION COMPARED WITH TAU

Depression symptoms at post-treatment



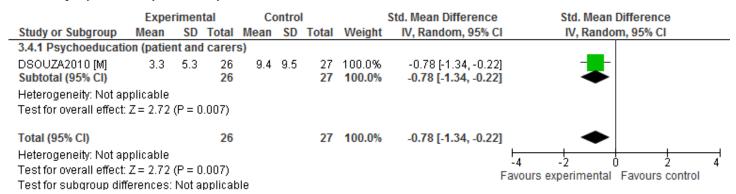
Depression symptoms at follow-up



Manic symptoms at post-treatment

	Expe	rimen	tal	Co	ntro	I		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% C	I IV, Random, 95% CI
3.3.1 Group Family psy	choeduc	cation	(carer	s)					
PERLICK2010 [A&M] Subtotal (95% CI)	1.6	2.4	24 24	5.8	9	19 19	100.0% 100.0%	-0.66 [-1.28, -0.04 - 0.66 [-1.28, -0.04]	· · · · · · · · · · · · · · · · · · ·
Heterogeneity: Not app Test for overall effect: Z		P = 0.0	04)						
Total (95% CI)			24			19	100.0%	-0.66 [-1.28, -0.04	ı, ◆
Heterogeneity: Not appl Test for overall effect: Z Test for subgroup differ	= 2.09 (F		•	e					-4 -2 0 2 Favours experimental Favours control

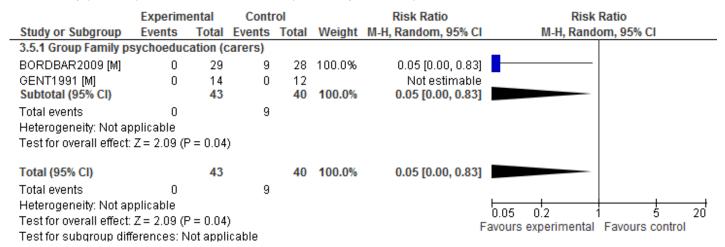
Manic symptoms at follow-up



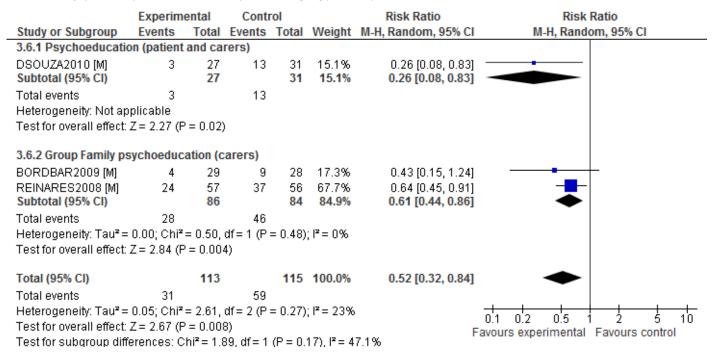
Number of participants admitted to hospital at post-treatment

	Experimental		Control		Risk Ratio		Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
3.18.1 Group Family	psychoedu	cation	(carers)				
GENT1991 [M] Subtotal (95% CI)	0	14 14	0	12 12		Not estimable Not estimable	
Total events Heterogeneity: Not a Test for overall effect		able	0				
Total (95% CI)		14		12		Not estimable	
Total events Heterogeneity: Not ap Test for overall effect Test for subgroup dif	: Not applic		0 icable			F	0.5 0.7 1 1.5 2 avours experimental Favours control

Number of participants admitted to hospital at follow-up



Number of participants who relapsed (any type) at post-treatment



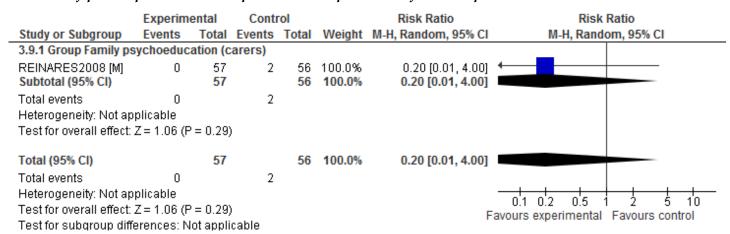
Number of participants who relapsed (depression) at follow-up

	Experim	ental	Conti	rol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
3.7.1 Group Family ps	ychoeduc	ation (c	arers)				
REINARES2008 [M] Subtotal (95% CI)	17	57 57	23	56 56	100.0% 100.0%	0.73 [0.44, 1.21] 0.73 [0.44, 1.21]	
Total events Heterogeneity: Not ap Test for overall effect:	•	° = 0.22)	23				
Total (95% CI)		57		56	100.0%	0.73 [0.44, 1.21]	
Total events Heterogeneity: Not ap Test for overall effect: Test for subgroup diffe	Z= 1.24 (P					- Fav	0.5 0.7 1 1.5 2 rours [experimental] Favours [control]

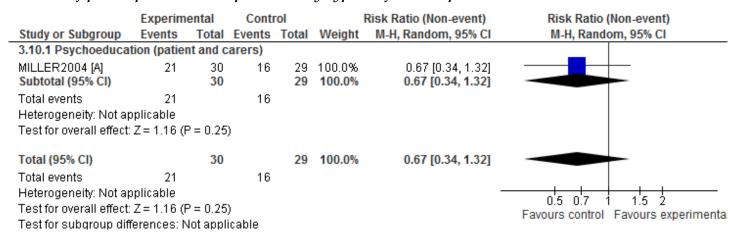
Number of participants who relapsed (mania) at follow-up

	Experimental		Conti	rol		Risk Ratio	Risk Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% C	I M-H, Fixed, 95% CI			
3.8.1 Group Family ps	ychoeduc	ation (c	arers)							
REINARES2008 [M] Subtotal (95% CI)	10	57 57	21	56 56	100.0% 100.0%	0.47 [0.24, 0.90 0.47 [0.24, 0.90	·			
Total events	10		21							
Heterogeneity: Not ap	plicable									
Test for overall effect:	Z = 2.27 (P	= 0.02)	ı							
Total (95% CI)		57		56	100.0%	0.47 [0.24, 0.90	•			
Total events	10		21							
Heterogeneity: Not ap	plicable						0.01 0.1 1 10 100			
Test for overall effect:	Z = 2.27 (P	' = 0.02)		Favours experimental Favours control						
Test for subgroup diffe	erences: N		i avours experimentar i ravours control							

Number of participants who relapsed (mixed episode) at follow-up



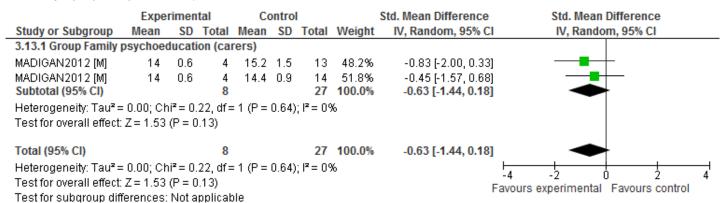
Number of participants who responded (any type) at follow-up



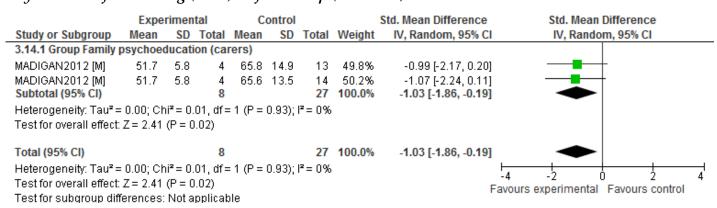
Number of participants who responded (50% reduction in manic symptoms) at follow-up

	Experim	ental	Conti	rol		Risk Ratio (Non-event)	Risk Ratio (Non-event)			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI			
3.11.1 Psychoeduc	ation (patier	nt and c	arers)							
MILLER2004 [A] Subtotal (95% CI)	17	30 30	13	29 29	100.0% 100.0 %	0.79 [0.46, 1.33] 0.79 [0.46, 1.33]				
Total events Heterogeneity: Not Test for overall effe		P = 0.37	13							
Total (95% CI)		30		29	100.0%	0.79 [0.46, 1.33]				
Total events Heterogeneity: Not Test for overall effer Test for subgroup o	ot: Z = 0.90 (F		•			-	0.5 0.7 1 1.5 2 Favours control Favours experimental			

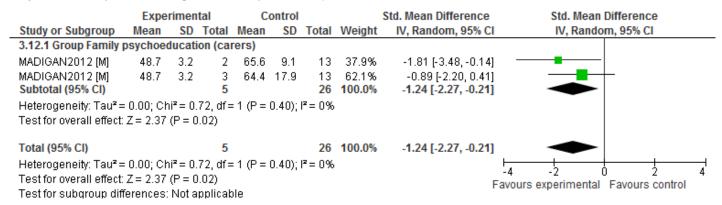
Quality of life at follow-up



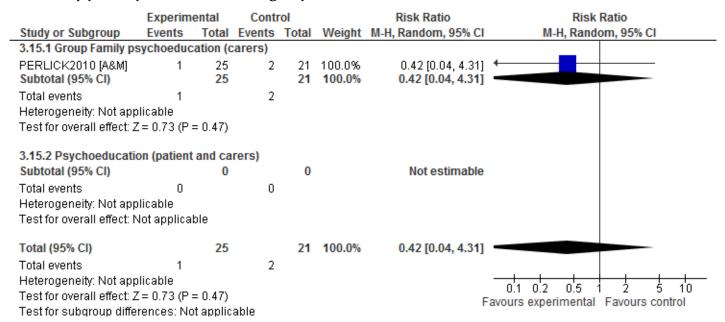
Psychosocial functioning (GAF) at follow-up (57 weeks)



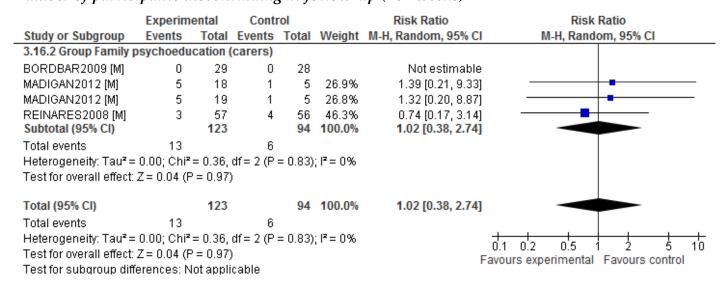
Psychosocial functioning (GAF) at follow-up (109 weeks)



Number of participants discontinuing at post-treatment



Number of participants discontinuing at follow-up (~52 weeks)



Number of participants discontinuing at follow-up (~104 weeks)

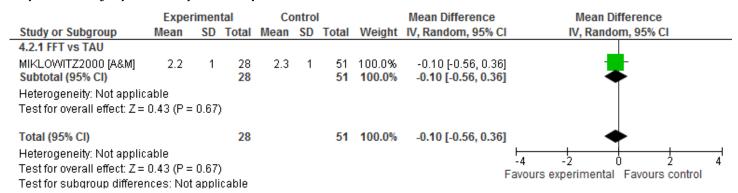
	Experim	ental	Conti	rol		Risk Ratio	Risk Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI			
3.17.1 Psychoeducat	tion (patier	nt and c	arers)							
MILLER2004 [A]	0	30	0	15		Not estimable				
Subtotal (95% CI)		30		15		Not estimable				
Total events	0		0							
Heterogeneity: Not ap	plicable									
Test for overall effect:	Not applic	able								
3.17.2 Group Family	psychoedu	cation	(carers)							
MADIGAN2012 [M]	5	18	3	5	59.8%	0.46 [0.16, 1.30]				
MADIGAN2012 [M]	6	19	2	5	40.2%	0.79 [0.22, 2.79]				
Subtotal (95% CI)		37		10	100.0%	0.57 [0.26, 1.28]				
Total events	11		5							
Heterogeneity: Tau² =	: 0.00; Chi²	= 0.42,	df = 1 (P	= 0.52)	; I² = 0%					
Test for overall effect:	Z = 1.36 (F	P = 0.17)							
Total (95% CI)		67		25	100.0%	0.57 [0.26, 1.28]	-			
Total events	11		5							
Heterogeneity: Tau² =	: 0.00; Chi²	= 0.42,	df = 1 (P		0.1 0.2 0.5 1 2 5 10					
Test for overall effect:	Z = 1.36 (F	P = 0.17)			E	avours experimental Favours control			
Test for subgroup diff	Test for subgroup differences: Not applicable									

1.4 FAMILY PSYCHOEDUCATION COMPARED WITH AN ACTIVE CONTROL

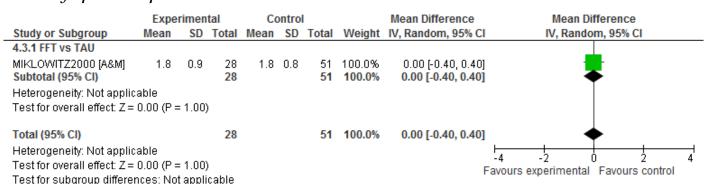
Depression symptoms at post-treatment

	Exper	Control			Mean Difference			Mean Difference					
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% C	1	IV, Randor	n, 95% CI		
4.1.1 FFT vs TAU										[
MIKLOVVITZ2000 [A&M]	2	0.8	28	2.4	1	51	100.0%	-0.40 [-0.80, 0.00]	-			
Subtotal (95% CI)			28			51	100.0%	-0.40 [-0.80, 0.00]	•			
Heterogeneity: Not applic	able												
Test for overall effect: Z=	1.94 (P =	0.05)										
Total (95% CI)			28			51	100.0%	-0.40 [-0.80, 0.00]	•			
Heterogeneity: Not applic	able								-4	- 			7
Test for overall effect: Z = 1.94 (P = 0.05))						7	experimental	Favours (control	4
Test for subgroup differences: Not applicable									i avours	охрониненца	i avouis (Jona OI	

Depression symptoms at follow-up



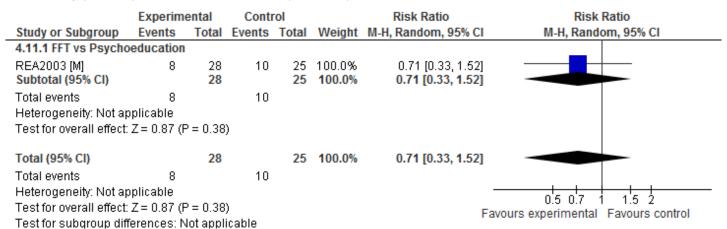
Manic symptoms at post-treatment



Manic symptoms at follow-up

	Expe	Experimental			Control			Mean Difference	Me	Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	ean SD) Total	Weight	IV, Random, 95% C	IV, R	andom, 9	5% CI	
4.4.1 FFT vs TAU												
MIKLOWITZ2000 [A&M]	1.8	0.7	28	2.1	1	51	100.0%	-0.30 [-0.68, 0.08	3]			
Subtotal (95% CI)			28			51	100.0%	-0.30 [-0.68, 0.08	3]	•		
Heterogeneity: Not applic	cable											
Test for overall effect: Z=	: 1.56 (P =	0.12))									
Total (95% CI)			28			51	100.0%	-0.30 [-0.68, 0.08	3]	•		
Heterogeneity: Not applic	cable								1			
Test for overall effect: Z = 1.56 (P = 0.12))						-4 -2	U Intol Fou	Z ouro control	4
Test for subgroup differences: Not applicable									Favours experime	miai Fav	ours contro	I

Number of participants admitted to hospital at post-treatment



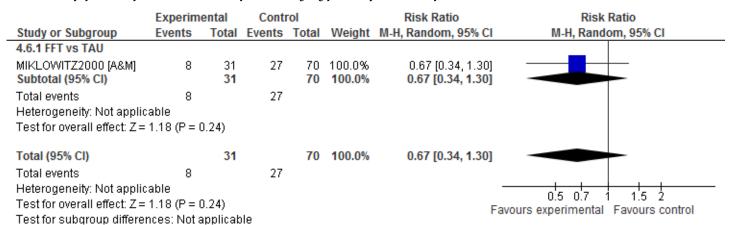
Number of participants admitted to hospital at follow-up

	Experimental Control		rol		Risk Ratio	Risk Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
4.12.1 FFT vs Psycho	education						
REA2003 [M] Subtotal (95% CI)	3	21 21	10	17 17	100.0% 100.0%	0.24 [0.08, 0.74] 0.24 [0.08, 0.74]	
Total events Heterogeneity: Not ap Test for overall effect:	•	P = 0.01	10				
Total (95% CI)		21		17	100.0%	0.24 [0.08, 0.74]	
Total events Heterogeneity: Not ap Test for overall effect: Test for subgroup diff	Z = 2.48 (F		•			F	0.1 0.2 0.5 1 2 5 10 avours experimental Favours control

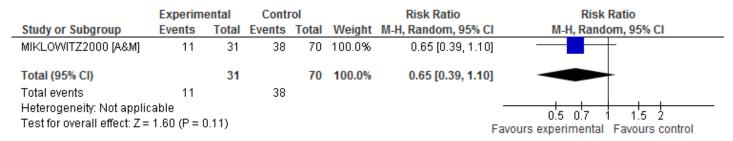
Number of participants who relapsed (any type) at post-treatment

	Experimental		Control		Risk Ratio		Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
4.5.1 FFT vs Psychoe	education						
REA2003 [M] Subtotal (95% CI)	13	28 28	13	25 25	100.0% 100.0%	0.89 [0.52, 1.54] 0.89 [0.52, 1.54]	
Total events	13		13				
Heterogeneity: Not ap	pplicable						
Test for overall effect	Z = 0.41 (F	P = 0.69)				
Total (95% CI)		28		25	100.0%	0.89 [0.52, 1.54]	
Total events	13		13				
Heterogeneity: Not a	pplicable						05 07 1 15 2
Test for overall effect	Z = 0.41 (F	P = 0.69)			F	avours experimental Favours control
Test for subgroup dif	ferences: N	lage to	icable				avours experimental Tavours control

Number of participants who relapsed (any type) at follow-up (~52 weeks)



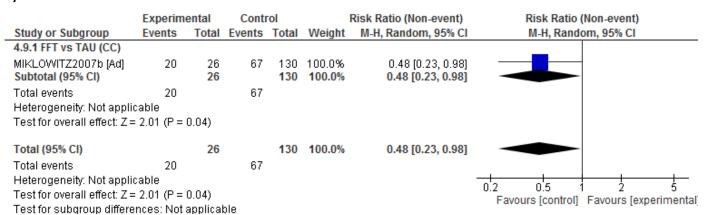
Number of participants who relapsed (any type) at follow-up (~104 weeks)



Number of participants who responded (any type) at follow-up

	Experim	ental	Conti	rol		Risk Ratio (Non-event)	Risk Ratio (Non-event)
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
4.8.1 FFT vs TAU							
MILLER2004 [A]	16	33	16	29	100.0%	1.15 [0.68, 1.94]	
Subtotal (95% CI)		33		29	100.0%	1.15 [0.68, 1.94]	
Total events	16		16				
Heterogeneity: Not ap	plicable						
Test for overall effect:	Z = 0.52 (F	P = 0.60)				
Total (95% CI)		33		29	100.0%	1.15 [0.68, 1.94]	
Total events	16		16				
Heterogeneity: Not ap	plicable					-	05 07 1 15 2
Test for overall effect:	Z = 0.52 (F	P = 0.60)				0.5 0.7 1 1.5 2 Favours control Favours experimental
Test for subgroup diff	ferences: N	lot appl	icable				r avours control i avours experimenta

Number of participants who responded (50% reduction in depressive symptoms) at follow-up



Number of participants who responded (50% reduction in manic symptoms) at follow-up

	Experim	ental	Conti	rol		Risk Ratio (Non-event)	Risk Ratio (Non-event)		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI		
4.10.1 FFT vs TAU									
MILLER2004 [A] Subtotal (95% CI)	12	33 33	13	29 29	100.0% 100.0%		-		
Total events	12		13						
Heterogeneity: Not ap	oplicable								
Test for overall effect	Z = 0.67 (F	P = 0.50)						
Total (95% CI)		33		29	100.0%	1.15 [0.76, 1.75]	-		
Total events	12		13						
Heterogeneity: Not ap	oplicable					-	05 07 1 15 2		
Test for overall effect	Z = 0.67 (F	P = 0.50)				Favours control Favours experimenta		
Test for subgroup dif	ferences: N	lot appl	icable				1 avodio control 1 avodio experimenta		

Number of participants discontinuing at post-treatment

	Experime	mental Control				Risk Ratio	Risk Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% C	I M-H, Random, 95% CI			
MIKLOWITZ2000 [A&M]	3	31	19	70	48.1%	0.36 [0.11, 1.12] —			
REA2003 [M]	6	28	5	25	51.9%	1.07 [0.37, 3.08	1			
Total (95% CI)		59		95	100.0%	0.63 [0.21, 1.89				
Total events	9		24							
Heterogeneity: Tau² = 0.3	1; Chi² = 1	.99, df=	1 (P = 0	.16); l² :	= 50%		0.1 0.2 0.5 1 2 5 10			
Test for overall effect: Z=	0.82 (P = 0)	0.41)					Favours experimental Favours control			

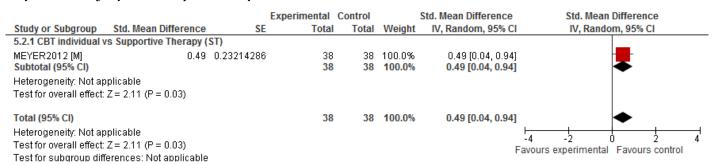
	Experim	ental	Contr	rol		Risk Ratio	Risk Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI			
MIKLOWITZ2000 [A&M]	3	31	19	70	37.1%	0.36 [0.11, 1.12]	-			
MIKLOWITZ2007b [Ad]	7	26	40	130	62.9%	0.88 [0.44, 1.73]				
MILLER2004 [A]	0	33	0	14		Not estimable				
Total (95% CI)		90		214	100.0%	0.63 [0.26, 1.50]				
Total events	10		59							
Heterogeneity: Tau² = 0.1	9; Chi² = 1	.83, df=	1 (P = 0	.18); l ² :	= 45%		02 05 1 2 5			
Test for overall effect: Z=	1.05 (P = 0	0.29)				F	Favours experimental Favours control			

1.5 COGNITIVE BEHAVIOURAL THERAPY (CBT) COMPARED WITH AN ACTIVE CONTROL

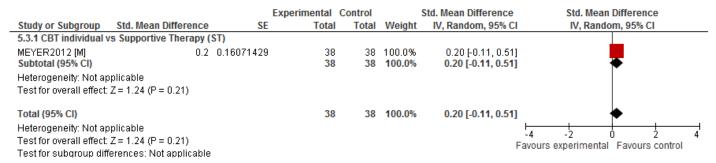
Depression symptoms at post-treatment

			Experimental	Control		Std. Mean Difference	e Std. Mear	Difference	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Random, 95% (CI IV, Rand	om, 95% CI	
5.1.1 CBT individual	vs Supportive Therapy (ST)							
MEYER2012 [M]	0.41	0.14795918	38	38	100.0%	0.41 [0.12, 0.70	0]		
Subtotal (95% CI)			38	38	100.0%	0.41 [0.12, 0.70	0]	•	
Heterogeneity: Not ap	pplicable								
Test for overall effect	: Z = 2.77 (P = 0.006)								
Total (95% CI)			38	38	100.0%	0.41 [0.12, 0.70	0]	*	
Heterogeneity: Not ap	pplicable						4 2	 	
Test for overall effect:	: Z = 2.77 (P = 0.006)						Favours experimental	U Favours cor	ntrol 4
Test for subgroup dif	fferences: Not applicable						1 avours experimenta	i avouis coi	10.01

Depression symptoms at follow-up



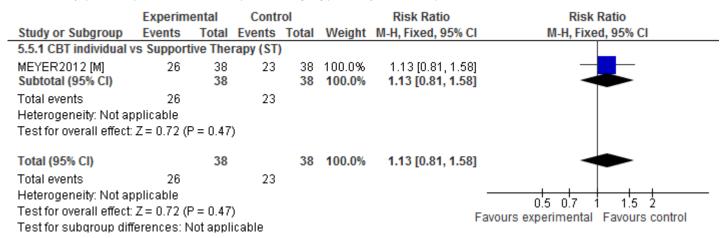
Manic symptoms at post-treatment



Number of participants who relapsed (any type) at post-treatment

	Experim	ental	Conti	rol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI	M-H, Fixed, 95% CI
5.4.1 CBT individual	vs Support	ive The	rapy (ST))			
MEYER2012 [M] Subtotal (95% CI)	12	38 38	20	38 38	100.0% 100.0%	0.60 [0.34, 1.05] 0.60 [0.34, 1.05]	
Total events	12		20				
Heterogeneity: Not ap	oplicable						
Test for overall effect:	Z = 1.80 (F	P = 0.07)				
Total (95% CI)		38		38	100.0%	0.60 [0.34, 1.05]	
Total events	12		20				
Heterogeneity: Not ap	oplicable						05 07 1 15 2
Test for overall effect:	Z = 1.80 (F	P = 0.07)				0.5 0.7 1 1.5 2 Favours experimental Favours control
Test for subgroup diff	ferences: N	lot appl	icable			'	avours experimental Pavours Control

Number of participants who relapsed (any type) at follow-up



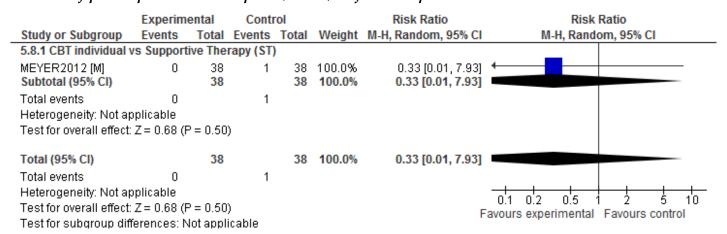
Number of participants who relapsed (depression) at follow-up

	Experime	ental	Contr	ol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight M-H, Fixed, 95% CI		M-H, Fixed, 95% CI
5.6.1 CBT individual v	s Support	ive The	rapy (ST)				
MEYER2012 [M] Subtotal (95% CI)	19	38 38	17	38 38	100.0% 100.0%	1.12 [0.69, 1.80] 1.12 [0.69, 1.80]	
Total events	19		17				
Heterogeneity: Not ap	plicable						
Test for overall effect:	Z = 0.46 (F	9 = 0.65)				
Total (95% CI)		38		38	100.0%	1.12 [0.69, 1.80]	
Total events	19		17				
Heterogeneity: Not ap	plicable						05 07 1 15 2
Test for overall effect:	Z = 0.46 (F	9 = 0.65)				0.5 0.7 1 1.5 2 Favours experimental Favours control
Test for subgroup diff	ferences: N	ot appl	icable			'	avours experimental T avours control

Number of participants who relapsed (mania) at follow-up

	Experim	ental	Contr	rol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
5.7.1 CBT individual	vs Support	ive The	rapy (ST))			_
MEYER2012 [M] Subtotal (95% CI)	20	38 38	12	38 38	100.0% 100.0%	1.67 [0.96, 2.91] 1.67 [0.96, 2.91]	
Total events Heterogeneity: Not a Test for overall effect		o = 0.07	12				
Total (95% CI)		38		38	100.0%	1.67 [0.96, 2.91]	
Total events Heterogeneity: Not a Test for overall effect Test for subgroup dit	: Z = 1.80 (F		•			Fa	0.5 0.7 1 1.5 2 avours experimental Favours control

Number of participants who relapsed (mixed) at follow-up



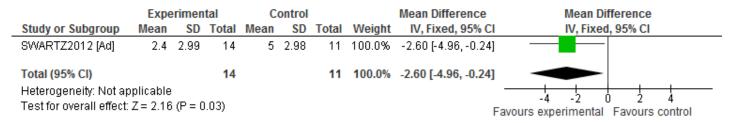
	Experim					Risk Ratio	Risk Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% Cl	
5.10.1 CBT individual	vs Suppor	rtive Th	erapy (S	Γ)				
MEYER2012 [M]	0	38	0	38		Not estimable		
Subtotal (95% CI)		38		38		Not estimable		
Total events	0		0					
Heterogeneity: Not ap	plicable							
Test for overall effect:	Not applic	able						
Total (95% CI)		38		38		Not estimable		
Total events	0		0					
Heterogeneity: Not ap	plicable						05 07 1 15 2	
Test for overall effect:	Not applic	able				E-	0.5 0.7 1 1.5 2 avours experimental Favours control	
Test for subgroup diff	erences: N	lot appl	icable			F-	avodis experimental Favodis control	

1.6 INTERPERSONAL AND SOCIAL RHYTHM THERAPY COMPARED WITH AN ACTIVE CONTROL

Depression symptoms at post-treatment

			Experimental	Control		Std. Mean Difference		Std. N	lean Diffe	rence	
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Random, 95% C	l .	IV, R	andom, 9	5% CI	
SWARTZ2012 [Ad]	0.43976369	0.39730693	14	11	100.0%	0.44 [-0.34, 1.22]]			_	
Total (95% CI)			14	11	100.0%	0.44 [-0.34, 1.22]	ı		-	-	
Heterogeneity: Not ap Test for overall effect:	•						-4 Favours	-2 experime	0 ental Fav	2 ours cont	4 rol

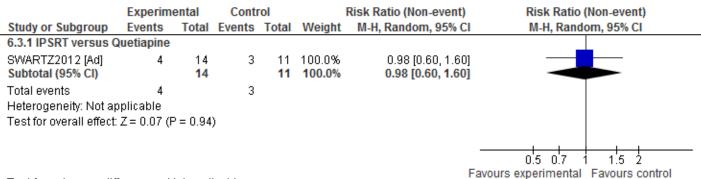
Manic symptoms at post-treatment



Number of participants who relapsed (any type) at post-treatment

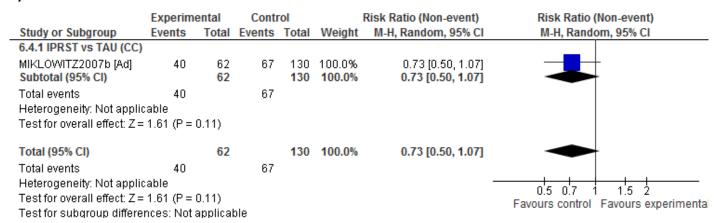
	Experimental Control			Risk Ratio	Risk Ratio			
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI	
6.5.1 IPSRT versus In	tensive cl	inical m	nanagem	ent (IC	M)			
FRANK1999a Subtotal (95% CI)	9	22 22	5	19 19	100.0% 100.0%	1.55 [0.63, 3.84] 1.55 [0.63, 3.84]		
Total events Heterogeneity: Not ap Test for overall effect: 2		P = 0.34	5					
Total (95% CI)		22		19	100.0%	1.55 [0.63, 3.84]		
Total events Heterogeneity: Not ap Test for overall effect: . Test for subgroup diffe	Z = 0.96 (F					- Fav	0.2 0.5 1 2 5 /ours experimental Favours control	

Number of participants who responded (any type) at post-treatment



Test for subgroup differences: Not applicable

Number of participants who responded (50% reduction in depressive symptoms) at follow-up



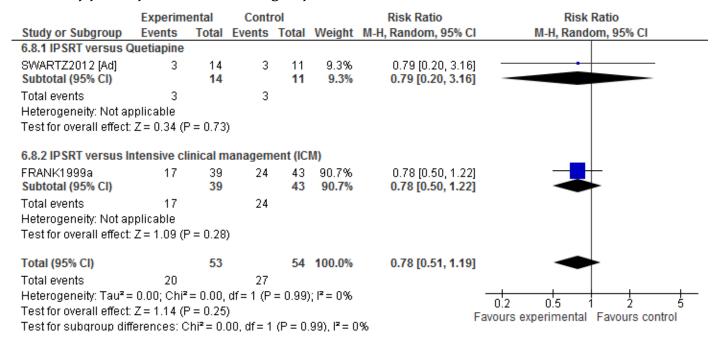
Psychosocial functioning (GAF) at post-treatment

	Experimental Control							Std. Mean Difference	Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI		IV, Random, 95% CI	
SWARTZ2012 [Ad]	68.8	9.62	11	63.3	9.73	14	100.0%	0.55 [-0.26, 1.36]		+	
Total (95% CI)	11 1- 1		11			14	100.0%	0.55 [-0.26, 1.36]		•	
Heterogeneity: Not ap Test for overall effect:).18)					F	-4 avour	-2 0 2 s experimental Favours contr	ol 4

Psychosocial functioning (social and/or work) at post-treatment

			E	xperimental	Control		Std. Mean Difference	Std. Mean Difference
	Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Random, 95% (CI IV, Random, 95% CI
_	6.7.1 IPSRT versus In	tensive clinical manag	ement (ICM)					
	FRANK1999a	-0.362031	0.182926	64	61	100.0%	-0.36 [-0.72, -0.00	oj -
	Subtotal (95% CI)			64	61	100.0%	-0.36 [-0.72, -0.00	0]
	Heterogeneity: Not ap	plicable						
	Test for overall effect:	Z = 1.98 (P = 0.05)						
	T-4-1 (05% CD				0.4	400.00	0.001.070.000	,
	Total (95% CI)			64	61	100.0%	-0.36 [-0.72, -0.00	
	Heterogeneity: Not ap	plicable						-1 -05 0 05 1
	Test for overall effect:	Z = 1.98 (P = 0.05)						
	Test for subgroup diffe	erences: Not applicable						Favours experimental Favours control

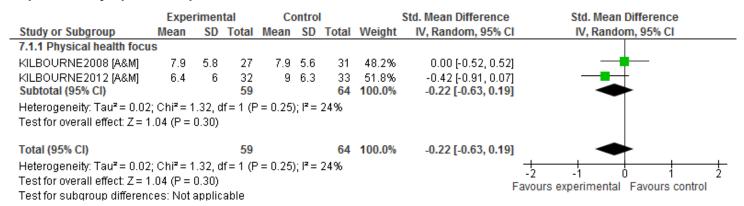
Number of participants discontinuing at post-treatment



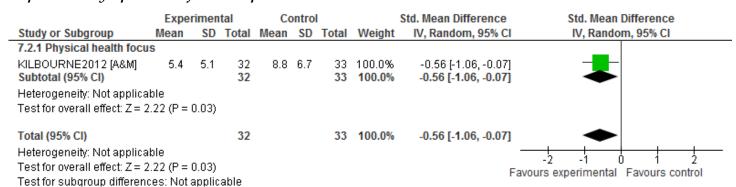
	Experim	ental	Contr	ol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% C	I M-H, Random, 95% CI
6.9.3 IPRST vs TAU (CC)							
MIKLOWITZ2007b [Ad]	20	62	40	130	100.0%	1.05 [0.67, 1.63	1 -
Subtotal (95% CI)		62		130	100.0%	1.05 [0.67, 1.63	
Total events	20		40				
Heterogeneity: Not appli	cable						
Test for overall effect: Z =	0.21 (P =	0.83)					
Total (95% CI)		62		130	100.0%	1.05 [0.67, 1.63	
Total events	20		40				
Heterogeneity: Not appli	cable						05 07 1 15 2
Test for overall effect: Z=	0.21 (P=	0.83)					0.5 0.7 1 1.5 2 Favours [experimental] Favours [control]
Test for subgroup differe	nces: Not :	annlical	hle				ravours [experimental] Favours [control]

1.7 COLLABORATIVE CARE COMPARED WITH TAU

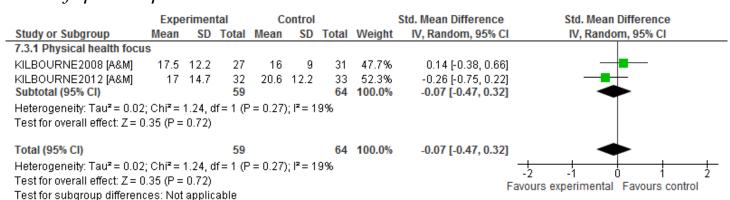
Depression symptoms at post-treatment



Depression symptoms at follow-up



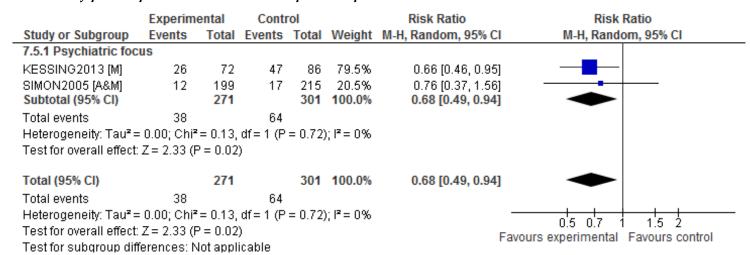
Manic symptoms at post-treatment



Manic symptoms at follow-up

	Exper	imenta	al	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD 7	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
7.4.1 Physical health focu	IS								
KILBOURNE2012 [A&M] Subtotal (95% CI)	16.6	16	32 32	18	10.1	33 33	100.0% 100.0%	-0.10 [-0.59, 0.38] - 0.10 [-0.59, 0.38]	-
Heterogeneity: Not applica Test for overall effect: Z = (0.68)							
Total (95% CI)	shlo		32			33	100.0%	-0.10 [-0.59, 0.38]	
Heterogeneity: Not applica Test for overall effect: Z = (Test for subgroup differen	0.42 (P = 0	•	able					F	-1 -0.5 0 0.5 1 avours experimental Favours control

Number of participants admitted to hospital at post-treatment



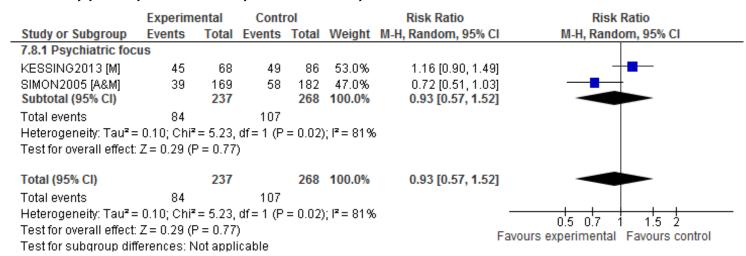
Number of participants who relapsed (any type) at post-treatment

	Experim	ental	Contr	rol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events Total		Weight	M-H, Random, 95% CI	M-H, Random, 95% CI
7.6.1 Psychiatric foc	us						
SIMON2005 [A&M]	112	199	122	215	100.0%	0.99 [0.84, 1.17]	-
Subtotal (95% CI)		199		215	100.0%	0.99 [0.84, 1.17]	•
Total events	112		122				
Heterogeneity: Not ap	oplicable						
Test for overall effect:	Z = 0.09 (F	P = 0.92)				
Total (95% CI)		199		215	100.0%	0.99 [0.84, 1.17]	•
Total events	112		122				
Heterogeneity: Not as	oplicable					_	05 07 1 15 2
Test for overall effect:	Z = 0.09 (F	P = 0.92)		Fav	ours experimental Favours control	
Test for subgroup diff	ferences: N	lot appl	icable			1 4	ours experimental Tavours control

Number of participants who relapsed (depression) at post-treatment

	Experimental		Contr	ol		Risk Ratio	Risk Ratio						
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	M-H, Random, 95% CI						
7.7.1 Psychiatric foci	us												
KESSING2013 [M]	25	68	37	86	23.4%	0.85 [0.58, 1.27]							
SIMON2005 [A&M] Subtotal (95% CI)	73	134 202	74	136 222	76.6% 100.0%	1.00 [0.80, 1.25] 0.96 [0.80, 1.17]	‡						
Total events	98		111										
Heterogeneity: Tau² =	0.00; Chi²	= 0.48,	df = 1 (P	= 0.49)	; I² = 0%								
Test for overall effect:	Z = 0.37 (F	P = 0.71)										
Total (95% CI)		202		222	100.0%	0.96 [0.80, 1.17]	•						
Total events	98		111										
Heterogeneity: Tau² =	0.00; Chi²	= 0.48,	df=1 (P	= 0.49)	-	05 07 1 15 2							
Test for overall effect:	Z = 0.37 (F	P = 0.71)		Fa	vours experimental Favours control							
Test for subgroup diff	erences: N	lot appli	icable	ravours experimental fravours control									

Number of participants who relapsed (mania) at post-treatment



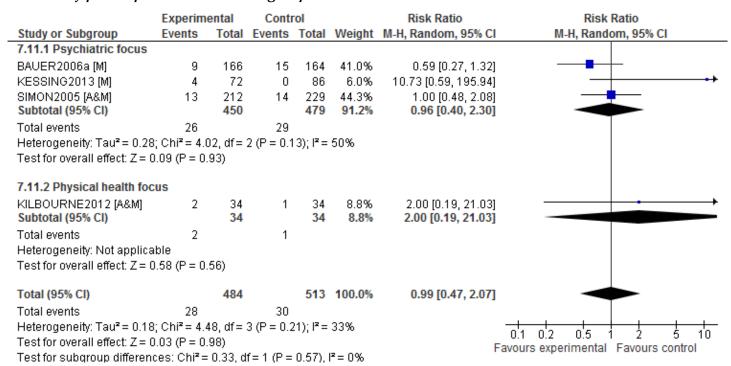
Quality of life at post-treatment

	Expe	erimen	tal	С	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% C	IV, Random, 95% CI
7.9.1 Psychiatric focus									
BAUER2006a [M]	77	1.56	157	81	1.56	157	50.3%	-2.56 [-2.86, -2.26]	-
Subtotal (95% CI)			157			157	50.3%	-2.56 [-2.86, -2.26]	◆
Heterogeneity: Not applica	able								
Test for overall effect: $Z = 1$	16.76 (P	< 0.00	001)						
7.9.2 Physical health focu	IS								
KILBOURNE2012 [A&M]	67	10.7	33	67.3	10.2	32	49.7%	-0.03 [-0.51, 0.46]	· - • ·
Subtotal (95% CI)			33			32	49.7%	-0.03 [-0.51, 0.46]	•
Heterogeneity: Not applica	able								
Test for overall effect: $Z = 0$	0.11 (P =	0.91)							
Total (95% CI)			190			189	100.0%	-1.30 [-3.78, 1.18]	
Heterogeneity: Tau ² = 3.16	6; Chi²=	75.41,	df = 1	P < 0.0	0001);	l ² = 99	%		
Test for overall effect: Z = 1									-4 -2 U 2 4 Favours experimental Favours control
Test for subgroup differen	ces: Chi	$^{2} = 75$.	41. df=	1 (P <	0.0000	11). P=	98.7%		ravours experimental Favours control

Quality of life at follow-up

	Exper	rimental	C	ontrol			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD Tot	al Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
7.10.1 Physical health foc	us							
KILBOURNE2012 [A&M] Subtotal (95% CI)	65.3		3 69.2 3	10.4	32 32	100.0% 100.0 %	-0.38 [-0.87, 0.11] - 0.38 [-0.87, 0.11]	
Heterogeneity: Not applica Test for overall effect: Z = 1		0.13)						
Total (95% CI) Heterogeneity: Not applica Test for overall effect: Z = 1 Test for subgroup difference	.53 (P = 0	0.13)	33		32	100.0%		2 -1 0 1 2 ours experimental Favours control

Number of participants discontinuing at post-treatment



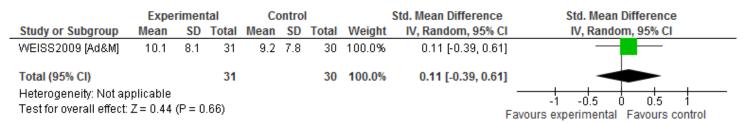
	Experim	ental	Cont	rol		Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% C	I M-H, Random, 95% CI
7.12.1 Physical health for	cus						
KILBOURNE2012 [A&M] Subtotal (95% CI)	2	34 34	1	34 34	100.0% 100.0%	2.00 [0.19, 21.03 2.00 [0.19, 21.03	
Total events Heterogeneity: Not applica Test for overall effect: Z = 0		56)	1				
Total (95% CI)		34		34	100.0%	2.00 [0.19, 21.03	
Total events Heterogeneity: Not applica	2 able		1				
Test for overall effect: Z = (Test for subgroup differen	0.58 (P = 0.	,	e				0.1 0.2 0.5 1 2 5 10 Favours experimental Favours control

1.8 INTEGRATED GROUP THERAPY COMPARED WITH GROUP DRUG COUNSELLING

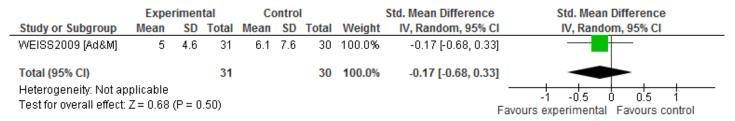
Depression symptoms at post-treatment

	Expe	rimen	tal	Co	ntro	I		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
WEISS2009 [Ad&M]	8.4	6.7	31	11	8	30	100.0%	-0.35 [-0.85, 0.16]	—
Total (95% CI)			31			30	100.0%	-0.35 [-0.85, 0.16]	-
Heterogeneity: Not ap Test for overall effect:	•	(P = 0	.18)					Fa	-1 -0.5 0 0.5 1 avours experimental Favours control

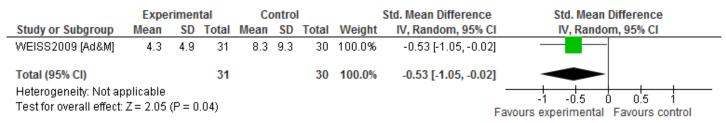
Depression symptoms at follow-up



Manic symptoms at post-treatment



Manic symptoms at follow-up



1.9 INTEGRATED COGNITIVE AND INTERPERSONAL THERAPY COMPARED WITH TREATMENT AS USUAL (TAU)

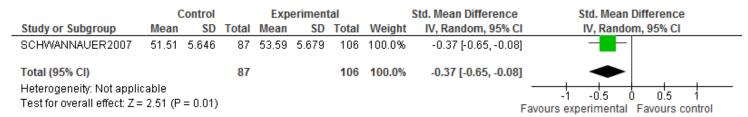
Depression symptoms at post-treatment

			Experimental	Control		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Random, 95% C	I IV, Random, 95% CI
SCHWANNAUER2007	-0.64	0.280612	106	87	100.0%	-0.64 [-1.19, -0.09	
Total (95% CI)			106	87	100.0%	-0.64 [-1.19, -0.09	1 -
Heterogeneity: Not appli Test for overall effect: Z=							-1 -0.5 0 0.5 1 Favours experimental Favours control

Manic symptoms at post-treatment

			Experimental	Control		Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Std. Mean Difference	SE	Total	Total	Weight	IV, Fixed, 95% CI	IV, Fixed, 95% CI
SCHWANNAUER2007	-0.1	0.102041	106	87	100.0%	-0.10 [-0.30, 0.10]	-
Total (95% CI)			106	87	100.0%	-0.10 [-0.30, 0.10]	•
Heterogeneity: Not appli Test for overall effect: Z=						ı	-1 -0.5 0 0.5 1

Quality of life at post-treatment



Number of participants discontinuing at post-treatment

