APPENDIX 25: PSYCHOLOGICAL AND PSYCHOSOCIAL INTERVENTIONS – FOREST PLOTS

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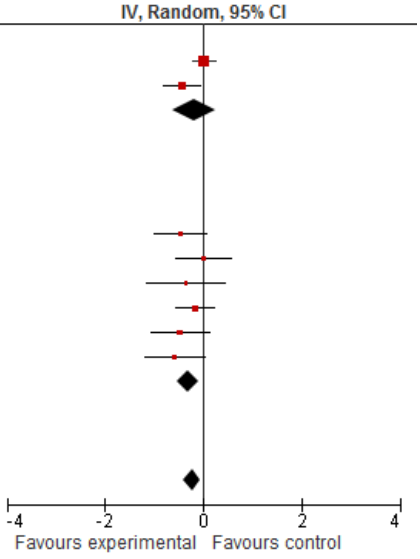
Abbreviations

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)

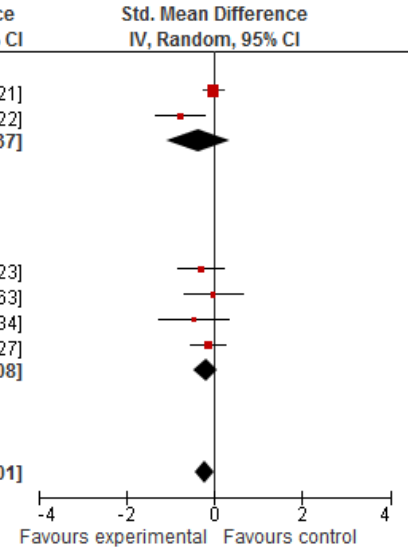
Depression symptoms at post-treatment

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.1.1 Online Psychoeducation						
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	52	53	16.1%	-0.44 [-0.83, -0.05]
Subtotal (95% CI)			**191**	**187**	**46.8%**	**-0.18 [-0.63, 0.26]**
Heterogeneity: Tau² = 0.08; Chi² = 3.88, df = 1 (P = 0.05); I² = 74%						
Test for overall effect: Z = 0.80 (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	20	7.5%	-0.58 [-1.20, 0.03]
Subtotal (95% CI)			**158**	**147**	**53.2%**	**-0.31 [-0.53, -0.08]**
Heterogeneity: Tau² = 0.00; Chi² = 2.97, df = 5 (P = 0.70); I² = 0%						
Test for overall effect: Z = 2.69 (P = 0.007)						
Total (95% CI)			**349**	**334**	**100.0%**	**-0.23 [-0.41, -0.05]**
Heterogeneity: Tau² = 0.01; Chi² = 8.55, df = 7 (P = 0.29); I² = 18%						
Test for overall effect: Z = 2.55 (P = 0.01)						
Test for subgroup differences: Chi² = 0.24, df = 1 (P = 0.62), I² = 0%						



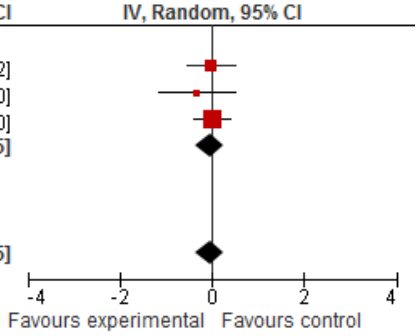
Depression symptoms at follow-up

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.2.1 Online Psychoeducation						
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]**
Heterogeneity: Tau² = 0.23; Chi² = 5.82, df = 1 (P = 0.02); I² = 83%						
Test for overall effect: Z = 0.97 (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]
LAM2000 [M]	-0.45646772	0.40792628	12	11	6.9%	-0.46 [-1.26, 0.34]
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; Chi² = 0.96, df = 3 (P = 0.81); I² = 0%						
Test for overall effect: Z = 1.39 (P = 0.16)						
Total (95% CI)			**272**	**262**	**100.0%**	**-0.21 [-0.43, 0.01]**
Heterogeneity: Tau² = 0.02; Chi² = 6.85, df = 5 (P = 0.23); I² = 27%						
Test for overall effect: Z = 1.86 (P = 0.06)						
Test for subgroup differences: Chi² = 0.18, df = 1 (P = 0.67), I² = 0%						



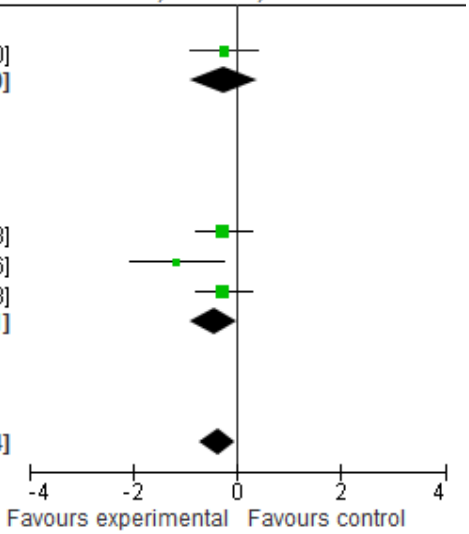
Manic symptoms at post-treatment

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.3.1 CBT						
BALL2006 [M]	-0.02	0.27551	25	27	30.8%	-0.02 [-0.56, 0.52]
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: Tau² = 0.00; Chi² = 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: Tau² = 0.00; Chi² = 0.48, df = 2 (P = 0.79); I² = 0%						
Test for overall effect: Z = 0.32 (P = 0.75)						
Test for subgroup differences: Not applicable						



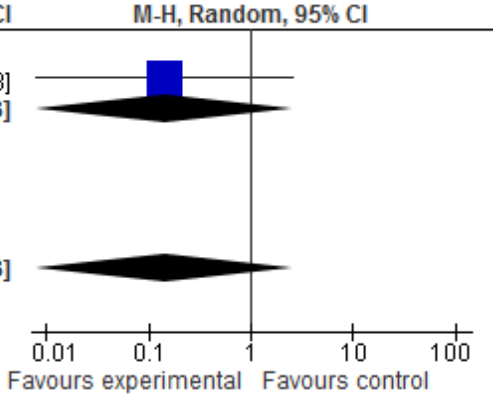
Manic symptoms at follow-up

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.4.1 Online Psychoeducation								
SMITH2011 [M]	2.4	2.9	17	3.9	7.7	20	23.5%	-0.24 [-0.89, 0.40]
Subtotal (95% CI)			**17**			**20**	**23.5%**	**-0.24 [-0.89, 0.40]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.74 (P = 0.46)								
1.4.3 CBT								
BALL2006 [M]	0.32	0.99	25	0.78	2.15	27	31.7%	-0.27 [-0.81, 0.28]
LAM2000 [M]	0.67	0.98	12	4.36	4.32	11	13.0%	-1.16 [-2.06, -0.26]
LAM2003 [M]	0.32	0.99	25	0.78	2.15	27	31.7%	-0.27 [-0.81, 0.28]
Subtotal (95% CI)			**62**			**65**	**76.5%**	**-0.45 [-0.92, 0.01]**
Heterogeneity: Tau² = 0.06; Chi² = 3.21, df = 2 (P = 0.20); I² = 38%								
Test for overall effect: Z = 1.90 (P = 0.06)								
Total (95% CI)			**79**			**85**	**100.0%**	**-0.38 [-0.71, -0.04]**
Heterogeneity: Tau² = 0.01; Chi² = 3.40, df = 3 (P = 0.33); I² = 12%								
Test for overall effect: Z = 2.22 (P = 0.03)								
Test for subgroup differences: Chi² = 0.26, df = 1 (P = 0.61), I² = 0%								

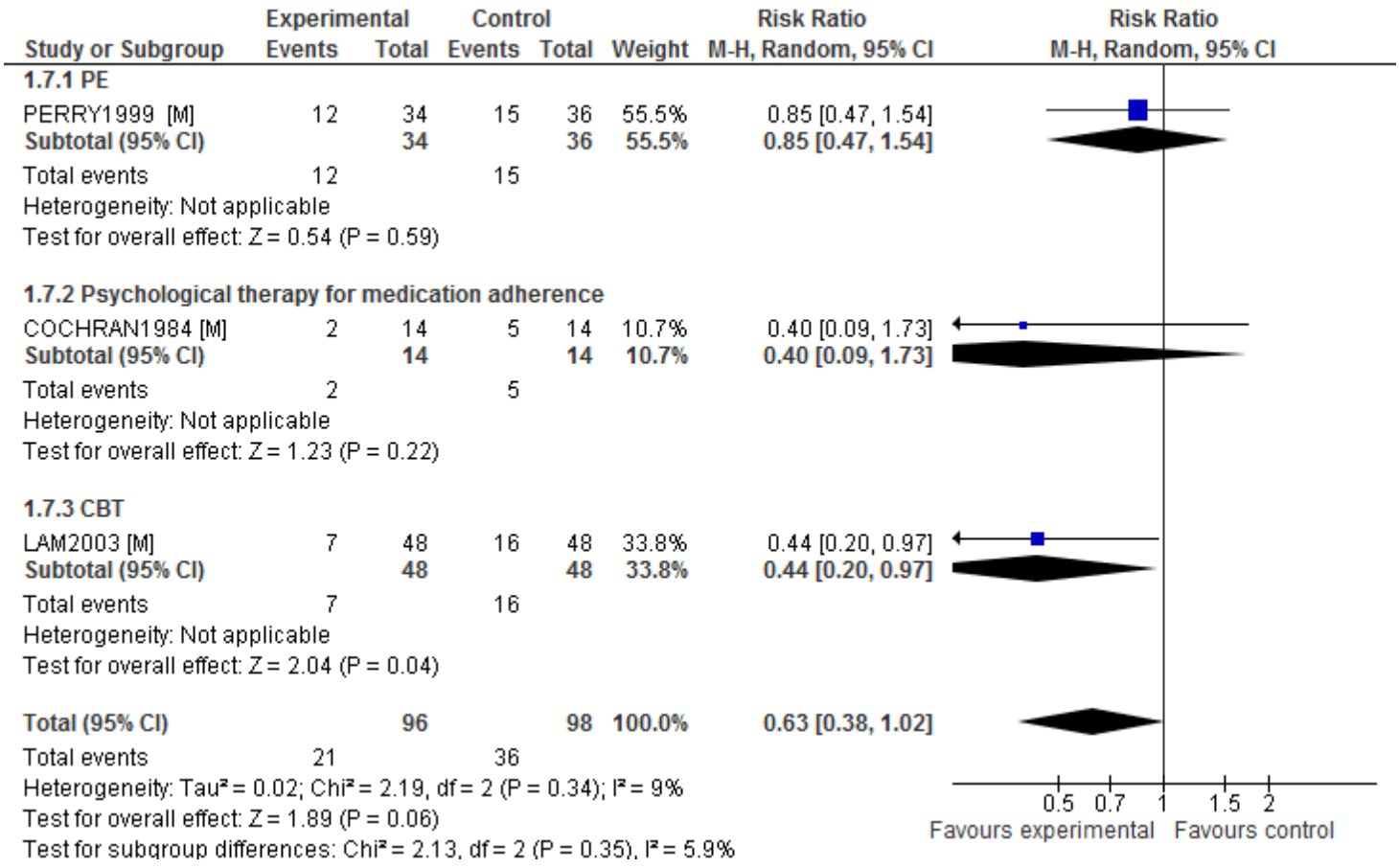


Number of participants admitted to hospital at post-treatment

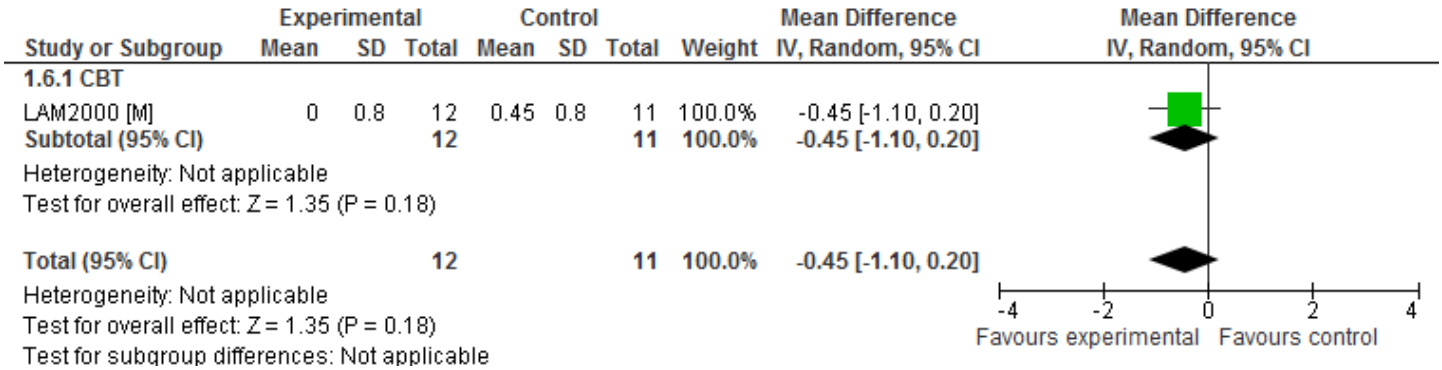
Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
1.5.1 Psychological therapy for medication adherence						
COCHRAN1984 [M]	0	14	3	14	100.0%	0.14 [0.01, 2.53]
Subtotal (95% CI)		**14**		**14**	**100.0%**	**0.14 [0.01, 2.53]**
Total events	0		3			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.33 (P = 0.18)						
Total (95% CI)		**14**		**14**	**100.0%**	**0.14 [0.01, 2.53]**
Total events	0		3			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.33 (P = 0.18)						
Test for subgroup differences: Not applicable						



Number of participants admitted to hospital at follow-up

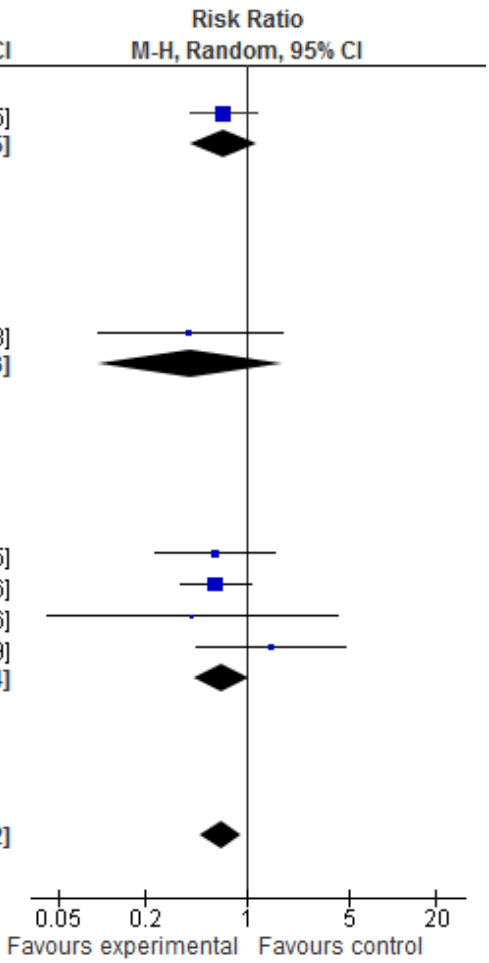


Mean number of participants admitted to hospital at follow-up

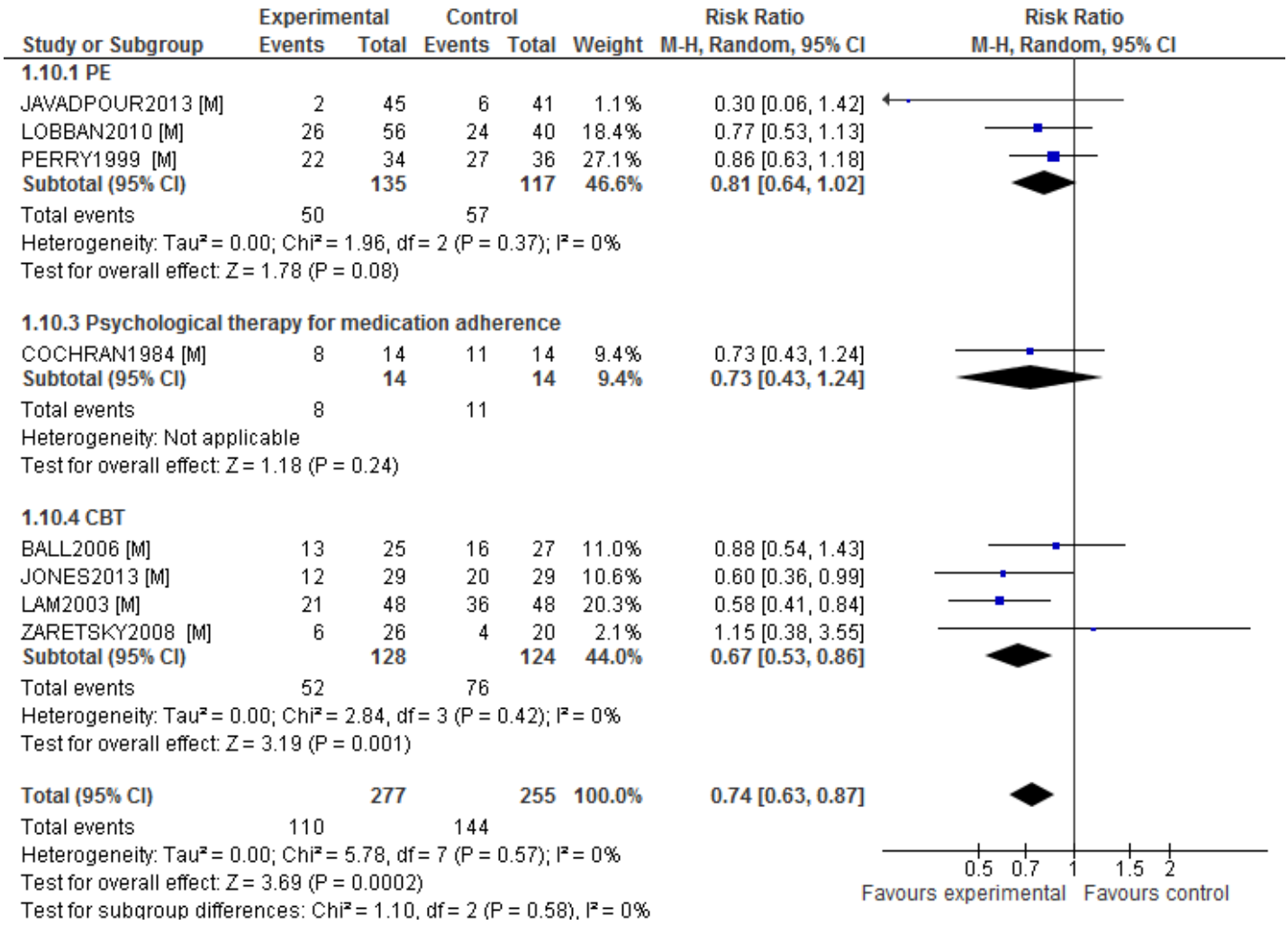


Number of participants who relapsed (any type) at post-treatment

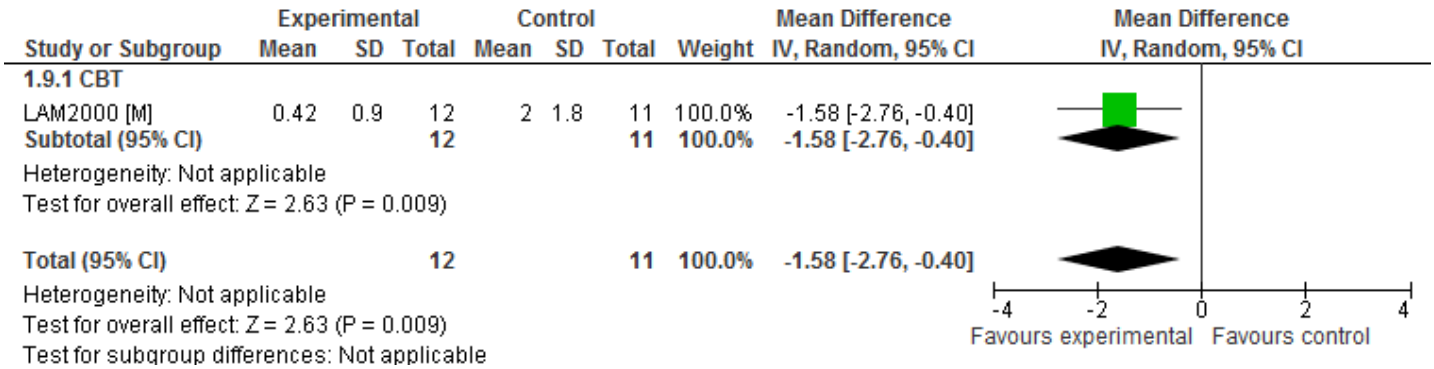
Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
1.8.1 PE						
PERRY1999 [M]	13	34	20	36	40.0%	0.69 [0.41, 1.15]
Subtotal (95% CI)		**34**		**36**	**40.0%**	**0.69 [0.41, 1.15]**
Total events	13		20			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.41 (P = 0.16)						
1.8.2 Psychological therapy for medication adherence						
COCHRAN1984 [M]	2	14	5	14	5.0%	0.40 [0.09, 1.73]
Subtotal (95% CI)		**14**		**14**	**5.0%**	**0.40 [0.09, 1.73]**
Total events	2		5			
Heterogeneity: Not applicable						
Test for overall effect: 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 = 0.00; Chi² = 2.02, df = 3 (P = 0.57); I² = 0%						
Test for overall effect: Z = 1.77 (P = 0.08)						
Total (95% CI)		**182**		**183**	**100.0%**	**0.66 [0.48, 0.92]**
Total events	40		62			
Heterogeneity: Tau² = 0.00; Chi² = 2.50, df = 5 (P = 0.78); I² = 0%						
Test for overall effect: Z = 2.48 (P = 0.01)						
Test for subgroup differences: Chi² = 0.48, df = 2 (P = 0.79), I² = 0%						



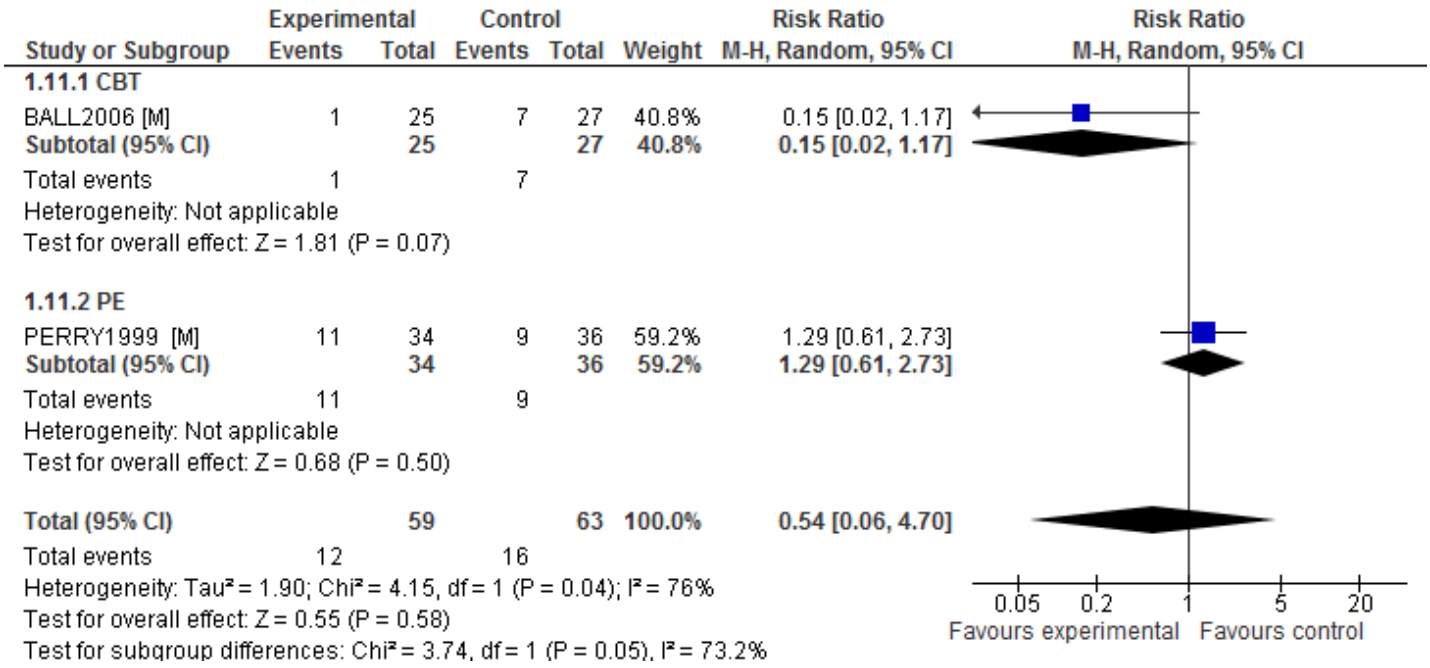
Number of participants who relapsed (any type) at follow-up



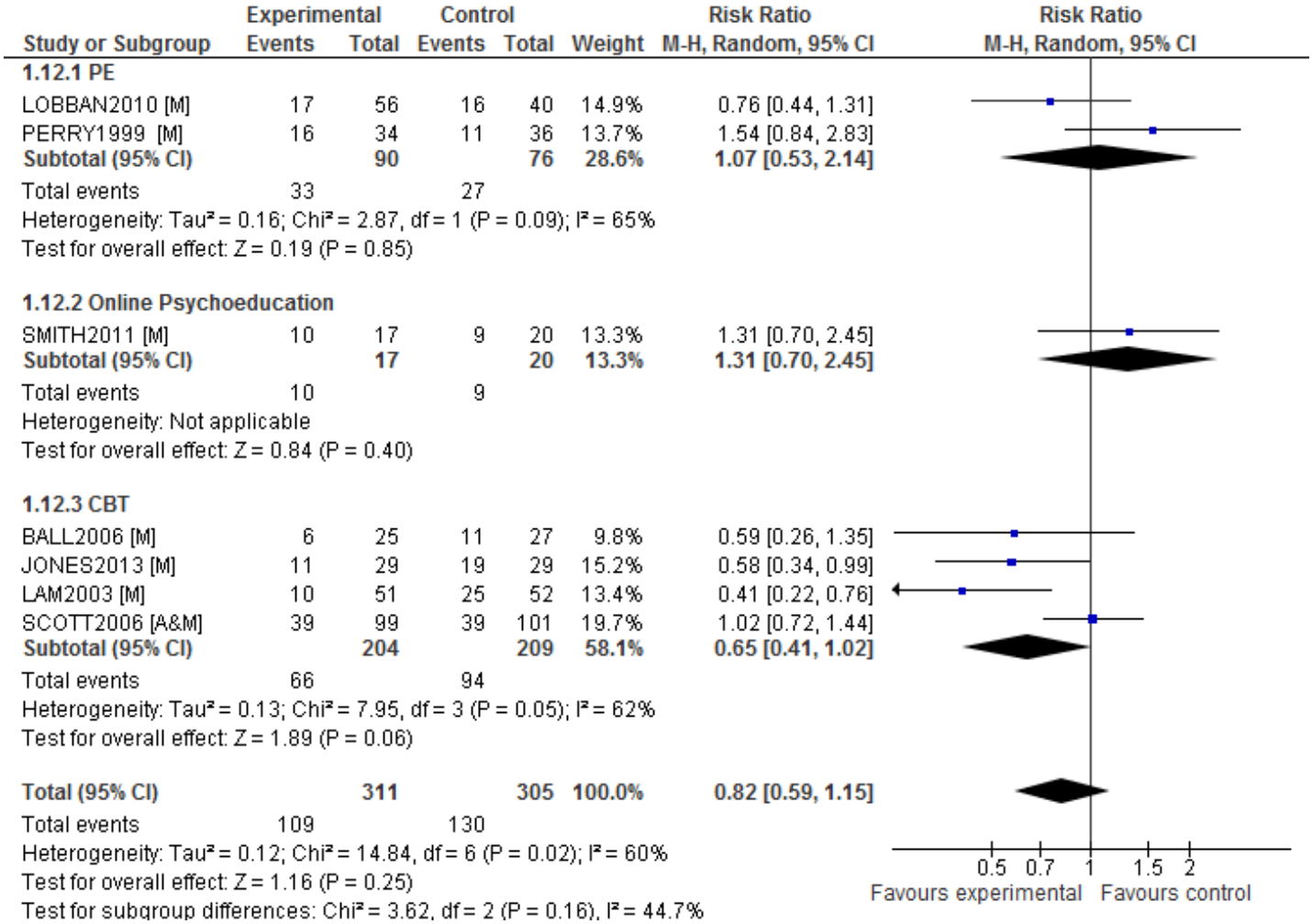
Mean number of participants who relapsed (any type) at follow-up



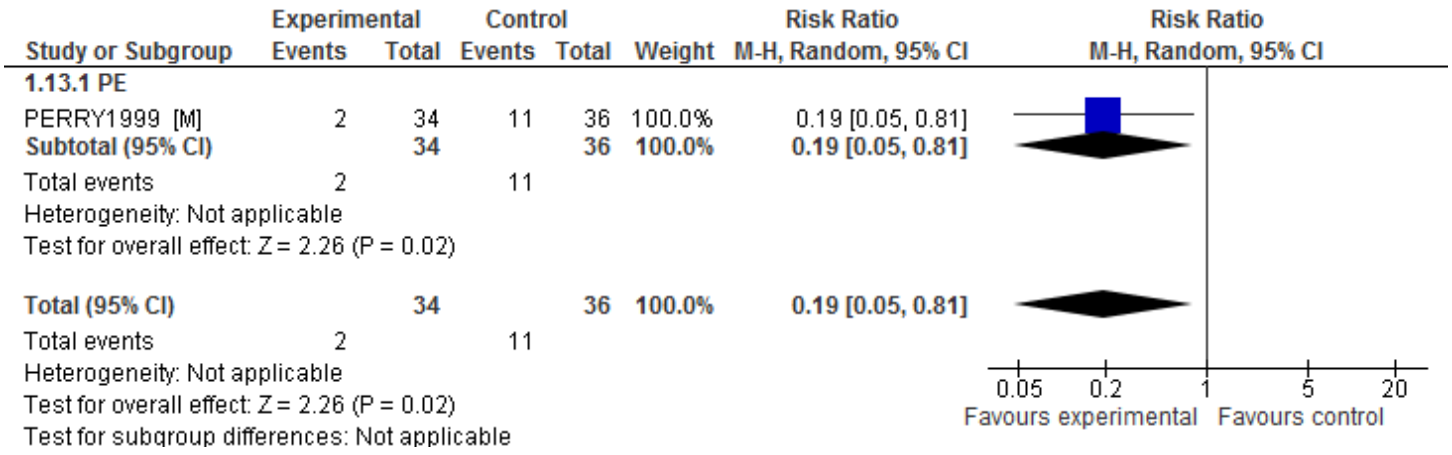
Number of participants who relapsed (depression) at post-treatment



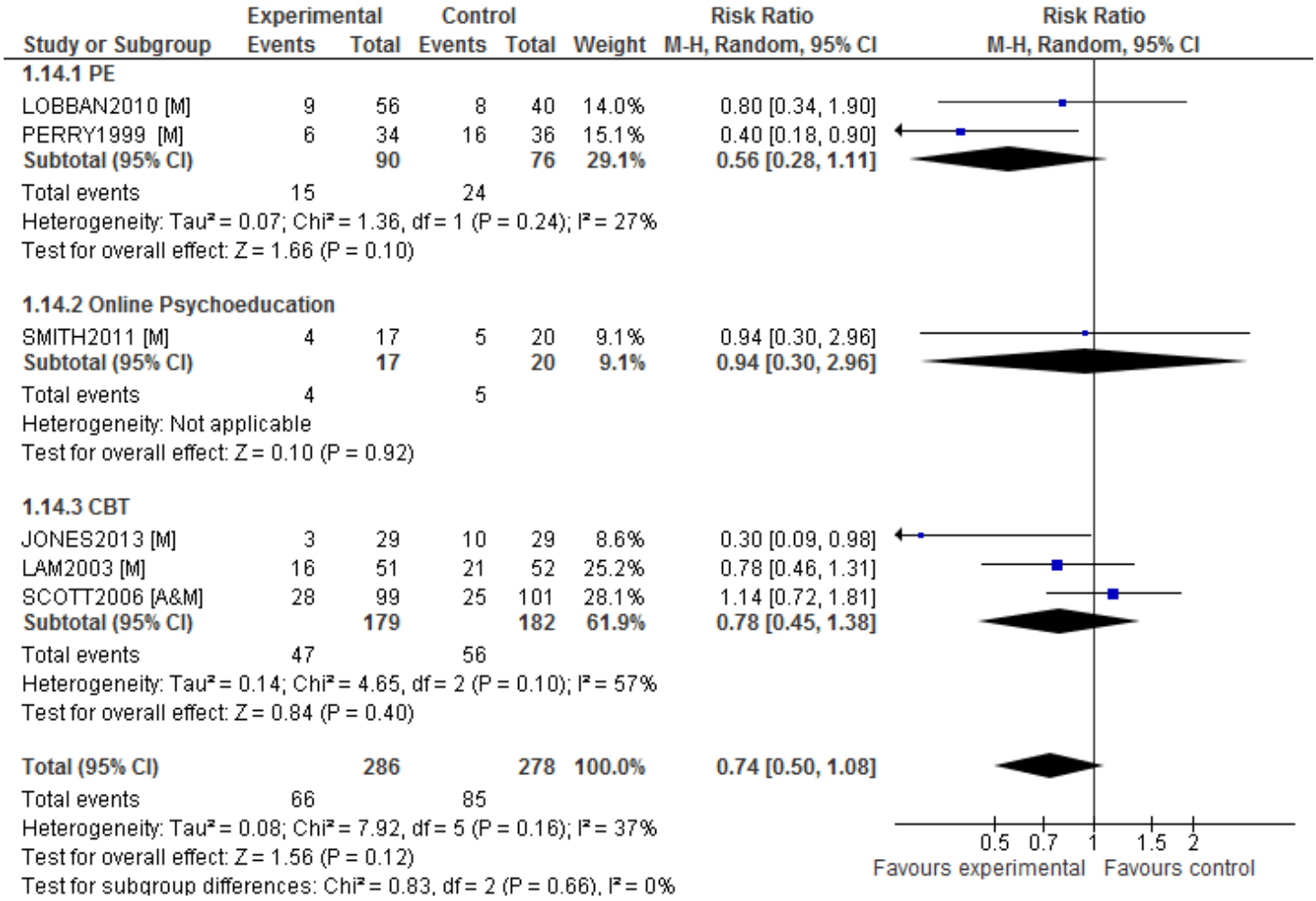
Number of participants who relapsed (depression) at follow-up



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

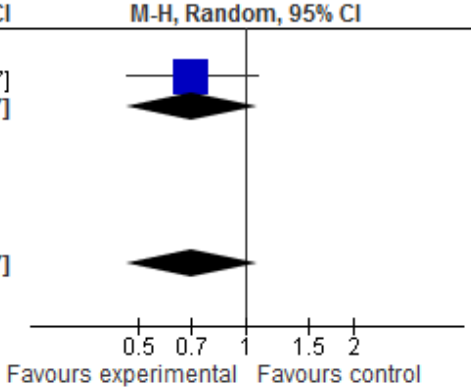


Number of participants who relapsed (mania) at follow-up



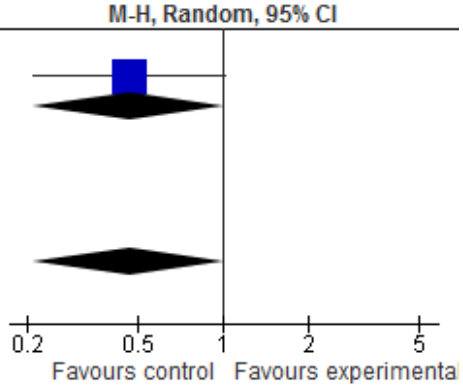
Number of participants who responded (any type) at post-treatment

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio (Non-event) 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 applicable						
Test for overall effect: Z = 1.64 (P = 0.10)						
Total (95% CI)		**18**		**15**	**100.0%**	**0.71 [0.46, 1.07]**
Total events	7		2			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.64 (P = 0.10)						
Test for subgroup differences: Not applicable						



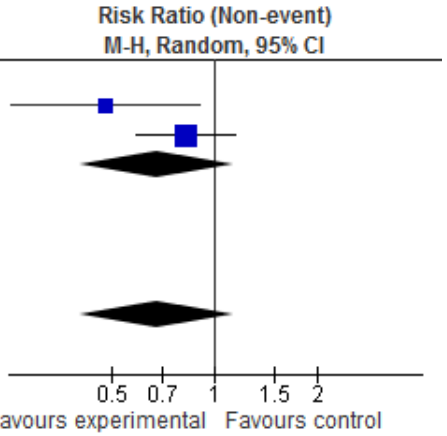
Number of participants who responded (any type) at follow-up

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
1.16.1 CBT						
BALL2006 [M]	19	25	13	27	100.0%	0.46 [0.21, 1.02]
Subtotal (95% CI)		**25**		**27**	**100.0%**	**0.46 [0.21, 1.02]**
Total events	19		13			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.92 (P = 0.05)						
Total (95% CI)		**25**		**27**	**100.0%**	**0.46 [0.21, 1.02]**
Total events	19		13			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.92 (P = 0.05)						
Test for subgroup differences: Not applicable						



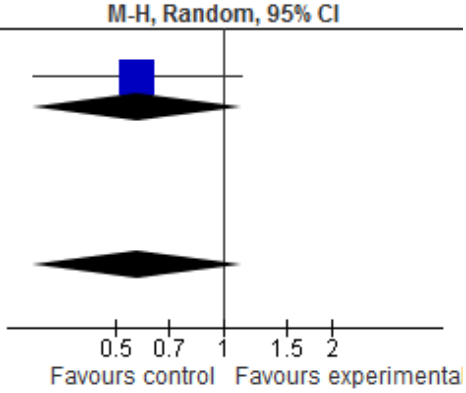
Number of participants who responded (50% reduction in depressive symptoms) at follow-up

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
1.17.1 CBT						
BALL2006 [M]	17	25	9	27	37.2%	0.48 [0.26, 0.90]
MIKLOWITZ2007b [Ad]	45	75	67	130	62.8%	0.83 [0.59, 1.15]
Subtotal (95% CI)		**100**		**157**	**100.0%**	**0.67 [0.40, 1.13]**
Total events	62		76			
Heterogeneity: Tau² = 0.08; Chi² = 2.23, df = 1 (P = 0.14); I² = 55%						
Test for overall effect: Z = 1.50 (P = 0.13)						
Total (95% CI)		**100**		**157**	**100.0%**	**0.67 [0.40, 1.13]**
Total events	62		76			
Heterogeneity: Tau² = 0.08; Chi² = 2.23, df = 1 (P = 0.14); I² = 55%						
Test for overall effect: Z = 1.50 (P = 0.13)						
Test for subgroup differences: Not applicable						



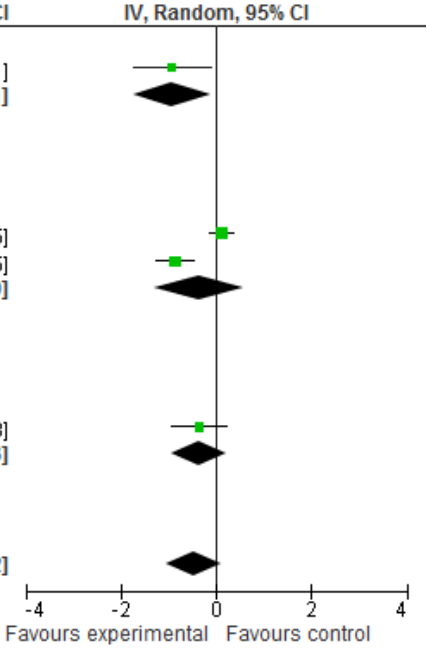
Number of participants who responded (50% reduction in manic symptoms) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio (Non-event) 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 applicable						
Test for overall effect: Z = 1.63 (P = 0.10)						
Total (95% CI)		**25**		**27**	**100.0%**	**0.58 [0.30, 1.12]**
Total events	17		12			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.63 (P = 0.10)						
Test for subgroup differences: Not applicable						

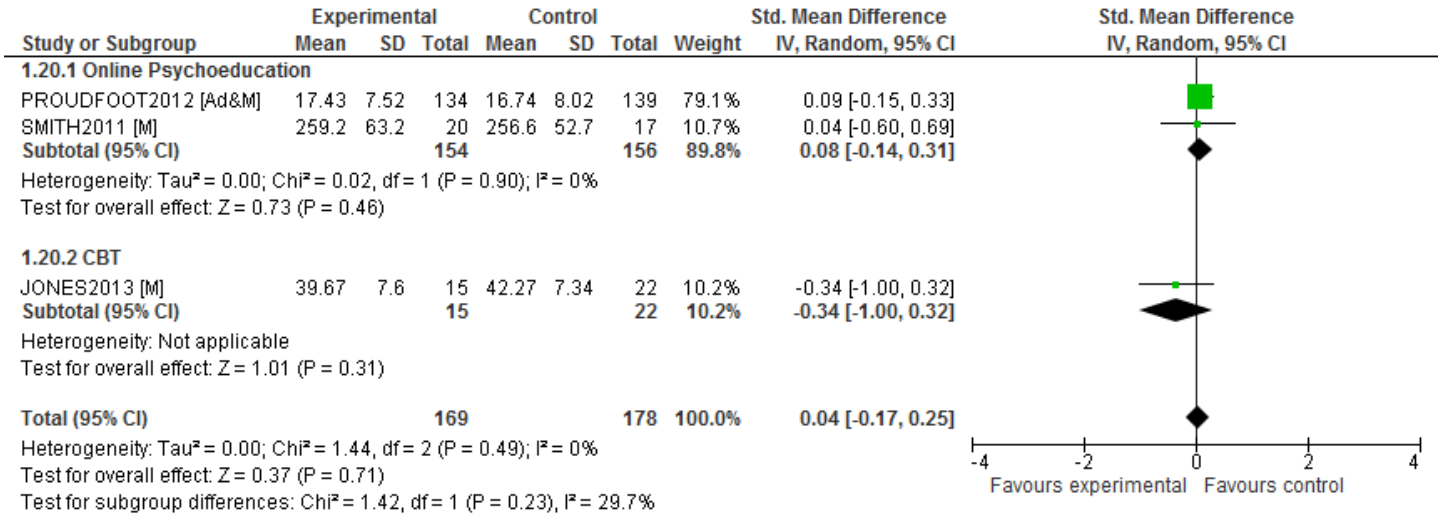


Quality of life at post-treatment

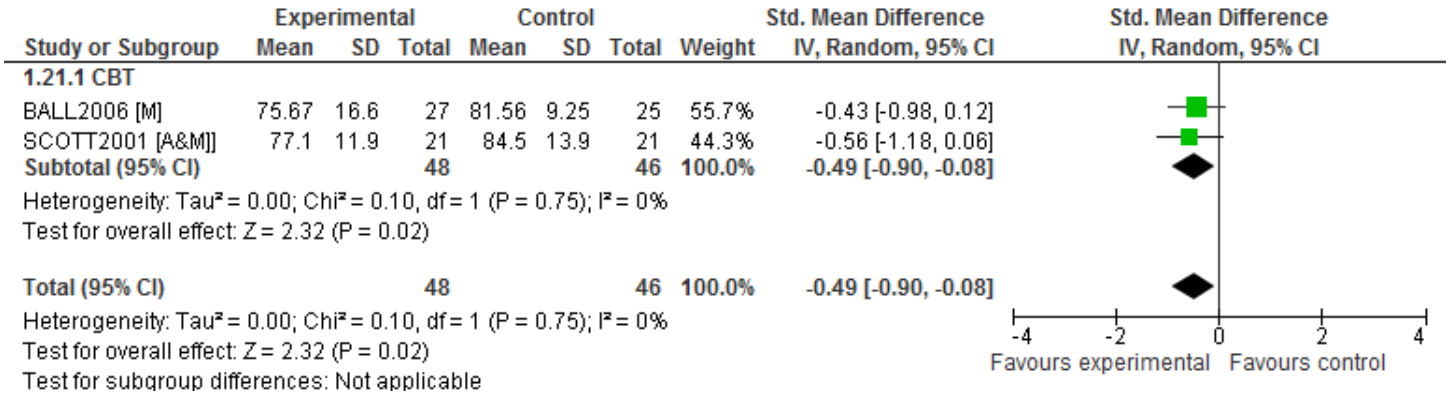
Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.19.1 Psychoeducation								
DOGAN2003 [M]	75.4	18.6	12	89.98	11.48	14	19.3%	-0.93 [-1.75, -0.11]
Subtotal (95% CI)			**12**			**14**	**19.3%**	**-0.93 [-1.75, -0.11]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.23 (P = 0.03)								
1.19.2 Online Psychoeducation								
PROUDFOOT2012 [Ad&M]	17.03	8.22	134	16.12	8.37	139	29.6%	0.11 [-0.13, 0.35]
TODD 2012 [A&M]	197.72	43.96	53	233.82	39.69	52	27.2%	-0.86 [-1.26, -0.45]
Subtotal (95% CI)			**187**			**191**	**56.8%**	**-0.36 [-1.30, 0.59]**
Heterogeneity: Tau² = 0.44; Chi² = 16.50, df = 1 (P < 0.0001); I² = 94%								
Test for overall effect: Z = 0.74 (P = 0.46)								
1.19.3 CBT								
JONES2013 [M]	38.14	14.27	21	42.3	9.03	26	23.8%	-0.35 [-0.93, 0.23]
Subtotal (95% CI)			**21**			**26**	**23.8%**	**-0.35 [-0.93, 0.23]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.19 (P = 0.24)								
Total (95% CI)			**220**			**231**	**100.0%**	**-0.46 [-1.05, 0.12]**
Heterogeneity: Tau² = 0.29; Chi² = 20.14, df = 3 (P = 0.0002); I² = 85%								
Test for overall effect: Z = 1.56 (P = 0.12)								
Test for subgroup differences: Chi² = 1.40, df = 2 (P = 0.50), I² = 0%								



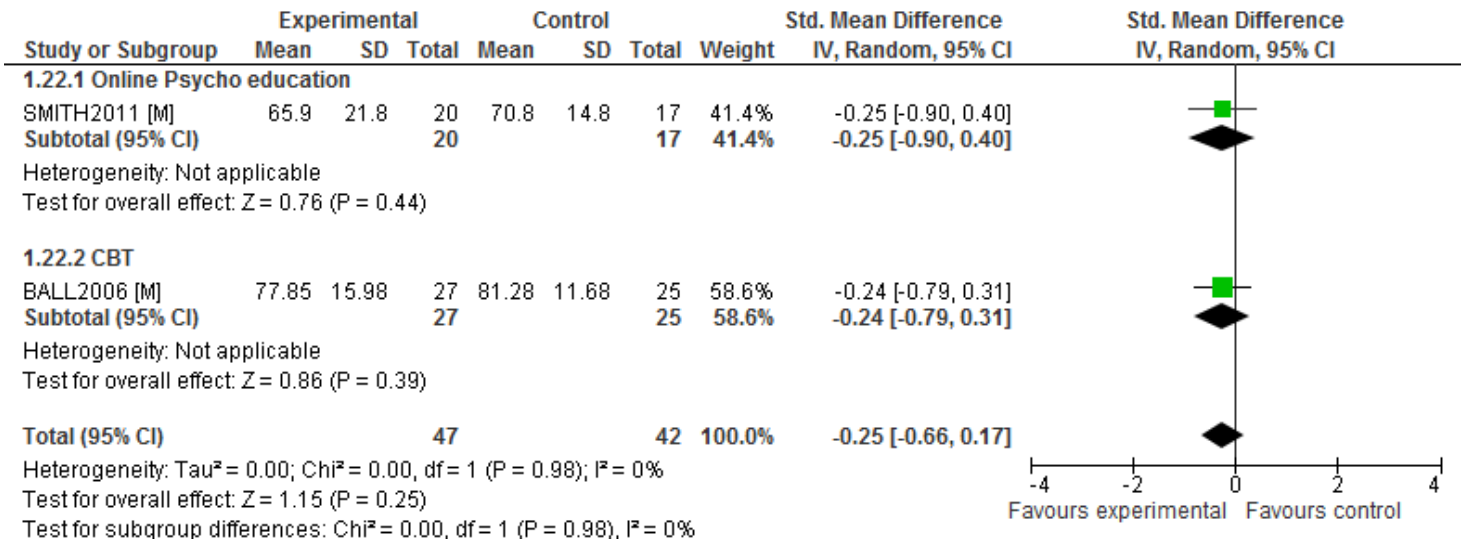
Quality of life at follow-up



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

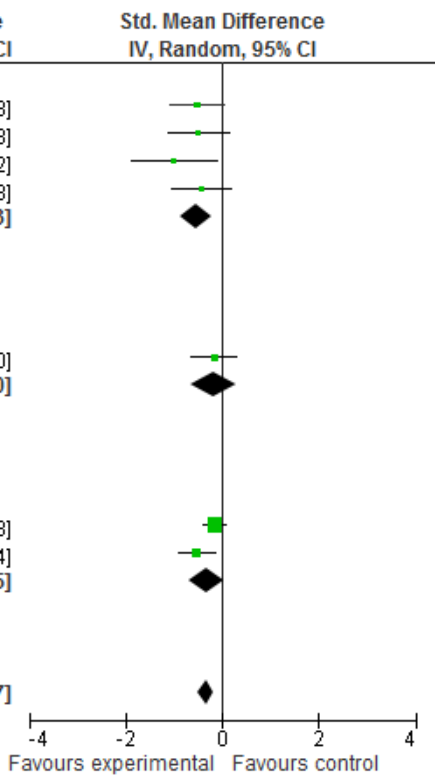


Psychosocial functioning (GAF) at follow-up



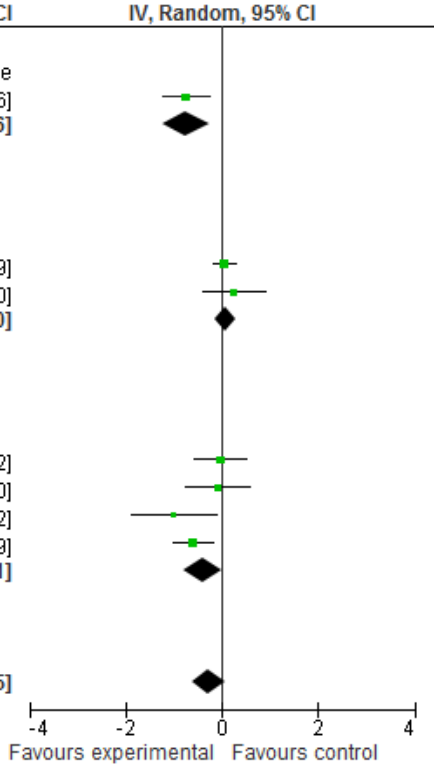
Psychosocial functioning (social and/or work) at post-treatment

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference 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: Tau² = 0.00; Chi² = 1.20, df = 3 (P = 0.75); I² = 0%								
Test for overall effect: Z = 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 applicable								
Test for overall effect: Z = 0.71 (P = 0.48)								
1.23.3 Online Psycho education								
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: Tau² = 0.04; Chi² = 2.55, df = 1 (P = 0.11); I² = 61%								
Test for overall effect: Z = 1.71 (P = 0.09)								
Total (95% CI)			**298**			**308**	**100.0%**	**-0.34 [-0.51, -0.17]**
Heterogeneity: Tau² = 0.00; Chi² = 6.49, df = 6 (P = 0.37); I² = 8%								
Test for overall effect: Z = 3.83 (P = 0.0001)								
Test for subgroup differences: Chi² = 2.01, df = 2 (P = 0.37), I² = 0.6%								

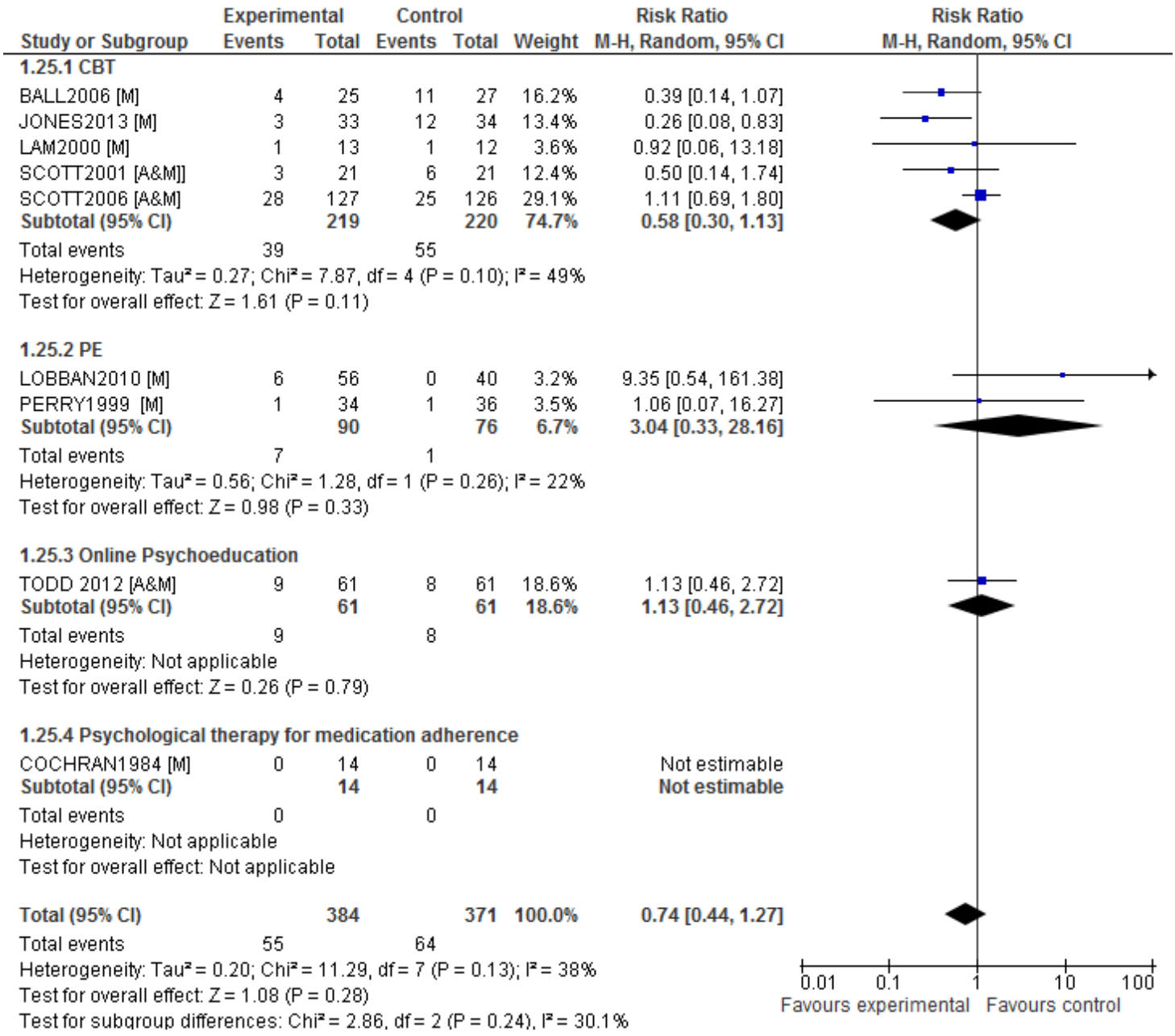


Psychosocial functioning (social and/or work) at follow-up

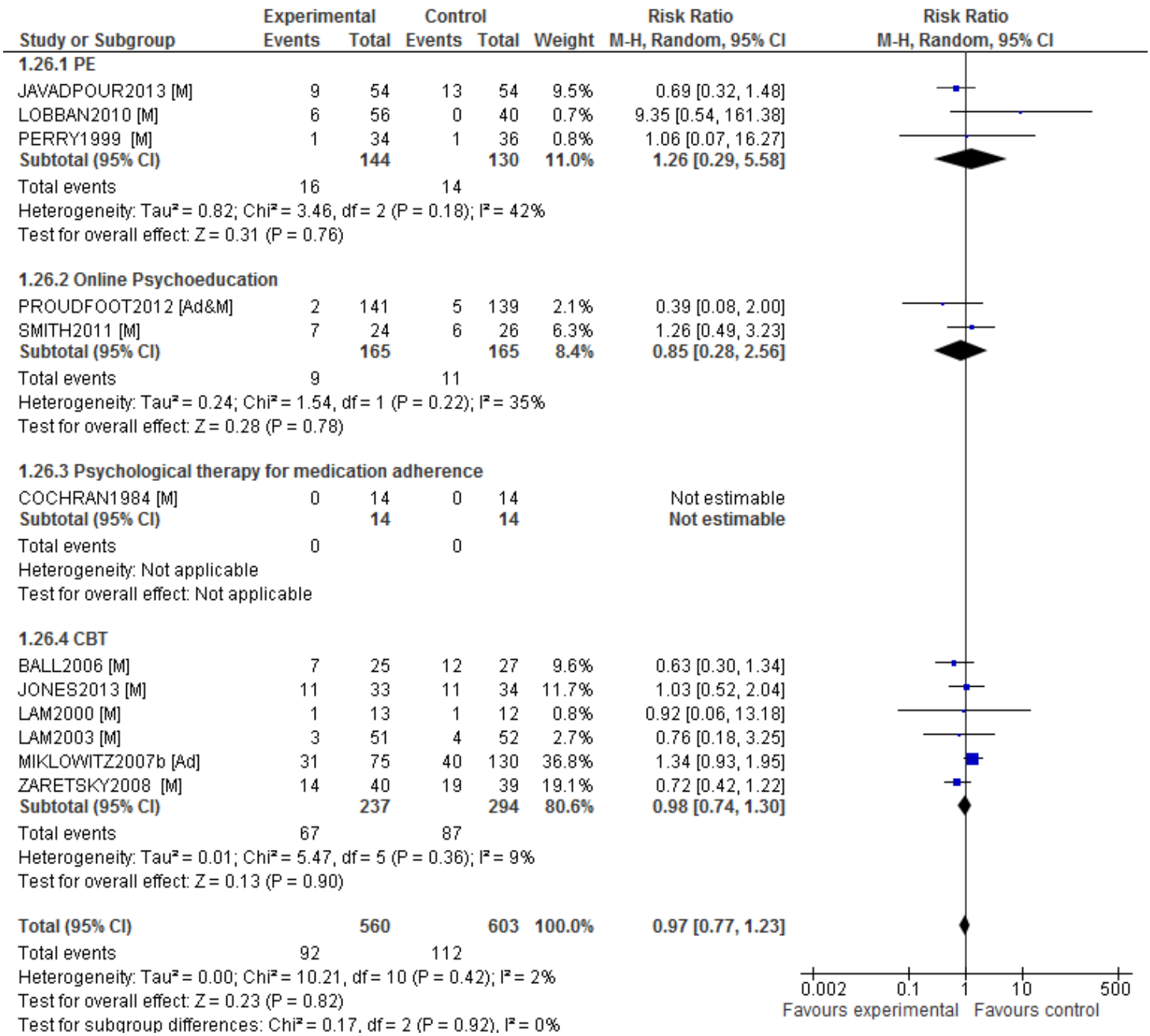
Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.24.1 Psycho education								
LOBBAN2010 [M]	0	0	56	0	40	0		Not estimable
PERRY1999 [M]	-1.03	2.55	34	0.94	2.68	36	15.4%	-0.74 [-1.23, -0.26]
Subtotal (95% CI)			**34**			**36**	**15.4%**	**-0.74 [-1.23, -0.26]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 3.00 (P = 0.003)								
1.24.2 Online Psycho education								
PROUDFOOT2012 [Ad&M]	3.9	2.32	134	3.76	2.71	139	20.7%	0.06 [-0.18, 0.29]
SMITH2011 [M]	22.8	12.3	17	19.4	13.6	20	12.2%	0.26 [-0.39, 0.90]
Subtotal (95% CI)			**151**			**159**	**32.9%**	**0.08 [-0.14, 0.30]**
Heterogeneity: Tau² = 0.00; Chi² = 0.32, df = 1 (P = 0.57); I² = 0%								
Test for overall effect: Z = 0.69 (P = 0.49)								
1.24.3 CBT								
BALL2006 [M]	11.72	19.01	25	12.15	13.5	27	14.2%	-0.03 [-0.57, 0.52]
JONES2013 [M]	77.13	15.78	16	78.49	18.1	18	11.7%	-0.08 [-0.75, 0.60]
LAM2000 [M]	0.09	0.16	12	0.33	0.29	11	8.7%	-1.00 [-1.88, -0.12]
LAM2003 [M]	0.4	0.5	48	0.8	0.8	48	17.1%	-0.59 [-1.00, -0.19]
Subtotal (95% CI)			**101**			**104**	**51.7%**	**-0.39 [-0.78, 0.01]**
Heterogeneity: Tau² = 0.07; Chi² = 5.36, df = 3 (P = 0.15); I² = 44%								
Test for overall effect: Z = 1.91 (P = 0.06)								
Total (95% CI)			**286**			**299**	**100.0%**	**-0.27 [-0.60, 0.05]**
Heterogeneity: Tau² = 0.12; Chi² = 18.39, df = 6 (P = 0.005); I² = 67%								
Test for overall effect: Z = 1.63 (P = 0.10)								
Test for subgroup differences: Chi² = 11.13, df = 2 (P = 0.004), I² = 82.0%								



Number of participants discontinuing at post-treatment

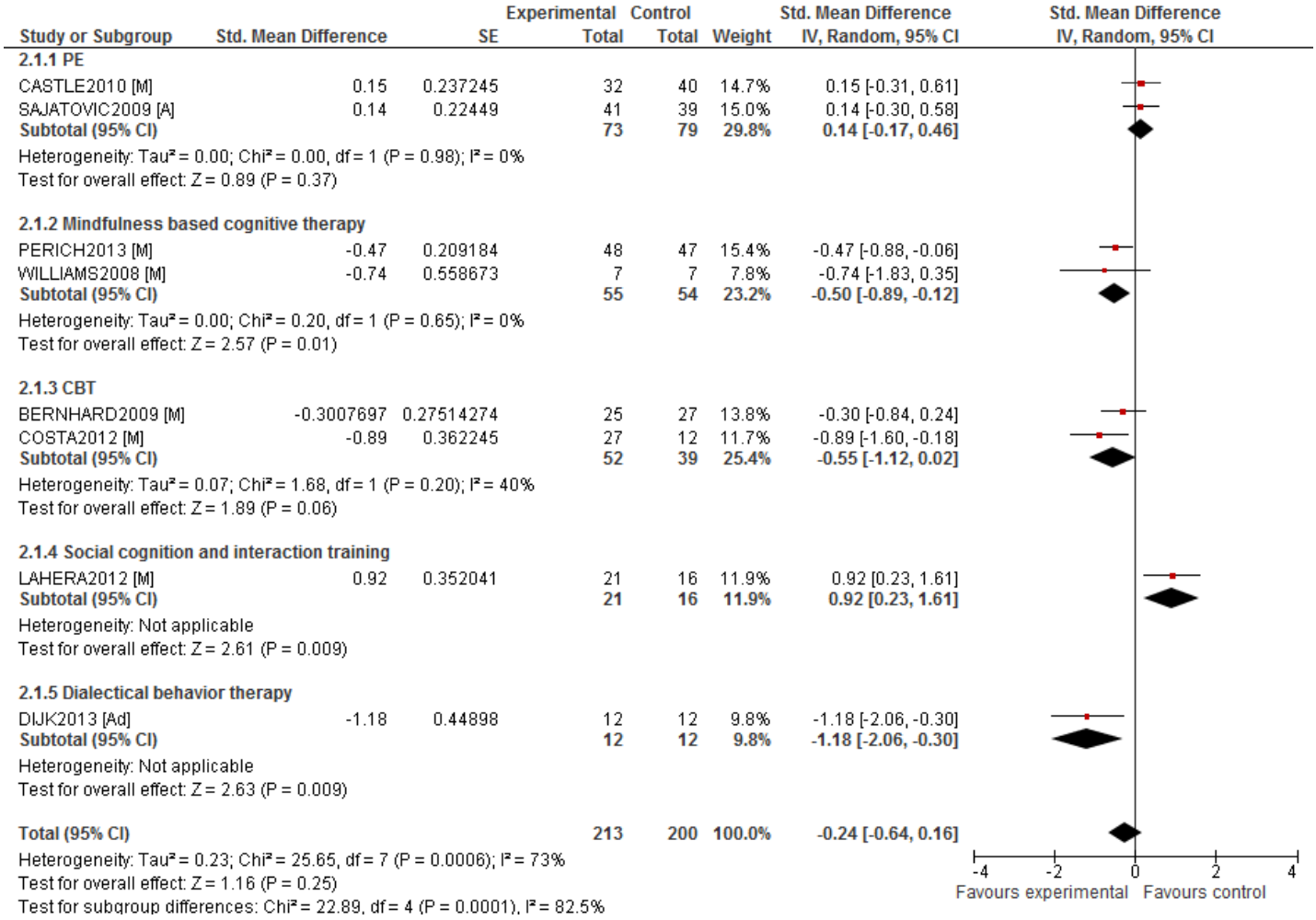


Number of participants discontinuing at follow-up



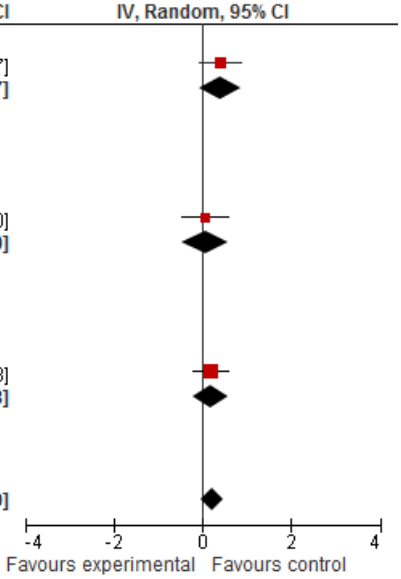
1.2 GROUP PSYCHOLOGICAL INTERVENTIONS COMPARED WITH TREATMENT AS USUAL (TAU)

Depression symptoms at post-treatment



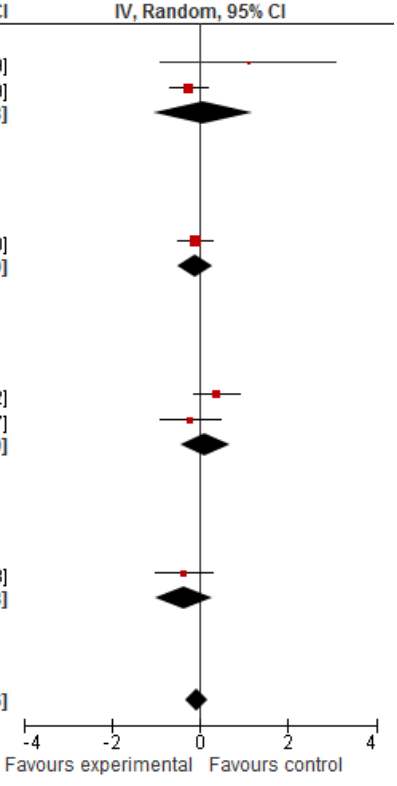
Depression symptoms at follow-up

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
2.2.1 PE						
CASTLE2010 [M]	0.4	0.23979592	32	40	32.1%	0.40 [-0.07, 0.87]
Subtotal (95% CI)			**32**	**40**	**32.1%**	**0.40 [-0.07, 0.87]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.67 (P = 0.10)						
2.2.2 CBT						
BERNHARD2009 [M]	0.05941497	0.27370054	25	27	24.6%	0.06 [-0.48, 0.60]
Subtotal (95% CI)			**25**	**27**	**24.6%**	**0.06 [-0.48, 0.60]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.22 (P = 0.83)						
2.2.3 Mindfulness based cognitive therapy						
PERICH2013 [M]	0.18	0.206633	48	47	43.2%	0.18 [-0.22, 0.58]
Subtotal (95% CI)			**48**	**47**	**43.2%**	**0.18 [-0.22, 0.58]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.87 (P = 0.38)						
Total (95% CI)			**105**	**114**	**100.0%**	**0.22 [-0.05, 0.49]**
Heterogeneity: Tau² = 0.00; Chi² = 0.95, df = 2 (P = 0.62); I² = 0%						
Test for overall effect: Z = 1.63 (P = 0.10)						
Test for subgroup differences: Chi² = 0.95, df = 2 (P = 0.62), I² = 0%						



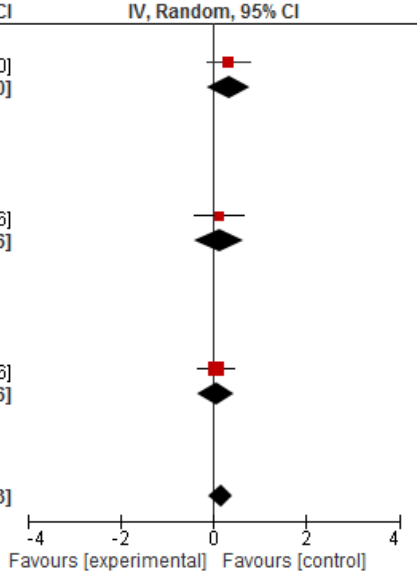
Manic symptoms at post-treatment

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
2.3.1 PE						
CASTLE2010 [M]	1.1	1.01530612	32	40	1.5%	1.10 [-0.89, 3.09]
SAJATOVIC2009 [A]	-0.25	0.22449	41	39	25.9%	-0.25 [-0.69, 0.19]
Subtotal (95% CI)			**73**	**79**	**27.4%**	**0.06 [-1.05, 1.18]**
Heterogeneity: Tau² = 0.37; Chi² = 1.69, df = 1 (P = 0.19); I² = 41%						
Test for overall effect: Z = 0.11 (P = 0.91)						
2.3.2 Mindfulness based cognitive therapy						
PERICH2013 [M]	-0.1	0.206633	48	47	29.7%	-0.10 [-0.50, 0.30]
Subtotal (95% CI)			**48**	**47**	**29.7%**	**-0.10 [-0.50, 0.30]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.48 (P = 0.63)						
2.3.3 CBT						
BERNHARD2009 [M]	0.38013236	0.27631286	25	27	18.2%	0.38 [-0.16, 0.92]
COSTA2012 [M]	-0.21	0.34949	27	12	11.9%	-0.21 [-0.89, 0.47]
Subtotal (95% CI)			**52**	**39**	**30.0%**	**0.12 [-0.45, 0.70]**
Heterogeneity: Tau² = 0.07; Chi² = 1.75, df = 1 (P = 0.19); I² = 43%						
Test for overall effect: Z = 0.42 (P = 0.67)						
2.3.4 Social cognition and interaction training						
LAHERA2012 [M]	-0.37	0.334184	21	16	12.9%	-0.37 [-1.02, 0.28]
Subtotal (95% CI)			**21**	**16**	**12.9%**	**-0.37 [-1.02, 0.28]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.11 (P = 0.27)						
Total (95% CI)			**194**	**181**	**100.0%**	**-0.08 [-0.33, 0.16]**
Heterogeneity: Tau² = 0.01; Chi² = 5.60, df = 5 (P = 0.35); I² = 11%						
Test for overall effect: Z = 0.65 (P = 0.52)						
Test for subgroup differences: Chi² = 1.31, df = 3 (P = 0.73), I² = 0%						



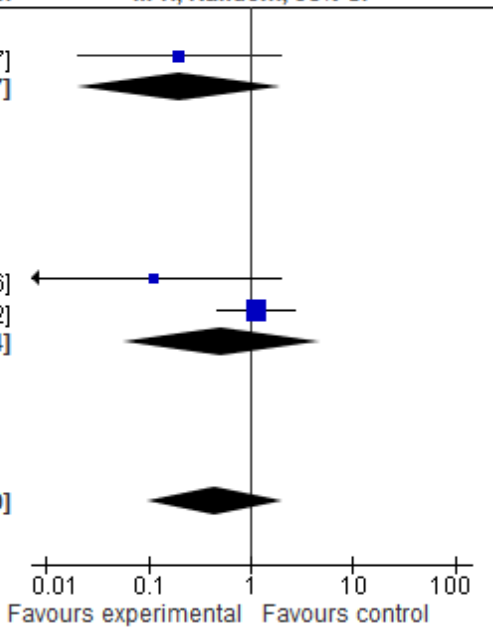
Manic symptoms at follow-up

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
2.4.1 PE						
CASTLE2010 [M]	0.33	0.239796	32	40	31.9%	0.33 [-0.14, 0.80]
Subtotal (95% CI)			**32**	**40**	**31.9%**	**0.33 [-0.14, 0.80]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.38 (P = 0.17)						
2.4.2 CBT						
BERNHARD2009 [M]	0.120784	0.27558266	25	27	24.1%	0.12 [-0.42, 0.66]
Subtotal (95% CI)			**25**	**27**	**24.1%**	**0.12 [-0.42, 0.66]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.44 (P = 0.66)						
2.4.3 Mindfulness based cognitive therapy						
PERICH2013 [M]	0.06	0.204082	48	47	44.0%	0.06 [-0.34, 0.46]
Subtotal (95% CI)			**48**	**47**	**44.0%**	**0.06 [-0.34, 0.46]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.29 (P = 0.77)						
Total (95% CI)			**105**	**114**	**100.0%**	**0.16 [-0.10, 0.43]**
Heterogeneity: Tau² = 0.00; Chi² = 0.76, df = 2 (P = 0.68); I² = 0%						
Test for overall effect: Z = 1.19 (P = 0.24)						
Test for subgroup differences: Chi² = 0.76, df = 2 (P = 0.68), I² = 0%						

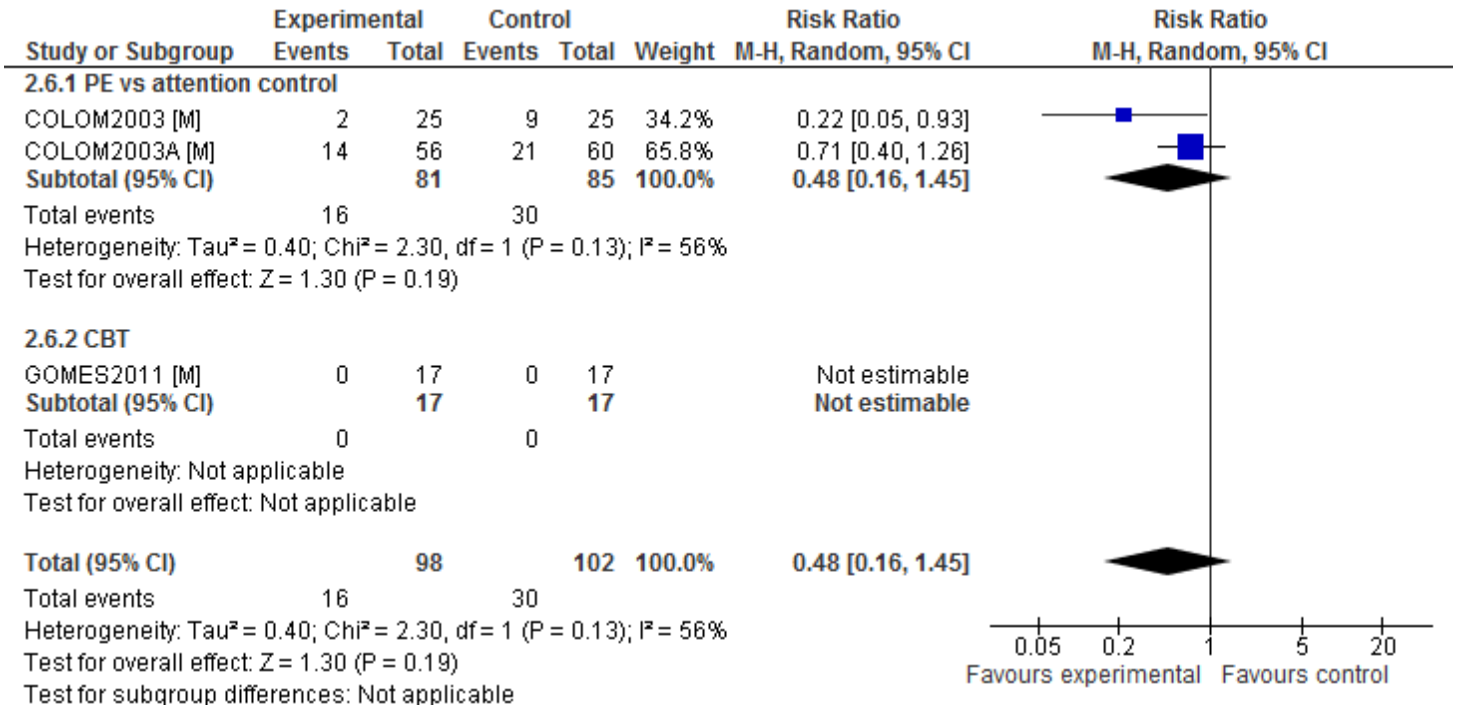


Number of participants admitted to hospital at post-treatment

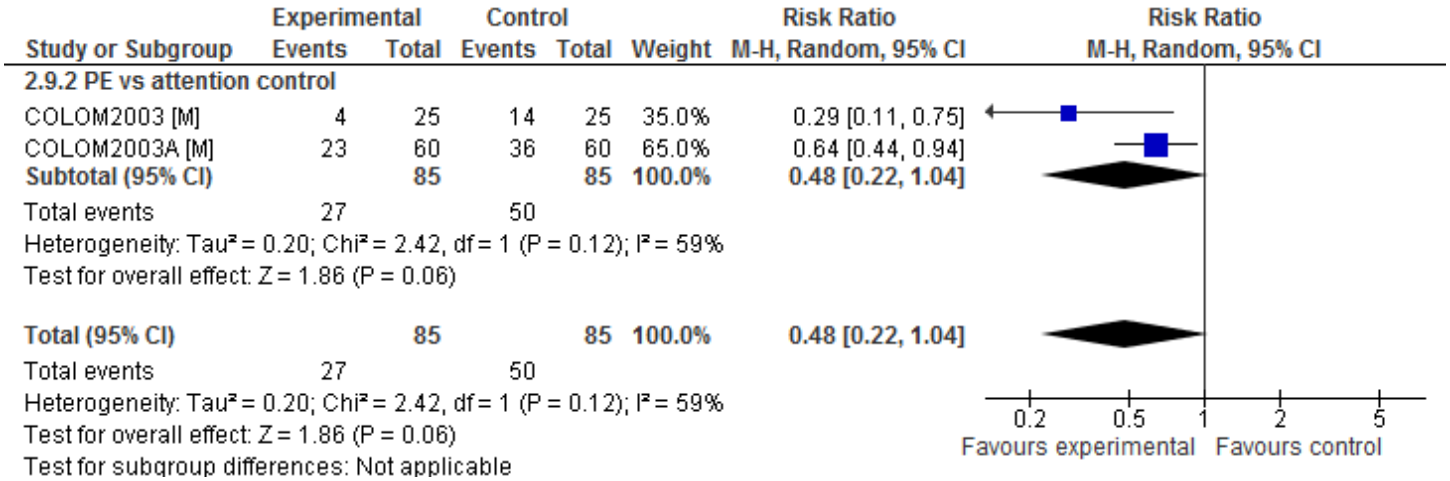
Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
2.5.1 CBT						
COSTA2012 [M]	1	25	2	10	26.7%	0.20 [0.02, 1.97]
Subtotal (95% CI)		**25**		**10**	**26.7%**	**0.20 [0.02, 1.97]**
Total events	1		2			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.38 (P = 0.17)						
2.5.2 PE vs attention control						
COLOM2003 [M]	0	25	4	25	19.9%	0.11 [0.01, 1.96]
COLOM2003A [M]	9	60	8	60	53.4%	1.13 [0.47, 2.72]
Subtotal (95% CI)		**85**		**85**	**73.3%**	**0.52 [0.06, 4.84]**
Total events	9		12			
Heterogeneity: Tau² = 1.74; Chi² = 2.48, df = 1 (P = 0.12); I² = 60%						
Test for overall effect: Z = 0.57 (P = 0.57)						
Total (95% CI)		**110**		**95**	**100.0%**	**0.45 [0.10, 2.09]**
Total events	10		14			
Heterogeneity: Tau² = 0.95; Chi² = 3.94, df = 2 (P = 0.14); I² = 49%						
Test for overall effect: Z = 1.02 (P = 0.31)						
Test for subgroup differences: Chi² = 0.34, df = 1 (P = 0.56), I² = 0%						



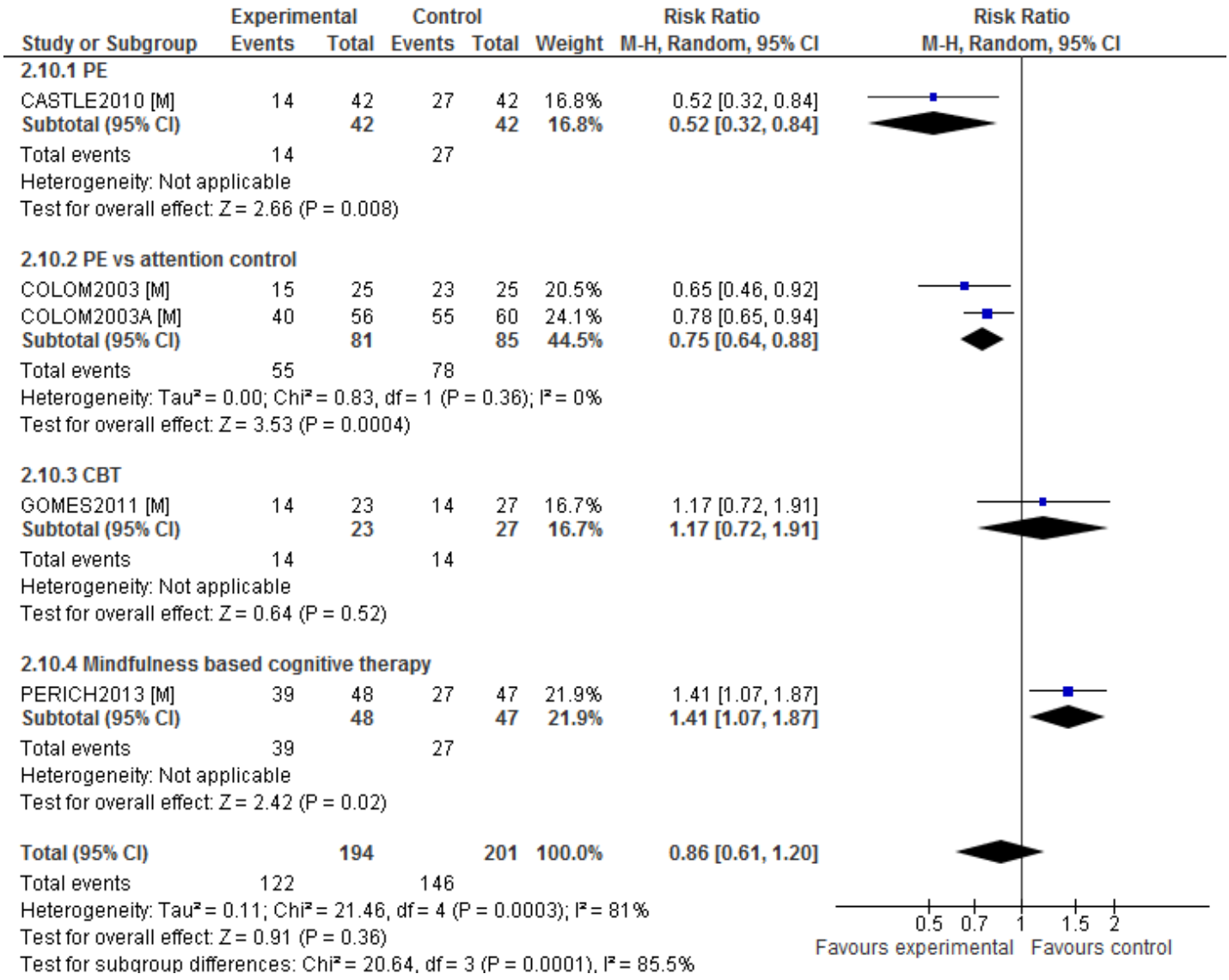
Number of participants admitted to hospital at follow-up



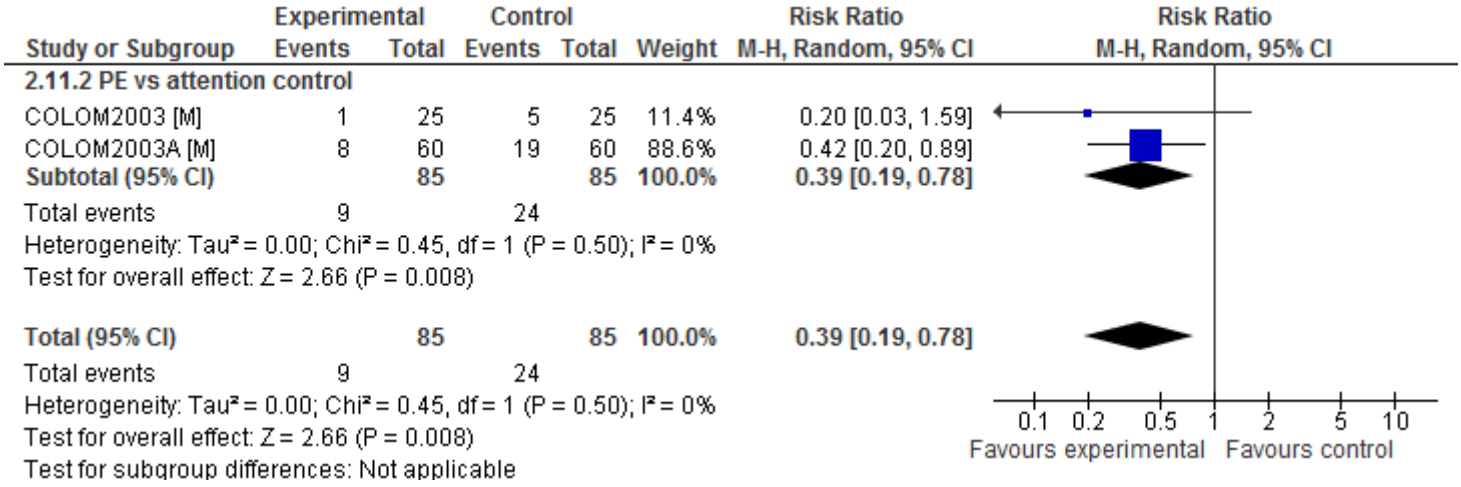
Number of participants who relapsed (any type) at post-treatment



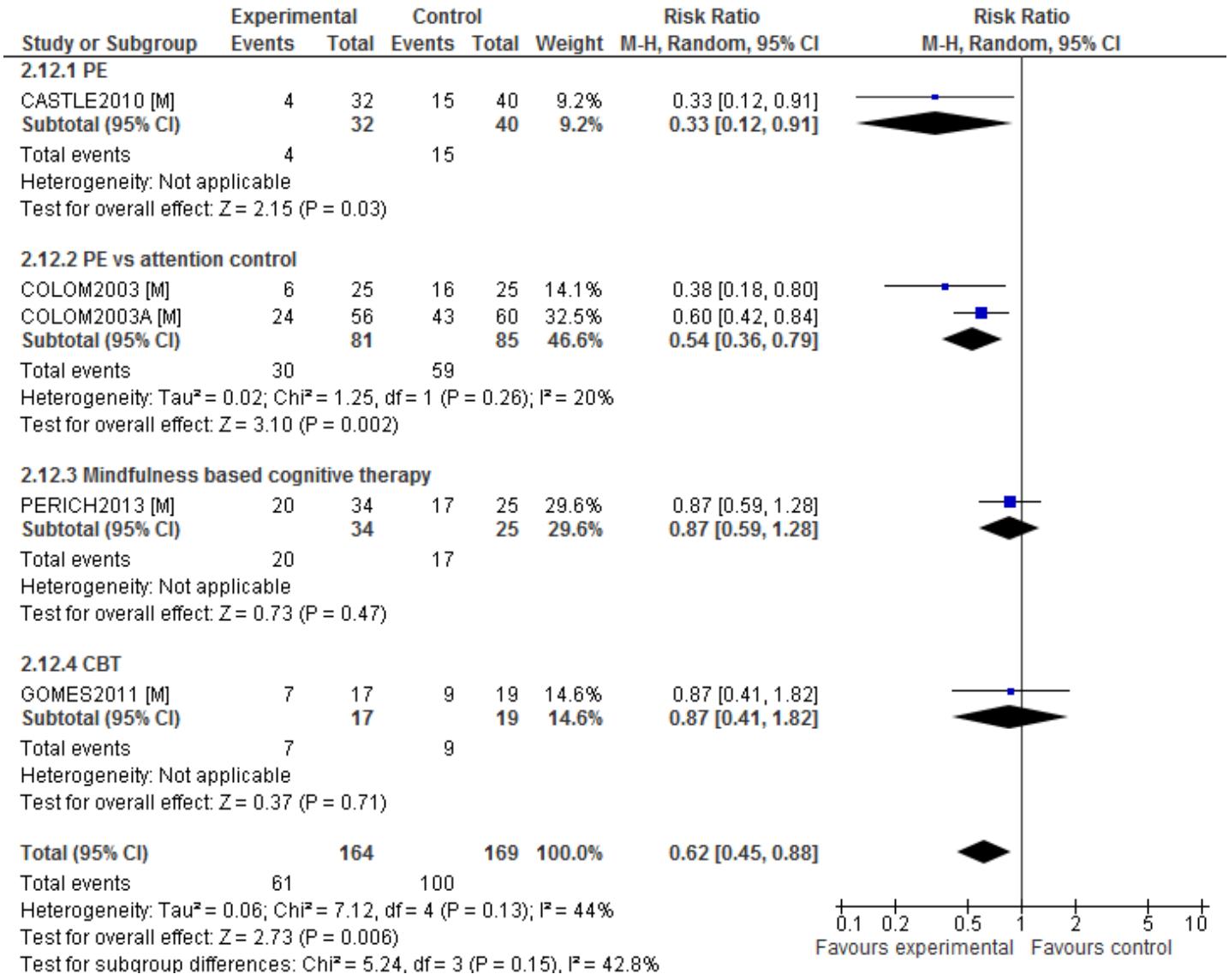
Number of participants who relapsed (any type) at follow-up



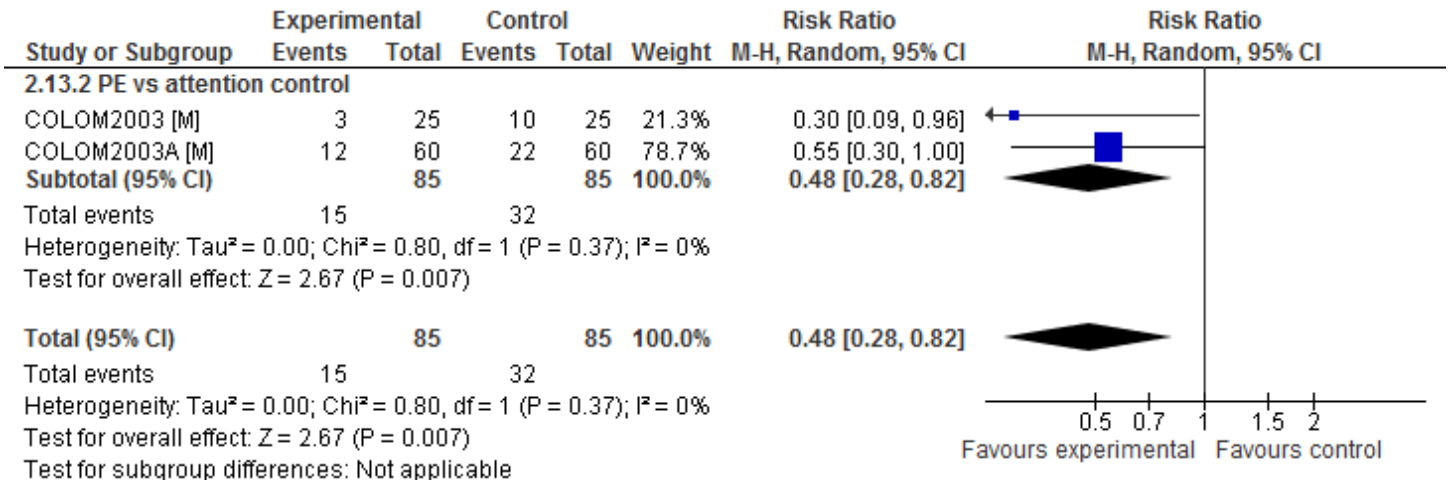
Number of participants who relapsed (depression) at post-treatment



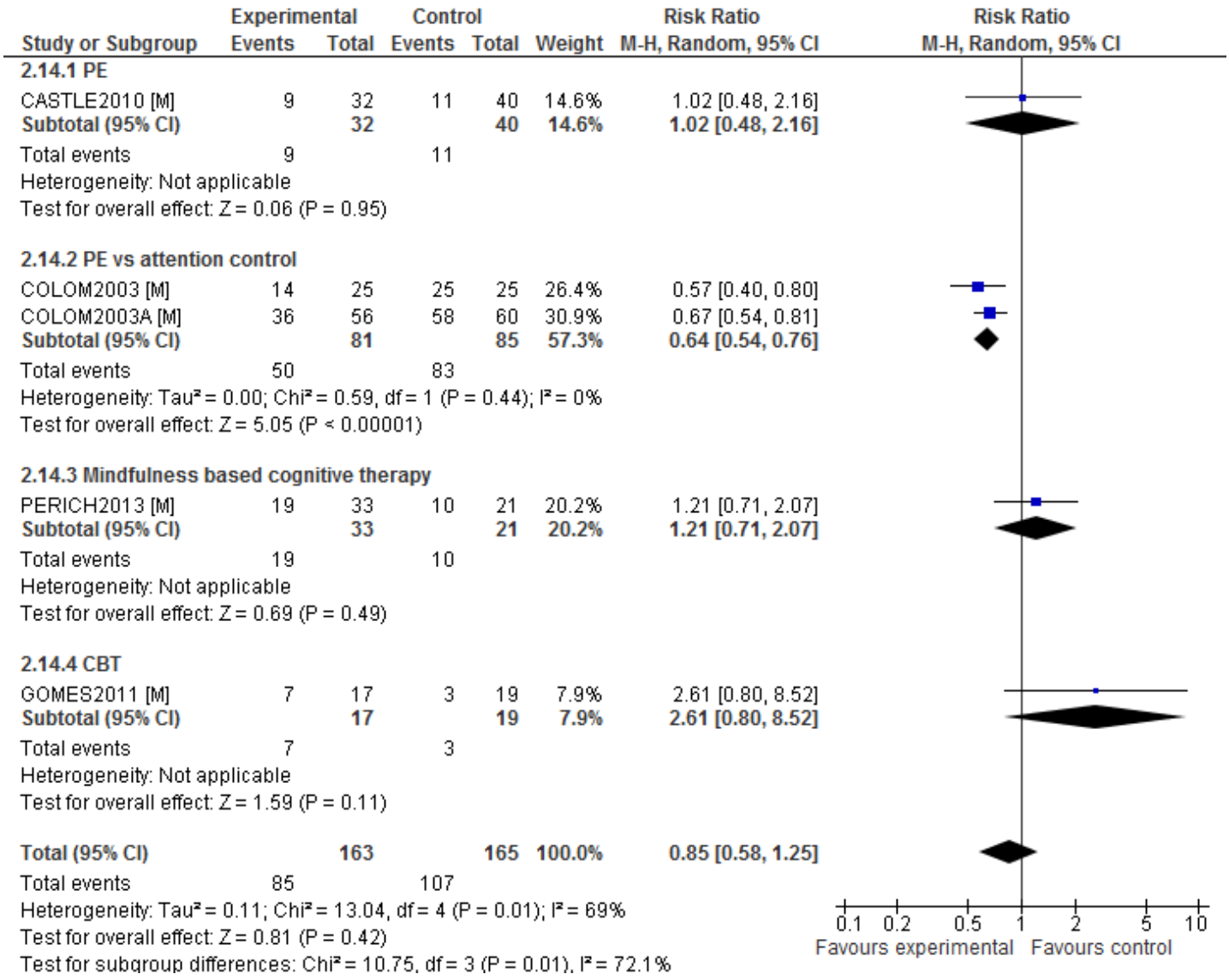
Number of participants who relapsed (depression) at follow-up



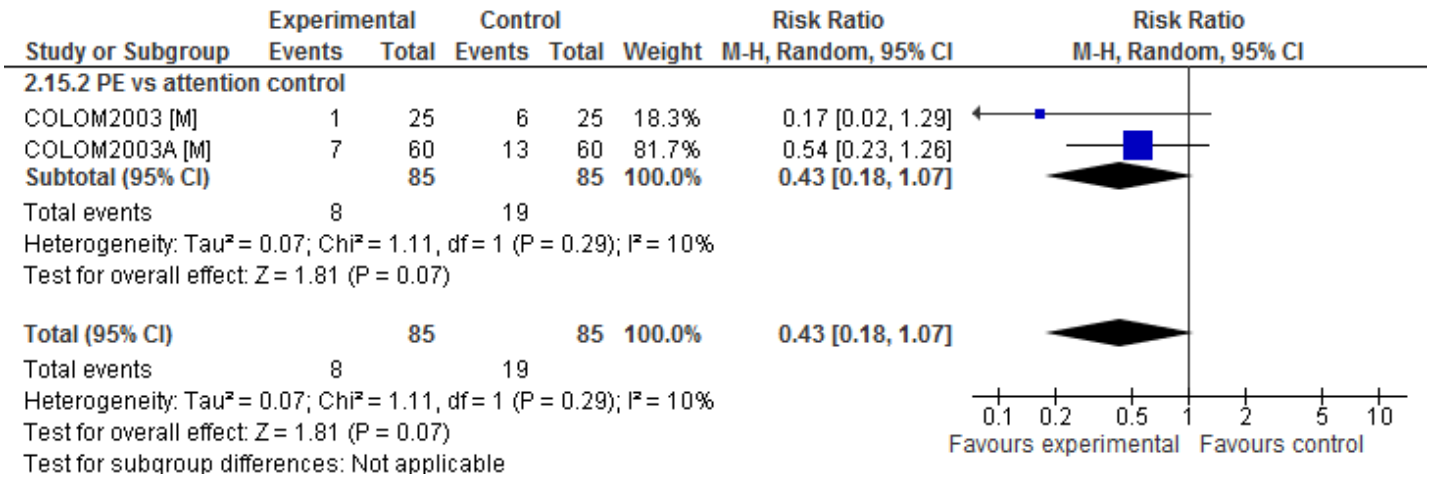
Number of participants who relapsed (mania) at post-treatment



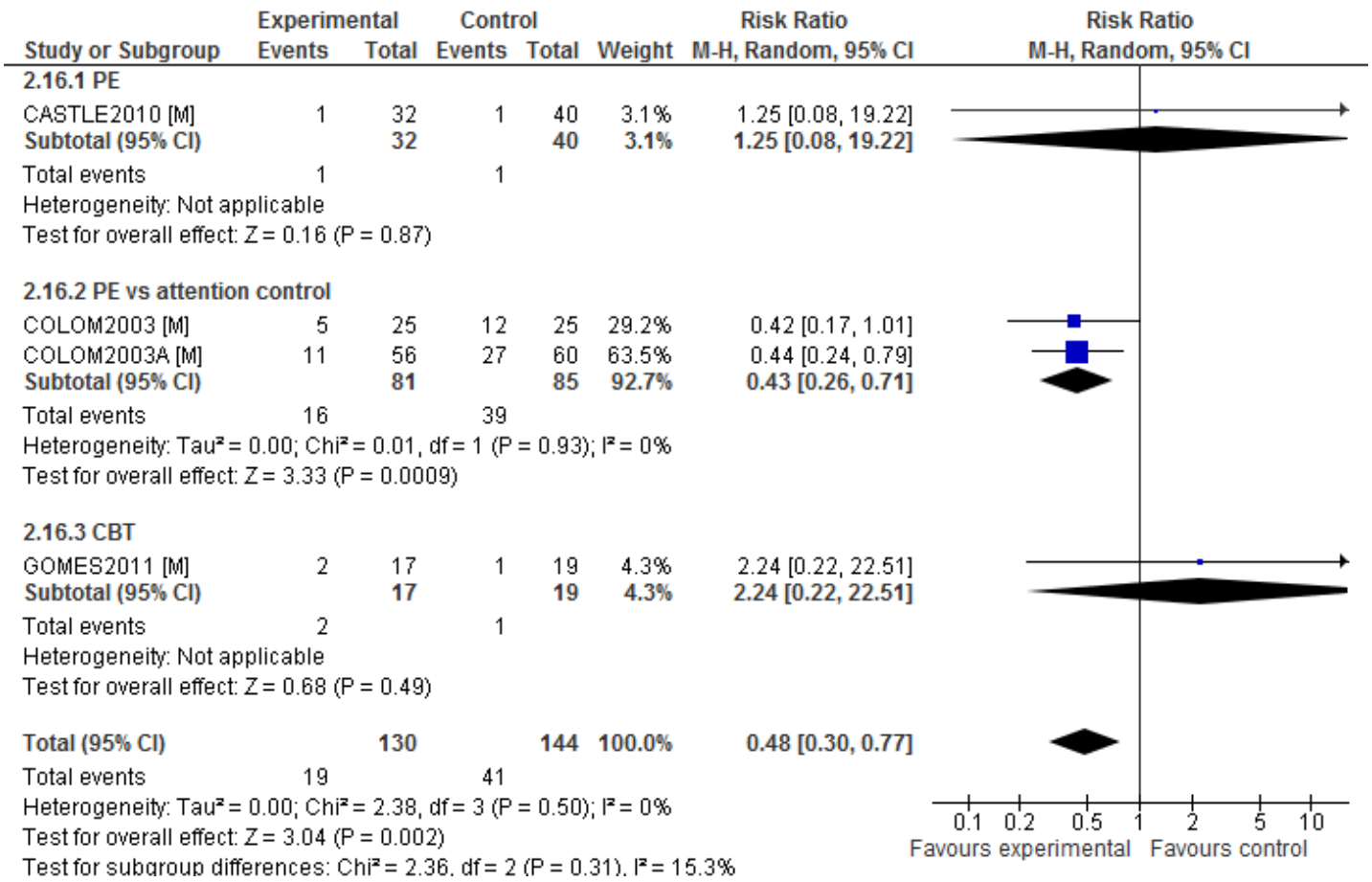
Number of participants who relapsed (mania) at follow-up



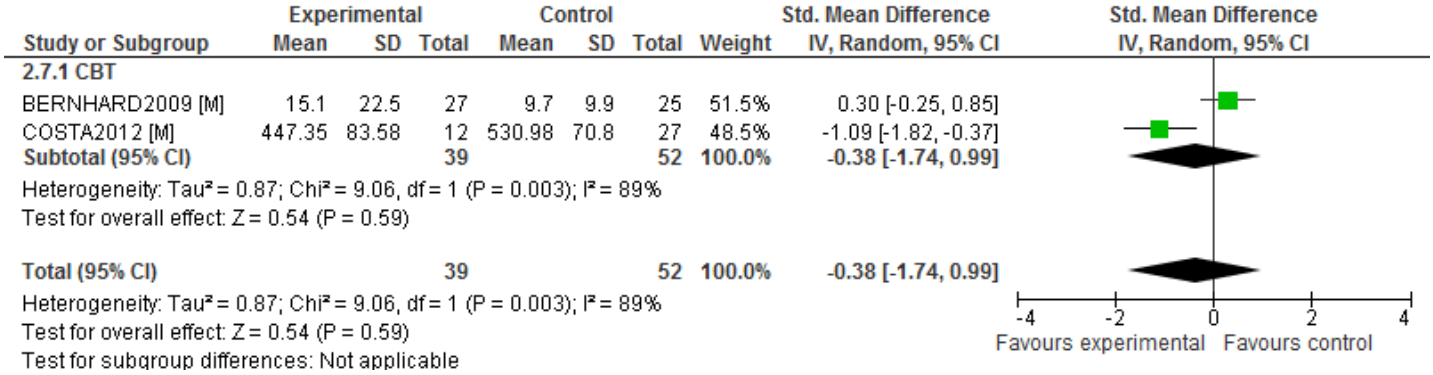
Number of participants who relapsed (mixed episode) at post-treatment



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

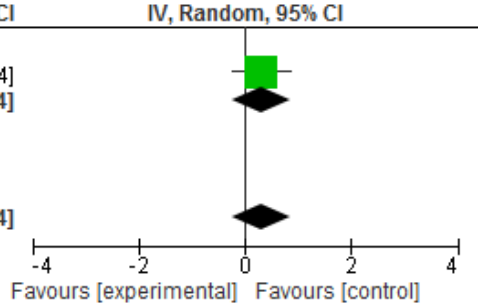


Quality of life at post-treatment



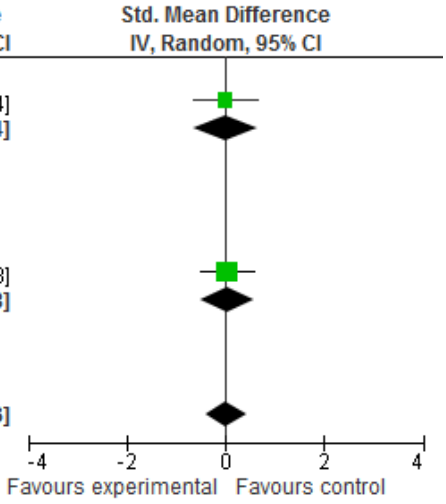
Quality of life at follow-up

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
2.8.1 CBT								
BERNHARD2009 [M]	14.7	21	27	9.7	9.9	25	100.0%	0.30 [-0.25, 0.84]
Subtotal (95% CI)			**27**			**25**	**100.0%**	**0.30 [-0.25, 0.84]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.06 (P = 0.29)								
Total (95% CI)			**27**			**25**	**100.0%**	**0.30 [-0.25, 0.84]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.06 (P = 0.29)								
Test for subgroup differences: Not applicable								



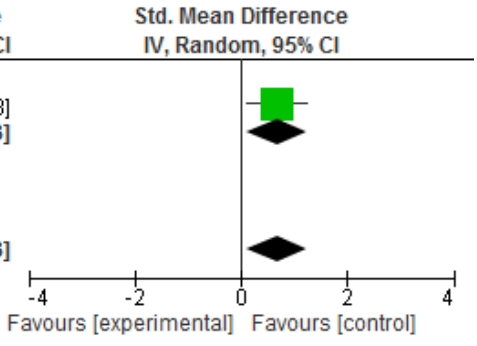
Psychosocial functioning (GAF) at post-treatment

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
2.17.1 Social cognition and interaction training								
LAHERA2012 [M]	82	15.94	16	82.14	10.81	21	41.2%	-0.01 [-0.66, 0.64]
Subtotal (95% CI)			**16**			**21**	**41.2%**	**-0.01 [-0.66, 0.64]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.03 (P = 0.98)								
2.17.2 CBT								
BERNHARD2009 [M]	80.6	13.7	27	80.2	10.5	25	58.8%	0.03 [-0.51, 0.58]
Subtotal (95% CI)			**27**			**25**	**58.8%**	**0.03 [-0.51, 0.58]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.12 (P = 0.91)								
Total (95% CI)			**43**			**46**	**100.0%**	**0.01 [-0.40, 0.43]**
Heterogeneity: Tau² = 0.00; Chi² = 0.01, df = 1 (P = 0.92); I² = 0%								
Test for overall effect: Z = 0.07 (P = 0.95)								
Test for subgroup differences: Chi² = 0.01, df = 1 (P = 0.92), I² = 0%								

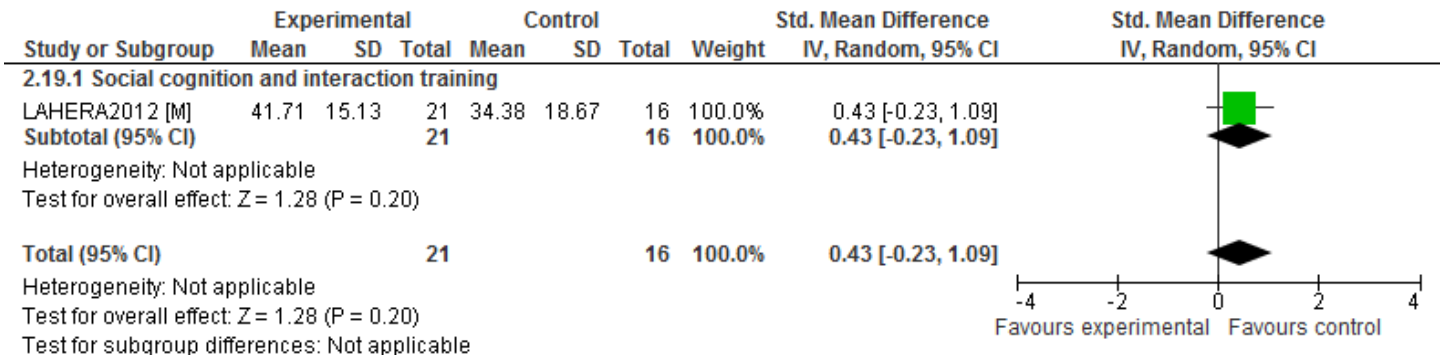


Psychosocial functioning (GAF) at follow-up

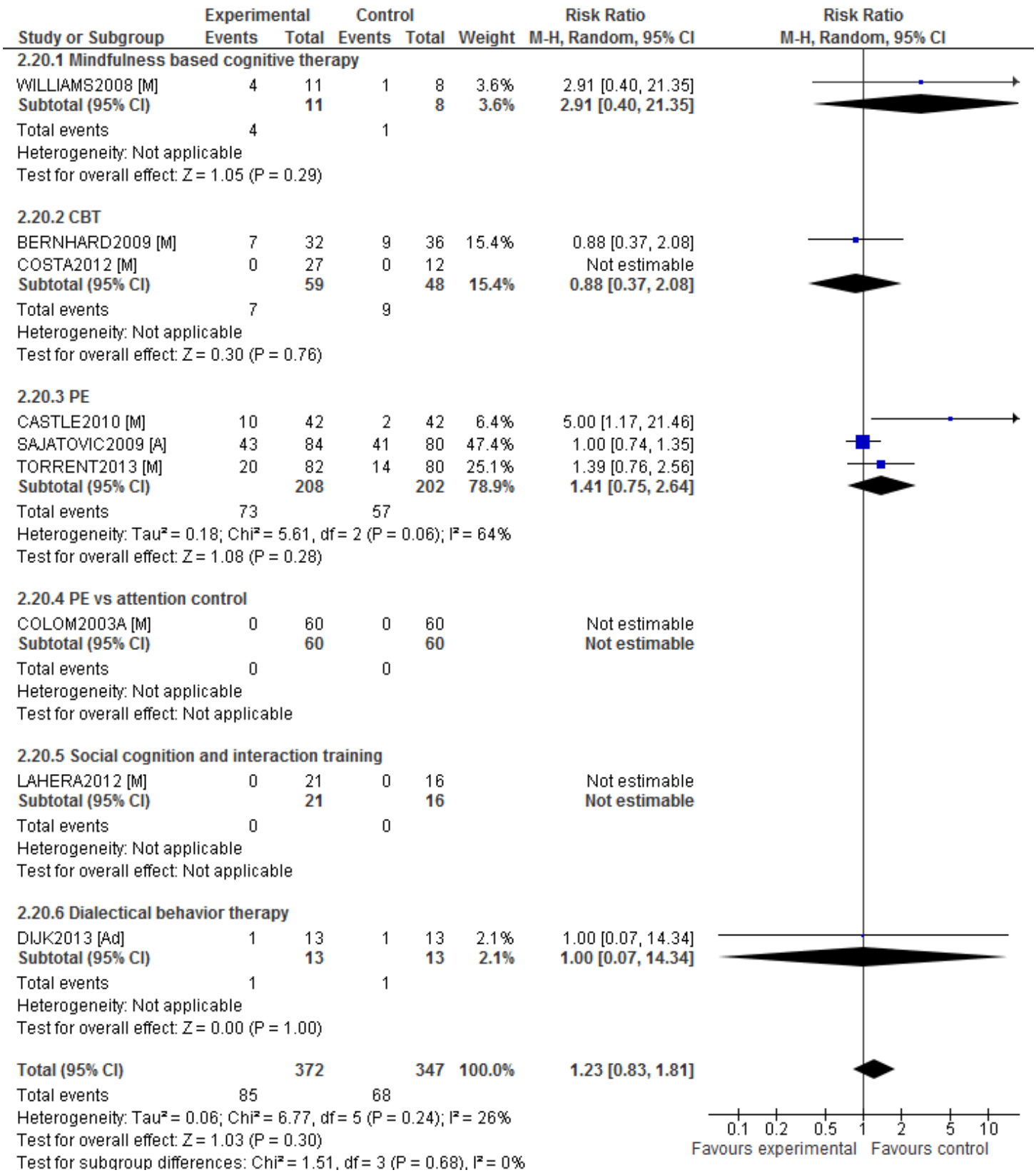
Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
2.18.1 CBT								
BERNHARD2009 [M]	81.9	13.9	27	71.5	16.5	25	100.0%	0.67 [0.11, 1.23]
Subtotal (95% CI)			**27**			**25**	**100.0%**	**0.67 [0.11, 1.23]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.36 (P = 0.02)								
Total (95% CI)			**27**			**25**	**100.0%**	**0.67 [0.11, 1.23]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.36 (P = 0.02)								
Test for subgroup differences: Not applicable								



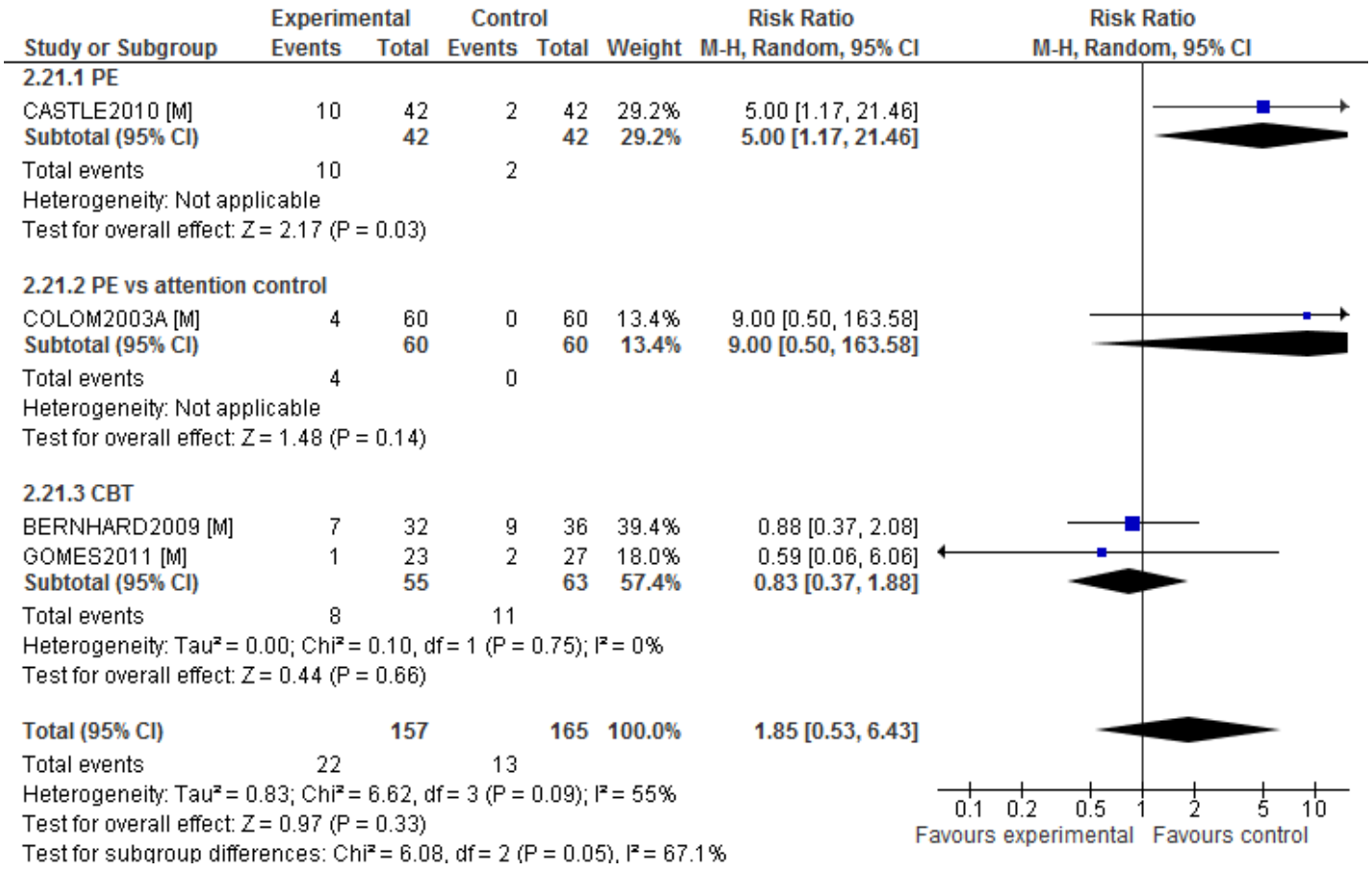
Psychosocial functioning (social and/or work) at post-treatment



Number of participants discontinuing at post-treatment

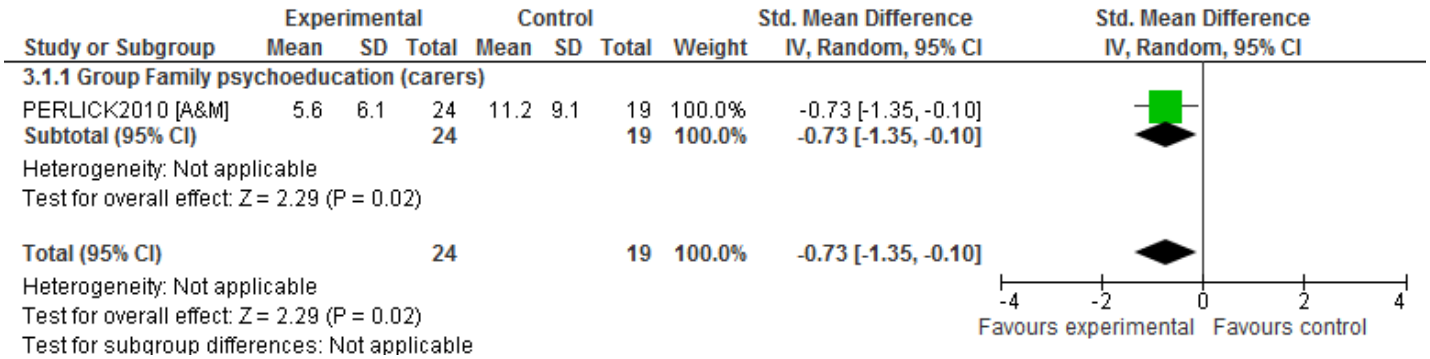


Number of participants discontinuing at follow-up



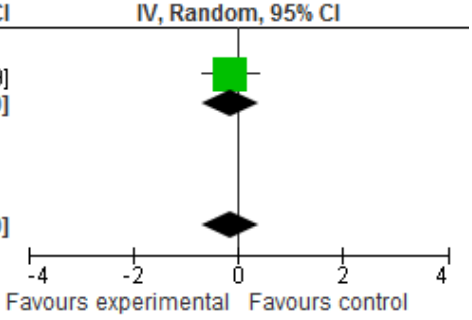
1.3 FAMILY PSYCHOEDUCATION COMPARED WITH TAU

Depression symptoms at post-treatment



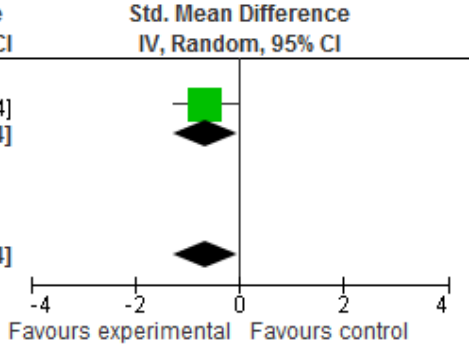
Depression symptoms at follow-up

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
3.2.1 Psychoeducation (patient and carers)								
DSOUZA2010 [M]	2.7	5.6	26	3.6	6.5	27	100.0%	-0.15 [-0.69, 0.39]
Subtotal (95% CI)			**26**			**27**	**100.0%**	**-0.15 [-0.69, 0.39]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.53 (P = 0.60)								
Total (95% CI)			**26**			**27**	**100.0%**	**-0.15 [-0.69, 0.39]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.53 (P = 0.60)								
Test for subgroup differences: Not applicable								



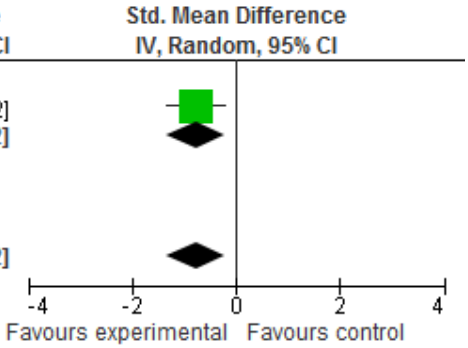
Manic symptoms at post-treatment

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
3.3.1 Group Family psychoeducation (carers)								
PERLICK2010 [A&M]	1.6	2.4	24	5.8	9	19	100.0%	-0.66 [-1.28, -0.04]
Subtotal (95% CI)			**24**			**19**	**100.0%**	**-0.66 [-1.28, -0.04]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.09 (P = 0.04)								
Total (95% CI)			**24**			**19**	**100.0%**	**-0.66 [-1.28, -0.04]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.09 (P = 0.04)								
Test for subgroup differences: Not applicable								



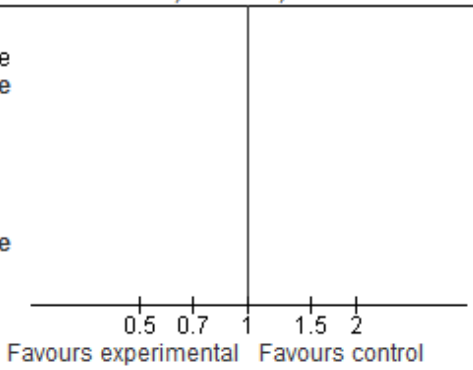
Manic symptoms at follow-up

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
3.4.1 Psychoeducation (patient and carers)								
DSOUZA2010 [M]	3.3	5.3	26	9.4	9.5	27	100.0%	-0.78 [-1.34, -0.22]
Subtotal (95% CI)			**26**			**27**	**100.0%**	**-0.78 [-1.34, -0.22]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.72 (P = 0.007)								
Total (95% CI)			**26**			**27**	**100.0%**	**-0.78 [-1.34, -0.22]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.72 (P = 0.007)								
Test for subgroup differences: Not applicable								



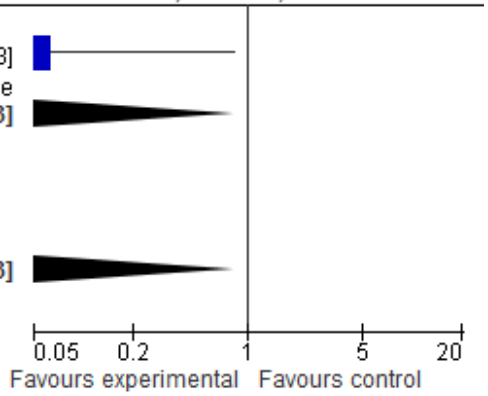
Number of participants admitted to hospital at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
3.18.1 Group Family psychoeducation (carers)						
GENT1991 [M]	0	14	0	12		Not estimable
Subtotal (95% CI)		**14**		**12**		**Not estimable**
Total events	0		0			
Heterogeneity: Not applicable						
Test for overall effect: Not applicable						
Total (95% CI)		**14**		**12**		**Not estimable**
Total events	0		0			
Heterogeneity: Not applicable						
Test for overall effect: Not applicable						
Test for subgroup differences: Not applicable						

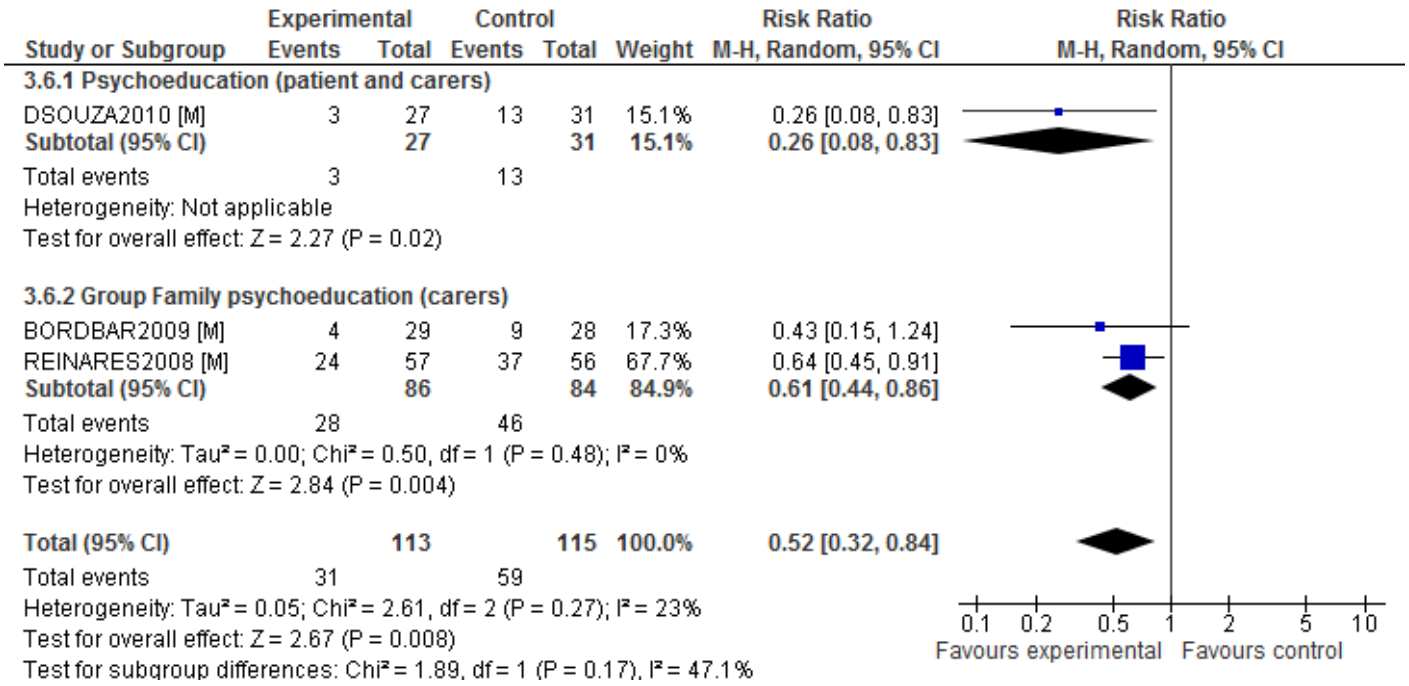


Number of participants admitted to hospital at follow-up

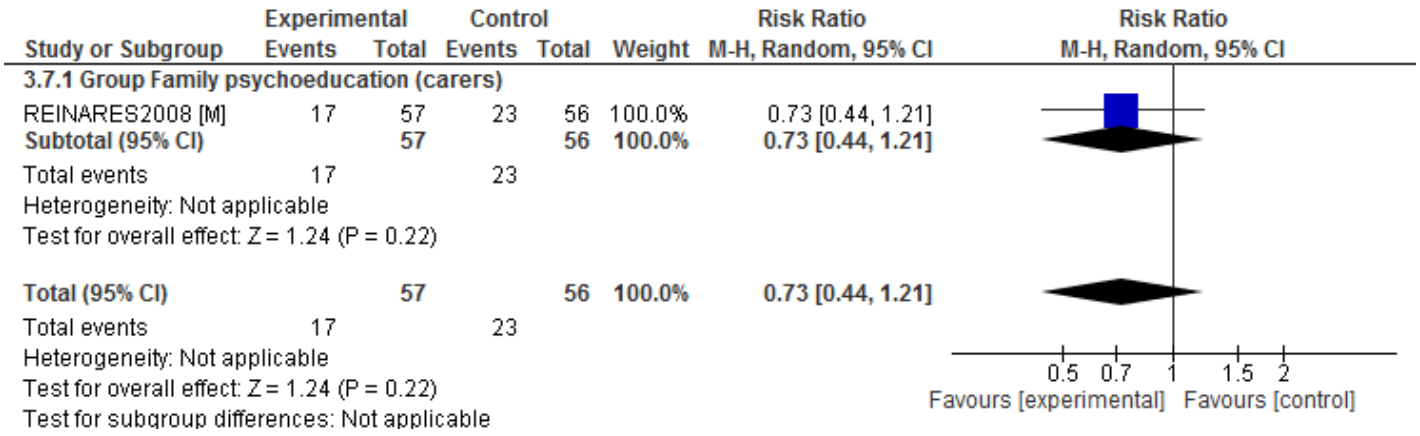
Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
3.5.1 Group Family psychoeducation (carers)						
BORDBAR2009 [M]	0	29	9	28	100.0%	0.05 [0.00, 0.83]
GENT1991 [M]	0	14	0	12		Not estimable
Subtotal (95% CI)		**43**		**40**	**100.0%**	**0.05 [0.00, 0.83]**
Total events	0		9			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.09 (P = 0.04)						
Total (95% CI)		**43**		**40**	**100.0%**	**0.05 [0.00, 0.83]**
Total events	0		9			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.09 (P = 0.04)						
Test for subgroup differences: Not applicable						



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

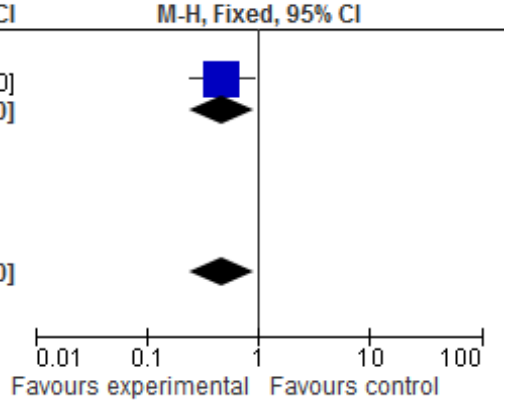


Number of participants who relapsed (depression) at follow-up



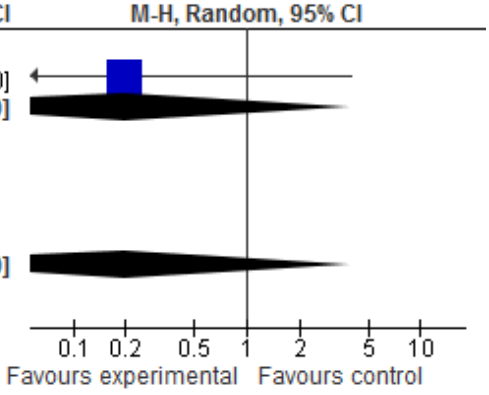
Number of participants who relapsed (mania) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Fixed, 95% CI
3.8.1 Group Family psychoeducation (carers)						
REINARES2008 [M]	10	57	21	56	100.0%	0.47 [0.24, 0.90]
Subtotal (95% CI)		**57**		**56**	**100.0%**	**0.47 [0.24, 0.90]**
Total events	10		21			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.27 (P = 0.02)						
Total (95% CI)		**57**		**56**	**100.0%**	**0.47 [0.24, 0.90]**
Total events	10		21			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.27 (P = 0.02)						
Test for subgroup differences: Not applicable						



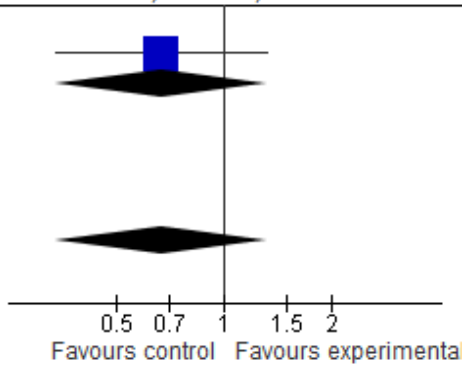
Number of participants who relapsed (mixed episode) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
3.9.1 Group Family psychoeducation (carers)						
REINARES2008 [M]	0	57	2	56	100.0%	0.20 [0.01, 4.00]
Subtotal (95% CI)		**57**		**56**	**100.0%**	**0.20 [0.01, 4.00]**
Total events	0		2			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.06 (P = 0.29)						
Total (95% CI)		**57**		**56**	**100.0%**	**0.20 [0.01, 4.00]**
Total events	0		2			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.06 (P = 0.29)						
Test for subgroup differences: Not applicable						



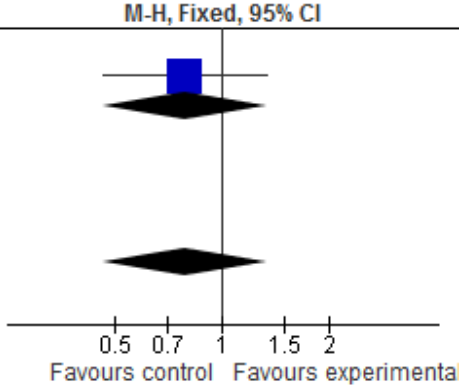
Number of participants who responded (any type) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
3.10.1 Psychoeducation (patient and carers)						
MILLER2004 [A]	21	30	16	29	100.0%	0.67 [0.34, 1.32]
Subtotal (95% CI)		**30**		**29**	**100.0%**	**0.67 [0.34, 1.32]**
Total events	21		16			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.16 (P = 0.25)						
Total (95% CI)		**30**		**29**	**100.0%**	**0.67 [0.34, 1.32]**
Total events	21		16			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.16 (P = 0.25)						
Test for subgroup differences: Not applicable						



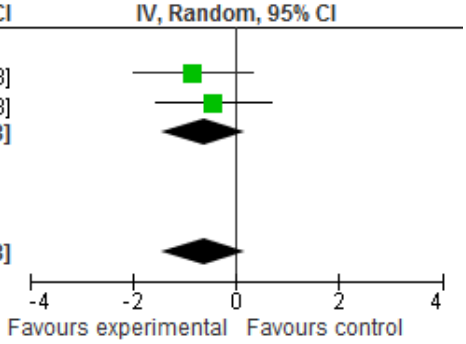
Number of participants who responded (50% reduction in manic symptoms) at follow-up

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio (Non-event) M-H, Fixed, 95% CI
3.11.1 Psychoeducation (patient and carers)						
MILLER2004 [A]	17	30	13	29	100.0%	0.79 [0.46, 1.33]
Subtotal (95% CI)		**30**		**29**	**100.0%**	**0.79 [0.46, 1.33]**
Total events	17		13			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.90 (P = 0.37)						
Total (95% CI)		**30**		**29**	**100.0%**	**0.79 [0.46, 1.33]**
Total events	17		13			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.90 (P = 0.37)						
Test for subgroup differences: Not applicable						



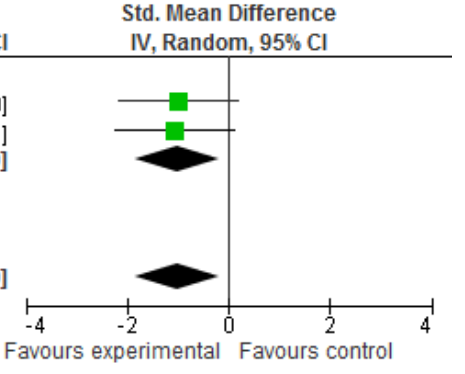
Quality of life at follow-up

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
3.13.1 Group Family psychoeducation (carers)								
MADIGAN2012 [M]	14	0.6	4	15.2	1.5	13	48.2%	-0.83 [-2.00, 0.33]
MADIGAN2012 [M]	14	0.6	4	14.4	0.9	14	51.8%	-0.45 [-1.57, 0.68]
Subtotal (95% CI)			**8**			**27**	**100.0%**	**-0.63 [-1.44, 0.18]**
Heterogeneity: Tau² = 0.00; Chi² = 0.22, df = 1 (P = 0.64); I² = 0%								
Test for overall effect: Z = 1.53 (P = 0.13)								
Total (95% CI)			**8**			**27**	**100.0%**	**-0.63 [-1.44, 0.18]**
Heterogeneity: Tau² = 0.00; Chi² = 0.22, df = 1 (P = 0.64); I² = 0%								
Test for overall effect: Z = 1.53 (P = 0.13)								
Test for subgroup differences: Not applicable								



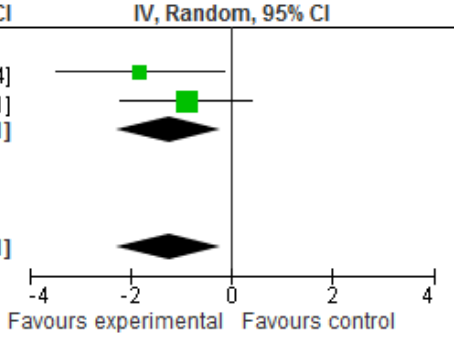
Psychosocial functioning (GAF) at follow-up (57 weeks)

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
3.14.1 Group Family psychoeducation (carers)								
MADIGAN2012 [M]	51.7	5.8	4	65.8	14.9	13	49.8%	-0.99 [-2.17, 0.20]
MADIGAN2012 [M]	51.7	5.8	4	65.6	13.5	14	50.2%	-1.07 [-2.24, 0.11]
Subtotal (95% CI)			**8**			**27**	**100.0%**	**-1.03 [-1.86, -0.19]**
Heterogeneity: Tau² = 0.00; Chi² = 0.01, df = 1 (P = 0.93); I² = 0%								
Test for overall effect: Z = 2.41 (P = 0.02)								
Total (95% CI)			**8**			**27**	**100.0%**	**-1.03 [-1.86, -0.19]**
Heterogeneity: Tau² = 0.00; Chi² = 0.01, df = 1 (P = 0.93); I² = 0%								
Test for overall effect: Z = 2.41 (P = 0.02)								
Test for subgroup differences: Not applicable								



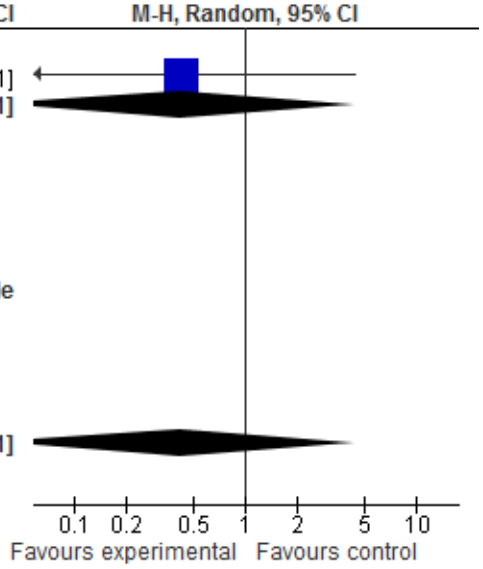
Psychosocial functioning (GAF) at follow-up (109 weeks)

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
3.12.1 Group Family psychoeducation (carers)								
MADIGAN2012 [M]	48.7	3.2	2	65.6	9.1	13	37.9%	-1.81 [-3.48, -0.14]
MADIGAN2012 [M]	48.7	3.2	3	64.4	17.9	13	62.1%	-0.89 [-2.20, 0.41]
Subtotal (95% CI)			**5**			**26**	**100.0%**	**-1.24 [-2.27, -0.21]**
Heterogeneity: Tau² = 0.00; Chi² = 0.72, df = 1 (P = 0.40); I² = 0%								
Test for overall effect: Z = 2.37 (P = 0.02)								
Total (95% CI)			**5**			**26**	**100.0%**	**-1.24 [-2.27, -0.21]**
Heterogeneity: Tau² = 0.00; Chi² = 0.72, df = 1 (P = 0.40); I² = 0%								
Test for overall effect: Z = 2.37 (P = 0.02)								
Test for subgroup differences: Not applicable								



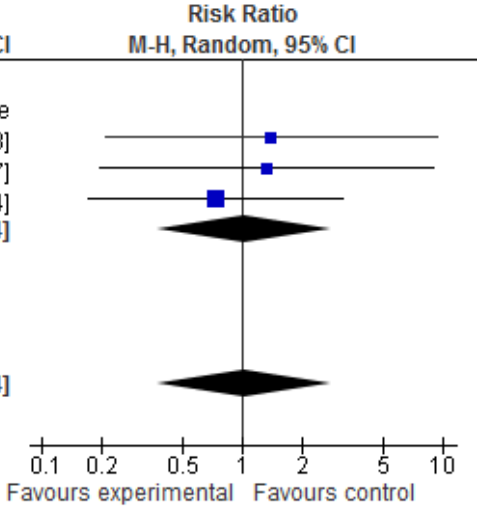
Number of participants discontinuing at post-treatment

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
3.15.1 Group Family psychoeducation (carers)						
PERLICK2010 [A&M]	1	25	2	21	100.0%	0.42 [0.04, 4.31]
Subtotal (95% CI)		**25**		**21**	**100.0%**	**0.42 [0.04, 4.31]**
Total events	1		2			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.73 (P = 0.47)						
3.15.2 Psychoeducation (patient and carers)						
Subtotal (95% CI)		**0**		**0**		**Not estimable**
Total events	0		0			
Heterogeneity: Not applicable						
Test for overall effect: Not applicable						
Total (95% CI)		**25**		**21**	**100.0%**	**0.42 [0.04, 4.31]**
Total events	1		2			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.73 (P = 0.47)						
Test for subgroup differences: Not applicable						



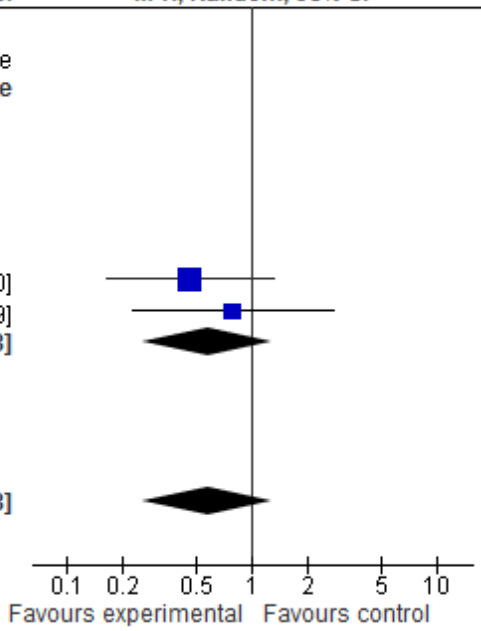
Number of participants discontinuing at follow-up (~52 weeks)

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
3.16.2 Group Family psychoeducation (carers)						
BORDBAR2009 [M]	0	29	0	28		Not estimable
MADIGAN2012 [M]	5	18	1	5	26.9%	1.39 [0.21, 9.33]
MADIGAN2012 [M]	5	19	1	5	26.8%	1.32 [0.20, 8.87]
REINARES2008 [M]	3	57	4	56	46.3%	0.74 [0.17, 3.14]
Subtotal (95% CI)		**123**		**94**	**100.0%**	**1.02 [0.38, 2.74]**
Total events	13		6			
Heterogeneity: Tau² = 0.00; Chi² = 0.36, df = 2 (P = 0.83); I² = 0%						
Test for overall effect: Z = 0.04 (P = 0.97)						
Total (95% CI)		**123**		**94**	**100.0%**	**1.02 [0.38, 2.74]**
Total events	13		6			
Heterogeneity: Tau² = 0.00; Chi² = 0.36, df = 2 (P = 0.83); I² = 0%						
Test for overall effect: Z = 0.04 (P = 0.97)						
Test for subgroup differences: Not applicable						



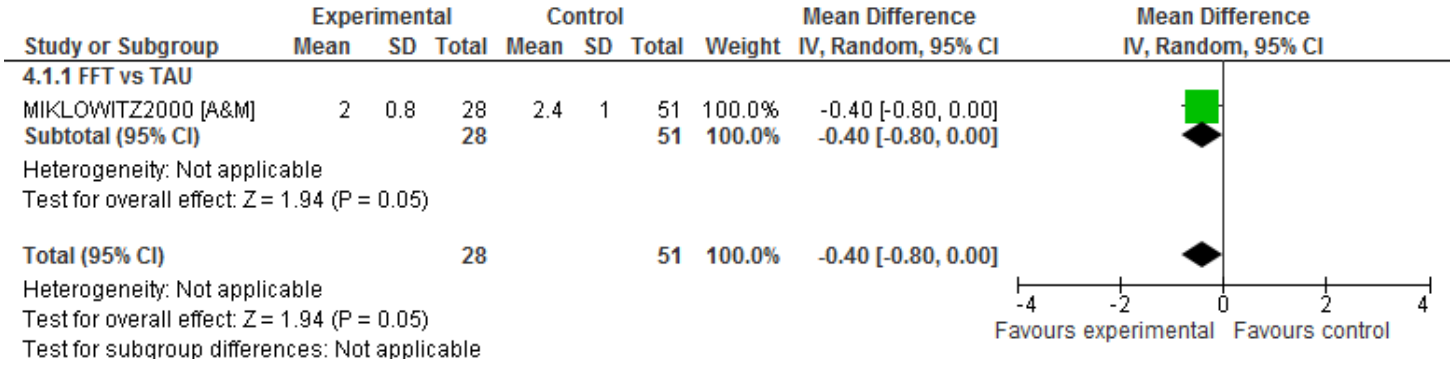
Number of participants discontinuing at follow-up (~104 weeks)

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
3.17.1 Psychoeducation (patient and carers)						
MILLER2004 [A]	0	30	0	15		Not estimable
Subtotal (95% CI)		**30**		**15**		**Not estimable**
Total events	0		0			
Heterogeneity: Not applicable						
Test for overall effect: Not applicable						
3.17.2 Group Family psychoeducation (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 (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 = 0.52); I² = 0%						
Test for overall effect: Z = 1.36 (P = 0.17)						
Test for subgroup differences: Not applicable						

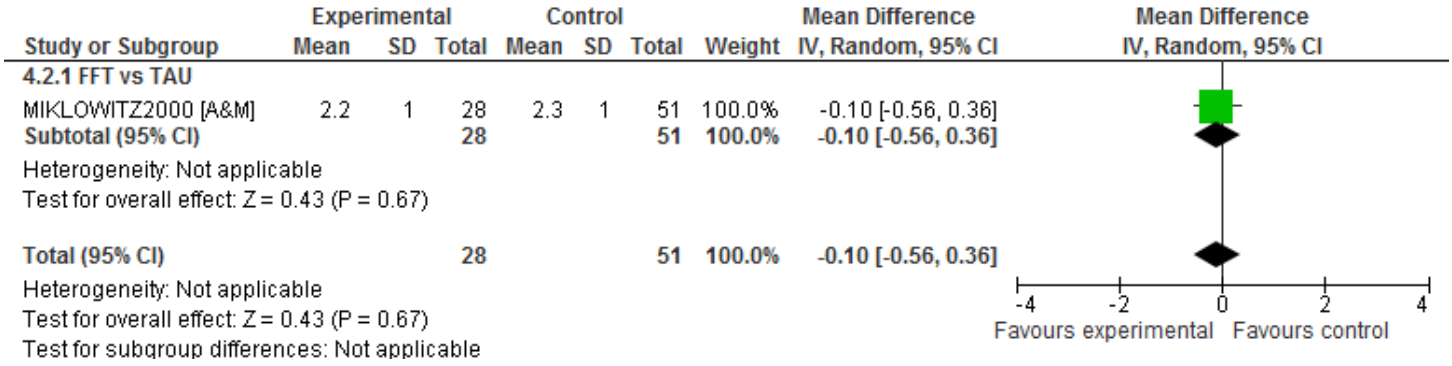


1.4 FAMILY PSYCHOEDUCATION COMPARED WITH AN ACTIVE CONTROL

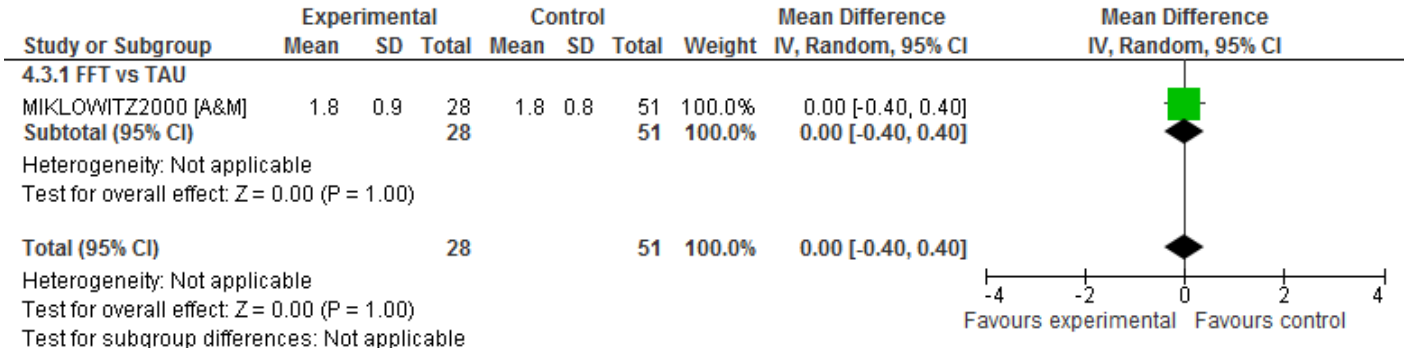
Depression symptoms at post-treatment



Depression symptoms at follow-up

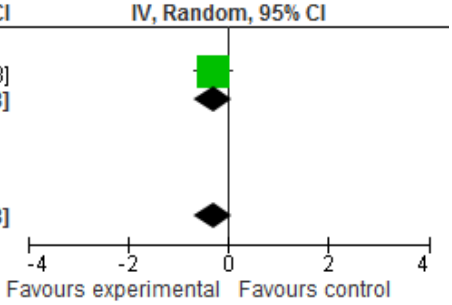


Manic symptoms at post-treatment



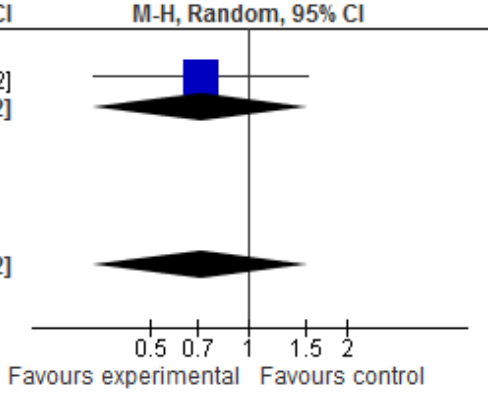
Manic symptoms at follow-up

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Mean Difference IV, Random, 95% 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]
Subtotal (95% CI)			**28**			**51**	**100.0%**	**-0.30 [-0.68, 0.08]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.56 (P = 0.12)								
Total (95% CI)			**28**			**51**	**100.0%**	**-0.30 [-0.68, 0.08]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.56 (P = 0.12)								
Test for subgroup differences: Not applicable								



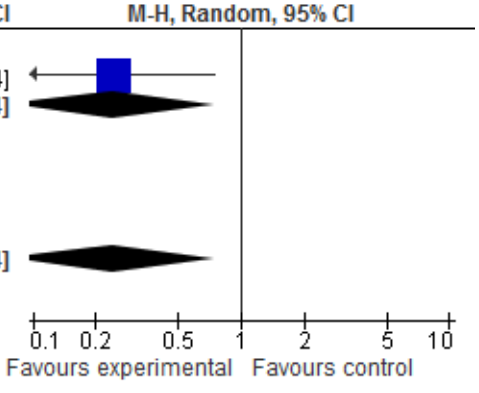
Number of participants admitted to hospital at post-treatment

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
4.11.1 FFT vs Psychoeducation						
REA2003 [M]	8	28	10	25	100.0%	0.71 [0.33, 1.52]
Subtotal (95% CI)		**28**		**25**	**100.0%**	**0.71 [0.33, 1.52]**
Total events	8		10			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.87 (P = 0.38)						
Total (95% CI)		**28**		**25**	**100.0%**	**0.71 [0.33, 1.52]**
Total events	8		10			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.87 (P = 0.38)						
Test for subgroup differences: Not applicable						



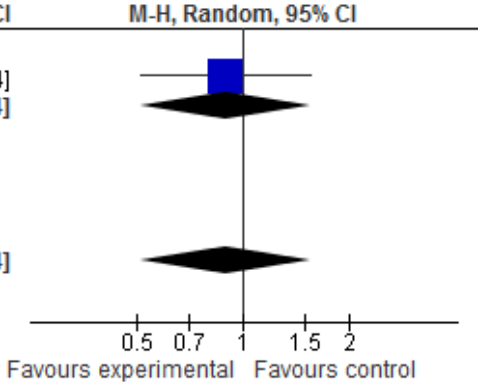
Number of participants admitted to hospital at follow-up

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
4.12.1 FFT vs Psychoeducation						
REA2003 [M]	3	21	10	17	100.0%	0.24 [0.08, 0.74]
Subtotal (95% CI)		**21**		**17**	**100.0%**	**0.24 [0.08, 0.74]**
Total events	3		10			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.48 (P = 0.01)						
Total (95% CI)		**21**		**17**	**100.0%**	**0.24 [0.08, 0.74]**
Total events	3		10			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.48 (P = 0.01)						
Test for subgroup differences: Not applicable						



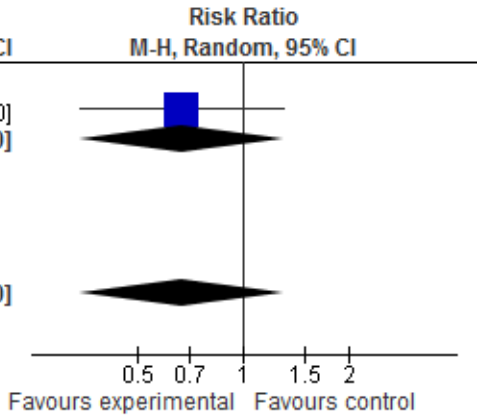
Number of participants who relapsed (any type) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
4.5.1 FFT vs Psychoeducation						
REA2003 [M]	13	28	13	25	100.0%	0.89 [0.52, 1.54]
Subtotal (95% CI)		**28**		**25**	**100.0%**	**0.89 [0.52, 1.54]**
Total events	13		13			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.41 (P = 0.69)						
Total (95% CI)		**28**		**25**	**100.0%**	**0.89 [0.52, 1.54]**
Total events	13		13			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.41 (P = 0.69)						
Test for subgroup differences: Not applicable						



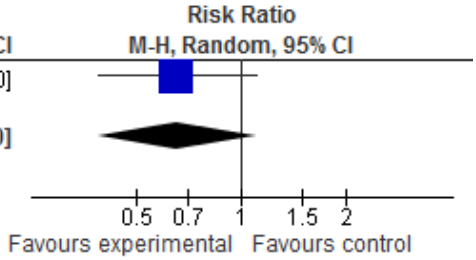
Number of participants who relapsed (any type) at follow-up (~52 weeks)

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
4.6.1 FFT vs TAU						
MIKLOWITZ2000 [A&M]	8	31	27	70	100.0%	0.67 [0.34, 1.30]
Subtotal (95% CI)		**31**		**70**	**100.0%**	**0.67 [0.34, 1.30]**
Total events	8		27			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.18 (P = 0.24)						
Total (95% CI)		**31**		**70**	**100.0%**	**0.67 [0.34, 1.30]**
Total events	8		27			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.18 (P = 0.24)						
Test for subgroup differences: Not applicable						



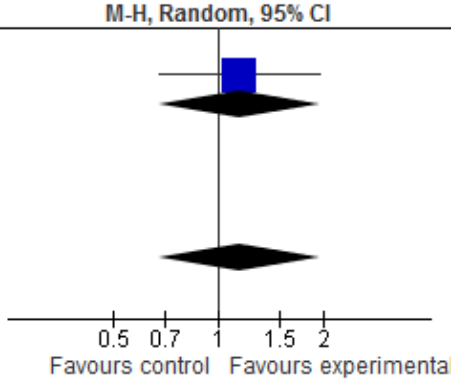
Number of participants who relapsed (any type) at follow-up (~104 weeks)

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
MIKLOWITZ2000 [A&M]	11	31	38	70	100.0%	0.65 [0.39, 1.10]
Total (95% CI)		**31**		**70**	**100.0%**	**0.65 [0.39, 1.10]**
Total events	11		38			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.60 (P = 0.11)						



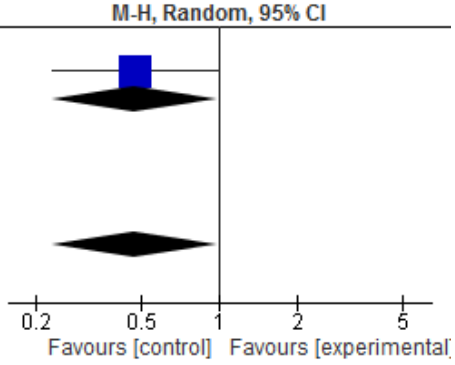
Number of participants who responded (any type) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio (Non-event) 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 applicable						
Test for overall effect: Z = 0.52 (P = 0.60)						
Total (95% CI)		**33**		**29**	**100.0%**	**1.15 [0.68, 1.94]**
Total events	16		16			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.52 (P = 0.60)						
Test for subgroup differences: Not applicable						



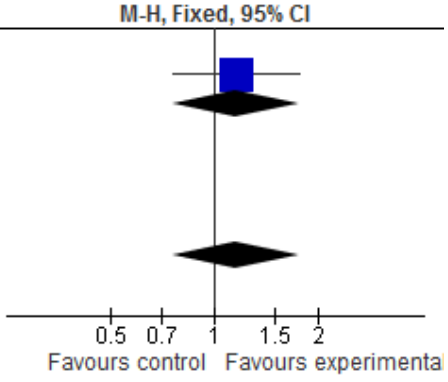
Number of participants who responded (50% reduction in depressive symptoms) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
4.9.1 FFT vs TAU (CC)						
MIKLOWITZ2007b [Ad]	20	26	67	130	100.0%	0.48 [0.23, 0.98]
Subtotal (95% CI)		**26**		**130**	**100.0%**	**0.48 [0.23, 0.98]**
Total events	20		67			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.01 (P = 0.04)						
Total (95% CI)		**26**		**130**	**100.0%**	**0.48 [0.23, 0.98]**
Total events	20		67			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.01 (P = 0.04)						
Test for subgroup differences: Not applicable						



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

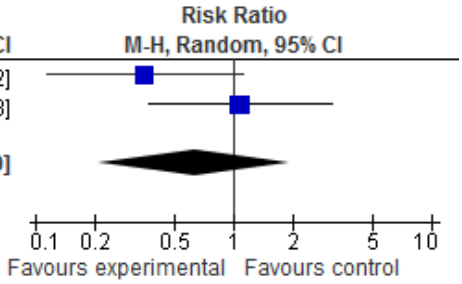
Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio (Non-event) M-H, Fixed, 95% CI
4.10.1 FFT vs TAU						
MILLER2004 [A]	12	33	13	29	100.0%	1.15 [0.76, 1.75]
Subtotal (95% CI)		**33**		**29**	**100.0%**	**1.15 [0.76, 1.75]**
Total events	12		13			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.67 (P = 0.50)						
Total (95% CI)		**33**		**29**	**100.0%**	**1.15 [0.76, 1.75]**
Total events	12		13			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.67 (P = 0.50)						
Test for subgroup differences: Not applicable						



Number of participants discontinuing at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio 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]
Total (95% CI)		**59**		**95**	**100.0%**	**0.63 [0.21, 1.89]**
Total events	9		24			

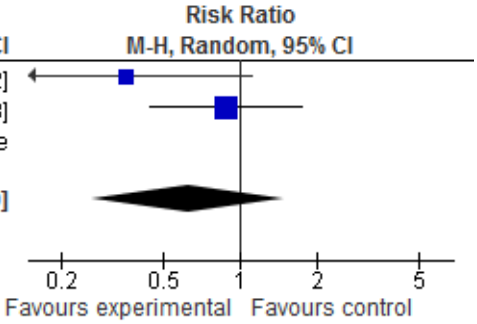
Heterogeneity: Tau² = 0.31; Chi² = 1.99, df = 1 (P = 0.16); I² = 50%
Test for overall effect: Z = 0.82 (P = 0.41)



Number of participants discontinuing at follow-up

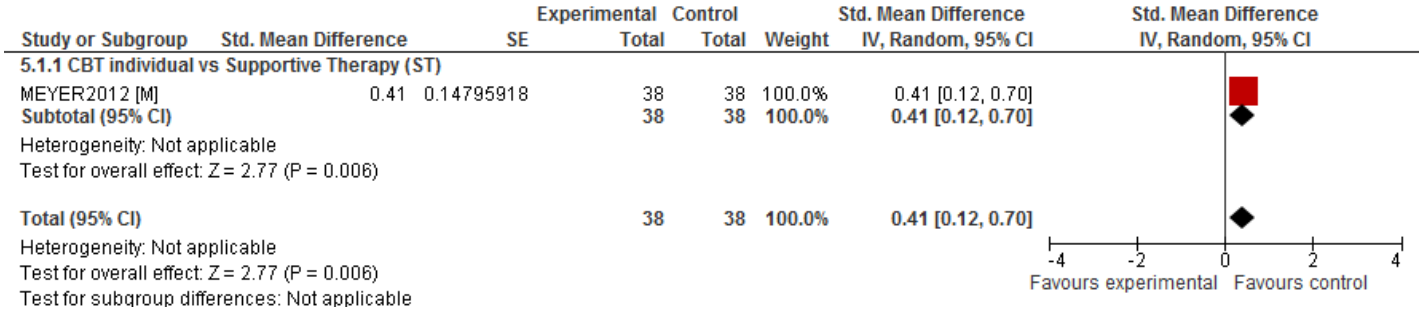
Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
MIKLOWITZ2000 [A&M]	3	31	19	70	37.1%	0.36 [0.11, 1.12]
MIKLOWITZ2007b [Ad]	7	26	40	130	62.9%	0.88 [0.44, 1.73]
MILLER2004 [A]	0	33	0	14		Not estimable
Total (95% CI)		**90**		**214**	**100.0%**	**0.63 [0.26, 1.50]**
Total events	10		59			

Heterogeneity: Tau² = 0.19; Chi² = 1.83, df = 1 (P = 0.18); I² = 45%
Test for overall effect: Z = 1.05 (P = 0.29)

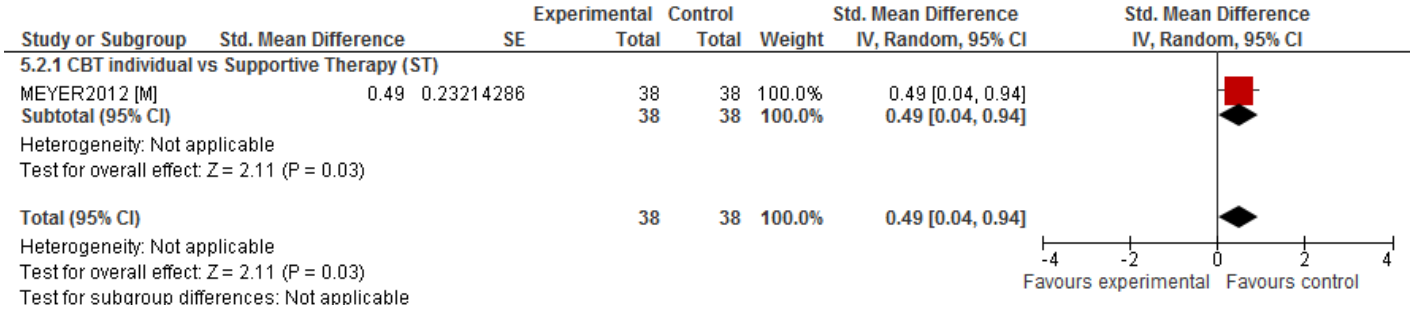


1.5 COGNITIVE BEHAVIOURAL THERAPY (CBT) COMPARED WITH AN ACTIVE CONTROL

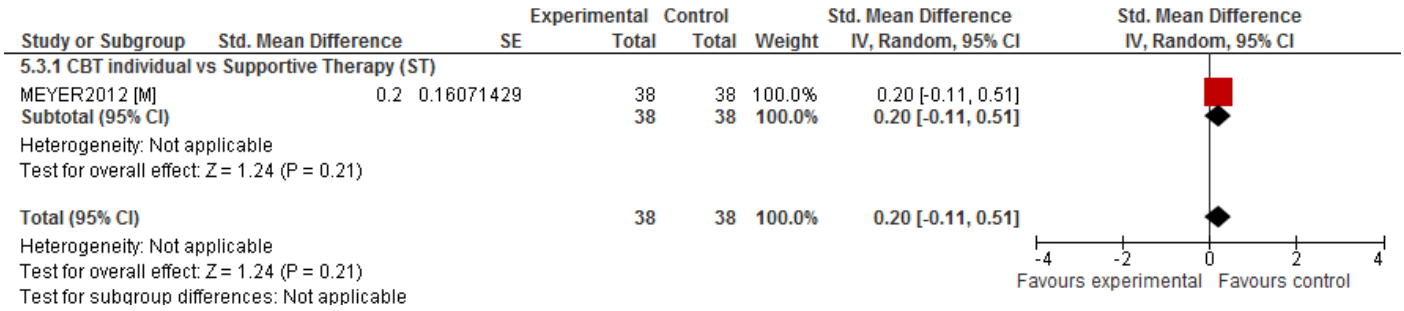
Depression symptoms at post-treatment



Depression symptoms at follow-up

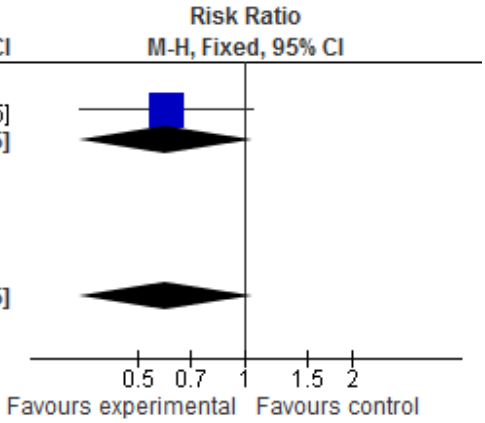


Manic symptoms at post-treatment



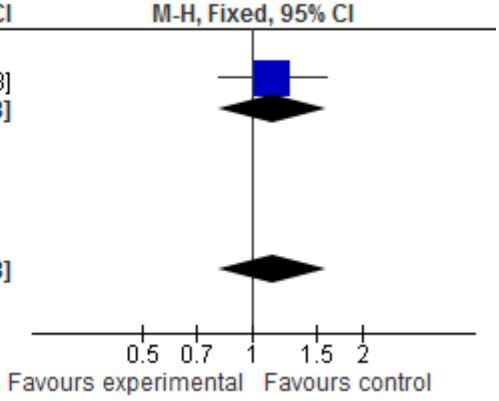
Number of participants who relapsed (any type) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Fixed, 95% CI
5.4.1 CBT individual vs Supportive Therapy (ST)						
MEYER2012 [M]	12	38	20	38	100.0%	0.60 [0.34, 1.05]
Subtotal (95% CI)		**38**		**38**	**100.0%**	**0.60 [0.34, 1.05]**
Total events	12		20			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.80 (P = 0.07)						
Total (95% CI)		**38**		**38**	**100.0%**	**0.60 [0.34, 1.05]**
Total events	12		20			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.80 (P = 0.07)						
Test for subgroup differences: Not applicable						



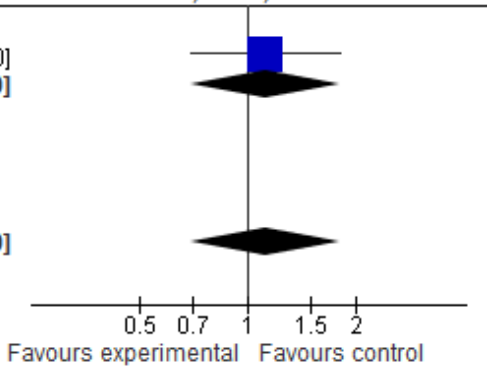
Number of participants who relapsed (any type) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Fixed, 95% CI
5.5.1 CBT individual vs Supportive Therapy (ST)						
MEYER2012 [M]	26	38	23	38	100.0%	1.13 [0.81, 1.58]
Subtotal (95% CI)		**38**		**38**	**100.0%**	**1.13 [0.81, 1.58]**
Total events	26		23			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.72 (P = 0.47)						
Total (95% CI)		**38**		**38**	**100.0%**	**1.13 [0.81, 1.58]**
Total events	26		23			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.72 (P = 0.47)						
Test for subgroup differences: Not applicable						



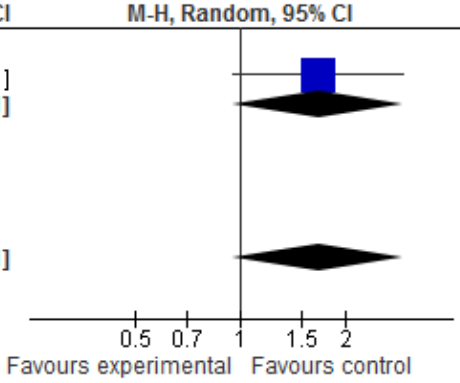
Number of participants who relapsed (depression) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Fixed, 95% CI
5.6.1 CBT individual vs Supportive Therapy (ST)						
MEYER2012 [M]	19	38	17	38	100.0%	1.12 [0.69, 1.80]
Subtotal (95% CI)		**38**		**38**	**100.0%**	**1.12 [0.69, 1.80]**
Total events	19		17			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.46 (P = 0.65)						
Total (95% CI)		**38**		**38**	**100.0%**	**1.12 [0.69, 1.80]**
Total events	19		17			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.46 (P = 0.65)						
Test for subgroup differences: Not applicable						



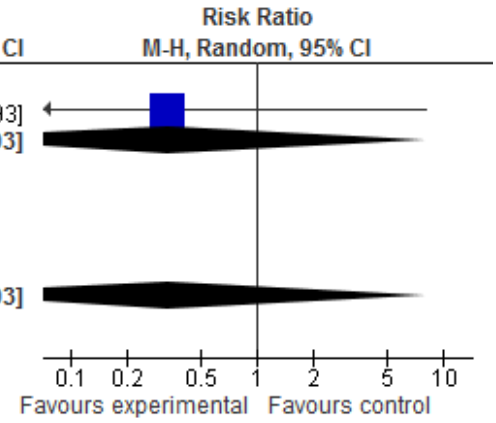
Number of participants who relapsed (mania) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
5.7.1 CBT individual vs Supportive Therapy (ST)						
MEYER2012 [M]	20	38	12	38	100.0%	1.67 [0.96, 2.91]
Subtotal (95% CI)		**38**		**38**	**100.0%**	**1.67 [0.96, 2.91]**
Total events	20		12			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.80 (P = 0.07)						
Total (95% CI)		**38**		**38**	**100.0%**	**1.67 [0.96, 2.91]**
Total events	20		12			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.80 (P = 0.07)						
Test for subgroup differences: Not applicable						



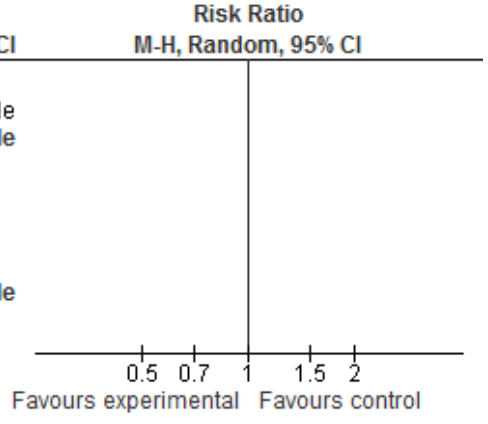
Number of participants who relapsed (mixed) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
5.8.1 CBT individual vs Supportive Therapy (ST)						
MEYER2012 [M]	0	38	1	38	100.0%	0.33 [0.01, 7.93]
Subtotal (95% CI)		**38**		**38**	**100.0%**	**0.33 [0.01, 7.93]**
Total events	0		1			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.68 (P = 0.50)						
Total (95% CI)		**38**		**38**	**100.0%**	**0.33 [0.01, 7.93]**
Total events	0		1			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.68 (P = 0.50)						
Test for subgroup differences: Not applicable						



Number of participants discontinuing at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
5.10.1 CBT individual vs Supportive Therapy (ST)						
MEYER2012 [M]	0	38	0	38		Not estimable
Subtotal (95% CI)		**38**		**38**		**Not estimable**
Total events	0		0			
Heterogeneity: Not applicable						
Test for overall effect: Not applicable						
Total (95% CI)		**38**		**38**		**Not estimable**
Total events	0		0			
Heterogeneity: Not applicable						
Test for overall effect: Not applicable						
Test for subgroup differences: Not applicable						

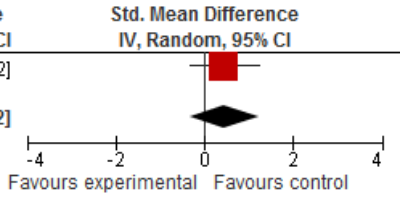


1.6 INTERPERSONAL AND SOCIAL RHYTHM THERAPY COMPARED WITH AN ACTIVE CONTROL

Depression symptoms at post-treatment

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference IV, Random, 95% 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]**

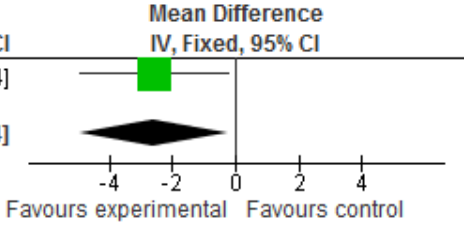
Heterogeneity: Not applicable
Test for overall effect: Z = 1.11 (P = 0.27)



Manic symptoms at post-treatment

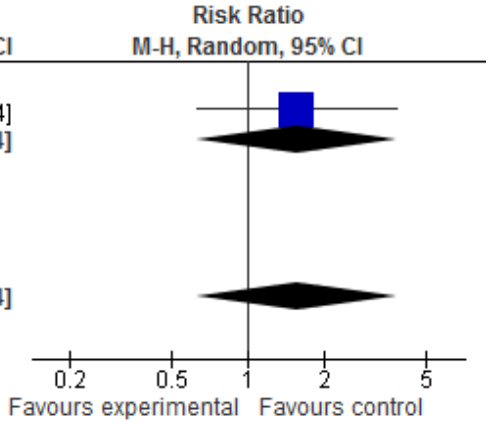
Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Mean Difference IV, Fixed, 95% CI
SWARTZ2012 [Ad]	2.4	2.99	14	5	2.98	11	100.0%	-2.60 [-4.96, -0.24]
Total (95% CI)			**14**			**11**	**100.0%**	**-2.60 [-4.96, -0.24]**

Heterogeneity: Not applicable
Test for overall effect: Z = 2.16 (P = 0.03)



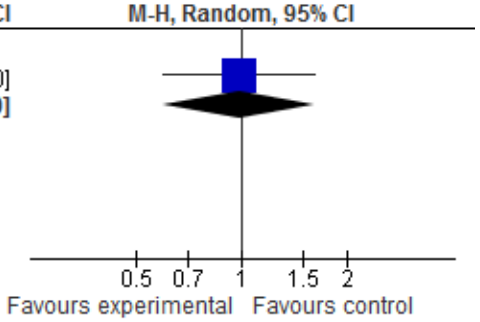
Number of participants who relapsed (any type) at post-treatment

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
6.5.1 IPSRT versus Intensive clinical management (ICM)						
FRANK1999a	9	22	5	19	100.0%	1.55 [0.63, 3.84]
Subtotal (95% CI)		**22**		**19**	**100.0%**	**1.55 [0.63, 3.84]**
Total events	9		5			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.96 (P = 0.34)						
Total (95% CI)		**22**		**19**	**100.0%**	**1.55 [0.63, 3.84]**
Total events	9		5			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.96 (P = 0.34)						
Test for subgroup differences: Not applicable						

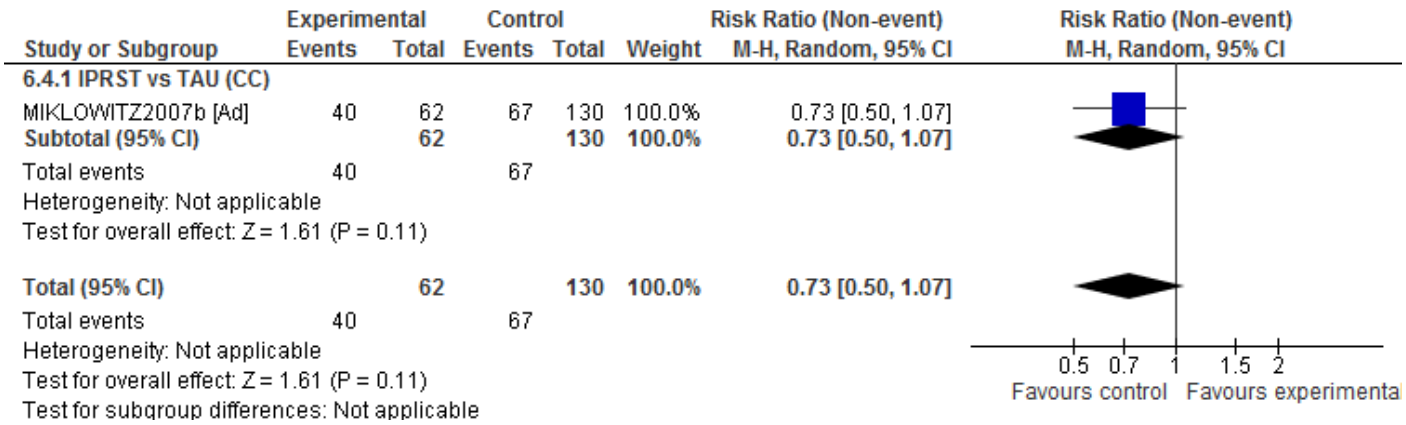


Number of participants who responded (any type) at post-treatment

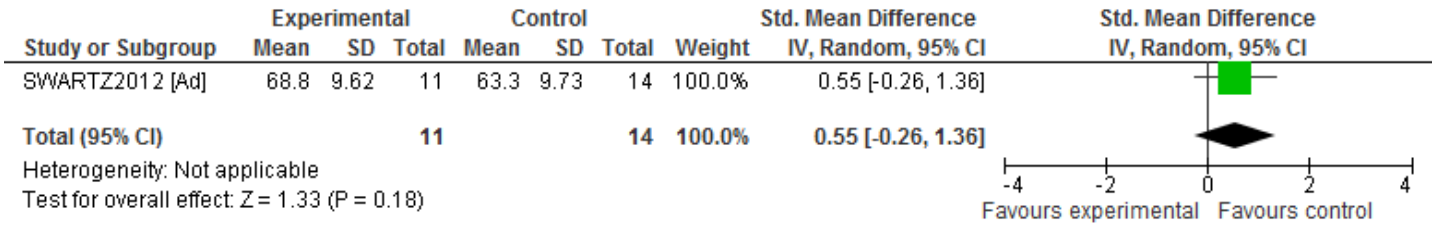
Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
6.3.1 IPSRT versus Quetiapine						
SWARTZ2012 [Ad]	4	14	3	11	100.0%	0.98 [0.60, 1.60]
Subtotal (95% CI)		**14**		**11**	**100.0%**	**0.98 [0.60, 1.60]**
Total events	4		3			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.07 (P = 0.94)						
Test for subgroup differences: Not applicable						



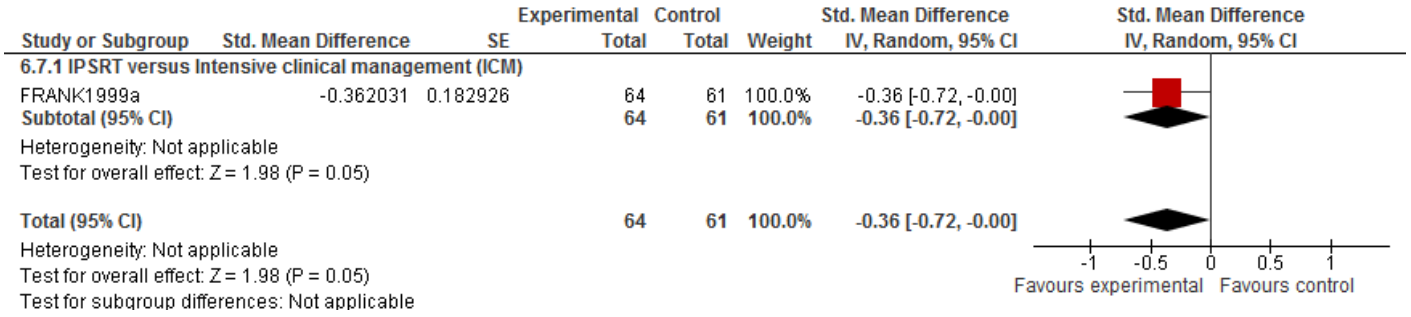
Number of participants who responded (50% reduction in depressive symptoms) at follow-up



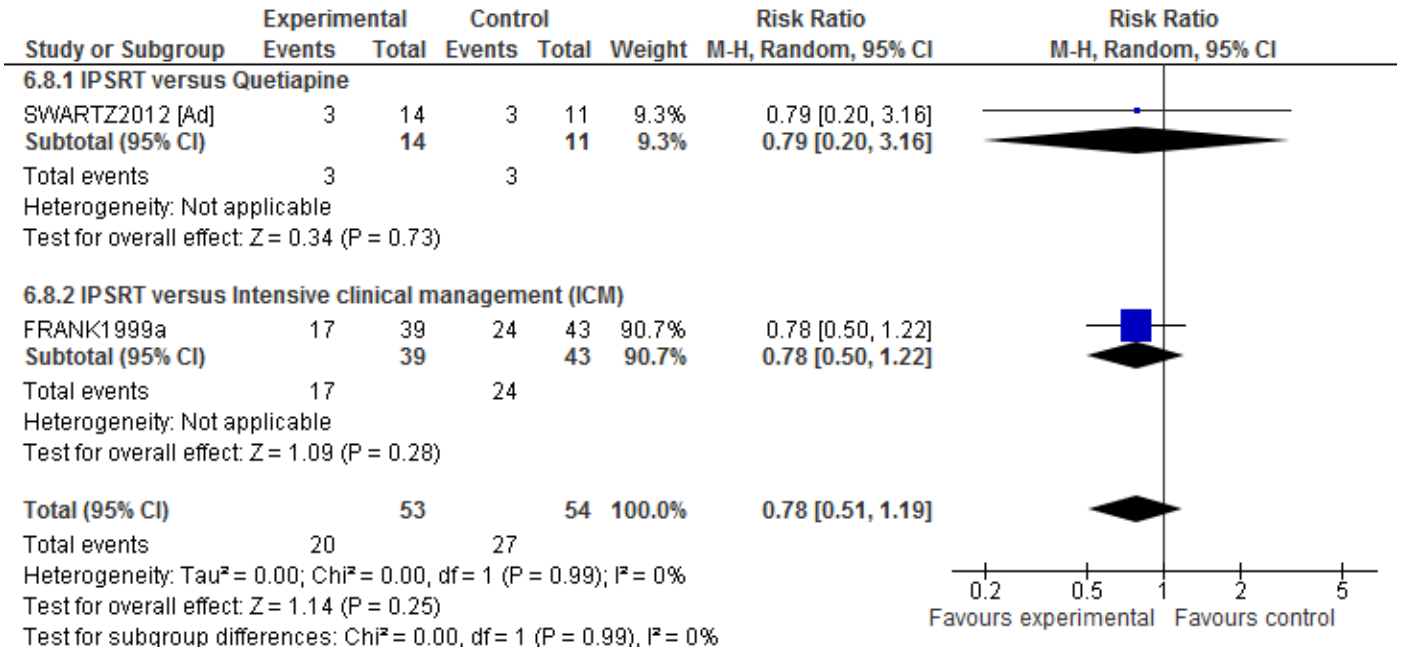
Psychosocial functioning (GAF) at post-treatment



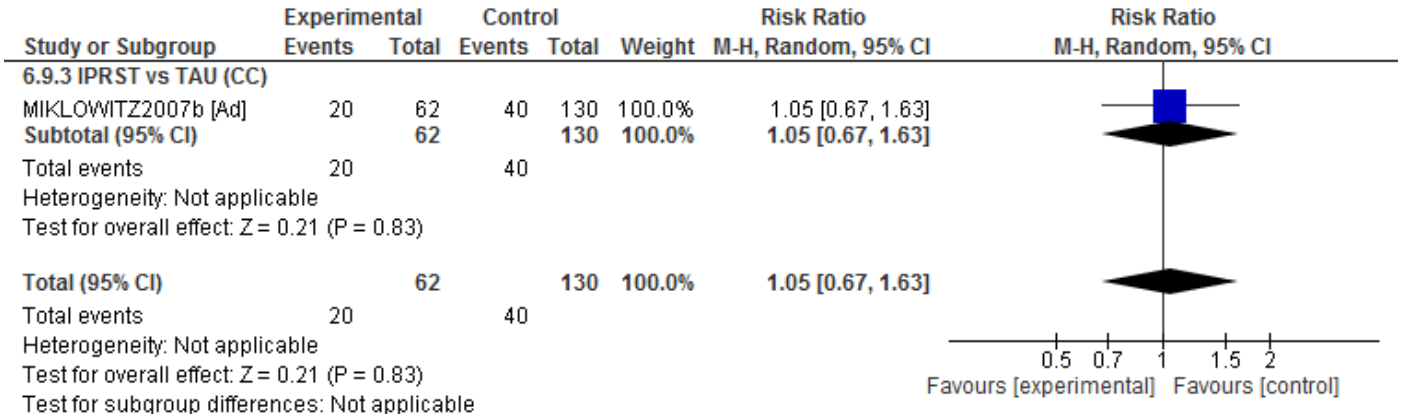
Psychosocial functioning (social and/or work) at post-treatment



Number of participants discontinuing at post-treatment



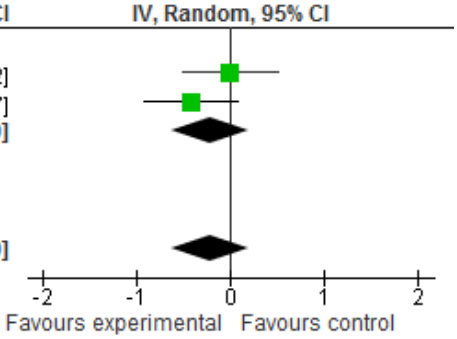
Number of participants discontinuing at follow-up



1.7 COLLABORATIVE CARE COMPARED WITH TAU

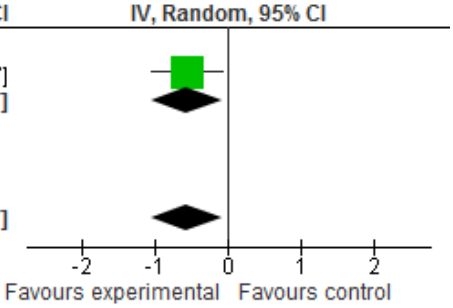
Depression symptoms at post-treatment

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
7.1.1 Physical health focus								
KILBOURNE2008 [A&M]	7.9	5.8	27	7.9	5.6	31	48.2%	0.00 [-0.52, 0.52]
KILBOURNE2012 [A&M]	6.4	6	32	9	6.3	33	51.8%	-0.42 [-0.91, 0.07]
Subtotal (95% CI)			**59**			**64**	**100.0%**	**-0.22 [-0.63, 0.19]**
Heterogeneity: Tau² = 0.02; Chi² = 1.32, df = 1 (P = 0.25); I² = 24%								
Test for overall effect: Z = 1.04 (P = 0.30)								
Total (95% CI)			**59**			**64**	**100.0%**	**-0.22 [-0.63, 0.19]**
Heterogeneity: Tau² = 0.02; Chi² = 1.32, df = 1 (P = 0.25); I² = 24%								
Test for overall effect: Z = 1.04 (P = 0.30)								
Test for subgroup differences: Not applicable								



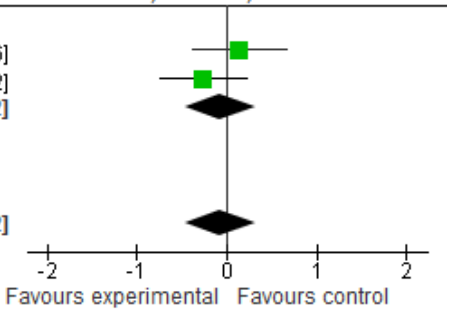
Depression symptoms at follow-up

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
7.2.1 Physical health focus								
KILBOURNE2012 [A&M]	5.4	5.1	32	8.8	6.7	33	100.0%	-0.56 [-1.06, -0.07]
Subtotal (95% CI)			**32**			**33**	**100.0%**	**-0.56 [-1.06, -0.07]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.22 (P = 0.03)								
Total (95% CI)			**32**			**33**	**100.0%**	**-0.56 [-1.06, -0.07]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.22 (P = 0.03)								
Test for subgroup differences: Not applicable								



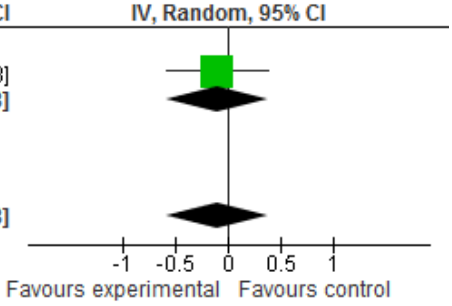
Manic symptoms at post-treatment

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
7.3.1 Physical health focus								
KILBOURNE2008 [A&M]	17.5	12.2	27	16	9	31	47.7%	0.14 [-0.38, 0.66]
KILBOURNE2012 [A&M]	17	14.7	32	20.6	12.2	33	52.3%	-0.26 [-0.75, 0.22]
Subtotal (95% CI)			**59**			**64**	**100.0%**	**-0.07 [-0.47, 0.32]**
Heterogeneity: Tau² = 0.02; Chi² = 1.24, df = 1 (P = 0.27); I² = 19%								
Test for overall effect: Z = 0.35 (P = 0.72)								
Total (95% CI)			**59**			**64**	**100.0%**	**-0.07 [-0.47, 0.32]**
Heterogeneity: Tau² = 0.02; Chi² = 1.24, df = 1 (P = 0.27); I² = 19%								
Test for overall effect: Z = 0.35 (P = 0.72)								
Test for subgroup differences: Not applicable								



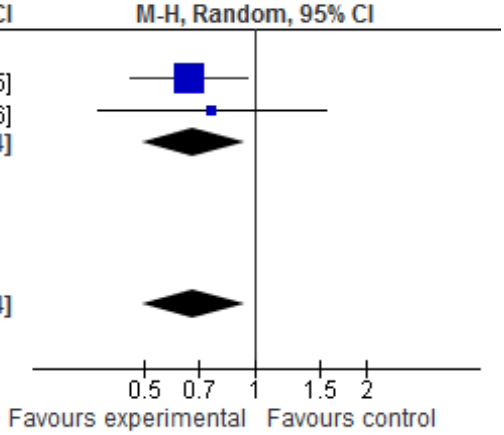
Manic symptoms at follow-up

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
7.4.1 Physical health focus								
KILBOURNE2012 [A&M]	16.6	16	32	18	10.1	33	100.0%	-0.10 [-0.59, 0.38]
Subtotal (95% CI)			**32**			**33**	**100.0%**	**-0.10 [-0.59, 0.38]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.42 (P = 0.68)								
Total (95% CI)			**32**			**33**	**100.0%**	**-0.10 [-0.59, 0.38]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.42 (P = 0.68)								
Test for subgroup differences: Not applicable								



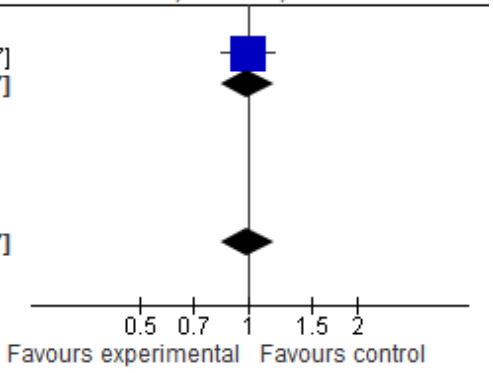
Number of participants admitted to hospital at post-treatment

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
7.5.1 Psychiatric focus						
KESSING2013 [M]	26	72	47	86	79.5%	0.66 [0.46, 0.95]
SIMON2005 [A&M]	12	199	17	215	20.5%	0.76 [0.37, 1.56]
Subtotal (95% CI)		**271**		**301**	**100.0%**	**0.68 [0.49, 0.94]**
Total events	38		64			
Heterogeneity: Tau² = 0.00; Chi² = 0.13, df = 1 (P = 0.72); I² = 0%						
Test for overall effect: Z = 2.33 (P = 0.02)						
Total (95% CI)		**271**		**301**	**100.0%**	**0.68 [0.49, 0.94]**
Total events	38		64			
Heterogeneity: Tau² = 0.00; Chi² = 0.13, df = 1 (P = 0.72); I² = 0%						
Test for overall effect: Z = 2.33 (P = 0.02)						
Test for subgroup differences: Not applicable						



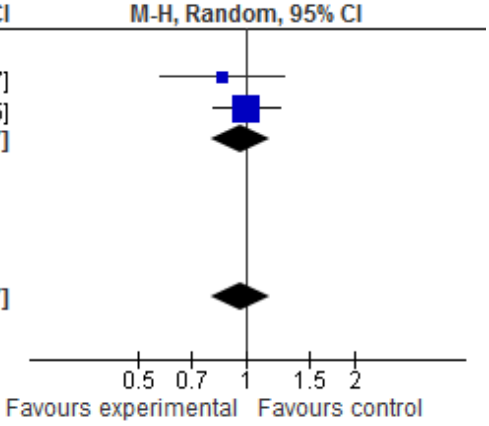
Number of participants who relapsed (any type) at post-treatment

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
7.6.1 Psychiatric focus						
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 applicable						
Test for overall effect: Z = 0.09 (P = 0.92)						
Total (95% CI)		**199**		**215**	**100.0%**	**0.99 [0.84, 1.17]**
Total events	112		122			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.09 (P = 0.92)						
Test for subgroup differences: Not applicable						



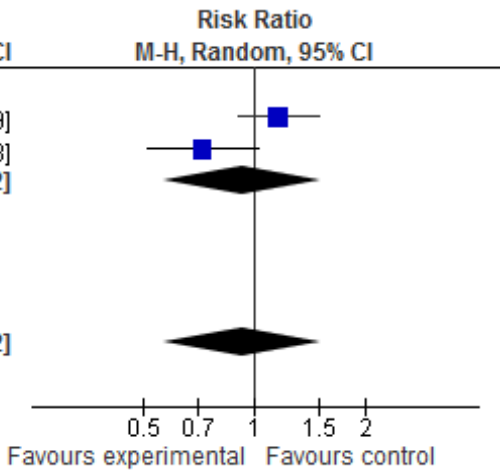
Number of participants who relapsed (depression) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
7.7.1 Psychiatric focus						
KESSING2013 [M]	25	68	37	86	23.4%	0.85 [0.58, 1.27]
SIMON2005 [A&M]	73	134	74	136	76.6%	1.00 [0.80, 1.25]
Subtotal (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); I² = 0%						
Test for overall effect: Z = 0.37 (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); I² = 0%						
Test for overall effect: Z = 0.37 (P = 0.71)						
Test for subgroup differences: Not applicable						



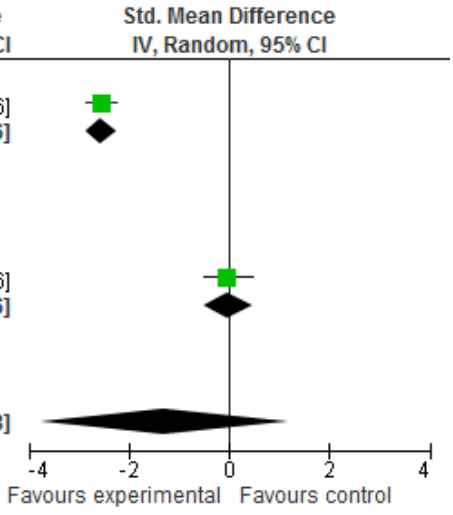
Number of participants who relapsed (mania) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
7.8.1 Psychiatric focus						
KESSING2013 [M]	45	68	49	86	53.0%	1.16 [0.90, 1.49]
SIMON2005 [A&M]	39	169	58	182	47.0%	0.72 [0.51, 1.03]
Subtotal (95% CI)		**237**		**268**	**100.0%**	**0.93 [0.57, 1.52]**
Total events	84		107			
Heterogeneity: Tau² = 0.10; Chi² = 5.23, df = 1 (P = 0.02); I² = 81%						
Test for overall effect: Z = 0.29 (P = 0.77)						
Total (95% CI)		**237**		**268**	**100.0%**	**0.93 [0.57, 1.52]**
Total events	84		107			
Heterogeneity: Tau² = 0.10; Chi² = 5.23, df = 1 (P = 0.02); I² = 81%						
Test for overall effect: Z = 0.29 (P = 0.77)						
Test for subgroup differences: Not applicable						



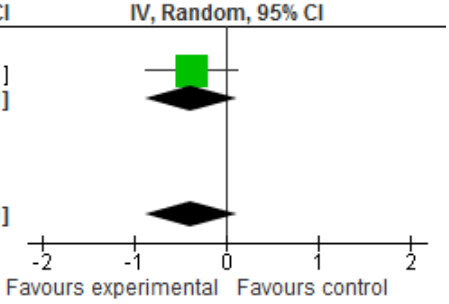
Quality of life at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference 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 applicable								
Test for overall effect: Z = 16.76 (P < 0.00001)								
7.9.2 Physical health focus								
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 applicable								
Test for overall effect: Z = 0.11 (P = 0.91)								
Total (95% CI)			**190**			**189**	**100.0%**	**-1.30 [-3.78, 1.18]**
Heterogeneity: Tau² = 3.16; Chi² = 75.41, df = 1 (P < 0.00001); I² = 99%								
Test for overall effect: Z = 1.03 (P = 0.30)								
Test for subgroup differences: Chi² = 75.41, df = 1 (P < 0.00001), I² = 98.7%								



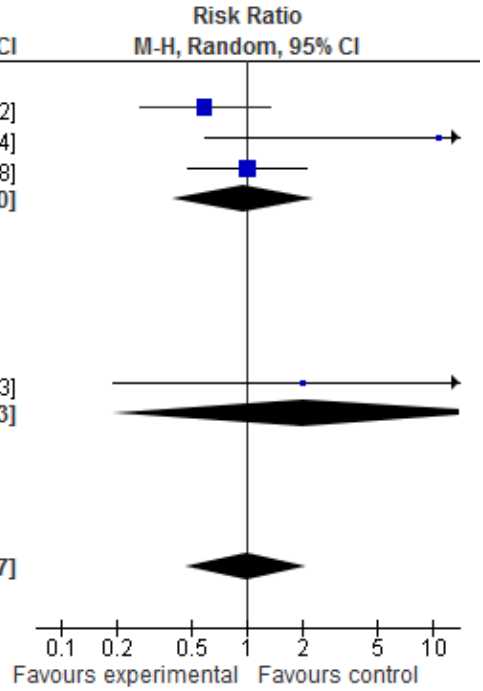
Quality of life at follow-up

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
7.10.1 Physical health focus								
KILBOURNE2012 [A&M]	65.3	9.7	33	69.2	10.4	32	100.0%	-0.38 [-0.87, 0.11]
Subtotal (95% CI)			**33**			**32**	**100.0%**	**-0.38 [-0.87, 0.11]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.53 (P = 0.13)								
Total (95% CI)			**33**			**32**	**100.0%**	**-0.38 [-0.87, 0.11]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.53 (P = 0.13)								
Test for subgroup differences: Not applicable								



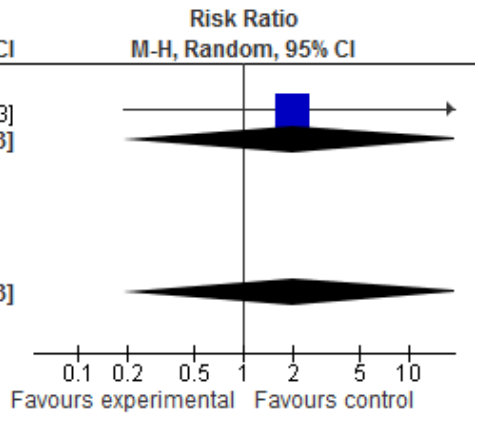
Number of participants discontinuing at post-treatment

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
7.11.1 Psychiatric focus						
BAUER2006a [M]	9	166	15	164	41.0%	0.59 [0.27, 1.32]
KESSING2013 [M]	4	72	0	86	6.0%	10.73 [0.59, 195.94]
SIMON2005 [A&M]	13	212	14	229	44.3%	1.00 [0.48, 2.08]
Subtotal (95% CI)		**450**		**479**	**91.2%**	**0.96 [0.40, 2.30]**
Total events	26		29			
Heterogeneity: $Tau^2 = 0.28$; $Chi^2 = 4.02$, df = 2 (P = 0.13); $I^2 = 50\%$						
Test for overall effect: Z = 0.09 (P = 0.93)						
7.11.2 Physical health focus						
KILBOURNE2012 [A&M]	2	34	1	34	8.8%	2.00 [0.19, 21.03]
Subtotal (95% CI)		**34**		**34**	**8.8%**	**2.00 [0.19, 21.03]**
Total events	2		1			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.58 (P = 0.56)						
Total (95% CI)		**484**		**513**	**100.0%**	**0.99 [0.47, 2.07]**
Total events	28		30			
Heterogeneity: $Tau^2 = 0.18$; $Chi^2 = 4.48$, df = 3 (P = 0.21); $I^2 = 33\%$						
Test for overall effect: Z = 0.03 (P = 0.98)						
Test for subgroup differences: $Chi^2 = 0.33$, df = 1 (P = 0.57), $I^2 = 0\%$						



Number of participants discontinuing at follow-up

Study or Subgroup	Experimental Events	Total	Control Events	Total	Weight	Risk Ratio M-H, Random, 95% CI
7.12.1 Physical health focus						
KILBOURNE2012 [A&M]	2	34	1	34	100.0%	2.00 [0.19, 21.03]
Subtotal (95% CI)		**34**		**34**	**100.0%**	**2.00 [0.19, 21.03]**
Total events	2		1			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.58 (P = 0.56)						
Total (95% CI)		**34**		**34**	**100.0%**	**2.00 [0.19, 21.03]**
Total events	2		1			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.58 (P = 0.56)						
Test for subgroup differences: Not applicable						

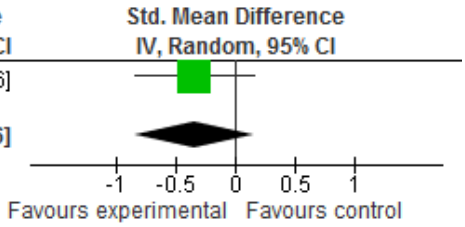


1.8 INTEGRATED GROUP THERAPY COMPARED WITH GROUP DRUG COUNSELLING

Depression symptoms at post-treatment

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference 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]**

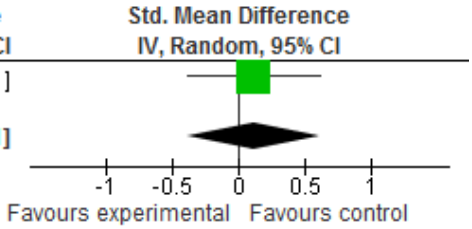
Heterogeneity: Not applicable
Test for overall effect: Z = 1.35 (P = 0.18)



Depression symptoms at follow-up

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
WEISS2009 [Ad&M]	10.1	8.1	31	9.2	7.8	30	100.0%	0.11 [-0.39, 0.61]
Total (95% CI)			**31**			**30**	**100.0%**	**0.11 [-0.39, 0.61]**

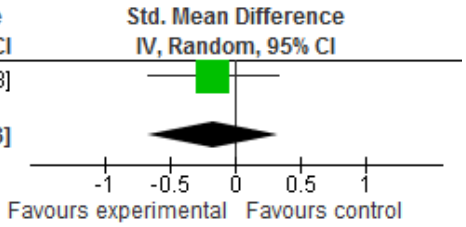
Heterogeneity: Not applicable
Test for overall effect: Z = 0.44 (P = 0.66)



Manic symptoms at post-treatment

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
WEISS2009 [Ad&M]	5	4.6	31	6.1	7.6	30	100.0%	-0.17 [-0.68, 0.33]
Total (95% CI)			**31**			**30**	**100.0%**	**-0.17 [-0.68, 0.33]**

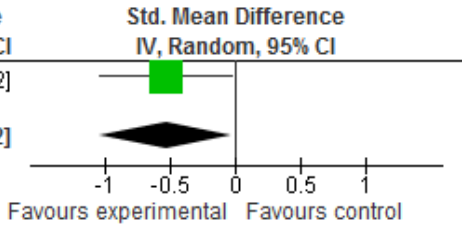
Heterogeneity: Not applicable
Test for overall effect: Z = 0.68 (P = 0.50)



Manic symptoms at follow-up

Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
WEISS2009 [Ad&M]	4.3	4.9	31	8.3	9.3	30	100.0%	-0.53 [-1.05, -0.02]
Total (95% CI)			**31**			**30**	**100.0%**	**-0.53 [-1.05, -0.02]**

Heterogeneity: Not applicable
Test for overall effect: Z = 2.05 (P = 0.04)

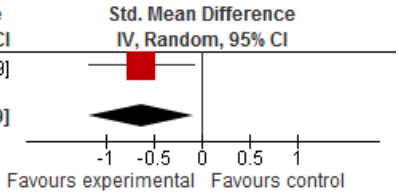


1.9 INTEGRATED COGNITIVE AND INTERPERSONAL THERAPY COMPARED WITH TREATMENT AS USUAL (TAU)

Depression symptoms at post-treatment

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference 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]**

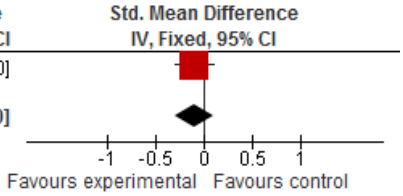
Heterogeneity: Not applicable
Test for overall effect: Z = 2.28 (P = 0.02)



Manic symptoms at post-treatment

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference 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]**

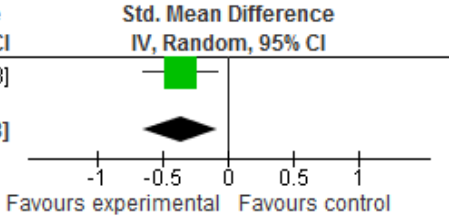
Heterogeneity: Not applicable
Test for overall effect: Z = 0.98 (P = 0.33)



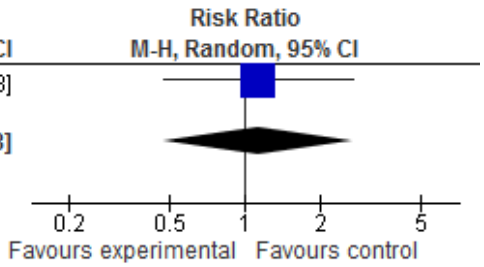
Quality of life at post-treatment

Study or Subgroup	Control Mean	Control SD	Control Total	Experimental Mean	Experimental SD	Experimental Total	Weight	Std. Mean Difference IV, Random, 95% CI
SCHWANNAUER2007	51.51	5.646	87	53.59	5.679	106	100.0%	-0.37 [-0.65, -0.08]
Total (95% CI)			**87**			**106**	**100.0%**	**-0.37 [-0.65, -0.08]**

Heterogeneity: Not applicable
Test for overall effect: Z = 2.51 (P = 0.01)



Number of participants discontinuing at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
SCHWANNAUER2007	11	106	8	87	100.0%	1.13 [0.47, 2.68]
Total (95% CI)		**106**		**87**	**100.0%**	**1.13 [0.47, 2.68]**
Total events	11		8			

Heterogeneity: Not applicable
Test for overall effect: Z = 0.27 (P = 0.78)