

APPENDIX 26: PSYCHOLOGICAL AND PSYCHOSOCIAL INTERVENTIONS – GRADE PROFILES

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Abbreviations

CI	confidence interval
CBT	cognitive behavioural therapy
ES	effect size
FFT	family focused therapy
GAF	Global Assessment of Functioning scale
GRADE	Grading of Recommendations Assessment, Development and Evaluation
IPSRT	interpersonal and social rhythm therapy
N	number of participants
N/A	not applicable
PE	psychoeducation
RR	risk ratio
SMD	standardised mean difference
TAU	treatment as usual

1.1 POST-TREATMENT OUTCOMES

Quality (GRADE), reasons for downgrade: ^a Risk of bias, ^b Inconsistency, ^c Indirectness, ^d Imprecision, ^e Publication/reporting bias

Individual psychological intervention compared with treatment as usual (TAU)

<i>Outcome</i>	<i>(Sub-)analysis</i>	<i>Trials</i>	<i>N</i>	<i>ES (95% CI)</i>	<i>Heterogeneity: Chi² (p value); I²</i>	<i>Time (weeks)</i>	<i>Quality (GRADE)</i>
Depression symptoms	Total	8	683	SMD = -0.23 (-0.41, -0.05)	8.55 (P = 0.29); 18%	6-26	Low^{a e}
	Online PE	2	378	SMD = -0.18 (-0.63, 0.26)	3.88 (P = 0.05); 74%	6-26	
	CBT	6	305	SMD = -0.31 (-0.53, -0.08)	2.97 (P = 0.70); 0%	26	
Mania symptoms	CBT	3	171	SMD = -0.05 (-0.35, 0.25)	0.48 (P = 0.79); 0%	26	Very low^{a d e}
Hospitalisation (number)	Medication adherence therapy	1	28	RR = 0.14 (0.01, 2.53)	N/A	6	Low^{d e}
Relapse, any type (number)	Total	6	365	RR = 0.66 (0.48, 0.92)	2.50 (P = 0.78); 0%	6-26	Moderate^d
	PE	1	70	RR = 0.69 (0.41, 1.15)	N/A	6	
	Medication adherence therapy	1	28	RR = 0.40 (0.09, 1.73)	N/A	6	
	CBT	4	267	RR = 0.67 (0.43, 1.04)	2.02 (P = 0.57); 0%	26	
Relapse, depression (number)	Total	2	122	RR = 0.54 (0.06, 4.70)	4.15 (P = 0.04); 76%	6-26	Very low^{a b d}
	PE	1	70	RR = 1.29 (0.61, 2.73)	N/A	6	
	CBT	1	52	RR = 0.15 (0.02, 1.17)	N/A	26	
Relapse, mania (number)	PE	1	70	RR = 0.19 (0.05, 0.81)	N/A	6	Very low^{d e}
Response, any (number)	CBT	1	33	RR = 0.71 (0.46, 1.07)	N/A	26	Very low^{d e}
Quality of life	Total	4	451	SMD = -0.46 (-1.05, 0.12)	20.14 (P = 0.0002); 85%	6-26	Very low^{a b e}
	PE	1	26	SMD = -0.36 (-1.30, 0.59)	N/A	6	
	Online psychoeducation	2	378	SMD = -0.86 (-1.26, -0.45)	16.50 (P < 0.0001); 94%	6-26	
	CBT	1	47	SMD = -0.35 (-0.93, 0.23)	N/A	26	
Psychosocial functioning (GAF)	CBT	2	94	SMD = -0.49 (-0.90, -0.08)	0.10 (P = 0.75); 0%	26	Very low^{a d e}
Psychosocial functioning (social and/or work)	Total	7	606	SMD = -0.34 (-0.51, -0.17)	6.49 (P = 0.37); 8%	6-26	Low^{a e}
	PE	1	70	SMD = -0.17 (-0.64, 0.30)	N/A	6	
	Online psychoeducation	2	378	SMD = -0.31 (-0.67, 0.05)	2.55 (P = 0.11); 61%	6-26	
	CBT	4	158	SMD = -0.55 (-0.87, -0.23)	1.20 (P = 0.75); 0%	26	

Outcome	(Sub-)analysis	Trials	N	ES (95% CI)	Heterogeneity: Chi ² (p value); I ²	Time (weeks)	Quality (GRADE)
Discontinued	Total	9	755	RR = 0.74 (0.44, 1.27)	11.29 (P = 0.13); 38%	6-26	Low^{d e}
	PE	2	166	RR = 3.04 (0.33, 28.16)	1.28 (P = 0.26); 22%	6	
	Online PE	1	122	RR = 1.13 (0.46, 2.72)	N/A	26	
	Medication adherence therapy	1	28	No dropout	N/A	6	
	CBT	5	439	RR = 0.58 (0.30, 1.13)	7.87 (P = 0.10); 49%	26	

Group psychological intervention compared with treatment as usual

Outcome	(Sub-)analysis	Trials	N	ES (95% CI)	Heterogeneity: Chi ² (p value); I ²	Time (weeks)	Quality (GRADE)
Depression symptoms	Total	8	423	SMD = -0.24 (-0.64, 0.16)	25.65 (P = 0.0006); 73%	8-52	Very Low^{a b d e}
	PE	2	152	SMD = 0.14 (-0.17, 0.46)	0.00 (P = 0.98); 0%	13-52	
	Mindfulness-based cognitive therapy	2	109	SMD = -0.50 (-0.89, -0.12)	0.20 (P = 0.65); 0%	8	
	Dialectical behaviour therapy	1	24	SMD = -1.18 (-2.06, -0.30)	N/A	12	
	CBT	2	91	SMD = -0.55 (-1.12, 0.02)	1.68 (P = 0.20); 40%	12-14	
	Social cognition and interaction training	1	37	SMD = 0.92 (0.23, 1.61)	N/A	18	
Mania symptoms	Total	6	375	SMD = -0.08 (-0.33, 0.16)	5.60 (P = 0.35); 11%	8-52	Very low^{a d e}
	PE	2	152	SMD = 0.06 (-1.05, 1.18)	1.69 (P = 0.19); 41%	13-52	
	Mindfulness-based cognitive therapy	1	95	SMD = -0.10 (-0.50, 0.30)	N/A	8	
	CBT	2	91	SMD = -0.21 (-0.89, 0.47)	1.75 (P = 0.19); 43%	12-14	
	Social cognition and interaction training	1	37	SMD = -0.37 (-1.02, 0.28)	N/A	18	
Hospitalisation	Total	3	74	RR = 0.45 (0.10, 2.09)	3.94 (P = 0.14); 49%	14-21	Low^d
	PE versus attention control	2	39	RR = 0.52 (0.06, 4.84)	2.48 (P = 0.12); 60%	21	
	CBT	1	35	RR = 0.20 (0.02, 1.97)	N/A	14	
Relapse, any type	PE versus attention control	2	170	RR = 0.48 (0.22, 1.04)	2.42 (P = 0.12); 59%	21	Low^d

Outcome	(Sub-)analysis	Trials	N	ES (95% CI)	Heterogeneity: Chi ² (p value); I ²	Time (weeks)	Quality (GRADE)
(number)							
Relapse, depression	PE versus attention control	2	170	RR = 0.39 (0.19, 0.78)	0.45 (P = 0.50); 0%	21	Low^d
Relapse, mania (number)	PE versus attention control	2	170	RR = 0.48 (0.28, 0.82)	0.80 (P = 0.37); 0%	21	Low^d
Relapse, mixed episode	PE versus attention control	2	170	RR = 0.43 (0.18, 1.07)	1.11 (P = 0.29); 10%	21	Low^d
Quality of life	CBT	2	91	SMD = -0.38 (-1.74, 0.99)	9.06 (P = 0.003); 89%	12-14	Very low^{a b d e}
Psychosocial functioning (GAF)	Total	2	89	SMD = 0.01 (-0.40, 0.43)	0.01 (P = 0.92); 0%	12-18	Very low^{a d e}
	CBT	1	52	SMD = 0.03 (-0.51, 0.58)	N/A	12	
	Social cognition and interaction training	1	37	SMD = -0.01 (-0.66, 0.64)	N/A	18	
Psychosocial functioning (social and/or work)	Social cognition and interaction training	1	37	SMD = 0.43 (-0.23, 1.09)	N/A	18	Very low^{a d e}
Discontinued	Total	9	703	RR = 1.23 (0.83, 1.81)	6.77 (P = 0.24); 26%	8-52	Very low^{a b e}
	PE	3	410	RR = 1.41 (0.75, 2.64)	5.61 (P = 0.06); 64%	13-52	
	PE versus attention control	1	120	No discontinuation	N/A	21	
	Mindfulness-based cognitive therapy	1	19	RR = 2.91 (0.40, 21.35)	N/A	8	
	Dialectical behaviour therapy	1	26	RR = 1.00 (0.07, 14.34)	N/A	12	
	CBT	1	91	RR = 0.88 (0.37, 2.08)	N/A (1 study no discontinuation)	14	
	Social cognition and interaction training	1	37	No discontinuation	N/A	18	

Family psychoeducation compared with treatment as usual

Outcome	(Sub-)analysis	Trials	N	ES (95% CI)	Heterogeneity: Chi ² (p value); I ²	Time (weeks)	Quality (GRADE)
Depression symptoms	Group family PE (carers)	1	43	SMD = -0.73 (-1.35, -0.10)	N/A	14	Low^{d e}
Mania symptoms	Group family PE (carers)	1	43	SMD = -0.66 (-1.28, -0.04)	N/A	14	Low^{d e}
Discontinued	Total	4	140	RR = 0.46 (0.13, 1.61)	2.47 (P = 0.29); 19%	5-48	Low^{b d}
	PE (service user and carers)	2	68	RR = 0.44 (0.06, 3.32)	2.49 (P = 0.11); 60%	7-48	
	Group family PE (carers)	2	72	RR = 0.42 (0.04, 4.31)	N/A	5-14	

Family focused therapy compared with control

Outcome	(Sub-)analysis	Trials	N	ES (95% CI)	Heterogeneity: Chi ² (p value); I ²	Time (weeks)	Quality (GRADE)
Depression symptoms	FFT versus TAU	1	79	SMD = -0.40 (-0.80, 0.00)	N/A	39	Low ^{a d}
Mania symptoms	FFT versus TAU	1	79	SMD = 0.00 (-0.40, 0.40)	N/A	39	Low ^{a d}
Relapse, any type (number)	FFT versus PE	1	53	RR = 0.89 (0.52, 1.54)		39	Low ^d
Hospitalisation	FFT versus PE	1	53	RR = 0.71 (0.33, 1.52)	N/A	39	Low ^d
Discontinued	Total	2	154	RR = 0.63 (0.21, 1.89)	1.99 (P = 0.16); 50%	39	Low ^{b d}
	FFT versus TAU	1	101	RR = 0.36 (0.11, 1.12)	N/A		
	FFT versus PE	1	53	RR = 1.07 (0.37, 3.08)	N/A		

Cognitive behavioural therapy compared with active control

Outcome	(Sub-)analysis	Trials	N	ES (95% CI)	Heterogeneity: Chi ² (p value); I ²	Time (weeks)	Quality (GRADE)
Depression symptoms	CBT individual versus supportive therapy	1	76	SMD = 0.41 (0.12, 0.70)	N/A	39	Low ^{d e}
Mania symptoms	CBT individual versus supportive therapy	1	76	SMD = 0.20 (-0.11, 0.51)	N/A	39	Low ^{d e}
Relapse, any type (number)	CBT individual versus supportive therapy	1	76	RR = 0.60 (0.34, 1.05)	N/A	39	Low ^{d e}
Discontinued	CBT individual versus supportive therapy	1	76	RR = 0.80 (0.56, 1.14)	N/A	39	Low ^d

Interpersonal and social rhythm therapy compared with active control

Outcome	(Sub-)analysis	Trials	N	ES (95% CI)	Heterogeneity: Chi ² (p value); I ²	Time (weeks)	Quality (GRADE)
Depression symptoms	IPSRT versus quetiapine	1	25	SMD = 0.44 (-0.34, 1.22)	N/A	12	Very low ^{a d}
Relapse, any type (number)	IPSRT versus intensive clinical management	1	41	RR = 1.55 (0.63, 3.84)	N/A	123	Very low ^{a d}
Response, any type (number)	IPSRT versus quetiapine	1	25	RR = 0.98 (0.60, 1.60)	N/A	12	Very low ^{a d}
Psychosocial functioning (GAF)	IPSRT versus quetiapine	1	25	SMD = 0.55 (-0.26, 1.36)	N/A	12	Very low ^{a d}
Psychosocial functioning (social and/or work)	IPSRT versus intensive clinical management	1	82	SMD = -0.36 (-0.72, 0.00)	N/A	123	Very low ^{a d}
Discontinued	Total	2	107	RR = 0.94 (0.55, 1.59)	0.07 (P = 0.79); 0%	12-123	Moderate ^d
	IPSRT versus quetiapine	1	25	RR = 0.79 (0.20, 3.16)	N/A	12	
	IPSRT versus intensive clinical management	1	82	RR = 0.96 (0.54, 1.71)	N/A	123	

Collaborative care compared with treatment as usual

<i>Outcome</i>	<i>(Sub-)analysis</i>	<i>Trials</i>	<i>N</i>	<i>ES (95% CI)</i>	<i>Heterogeneity: Chi² (p value); I²</i>	<i>Time (weeks)</i>	<i>Quality (GRADE)</i>
Depression symptoms	Physical health focus	2	123	SMD = -0.22 (-0.63, 0.19)	1.32 (P = 0.25); 24%	26-30	Low^{a d e}
Mania symptoms	Physical health focus	2	123	SMD = -0.07 (-0.47, 0.32)	1.24 (P = 0.27); 19%	26-30	Low^{a d e}
Hospitalisation (number)	Psychiatric focus	2	572	RR = 0.68 (0.49, 0.94)	0.13 (P = 0.72); 0%	52-130	Moderate^d
Relapse, any type (number)	Psychiatric focus	1	441	RR = 0.99 (0.84, 1.17)	N/A	52	Low^{d e}
Relapse, depression (number)	Psychiatric focus	2	404	RR = 0.96 (0.80, 1.17)	0.48 (P = 0.49); 0%	52-104	Low^{d e}
Relapse, mania (number)	Psychiatric focus	2	505	RR = 0.93 (0.57, 1.52)	5.23 (P = 0.05); 81%	52-104	Very low^{b d e}
Quality of life	Total	2	379	SMD = -1.30 (-3.78, 1.18)	75.41 (P < 0.00001); 99%	30-156	Very low^{a b d e}
	Physical health focus	1	65	SMD = -0.03 (-0.51, 0.46)	N/A	30	
	Psychiatric focus	1	364	SMD = -2.56 (-2.86, -2.26)	N/A	156	
Discontinued	Total	4	997	RR = 0.99 (0.47, 2.07)	4.48 (P = 0.21); 33%	30-156	Low^{b d}
	Physical health focus	1	68	RR = 2.00 (0.19, 21.03)	N/A	30	
	Psychiatric focus	3	929	RR = 0.96 (0.40, 2.30)	4.02 (P = 0.13); 50%	52-156	

Integrated group therapy compared with group drug counselling

<i>Outcome</i>	<i>Trials</i>	<i>N</i>	<i>ES (95% CI)</i>	<i>Heterogeneity: Chi² (p value); I²</i>	<i>Time (weeks)</i>	<i>Quality (GRADE)</i>
Depression symptoms	1	61	SMD = -0.35 (-0.85, 0.16)	N/A	12	Very low^{c d e}
Mania symptoms	1	61	SMD = -0.17 (-0.68, 0.33)	N/A	12	Very low^{c d e}

Integrated cognitive and interpersonal therapy compared with treatment as usual

<i>Outcome</i>	<i>Trials</i>	<i>N</i>	<i>ES (95% CI)</i>	<i>Heterogeneity: Chi² (p value); I²</i>	<i>Time (weeks)</i>	<i>Quality (GRADE)</i>
Depression symptoms	1	193	SMD = -0.64 (-1.19, -0.09)	N/A	20	Low^d
Mania symptoms	1	193	SMD = -0.10 (-0.30, 0.10)	N/A	20	Low^{d e}
Quality of life	1	193	SMD = -0.37 (-0.65, -0.08)	N/A	20	Low^d
Discontinuation	1	193	RR = 1.13 (0.47, 2.68)	N/A	20	Low^d

1.2 OUTCOMES AT FOLLOW-UP

Quality (GRADE), reasons for downgrade: a Risk of bias, b Inconsistency, c Indirectness, d Imprecision, e Publication/reporting bias

Individual psychological intervention compared with TAU

<i>Outcome</i>	<i>(Sub-)analysis</i>	<i>Trials</i>	<i>N</i>	<i>ES (95% CI)</i>	<i>Heterogeneity: Chi² (p value); I²</i>	<i>Time (weeks)</i>	<i>Quality (GRADE)</i>
Depression symptoms	Total	5	534	SMD = -0.21 (-0.43, 0.01)	6.85 (P = 0.23); 27%	26-52	Low^a
	Online PE	2	326	SMD = -0.36 (-1.09, 0.37)	5.82 (P = 0.02); 83%	26-43	
	CBT	4	208	SMD = -0.19 (-0.46, 0.08)	0.64 (P = 0.73); 0%	52	
Mania symptoms	Total	4	164	SMD = -0.38 (-0.71, -0.04)	3.40 (P = 0.33); 12%	52	Very low^{a d e}
	Online PE	1	37	SMD = -0.24 (-0.89, 0.40)	N/A	43	
	CBT	3	127	SMD = -0.45 (-0.92, 0.01)	3.21 (P = 0.34); 38%	52	
Hospitalisation	Total	3	194	RR = 0.63 (0.38, 1.02)	2.19 (P = 0.35); 9%	32-52	Low^d
	PE	1	70	RR = 0.85 (0.47, 1.54)	N/A	52	
	Medication adherence therapy	1	28	RR = 0.40 (0.09, 1.73)	N/A	32	
	CBT	1	96	RR = 0.44 (0.20, 0.97)	N/A	52	
Relapse, any type (number)	Total	8	532	RR = 0.74 (0.63, 0.87)	5.78 (P = 0.57); 0%	32-78	Moderate^d
	PE	3	252	RR = 0.81 (0.64, 1.02)	1.96 (P = 0.37); 0%	48-78	
	Medication adherence therapy	1	28	RR = 0.73 (0.43, 1.24)	N/A	32	
	CBT	4	252	RR = 0.67 (0.53, 0.86)	2.84 (P = 0.42); 0%	52	
Relapse, depression	Total	7	616	RR = 0.82 (0.59, 1.15)	14.84, (P = 0.02); 60%	43-72	Low^{b d}
	PE	2	166	RR = 1.07 (0.53, 2.14)	2.87 (P = 0.09); 65%	48-52	
	Online PE	1	37	RR = 1.31 (0.70, 2.45)	N/A	43	
	CBT	4	413	RR = 0.65 (0.41, 1.02)	7.95 (P = 0.05); 62%	52-72	
Relapse, mania	Total	6	564	RR = 0.74 (0.50, 1.08)	7.92 (P = 0.16); 37%	43-72	Low^{b d}
	PE	2	166	RR = 0.56 (0.28, 1.11)	1.36 (P = 0.24); 27%	48-52	
	Online PE	1	37	RR = 0.94 (0.30, 2.96)	N/A	43	
	CBT	3	361	RR = 0.78 (0.45, 1.38)	4.65 (P = 0.10); 57%	52-72	
Response, any	CBT	1	52	RR = 0.46 (0.21, 1.02)	N/A	52	Very low^{a d}
Response, depression	CBT	2	257	RR = 0.69 (0.40, 1.13)	2.23 (P = 0.14); 55%	52	Very low^{a b d}
Response, mania (number)	CBT	1	52	RR = 1.53 (0.93, 2.52)	N/A	52	Very low^{a d}
Quality of life	Online PE	3	347	SMD = 0.04 (-0.17, 0.25)	1.44 (P = 0.49); I² = 0%	26-52	Very low^{a d e}
	Online PE	2	310	SMD = 0.08 (-0.14, 0.31)	0.02 (P = 0.90); I ² = 0%	26-43	
	CBT	1	37	SMD = -0.34 (-1.00, 0.32)	N/A	52	

Outcome	(Sub-)analysis	Trials	N	ES (95% CI)	Heterogeneity: Chi ² (p value); I ²	Time (weeks)	Quality (GRADE)
Psychosocial functioning (GAF)	Total	2	89	SMD = -0.25 (-0.66, 0.17)	0.00 (P = 0.98); 0%	43-52	Low^{a d}
	Online PE	1	37	SMD = -0.25 (-0.90, 0.40)	N/A	43	
	CBT	1	52	SMD = -0.24 (-0.79, 0.31)	N/A	52	
Psychosocial functioning (social and/or work)	Total	7	585	SMD = -0.27 (-0.60, 0.05)	18.39 (P = 0.005); 67%	26-52	Very Low^{a b d e}
	PE	1	70	SMD = -0.74 (-1.23, -0.26)	N/A	52	
	Online PE	2	310	SMD = 0.08 (-0.14, 0.30)	0.32 (P = 0.57); 0%	26-43	
	CBT	4	205	SMD = -0.39 (-0.78, 0.01)	5.36 (P = 0.15); 44%	52	
Discontinued	Total	12	1163	RR = 0.97 (0.77, 1.23)	10.21 (P = 0.42); 2%	32-78	Low^d
	PE	3	274	RR = 1.26 (0.29, 5.58)	3.46 (P = 0.18); 42%	48-78	
	Online PE	2	330	RR = 0.85 (0.28, 2.56)	1.54 (P = 0.22); 35%	26-43	
	Medication adherence therapy	1	28	No discontinuation	N/A	32	
	CBT	6	531	RR = 0.98 (0.74, 1.30)	5.47 (P = 0.36); 9%	52	

Group psychological intervention compared with treatment as usual

Outcome	(Sub-)analysis	Trials	N	ES (95% CI)	Heterogeneity: Chi ² (p value); I ²	Time (weeks)	Quality (GRADE)
Depression symptoms	Total	3	219	SMD = 0.22 (-0.05, 0.49)	0.95 (P = 0.62); 0%	52-61	Very low^{a d e}
	PE	1	72	SMD = 0.40 (-0.07, 0.87)	N/A	52	
	CBT	1	52	SMD = 0.06 (-0.48, 0.60)	N/A	52	
	Mindfulness-based cognitive therapy	1	95	SMD = 0.18 (-0.22, 0.58)	N/A	61	
Mania symptoms	Total	3	219	SMD = 0.16 (-0.10, 0.43)	0.76 (P = 0.68); 0%	52-61	Very low^{a d e}
	PE	1	72	SMD = 0.33 (-0.14, 0.80)	N/A	52	
	CBT	1	52	SMD = 0.12 (-0.42, 0.66)	N/A	52	
	Mindfulness-based cognitive therapy	1	95	SMD = 0.06 (-0.34, 0.46)	N/A	61	
Hospitalisation (number)	Total	3	200	RR = 0.48 (0.16, 1.45)	2.30 (P = 0.13); 56%	78-124	Very low^{b d e}
	PE versus attention control	2	166	RR = 0.48 (0.16, 1.45)	2.30 (P = 0.13); 56%	124	
	CBT	1	34	No hospitalisations	N/A	78	
Relapse, any type (number)	Total	5	395	RR = 0.86 (0.61, 1.20)	21.46 (P = 0.0003); 81%	52-124	Very low^{b d e}
	PE	1	84	RR = 0.52 (0.32, 0.84)	N/A	52	
	PE versus attention control	2	166	RR = 0.75 (0.64, 0.88)	0.83 (P = 0.36); 0%	124	
	Mindfulness-based cognitive therapy	1	95	RR = 1.41 (1.07, 1.87)	N/A	61	

Outcome	(Sub-)analysis	Trials	N	ES (95% CI)	Heterogeneity: Chi ² (p value); I ²	Time (weeks)	Quality (GRADE)
	CBT	1	50	RR = 1.17 (0.72, 1.91)	N/A	78	
Relapse, depression (number)	Total	5	333	RR = 0.62 (0.45, 0.88)	7.12 (P = 0.13); 44%	52-124	Low^{b d}
	PE	1	72	RR = 0.33 (0.12, 0.91)	N/A	52	
	PE versus attention control	2	166	RR = 0.54 (0.36, 0.79)	1.25 (P = 0.26); 20%	124	
	Mindfulness-based cognitive therapy	1	59	RR = 0.87 (0.59, 1.28)	N/A	61	
	CBT	1	36	RR = 0.87 (0.41, 1.82)	N/A	78	
Relapse, mania (number)	Total	5	328	RR = 0.97 (0.60, 1.57)	13.04 (P = 0.01); 69%	52-124	Very low^{a b d}
	PE	1	72	RR = 1.02 (0.48, 2.16)	N/A	52	
	PE versus attention control	2	166	RR = 0.64 (0.54, 0.76)	0.59 (P = 0.44); 0%	124	
	Mindfulness-based cognitive therapy	1	54	RR = 1.21 (0.71, 2.07)	N/A	61	
	CBT	1	36	RR = 2.61 (0.80, 8.52)	N/A	78	
Relapse, mixed episode (number)	Total	4	274	RR = 0.48 (0.30, 0.77)	2.38 (P = 0.50); 0%	52-124	Low^{b d}
	PE	1	72	RR = 1.25 (0.08, 19.22)	N/A	52	
	PE versus attention control	2	166	RR = 0.43 (0.26, 0.71)	0.01 (P = 0.93); 0%	124	
	CBT	1	36	RR = 2.24 (0.22, 22.51)	N/A	78	
Quality of life	CBT	1	52	SMD = 0.30 (-0.25, 0.84)	N/A	52	Very low^{a d}
Psychosocial functioning GAF	CBT	1	52	SMD = 0.67 (0.11, 1.23)	N/A	52	Very low^{a d}
Discontinued	Total	3	254	RR = 3.06 (0.71, 13.29)	2.89 (P = 0.24); 31%	52-124	Very low^{b d e}
	PE	1	84	RR = 5.00 (1.17, 21.46)	N/A	52	
	PE versus attention control	1	120	RR = 9.00 (0.50, 163.58)	N/A	124	
	CBT	1	50	RR = 0.59 (0.06, 6.06)	N/A	78	

Family psychoeducation compared with treatment as usual

Outcome	(Sub-)analysis	Trials	N	ES (95% CI)	Heterogeneity: Chi ² (p value); I ²	Time (weeks)	Quality (GRADE)
Depression symptoms	PE (service user and carers)	1	53	SMD = -0.15 (-0.69, 0.39)	N/A	60	Very low^{a d e}
Mania symptoms	PE (service user and carers)	1	53	SMD = -0.78 (-1.34, -0.22)	N/A	60	Very low^{a d e}
Hospitalisation (number)	PE (service user and carers)	1	57	RR = 0.05 (0.00, 0.83)	N/A	60	Low^d
Relapse, any type (number)	Total	3	228	RR = 0.52 (0.32, 0.84)	2.61 (P = 0.27); 23%	52-65	Low^d
	PE (service user and carers)	1	58	RR = 0.26 (0.08, 0.83)	N/A	60	
	Group family PE (carers)	2	170	RR = 0.61 (0.44, 0.86)	0.50 (P = 0.48); 0%	52-65	
Relapse, depression	Group family PE (carers)	1	113	RR = 0.73 (0.44, 1.21)	N/A	65	Low^{d e}

Relapse, mania	Group family PE (carers)	1	113	RR = 0.35 (0.15, 0.85)	N/A	65	Low ^d
Relapse, mixed episode	Group family PE (carers)	1	113	RR = 0.20 (0.01, 4.00)	N/A	65	Very low ^{d e}
Response, any	PE (service user and carers)	1	59	RR = 0.67 (0.34, 1.32)	N/A	121	Very low ^{a d}
Response, mania	PE (service user and carers)	1	59	RR = 0.79 (0.46, 1.33)	N/A	121	Very low ^{a d e}
Quality of life	Group family PE (carers)	1 of 2 arms	35	SMD = -0.63 (-1.44, 0.18)	0.22 (P = 0.64); I ² = 0%	57	Very low ^{a d}
Psychosocial functioning GAF	Group family PE (carers)	1 of 2 arms	35	SMD = -1.03 (-1.86, -0.19)	0.01 (P = 0.93); I ² = 0%	57	Very low ^{a d}
Discontinued	Total	5	269	RR = 1.04 (0.44, 2.46)	0.38 (P = 0.83); 0%	31-65	Very low ^{d e}
	PE (service user and carers)	1	26	RR = 1.10 (0.22, 5.51)	N/A	33	
	Group family PE (carers)	4	243	RR = 1.02 (0.38, 2.74)	0.37 (P = 0.95); I ² = 0%	31-65	

Family focused therapy compared with an active control

Outcome	(Sub-)analysis	Trials	N	ES (95% CI)	Heterogeneity: Chi ² (p value); I ²	Time (weeks)	Quality (GRADE)
Depression symptoms	FFT versus TAU	1	79	SMD = -0.10 (-0.56, 0.36)	N/A	52	Very low ^{a d}
Mania symptoms	FFT versus TAU	1	79	SMD = -0.30 (-0.68, 0.08)	N/A	52	Very low ^{a d}
Relapse, any type (number)	FFT versus TAU	1	101	RR = 0.67 (0.34, 1.30)	N/A	52	Very low ^{a d}
Response, any (number)	FFT versus TAU	1	62	RR = 1.15 (0.68, 1.94)	N/A	121	Very low ^{a d}
Response, depression (number)	FFT versus TAU	1	156	RR = 0.48 (0.23, 0.98)	N/A	52	Very low ^{a d}
Response, mania (number)	FFT versus TAU	1	62	RR = 1.15 (0.76, 1.75)	N/A	121	Very low ^{a d}
Hospitalisation	FFT versus PE	1	38	RR = 0.24 (0.08, 0.74)	N/A	104	Very low ^{a d}
Discontinued	FFT versus TAU	3	144	RR = 0.63 (0.26, 1.50)	1.83 (P = 0.18); 45%	52-121	Low ^d

Cognitive behavioural therapy compared with an active control

Outcome	(Sub-)analysis	Trials	N	ES (95% CI)	Heterogeneity: Chi ² (p value); I ²	Time (weeks)	Quality (GRADE)
Depression symptoms	CBT individual versus supportive therapy	1	76	SMD = 0.49 (0.04, 0.94)	N/A	143	Very low ^{d e}
Relapse, any type (number)	CBT individual versus supportive therapy	1	76	RR = 1.13 (0.81, 1.58)	N/A	143	Very low ^{d e}
Relapse, depression (number)	CBT individual versus supportive therapy	1	76	RR = 1.12 (0.69, 1.80)	N/A	143	Very low ^{d e}
Relapse, mania (number)	CBT individual versus supportive therapy	1	76	RR = 1.67 (0.96, 2.91)	N/A	143	Very low ^{d e}
Relapse, mixed episode (number)	CBT individual versus supportive therapy	1	76	RR = 0.33 (0.01, 7.93)	N/A	143	Very low ^{d e}

Discontinued	Total	2	180	RR = 0.80 (0.56, 1.14)	N/A	72-143	Low^d
	CBT individual versus supportive therapy	1	76	No discontinuation	N/A	143	
	CBT individual versus PE group	1	204	RR = 0.80 (0.56, 1.14)	N/A	72	

Interpersonal and social rhythm therapy compared with an active control

<i>Outcome</i>	<i>(Sub-)analysis</i>	<i>Trials</i>	<i>N</i>	<i>ES (95% CI)</i>	<i>Heterogeneity: Chi² (p value); I²</i>	<i>Time (weeks)</i>	<i>Quality (GRADE)</i>
Response, depression (number)	IPSRT versus TAU	1	192	RR = 0.73 (0.50, 1.07)	N/A	52	Very low^{a d}
Discontinued	IPSRT versus TAU	1	193	RR = 1.05 (0.67, 1.63)	N/A	52	Low^d

Collaborative care compared with TAU

<i>Outcome</i>	<i>(Sub-)analysis</i>	<i>Trials</i>	<i>N</i>	<i>ES (95% CI)</i>	<i>Heterogeneity: Chi² (p value); I²</i>	<i>Time (weeks)</i>	<i>Quality (GRADE)</i>
Depression symptoms	Physical health focus	1	65	SMD = -0.56 (-1.06, -0.07)	N/A	52	Very low^{a d}
Mania symptoms	Physical health focus	1	65	SMD = -0.10 (-0.59, 0.38)	N/A	52	Very low^{a d}
Quality of life	Physical health focus	1	65	SMD = -0.38 (-0.87, 0.11)	N/A	52	Very low^{a d}
Discontinued	Physical health focus	1	68	RR =2.00 (0.19, 21.03)	N/A	52	Low^{a d}

Integrated group therapy compared with group drug counselling

<i>Outcome</i>	<i>Trials</i>	<i>N</i>	<i>ES (95% CI)</i>	<i>Heterogeneity: Chi² (p value); I²</i>	<i>Time (weeks)</i>	<i>Quality (GRADE)</i>
Depression symptoms	1	61	SMD = 0.11 (-0.39, 0.61)	N/A	26	Very low^{c d e}
Mania symptoms	1	61	SMD = -0.53 (-1.05, -0.02)	N/A	26	Very low^{c d e}