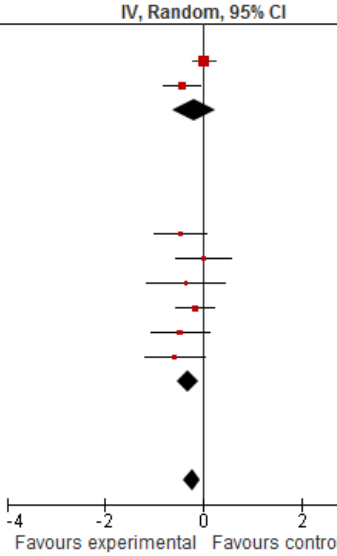
APPENDIX 25: PSYCHOLOGICAL INTERVENTIONS FOR BIPOLAR DISORDER – FOREST PLOTS

Individual psychological interventions compared with treatment as usual (TAU)

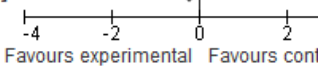
Depression symptoms at post-treatment

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%						



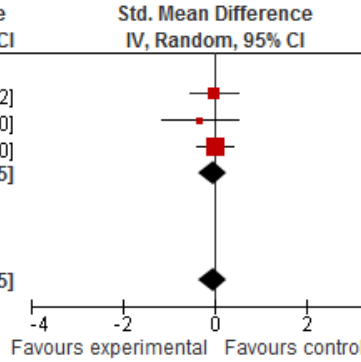
Depression symptoms at follow-up

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%						



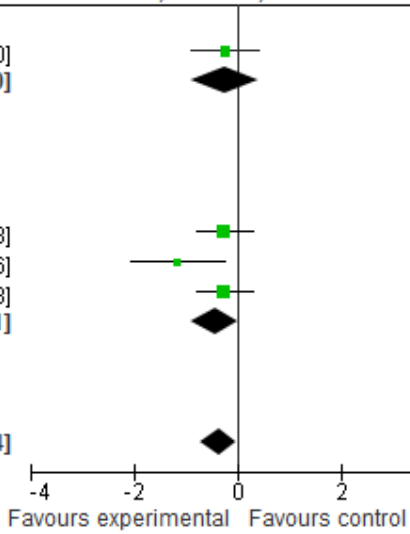
Manic symptoms at post-treatment

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						



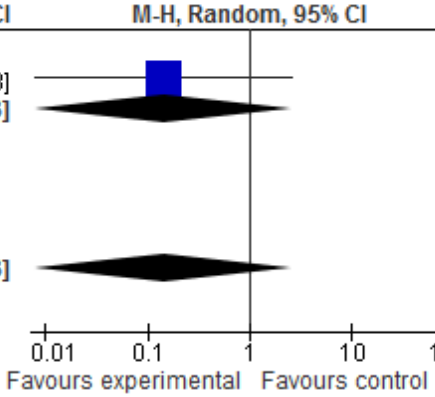
Manic symptoms at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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%								



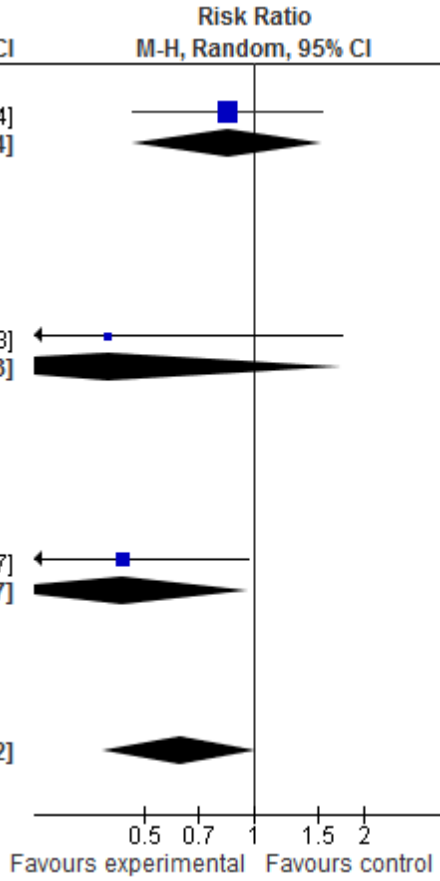
Number of participants admitted to hospital at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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						



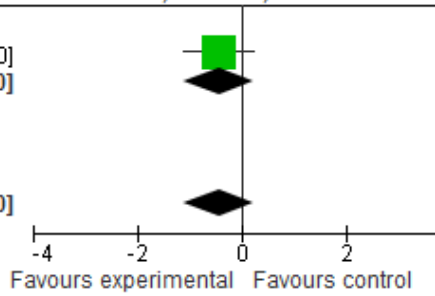
Number of participants admitted to hospital at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
1.7.1 PE						
PERRY1999 [M]	12	34	15	36	55.5%	0.85 [0.47, 1.54]
Subtotal (95% CI)		**34**		**36**	**55.5%**	**0.85 [0.47, 1.54]**
Total events	12		15			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.54 (P = 0.59)						
1.7.2 Psychological therapy for medication adherence						
COCHRAN1984 [M]	2	14	5	14	10.7%	0.40 [0.09, 1.73]
Subtotal (95% CI)		**14**		**14**	**10.7%**	**0.40 [0.09, 1.73]**
Total events	2		5			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.23 (P = 0.22)						
1.7.3 CBT						
LAM2003 [M]	7	48	16	48	33.8%	0.44 [0.20, 0.97]
Subtotal (95% CI)		**48**		**48**	**33.8%**	**0.44 [0.20, 0.97]**
Total events	7		16			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.04 (P = 0.04)						
Total (95% CI)		**96**		**98**	**100.0%**	**0.63 [0.38, 1.02]**
Total events	21		36			
Heterogeneity: Tau² = 0.02; Chi² = 2.19, df = 2 (P = 0.34); I² = 9%						
Test for overall effect: Z = 1.89 (P = 0.06)						
Test for subgroup differences: Chi² = 2.13, df = 2 (P = 0.35), I² = 5.9%						



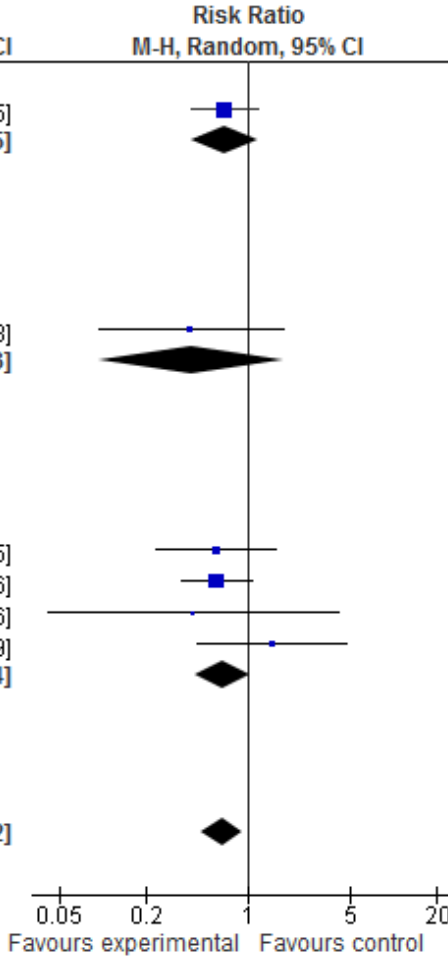
Mean number of participants admitted to hospital at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
1.6.1 CBT								
LAM2000 [M]	0	0.8	12	0.45	0.8	11	100.0%	-0.45 [-1.10, 0.20]
Subtotal (95% CI)			**12**			**11**	**100.0%**	**-0.45 [-1.10, 0.20]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.35 (P = 0.18)								
Total (95% CI)			**12**			**11**	**100.0%**	**-0.45 [-1.10, 0.20]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.35 (P = 0.18)								
Test for subgroup differences: Not applicable								



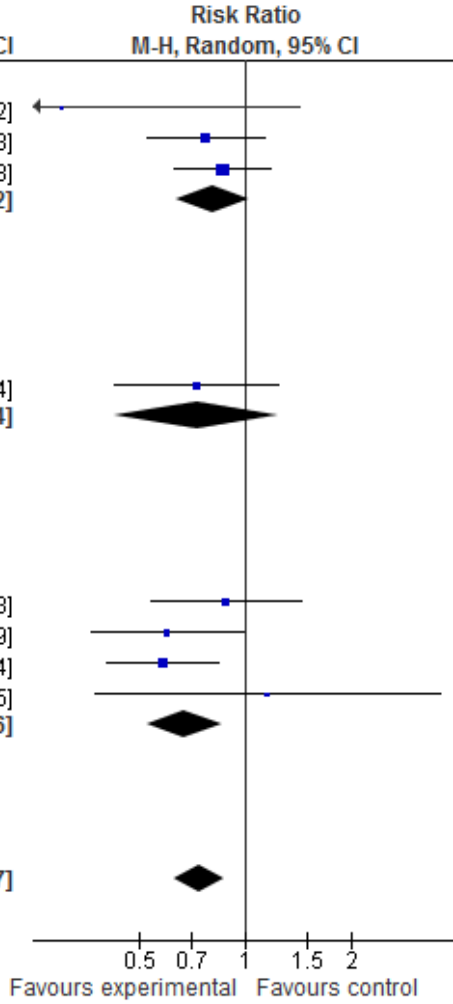
Number of participants who relapsed (any type) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
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%						



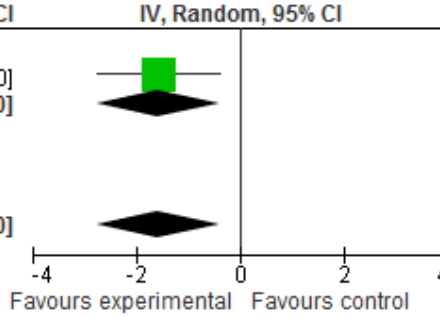
Number of participants who relapsed (any type) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
1.10.1 PE						
JAVADPOUR2013 [M]	2	45	6	41	1.1%	0.30 [0.06, 1.42]
LOBBAN2010 [M]	26	56	24	40	18.4%	0.77 [0.53, 1.13]
PERRY1999 [M]	22	34	27	36	27.1%	0.86 [0.63, 1.18]
Subtotal (95% CI)		**135**		**117**	**46.6%**	**0.81 [0.64, 1.02]**
Total events	50		57			
Heterogeneity: Tau² = 0.00; Chi² = 1.96, df = 2 (P = 0.37); I² = 0%						
Test for overall effect: Z = 1.78 (P = 0.08)						
1.10.3 Psychological therapy for medication adherence						
COCHRAN1984 [M]	8	14	11	14	9.4%	0.73 [0.43, 1.24]
Subtotal (95% CI)		**14**		**14**	**9.4%**	**0.73 [0.43, 1.24]**
Total events	8		11			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.18 (P = 0.24)						
1.10.4 CBT						
BALL2006 [M]	13	25	16	27	11.0%	0.88 [0.54, 1.43]
JONES2013 [M]	12	29	20	29	10.6%	0.60 [0.36, 0.99]
LAM2003 [M]	21	48	36	48	20.3%	0.58 [0.41, 0.84]
ZARETSKY2008 [M]	6	26	4	20	2.1%	1.15 [0.38, 3.55]
Subtotal (95% CI)		**128**		**124**	**44.0%**	**0.67 [0.53, 0.86]**
Total events	52		76			
Heterogeneity: Tau² = 0.00; Chi² = 2.84, df = 3 (P = 0.42); I² = 0%						
Test for overall effect: Z = 3.19 (P = 0.001)						
Total (95% CI)		**277**		**255**	**100.0%**	**0.74 [0.63, 0.87]**
Total events	110		144			
Heterogeneity: Tau² = 0.00; Chi² = 5.78, df = 7 (P = 0.57); I² = 0%						
Test for overall effect: Z = 3.69 (P = 0.0002)						
Test for subgroup differences: Chi² = 1.10, df = 2 (P = 0.58), I² = 0%						



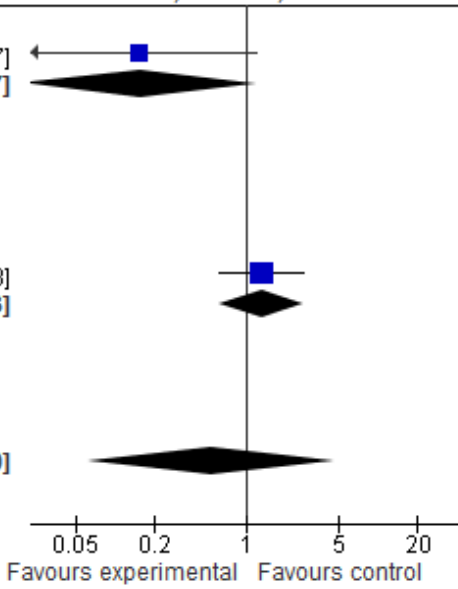
Mean number of participants who relapsed (any type) at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
1.9.1 CBT								
LAM2000 [M]	0.42	0.9	12	2	1.8	11	100.0%	-1.58 [-2.76, -0.40]
Subtotal (95% CI)			**12**			**11**	**100.0%**	**-1.58 [-2.76, -0.40]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.63 (P = 0.009)								
Total (95% CI)			**12**			**11**	**100.0%**	**-1.58 [-2.76, -0.40]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.63 (P = 0.009)								
Test for subgroup differences: Not applicable								



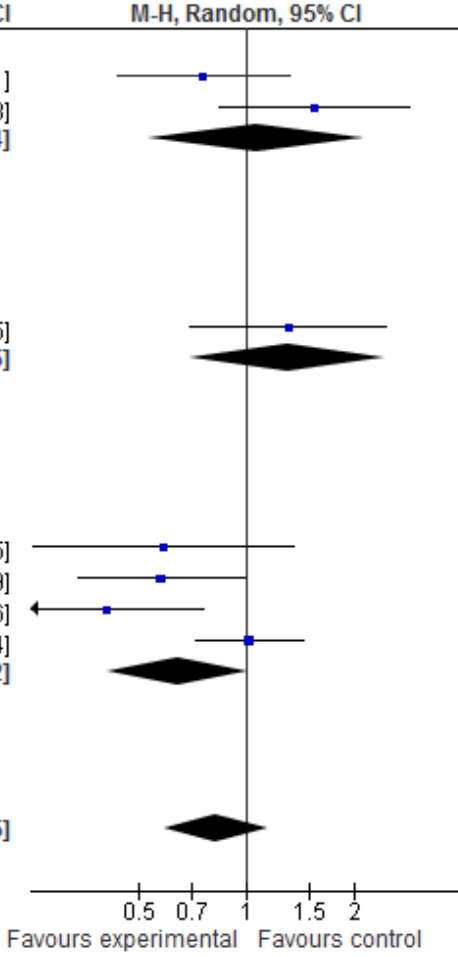
Number of participants who relapsed (depression) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
1.11.1 CBT						
BALL2006 [M]	1	25	7	27	40.8%	0.15 [0.02, 1.17]
Subtotal (95% CI)		**25**		**27**	**40.8%**	**0.15 [0.02, 1.17]**
Total events	1		7			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.81 (P = 0.07)						
1.11.2 PE						
PERRY1999 [M]	11	34	9	36	59.2%	1.29 [0.61, 2.73]
Subtotal (95% CI)		**34**		**36**	**59.2%**	**1.29 [0.61, 2.73]**
Total events	11		9			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.68 (P = 0.50)						
Total (95% CI)		**59**		**63**	**100.0%**	**0.54 [0.06, 4.70]**
Total events	12		16			
Heterogeneity: Tau² = 1.90; Chi² = 4.15, df = 1 (P = 0.04); I² = 76%						
Test for overall effect: Z = 0.55 (P = 0.58)						
Test for subgroup differences: Chi² = 3.74, df = 1 (P = 0.05), I² = 73.2%						



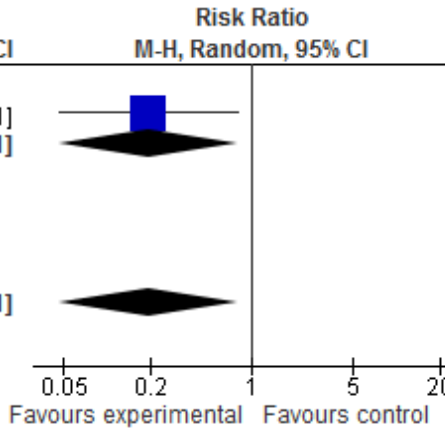
Number of participants who relapsed (depression) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
1.12.1 PE						
LOBBAN2010 [M]	17	56	16	40	14.9%	0.76 [0.44, 1.31]
PERRY1999 [M]	16	34	11	36	13.7%	1.54 [0.84, 2.83]
Subtotal (95% CI)		**90**		**76**	**28.6%**	**1.07 [0.53, 2.14]**
Total events	33		27			
Heterogeneity: Tau² = 0.16; Chi² = 2.87, df = 1 (P = 0.09); I² = 65%						
Test for overall effect: Z = 0.19 (P = 0.85)						
1.12.2 Online Psychoeducation						
SMITH2011 [M]	10	17	9	20	13.3%	1.31 [0.70, 2.45]
Subtotal (95% CI)		**17**		**20**	**13.3%**	**1.31 [0.70, 2.45]**
Total events	10		9			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.84 (P = 0.40)						
1.12.3 CBT						
BALL2006 [M]	6	25	11	27	9.8%	0.59 [0.26, 1.35]
JONES2013 [M]	11	29	19	29	15.2%	0.58 [0.34, 0.99]
LAM2003 [M]	10	51	25	52	13.4%	0.41 [0.22, 0.76]
SCOTT2006 [A&M]	39	99	39	101	19.7%	1.02 [0.72, 1.44]
Subtotal (95% CI)		**204**		**209**	**58.1%**	**0.65 [0.41, 1.02]**
Total events	66		94			
Heterogeneity: Tau² = 0.13; Chi² = 7.95, df = 3 (P = 0.05); I² = 62%						
Test for overall effect: Z = 1.89 (P = 0.06)						
Total (95% CI)		**311**		**305**	**100.0%**	**0.82 [0.59, 1.15]**
Total events	109		130			
Heterogeneity: Tau² = 0.12; Chi² = 14.84, df = 6 (P = 0.02); I² = 60%						
Test for overall effect: Z = 1.16 (P = 0.25)						
Test for subgroup differences: Chi² = 3.62, df = 2 (P = 0.16), I² = 44.7%						



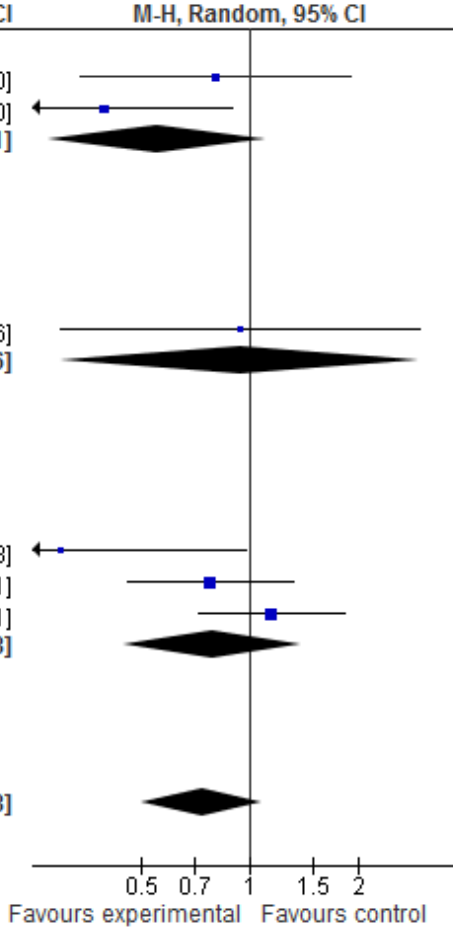
Number of participants who relapsed (mania) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
1.13.1 PE						
PERRY1999 [M]	2	34	11	36	100.0%	0.19 [0.05, 0.81]
Subtotal (95% CI)		**34**		**36**	**100.0%**	**0.19 [0.05, 0.81]**
Total events	2		11			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.26 (P = 0.02)						
Total (95% CI)		**34**		**36**	**100.0%**	**0.19 [0.05, 0.81]**
Total events	2		11			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.26 (P = 0.02)						
Test for subgroup differences: Not applicable						



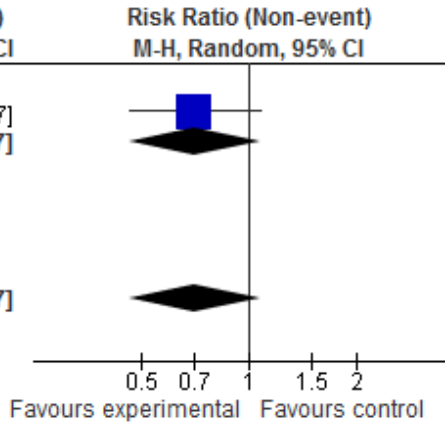
Number of participants who relapsed (mania) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
1.14.1 PE						
LOBBAN2010 [M]	9	56	8	40	14.0%	0.80 [0.34, 1.90]
PERRY1999 [M]	6	34	16	36	15.1%	0.40 [0.18, 0.90]
Subtotal (95% CI)		**90**		**76**	**29.1%**	**0.56 [0.28, 1.11]**
Total events	15		24			
Heterogeneity: Tau² = 0.07; Chi² = 1.36, df = 1 (P = 0.24); I² = 27%						
Test for overall effect: Z = 1.66 (P = 0.10)						
1.14.2 Online Psychoeducation						
SMITH2011 [M]	4	17	5	20	9.1%	0.94 [0.30, 2.96]
Subtotal (95% CI)		**17**		**20**	**9.1%**	**0.94 [0.30, 2.96]**
Total events	4		5			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.10 (P = 0.92)						
1.14.3 CBT						
JONES2013 [M]	3	29	10	29	8.6%	0.30 [0.09, 0.98]
LAM2003 [M]	16	51	21	52	25.2%	0.78 [0.46, 1.31]
SCOTT2006 [A&M]	28	99	25	101	28.1%	1.14 [0.72, 1.81]
Subtotal (95% CI)		**179**		**182**	**61.9%**	**0.78 [0.45, 1.38]**
Total events	47		56			
Heterogeneity: Tau² = 0.14; Chi² = 4.65, df = 2 (P = 0.10); I² = 57%						
Test for overall effect: Z = 0.84 (P = 0.40)						
Total (95% CI)		**286**		**278**	**100.0%**	**0.74 [0.50, 1.08]**
Total events	66		85			
Heterogeneity: Tau² = 0.08; Chi² = 7.92, df = 5 (P = 0.16); I² = 37%						
Test for overall effect: Z = 1.56 (P = 0.12)						
Test for subgroup differences: Chi² = 0.83, df = 2 (P = 0.66), I² = 0%						



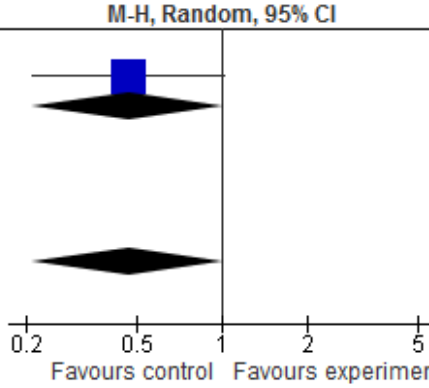
Number of participants who responded (any type) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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						



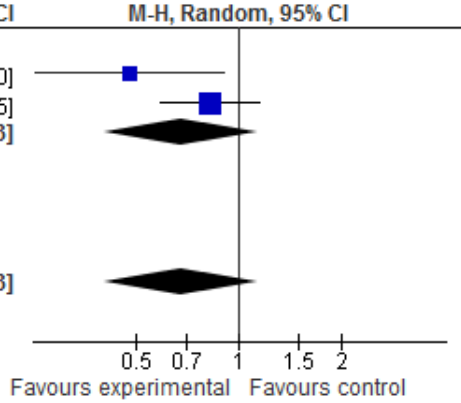
Number of participants who responded (any type) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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						



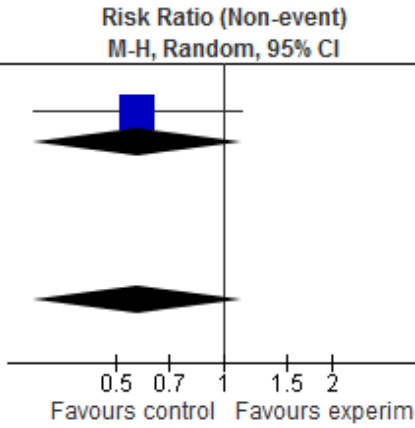
Number of participants who responded (50% reduction in depressive symptoms) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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						



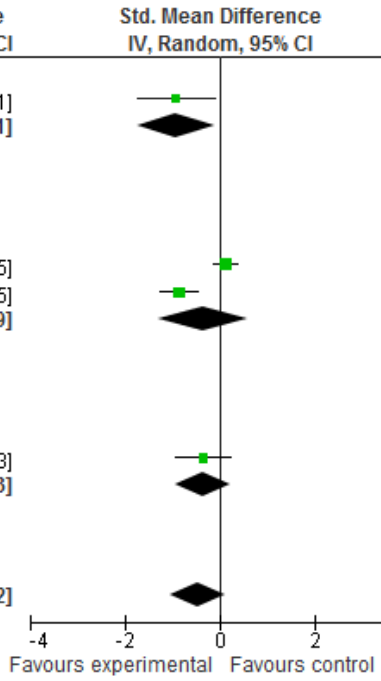
Number of participants who responded (50% reduction in manic symptoms) at follow-up

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						



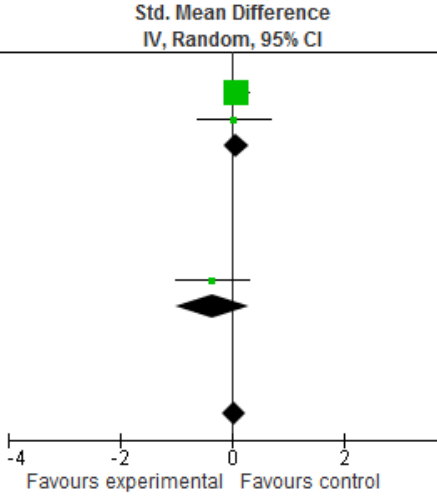
Quality of life at post-treatment

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%								



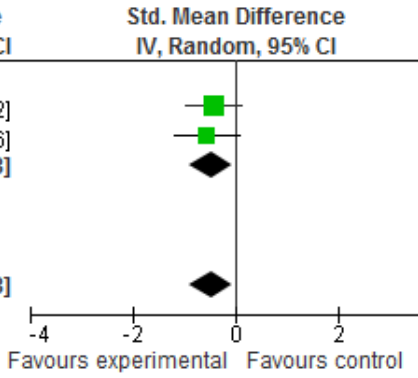
Quality of life at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.20.1 Online Psychoeducation								
PROUDFOOT2012 [Ad&M]	17.43	7.52	134	16.74	8.02	139	79.1%	0.09 [-0.15, 0.33]
SMITH2011 [M]	259.2	63.2	20	256.6	52.7	17	10.7%	0.04 [-0.60, 0.69]
Subtotal (95% CI)			**154**			**156**	**89.8%**	**0.08 [-0.14, 0.31]**
Heterogeneity: Tau² = 0.00; Chi² = 0.02, df = 1 (P = 0.90); I² = 0%								
Test for overall effect: Z = 0.73 (P = 0.46)								
1.20.2 CBT								
JONES2013 [M]	39.67	7.6	15	42.27	7.34	22	10.2%	-0.34 [-1.00, 0.32]
Subtotal (95% CI)			**15**			**22**	**10.2%**	**-0.34 [-1.00, 0.32]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.01 (P = 0.31)								
Total (95% CI)			**169**			**178**	**100.0%**	**0.04 [-0.17, 0.25]**
Heterogeneity: Tau² = 0.00; Chi² = 1.44, df = 2 (P = 0.49); I² = 0%								
Test for overall effect: Z = 0.37 (P = 0.71)								
Test for subgroup differences: Chi² = 1.42, df = 1 (P = 0.23), I² = 29.7%								



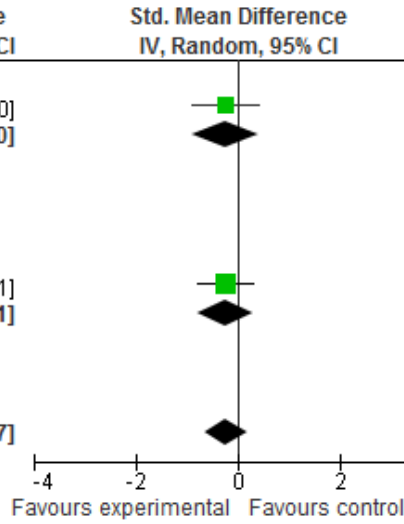
Psychosocial functioning (GAF) at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.21.1 CBT								
BALL2006 [M]	75.67	16.6	27	81.56	9.25	25	55.7%	-0.43 [-0.98, 0.12]
SCOTT2001 [A&M]]	77.1	11.9	21	84.5	13.9	21	44.3%	-0.56 [-1.18, 0.06]
Subtotal (95% CI)			**48**			**46**	**100.0%**	**-0.49 [-0.90, -0.08]**
Heterogeneity: Tau² = 0.00; Chi² = 0.10, df = 1 (P = 0.75); I² = 0%								
Test for overall effect: Z = 2.32 (P = 0.02)								
Total (95% CI)			**48**			**46**	**100.0%**	**-0.49 [-0.90, -0.08]**
Heterogeneity: Tau² = 0.00; Chi² = 0.10, df = 1 (P = 0.75); I² = 0%								
Test for overall effect: Z = 2.32 (P = 0.02)								
Test for subgroup differences: Not applicable								



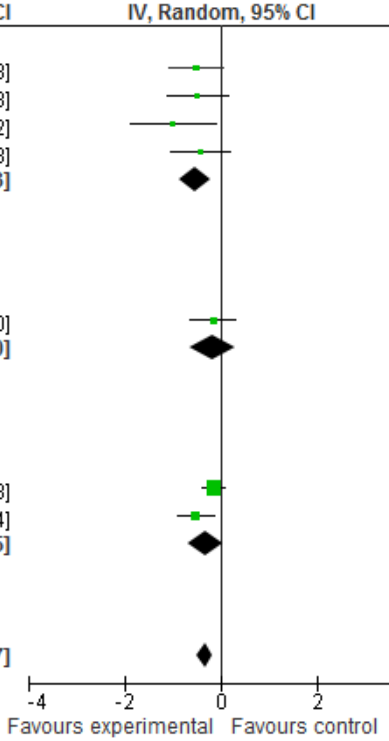
Psychosocial functioning (GAF) at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.22.1 Online Psycho education								
SMITH2011 [M]	65.9	21.8	20	70.8	14.8	17	41.4%	-0.25 [-0.90, 0.40]
Subtotal (95% CI)			**20**			**17**	**41.4%**	**-0.25 [-0.90, 0.40]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.76 (P = 0.44)								
1.22.2 CBT								
BALL2006 [M]	77.85	15.98	27	81.28	11.68	25	58.6%	-0.24 [-0.79, 0.31]
Subtotal (95% CI)			**27**			**25**	**58.6%**	**-0.24 [-0.79, 0.31]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.86 (P = 0.39)								
Total (95% CI)			**47**			**42**	**100.0%**	**-0.25 [-0.66, 0.17]**
Heterogeneity: Tau² = 0.00; Chi² = 0.00, df = 1 (P = 0.98); I² = 0%								
Test for overall effect: Z = 1.15 (P = 0.25)								
Test for subgroup differences: Chi² = 0.00, df = 1 (P = 0.98), I² = 0%								



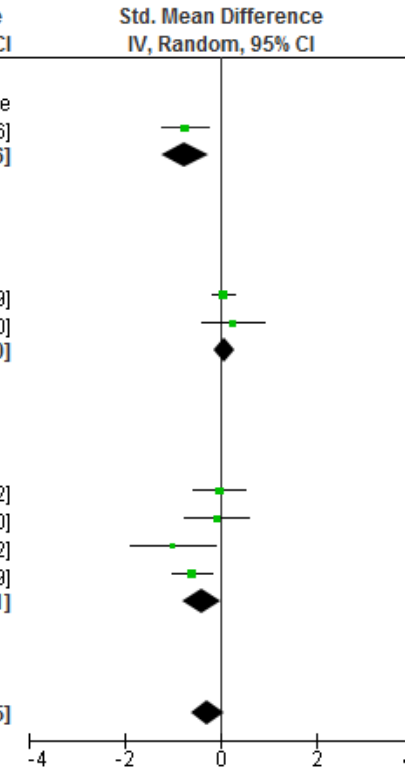
Psychosocial functioning (social and/or work) at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
1.23.1 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%								



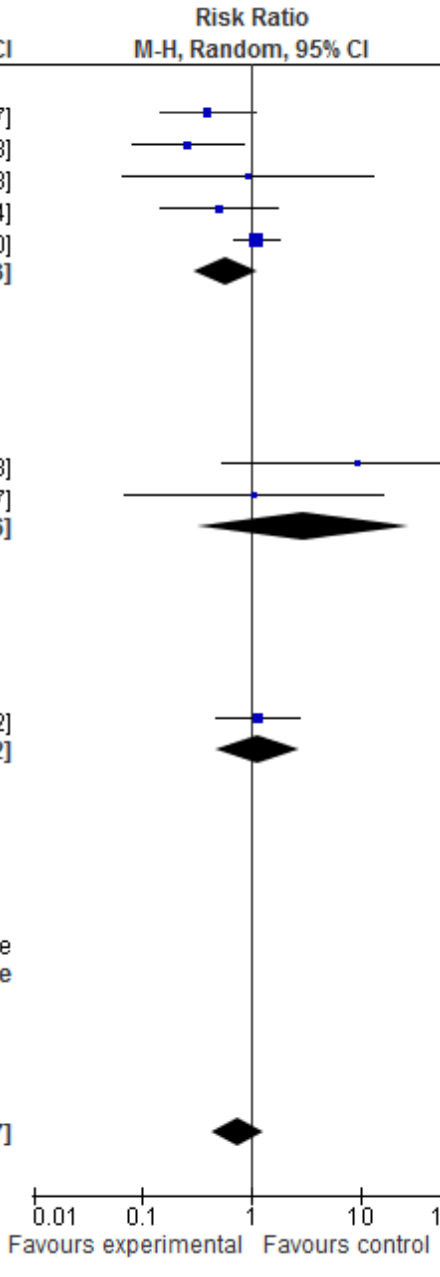
Psychosocial functioning (social and/or work) at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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%								



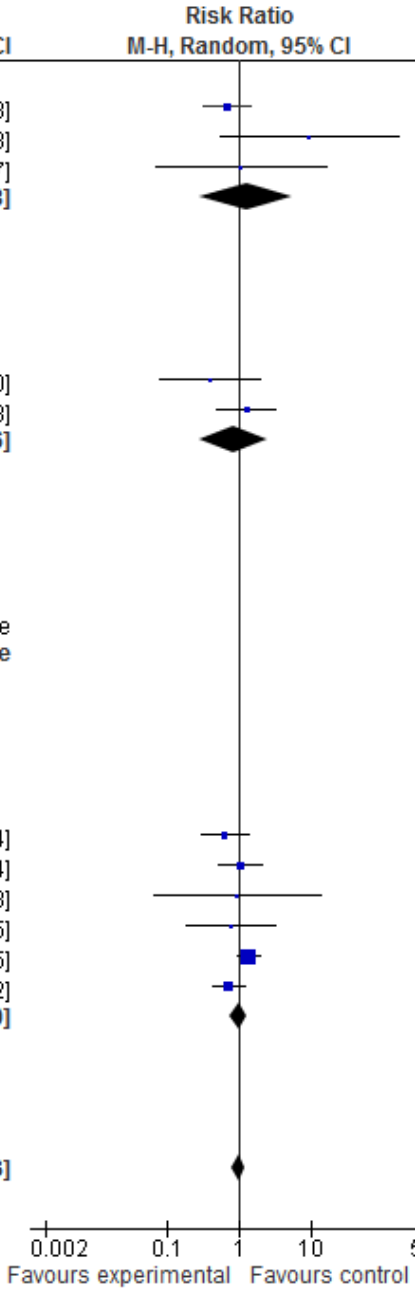
Number of participants discontinuing at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
1.25.1 CBT						
BALL2006 [M]	4	25	11	27	16.2%	0.39 [0.14, 1.07]
JONES2013 [M]	3	33	12	34	13.4%	0.26 [0.08, 0.83]
LAM2000 [M]	1	13	1	12	3.6%	0.92 [0.06, 13.18]
SCOTT2001 [A&M]]	3	21	6	21	12.4%	0.50 [0.14, 1.74]
SCOTT2006 [A&M]	28	127	25	126	29.1%	1.11 [0.69, 1.80]
Subtotal (95% CI)		**219**		**220**	**74.7%**	**0.58 [0.30, 1.13]**
Total events	39		55			
Heterogeneity: Tau² = 0.27; Chi² = 7.87, df = 4 (P = 0.10); I² = 49%						
Test for overall effect: Z = 1.61 (P = 0.11)						
1.25.2 PE						
LOBBAN2010 [M]	6	56	0	40	3.2%	9.35 [0.54, 161.38]
PERRY1999 [M]	1	34	1	36	3.5%	1.06 [0.07, 16.27]
Subtotal (95% CI)		**90**		**76**	**6.7%**	**3.04 [0.33, 28.16]**
Total events	7		1			
Heterogeneity: Tau² = 0.56; Chi² = 1.28, df = 1 (P = 0.26); I² = 22%						
Test for overall effect: Z = 0.98 (P = 0.33)						
1.25.3 Online Psychoeducation						
TODD 2012 [A&M]	9	61	8	61	18.6%	1.13 [0.46, 2.72]
Subtotal (95% CI)		**61**		**61**	**18.6%**	**1.13 [0.46, 2.72]**
Total events	9		8			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.26 (P = 0.79)						
1.25.4 Psychological therapy for medication adherence						
COCHRAN1984 [M]	0	14	0	14		Not estimable
Subtotal (95% CI)		**14**		**14**		**Not estimable**
Total events	0		0			
Heterogeneity: Not applicable						
Test for overall effect: Not applicable						
Total (95% CI)		**384**		**371**	**100.0%**	**0.74 [0.44, 1.27]**
Total events	55		64			
Heterogeneity: Tau² = 0.20; Chi² = 11.29, df = 7 (P = 0.13); I² = 38%						
Test for overall effect: Z = 1.08 (P = 0.28)						
Test for subgroup differences: Chi² = 2.86, df = 2 (P = 0.24), I² = 30.1%						



Number of participants discontinuing at follow-up

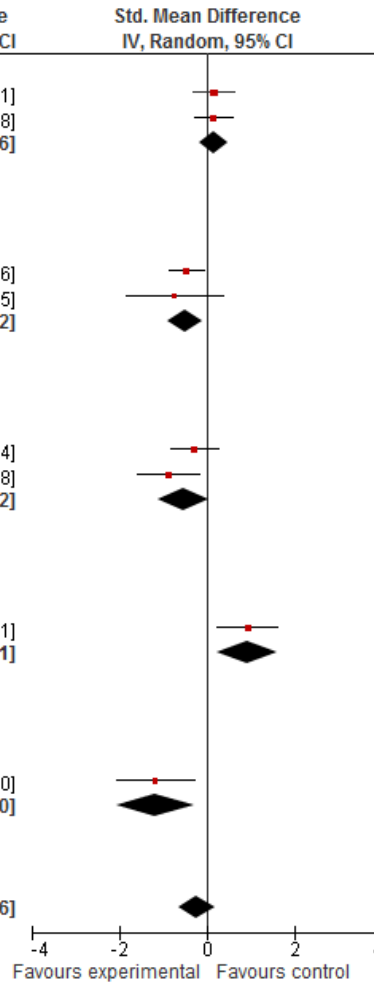
Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
1.26.1 PE						
JAVADPOUR2013 [M]	9	54	13	54	9.5%	0.69 [0.32, 1.48]
LOBBAN2010 [M]	6	56	0	40	0.7%	9.35 [0.54, 161.38]
PERRY1999 [M]	1	34	1	36	0.8%	1.06 [0.07, 16.27]
Subtotal (95% CI)		**144**		**130**	**11.0%**	**1.26 [0.29, 5.58]**
Total events	16		14			
Heterogeneity: Tau² = 0.82; Chi² = 3.46, df = 2 (P = 0.18); I² = 42%						
Test for overall effect: Z = 0.31 (P = 0.76)						
1.26.2 Online Psychoeducation						
PROUDFOOT2012 [Ad&M]	2	141	5	139	2.1%	0.39 [0.08, 2.00]
SMITH2011 [M]	7	24	6	26	6.3%	1.26 [0.49, 3.23]
Subtotal (95% CI)		**165**		**165**	**8.4%**	**0.85 [0.28, 2.56]**
Total events	9		11			
Heterogeneity: Tau² = 0.24; Chi² = 1.54, df = 1 (P = 0.22); I² = 35%						
Test for overall effect: Z = 0.28 (P = 0.78)						
1.26.3 Psychological therapy for medication adherence						
COCHRAN1984 [M]	0	14	0	14		Not estimable
Subtotal (95% CI)		**14**		**14**		**Not estimable**
Total events	0		0			
Heterogeneity: Not applicable						
Test for overall effect: Not applicable						
1.26.4 CBT						
BALL2006 [M]	7	25	12	27	9.6%	0.63 [0.30, 1.34]
JONES2013 [M]	11	33	11	34	11.7%	1.03 [0.52, 2.04]
LAM2000 [M]	1	13	1	12	0.8%	0.92 [0.06, 13.18]
LAM2003 [M]	3	51	4	52	2.7%	0.76 [0.18, 3.25]
MIKLOWITZ2007b [Ad]	31	75	40	130	36.8%	1.34 [0.93, 1.95]
ZARETSKY2008 [M]	14	40	19	39	19.1%	0.72 [0.42, 1.22]
Subtotal (95% CI)		**237**		**294**	**80.6%**	**0.98 [0.74, 1.30]**
Total events	67		87			
Heterogeneity: Tau² = 0.01; Chi² = 5.47, df = 5 (P = 0.36); I² = 9%						
Test for overall effect: Z = 0.13 (P = 0.90)						
Total (95% CI)		**560**		**603**	**100.0%**	**0.97 [0.77, 1.23]**
Total events	92		112			
Heterogeneity: Tau² = 0.00; Chi² = 10.21, df = 10 (P = 0.42); I² = 2%						
Test for overall effect: Z = 0.23 (P = 0.82)						
Test for subgroup differences: Chi² = 0.17, df = 2 (P = 0.92), I² = 0%						



Group psychological interventions compared with treatment as usual (TAU)

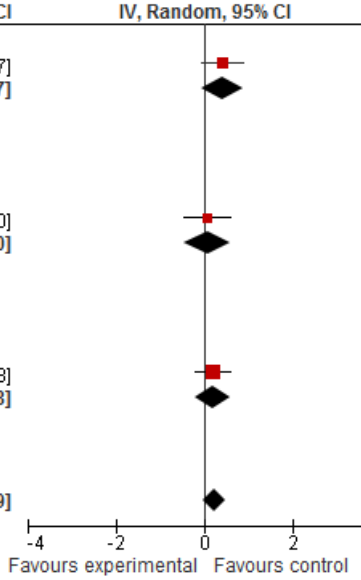
Depression symptoms at post-treatment

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
2.1.1 PE						
CASTLE2010 [M]	0.15	0.237245	32	40	14.7%	0.15 [-0.31, 0.61]
SAJATOVIC2009 [A]	0.14	0.22449	41	39	15.0%	0.14 [-0.30, 0.58]
Subtotal (95% CI)			**73**	**79**	**29.8%**	**0.14 [-0.17, 0.46]**
Heterogeneity: Tau² = 0.00; Chi² = 0.00, df = 1 (P = 0.98); I² = 0%						
Test for overall effect: Z = 0.89 (P = 0.37)						
2.1.2 Mindfulness based cognitive therapy						
PERICH2013 [M]	-0.47	0.209184	48	47	15.4%	-0.47 [-0.88, -0.06]
WILLIAMS2008 [M]	-0.74	0.558673	7	7	7.8%	-0.74 [-1.83, 0.35]
Subtotal (95% CI)			**55**	**54**	**23.2%**	**-0.50 [-0.89, -0.12]**
Heterogeneity: Tau² = 0.00; Chi² = 0.20, df = 1 (P = 0.65); I² = 0%						
Test for overall effect: Z = 2.57 (P = 0.01)						
2.1.3 CBT						
BERNHARD2009 [M]	-0.3007697	0.27514274	25	27	13.8%	-0.30 [-0.84, 0.24]
COSTA2012 [M]	-0.89	0.362245	27	12	11.7%	-0.89 [-1.60, -0.18]
Subtotal (95% CI)			**52**	**39**	**25.4%**	**-0.55 [-1.12, 0.02]**
Heterogeneity: Tau² = 0.07; Chi² = 1.68, df = 1 (P = 0.20); I² = 40%						
Test for overall effect: Z = 1.89 (P = 0.06)						
2.1.4 Social cognition and interaction training						
LAHERA2012 [M]	0.92	0.352041	21	16	11.9%	0.92 [0.23, 1.61]
Subtotal (95% CI)			**21**	**16**	**11.9%**	**0.92 [0.23, 1.61]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.61 (P = 0.009)						
2.1.5 Dialectical behavior therapy						
DIJK2013 [Ad]	-1.18	0.44898	12	12	9.8%	-1.18 [-2.06, -0.30]
Subtotal (95% CI)			**12**	**12**	**9.8%**	**-1.18 [-2.06, -0.30]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.63 (P = 0.009)						
Total (95% CI)			**213**	**200**	**100.0%**	**-0.24 [-0.64, 0.16]**
Heterogeneity: Tau² = 0.23; Chi² = 25.65, df = 7 (P = 0.0006); I² = 73%						
Test for overall effect: Z = 1.16 (P = 0.25)						
Test for subgroup differences: Chi² = 22.89, df = 4 (P = 0.0001), I² = 82.5%						



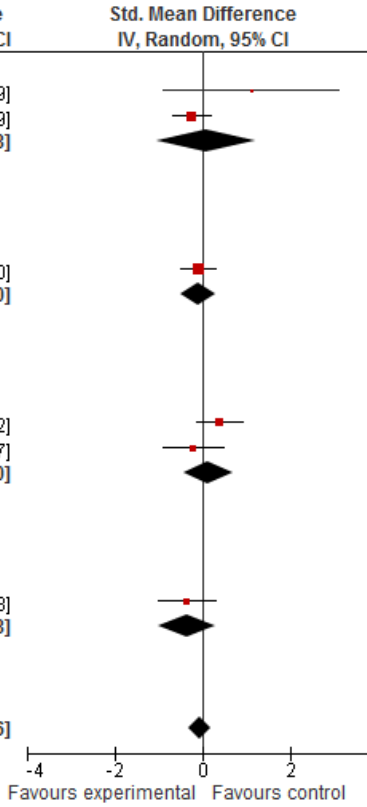
Depression symptoms at follow-up

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%						



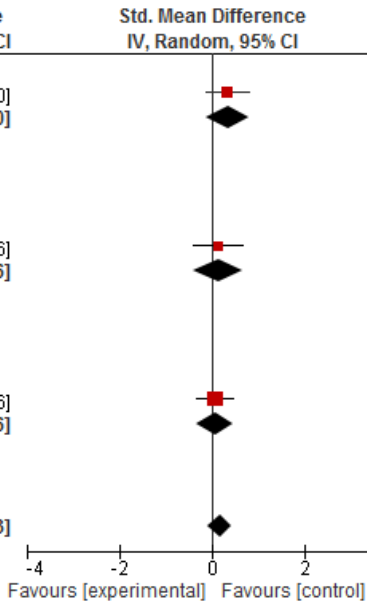
Manic symptoms at post-treatment

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%						



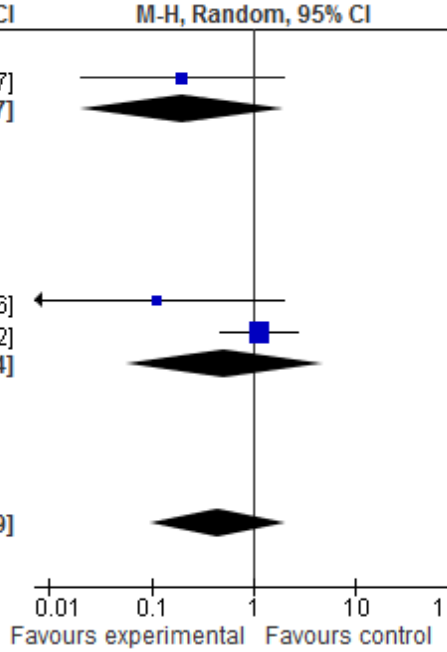
Manic symptoms at follow-up

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%						



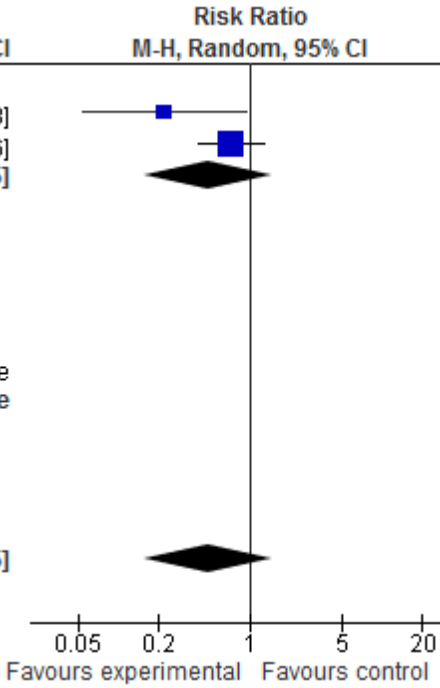
Number of participants admitted to hospital at post-treatment

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%						



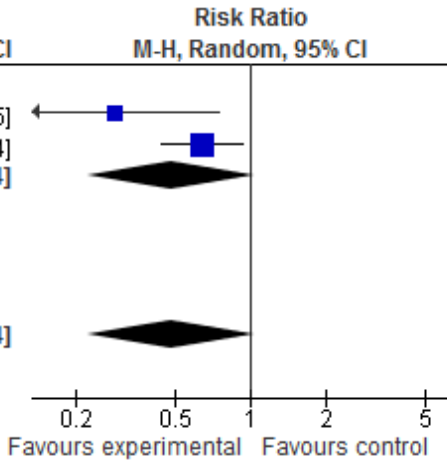
Number of participants admitted to hospital at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
2.6.1 PE vs attention control						
COLOM2003 [M]	2	25	9	25	34.2%	0.22 [0.05, 0.93]
COLOM2003A [M]	14	56	21	60	65.8%	0.71 [0.40, 1.26]
Subtotal (95% CI)		**81**		**85**	**100.0%**	**0.48 [0.16, 1.45]**
Total events	16		30			
Heterogeneity: Tau² = 0.40; Chi² = 2.30, df = 1 (P = 0.13); I² = 56%						
Test for overall effect: Z = 1.30 (P = 0.19)						
2.6.2 CBT						
GOMES2011 [M]	0	17	0	17		Not estimable
Subtotal (95% CI)		**17**		**17**		**Not estimable**
Total events	0		0			
Heterogeneity: Not applicable						
Test for overall effect: Not applicable						
Total (95% CI)		**98**		**102**	**100.0%**	**0.48 [0.16, 1.45]**
Total events	16		30			
Heterogeneity: Tau² = 0.40; Chi² = 2.30, df = 1 (P = 0.13); I² = 56%						
Test for overall effect: Z = 1.30 (P = 0.19)						
Test for subgroup differences: Not applicable						



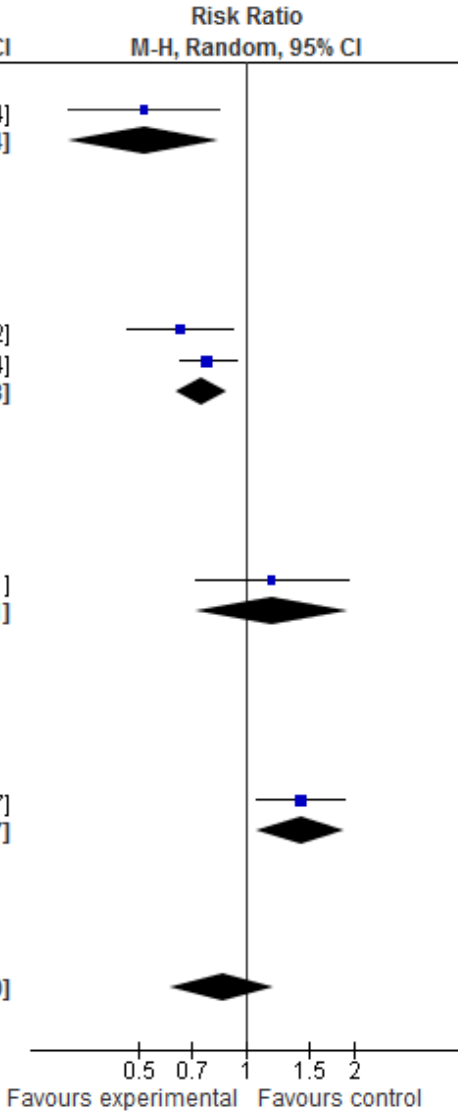
Number of participants who relapsed (any type) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
2.9.2 PE vs attention control						
COLOM2003 [M]	4	25	14	25	35.0%	0.29 [0.11, 0.75]
COLOM2003A [M]	23	60	36	60	65.0%	0.64 [0.44, 0.94]
Subtotal (95% CI)		**85**		**85**	**100.0%**	**0.48 [0.22, 1.04]**
Total events	27		50			
Heterogeneity: Tau² = 0.20; Chi² = 2.42, df = 1 (P = 0.12); I² = 59%						
Test for overall effect: Z = 1.86 (P = 0.06)						
Total (95% CI)		**85**		**85**	**100.0%**	**0.48 [0.22, 1.04]**
Total events	27		50			
Heterogeneity: Tau² = 0.20; Chi² = 2.42, df = 1 (P = 0.12); I² = 59%						
Test for overall effect: Z = 1.86 (P = 0.06)						
Test for subgroup differences: Not applicable						



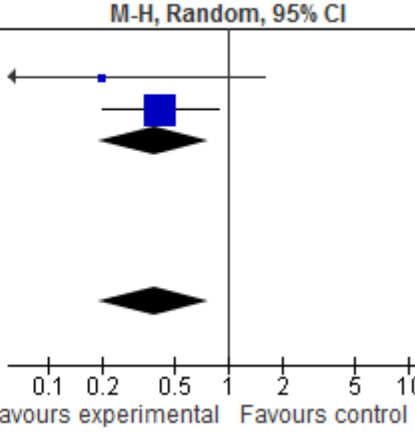
Number of participants who relapsed (any type) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
2.10.1 PE						
CASTLE2010 [M]	14	42	27	42	16.8%	0.52 [0.32, 0.84]
Subtotal (95% CI)		**42**		**42**	**16.8%**	**0.52 [0.32, 0.84]**
Total events	14		27			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.66 (P = 0.008)						
2.10.2 PE vs attention control						
COLOM2003 [M]	15	25	23	25	20.5%	0.65 [0.46, 0.92]
COLOM2003A [M]	40	56	55	60	24.1%	0.78 [0.65, 0.94]
Subtotal (95% CI)		**81**		**85**	**44.5%**	**0.75 [0.64, 0.88]**
Total events	55		78			
Heterogeneity: Tau² = 0.00; Chi² = 0.83, df = 1 (P = 0.36); I² = 0%						
Test for overall effect: Z = 3.53 (P = 0.0004)						
2.10.3 CBT						
GOMES2011 [M]	14	23	14	27	16.7%	1.17 [0.72, 1.91]
Subtotal (95% CI)		**23**		**27**	**16.7%**	**1.17 [0.72, 1.91]**
Total events	14		14			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.64 (P = 0.52)						
2.10.4 Mindfulness based cognitive therapy						
PERICH2013 [M]	39	48	27	47	21.9%	1.41 [1.07, 1.87]
Subtotal (95% CI)		**48**		**47**	**21.9%**	**1.41 [1.07, 1.87]**
Total events	39		27			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.42 (P = 0.02)						
Total (95% CI)		**194**		**201**	**100.0%**	**0.86 [0.61, 1.20]**
Total events	122		146			
Heterogeneity: Tau² = 0.11; Chi² = 21.46, df = 4 (P = 0.0003); I² = 81%						
Test for overall effect: Z = 0.91 (P = 0.36)						
Test for subgroup differences: Chi² = 20.64, df = 3 (P = 0.0001), I² = 85.5%						



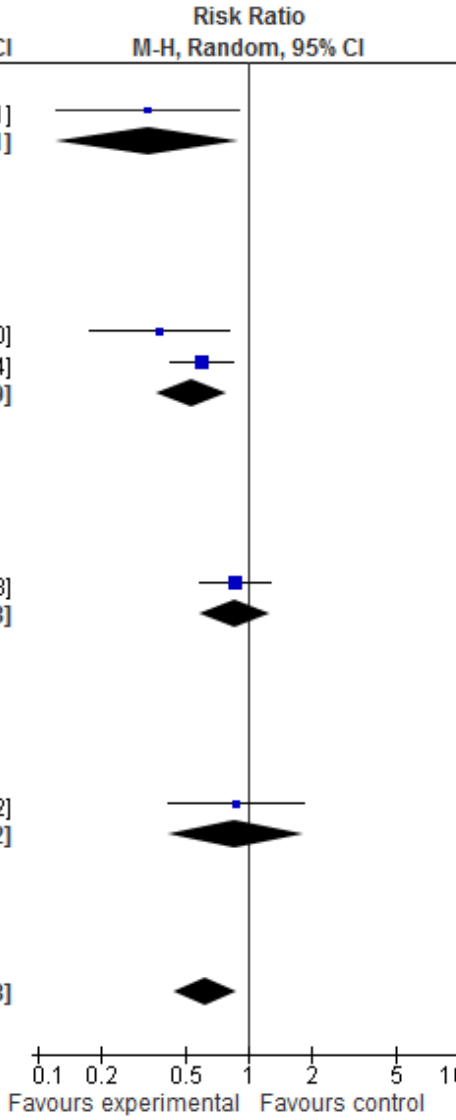
Number of participants who relapsed (depression) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
2.11.2 PE vs attention control						
COLOM2003 [M]	1	25	5	25	11.4%	0.20 [0.03, 1.59]
COLOM2003A [M]	8	60	19	60	88.6%	0.42 [0.20, 0.89]
Subtotal (95% CI)		**85**		**85**	**100.0%**	**0.39 [0.19, 0.78]**
Total events	9		24			
Heterogeneity: Tau² = 0.00; Chi² = 0.45, df = 1 (P = 0.50); I² = 0%						
Test for overall effect: Z = 2.66 (P = 0.008)						
Total (95% CI)		**85**		**85**	**100.0%**	**0.39 [0.19, 0.78]**
Total events	9		24			
Heterogeneity: Tau² = 0.00; Chi² = 0.45, df = 1 (P = 0.50); I² = 0%						
Test for overall effect: Z = 2.66 (P = 0.008)						
Test for subgroup differences: Not applicable						



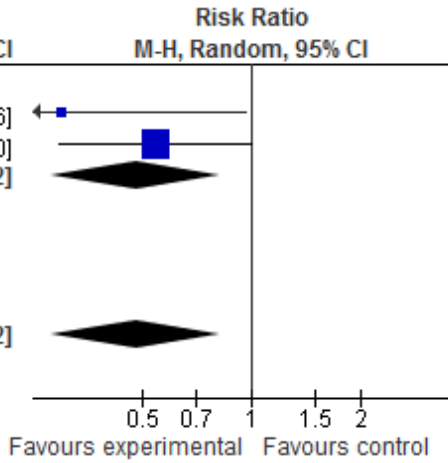
Number of participants who relapsed (depression) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
2.12.1 PE						
CASTLE2010 [M]	4	32	15	40	9.2%	0.33 [0.12, 0.91]
Subtotal (95% CI)		**32**		**40**	**9.2%**	**0.33 [0.12, 0.91]**
Total events	4		15			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.15 (P = 0.03)						
2.12.2 PE vs attention control						
COLOM2003 [M]	6	25	16	25	14.1%	0.38 [0.18, 0.80]
COLOM2003A [M]	24	56	43	60	32.5%	0.60 [0.42, 0.84]
Subtotal (95% CI)		**81**		**85**	**46.6%**	**0.54 [0.36, 0.79]**
Total events	30		59			
Heterogeneity: Tau² = 0.02; Chi² = 1.25, df = 1 (P = 0.26); I² = 20%						
Test for overall effect: Z = 3.10 (P = 0.002)						
2.12.3 Mindfulness based cognitive therapy						
PERICH2013 [M]	20	34	17	25	29.6%	0.87 [0.59, 1.28]
Subtotal (95% CI)		**34**		**25**	**29.6%**	**0.87 [0.59, 1.28]**
Total events	20		17			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.73 (P = 0.47)						
2.12.4 CBT						
GOMES2011 [M]	7	17	9	19	14.6%	0.87 [0.41, 1.82]
Subtotal (95% CI)		**17**		**19**	**14.6%**	**0.87 [0.41, 1.82]**
Total events	7		9			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.37 (P = 0.71)						
Total (95% CI)		**164**		**169**	**100.0%**	**0.62 [0.45, 0.88]**
Total events	61		100			
Heterogeneity: Tau² = 0.06; Chi² = 7.12, df = 4 (P = 0.13); I² = 44%						
Test for overall effect: Z = 2.73 (P = 0.006)						
Test for subgroup differences: Chi² = 5.24, df = 3 (P = 0.15), I² = 42.8%						



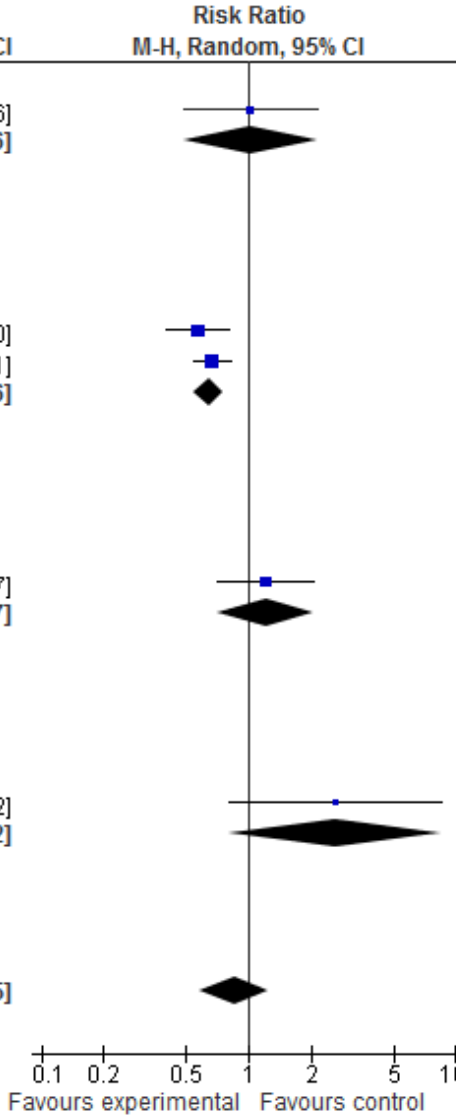
Number of participants who relapsed (mania) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
2.13.2 PE vs attention control						
COLOM2003 [M]	3	25	10	25	21.3%	0.30 [0.09, 0.96]
COLOM2003A [M]	12	60	22	60	78.7%	0.55 [0.30, 1.00]
Subtotal (95% CI)		**85**		**85**	**100.0%**	**0.48 [0.28, 0.82]**
Total events	15		32			
Heterogeneity: Tau² = 0.00; Chi² = 0.80, df = 1 (P = 0.37); I² = 0%						
Test for overall effect: Z = 2.67 (P = 0.007)						
Total (95% CI)		**85**		**85**	**100.0%**	**0.48 [0.28, 0.82]**
Total events	15		32			
Heterogeneity: Tau² = 0.00; Chi² = 0.80, df = 1 (P = 0.37); I² = 0%						
Test for overall effect: Z = 2.67 (P = 0.007)						
Test for subgroup differences: Not applicable						



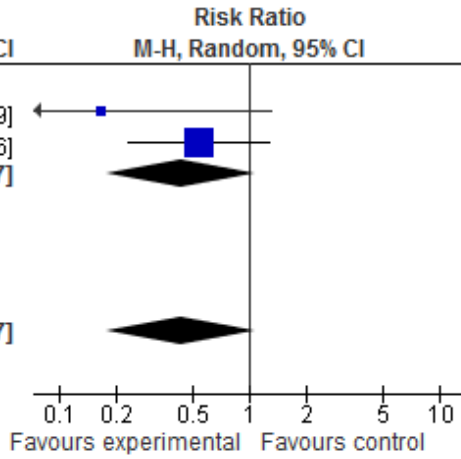
Number of participants who relapsed (mania) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
2.14.1 PE						
CASTLE2010 [M]	9	32	11	40	14.6%	1.02 [0.48, 2.16]
Subtotal (95% CI)		**32**		**40**	**14.6%**	**1.02 [0.48, 2.16]**
Total events	9		11			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.06 (P = 0.95)						
2.14.2 PE vs attention control						
COLOM2003 [M]	14	25	25	25	26.4%	0.57 [0.40, 0.80]
COLOM2003A [M]	36	56	58	60	30.9%	0.67 [0.54, 0.81]
Subtotal (95% CI)		**81**		**85**	**57.3%**	**0.64 [0.54, 0.76]**
Total events	50		83			
Heterogeneity: Tau² = 0.00; Chi² = 0.59, df = 1 (P = 0.44); I² = 0%						
Test for overall effect: Z = 5.05 (P < 0.00001)						
2.14.3 Mindfulness based cognitive therapy						
PERICH2013 [M]	19	33	10	21	20.2%	1.21 [0.71, 2.07]
Subtotal (95% CI)		**33**		**21**	**20.2%**	**1.21 [0.71, 2.07]**
Total events	19		10			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.69 (P = 0.49)						
2.14.4 CBT						
GOMES2011 [M]	7	17	3	19	7.9%	2.61 [0.80, 8.52]
Subtotal (95% CI)		**17**		**19**	**7.9%**	**2.61 [0.80, 8.52]**
Total events	7		3			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.59 (P = 0.11)						
Total (95% CI)		**163**		**165**	**100.0%**	**0.85 [0.58, 1.25]**
Total events	85		107			
Heterogeneity: Tau² = 0.11; Chi² = 13.04, df = 4 (P = 0.01); I² = 69%						
Test for overall effect: Z = 0.81 (P = 0.42)						
Test for subgroup differences: Chi² = 10.75, df = 3 (P = 0.01), I² = 72.1%						



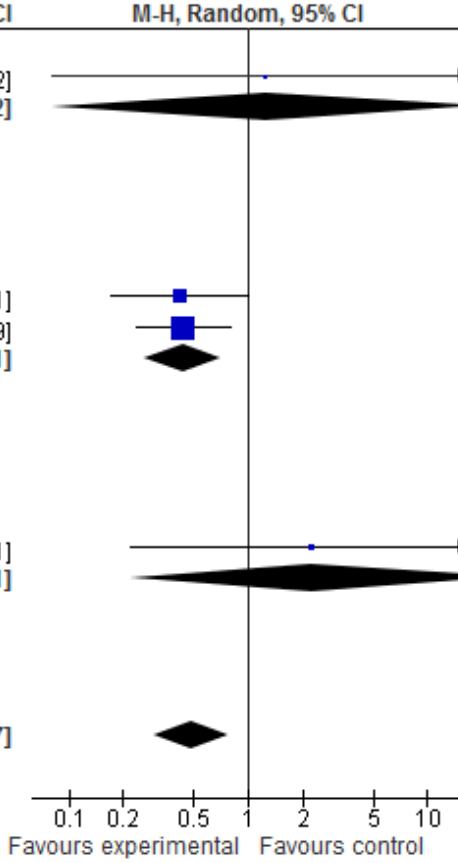
Number of participants who relapsed (mixed episode) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
2.15.2 PE vs attention control						
COLOM2003 [M]	1	25	6	25	18.3%	0.17 [0.02, 1.29]
COLOM2003A [M]	7	60	13	60	81.7%	0.54 [0.23, 1.26]
Subtotal (95% CI)		**85**		**85**	**100.0%**	**0.43 [0.18, 1.07]**
Total events	8		19			
Heterogeneity: Tau² = 0.07; Chi² = 1.11, df = 1 (P = 0.29); I² = 10%						
Test for overall effect: Z = 1.81 (P = 0.07)						
Total (95% CI)		**85**		**85**	**100.0%**	**0.43 [0.18, 1.07]**
Total events	8		19			
Heterogeneity: Tau² = 0.07; Chi² = 1.11, df = 1 (P = 0.29); I² = 10%						
Test for overall effect: Z = 1.81 (P = 0.07)						
Test for subgroup differences: Not applicable						



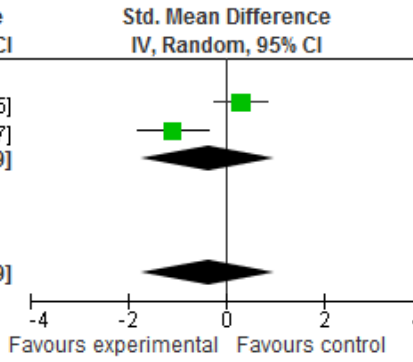
Number of participants who relapsed (mixed episode) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
2.16.1 PE						
CASTLE2010 [M]	1	32	1	40	3.1%	1.25 [0.08, 19.22]
Subtotal (95% CI)		**32**		**40**	**3.1%**	**1.25 [0.08, 19.22]**
Total events	1		1			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.16 (P = 0.87)						
2.16.2 PE vs attention control						
COLOM2003 [M]	5	25	12	25	29.2%	0.42 [0.17, 1.01]
COLOM2003A [M]	11	56	27	60	63.5%	0.44 [0.24, 0.79]
Subtotal (95% CI)		**81**		**85**	**92.7%**	**0.43 [0.26, 0.71]**
Total events	16		39			
Heterogeneity: Tau² = 0.00; Chi² = 0.01, df = 1 (P = 0.93); I² = 0%						
Test for overall effect: Z = 3.33 (P = 0.0009)						
2.16.3 CBT						
GOMES2011 [M]	2	17	1	19	4.3%	2.24 [0.22, 22.51]
Subtotal (95% CI)		**17**		**19**	**4.3%**	**2.24 [0.22, 22.51]**
Total events	2		1			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.68 (P = 0.49)						
Total (95% CI)		**130**		**144**	**100.0%**	**0.48 [0.30, 0.77]**
Total events	19		41			
Heterogeneity: Tau² = 0.00; Chi² = 2.38, df = 3 (P = 0.50); I² = 0%						
Test for overall effect: Z = 3.04 (P = 0.002)						
Test for subgroup differences: Chi² = 2.36, df = 2 (P = 0.31), I² = 15.3%						



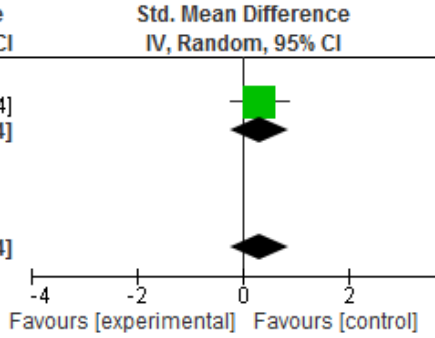
Quality of life at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
2.7.1 CBT								
BERNHARD2009 [M]	15.1	22.5	27	9.7	9.9	25	51.5%	0.30 [-0.25, 0.85]
COSTA2012 [M]	447.35	83.58	12	530.98	70.8	27	48.5%	-1.09 [-1.82, -0.37]
Subtotal (95% CI)			**39**			**52**	**100.0%**	**-0.38 [-1.74, 0.99]**
Heterogeneity: Tau² = 0.87; Chi² = 9.06, df = 1 (P = 0.003); I² = 89%								
Test for overall effect: Z = 0.54 (P = 0.59)								
Total (95% CI)			**39**			**52**	**100.0%**	**-0.38 [-1.74, 0.99]**
Heterogeneity: Tau² = 0.87; Chi² = 9.06, df = 1 (P = 0.003); I² = 89%								
Test for overall effect: Z = 0.54 (P = 0.59)								
Test for subgroup differences: Not applicable								



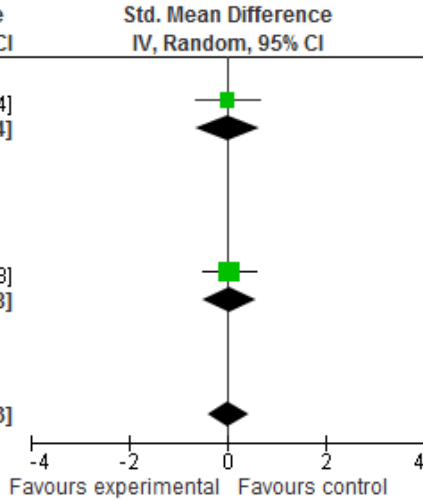
Quality of life at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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								



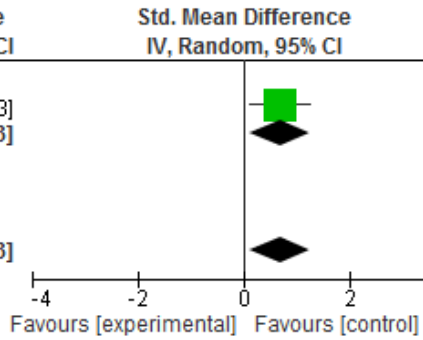
Psychosocial functioning (GAF) at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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%								



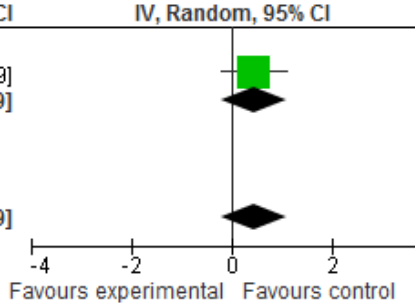
Psychosocial functioning (GAF) at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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								



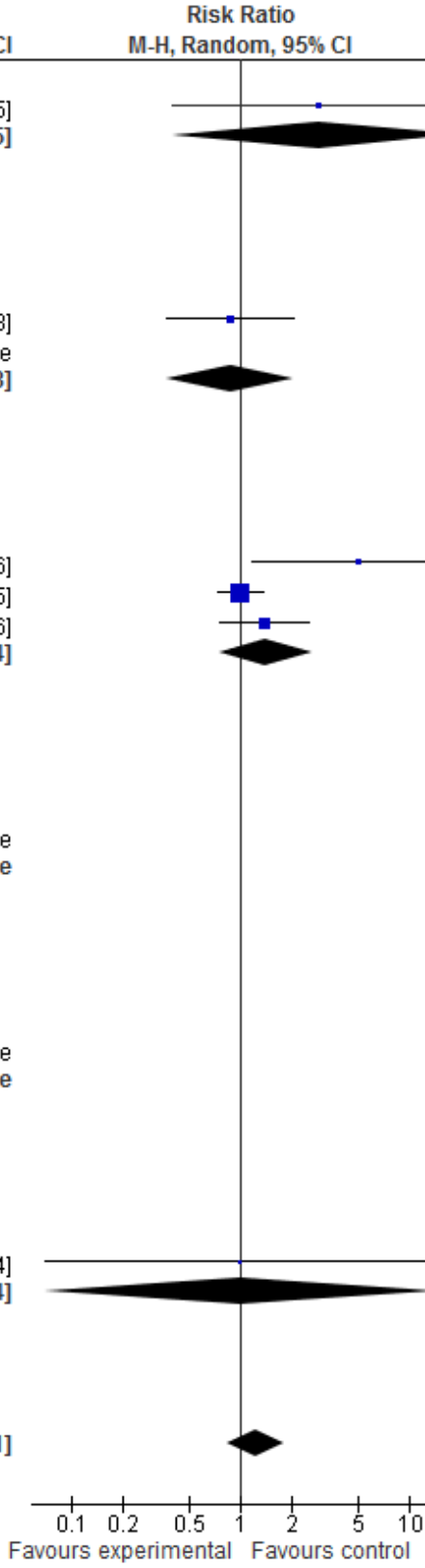
Psychosocial functioning (social and/or work) at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
2.19.1 Social cognition and interaction training								
LAHERA2012 [M]	41.71	15.13	21	34.38	18.67	16	100.0%	0.43 [-0.23, 1.09]
Subtotal (95% CI)			**21**			**16**	**100.0%**	**0.43 [-0.23, 1.09]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.28 (P = 0.20)								
Total (95% CI)			**21**			**16**	**100.0%**	**0.43 [-0.23, 1.09]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.28 (P = 0.20)								
Test for subgroup differences: Not applicable								



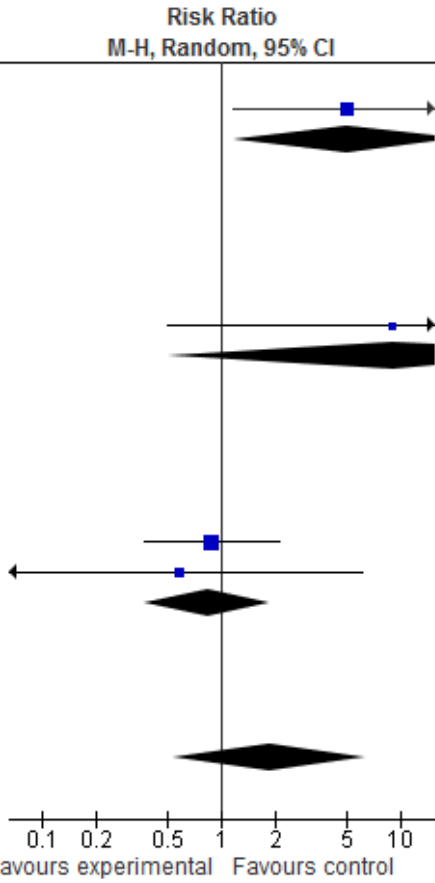
Number of participants discontinuing at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
2.20.1 Mindfulness based cognitive therapy						
WILLIAMS2008 [M]	4	11	1	8	3.6%	2.91 [0.40, 21.35]
Subtotal (95% CI)		**11**		**8**	**3.6%**	**2.91 [0.40, 21.35]**
Total events	4		1			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.05 (P = 0.29)						
2.20.2 CBT						
BERNHARD2009 [M]	7	32	9	36	15.4%	0.88 [0.37, 2.08]
COSTA2012 [M]	0	27	0	12		Not estimable
Subtotal (95% CI)		**59**		**48**	**15.4%**	**0.88 [0.37, 2.08]**
Total events	7		9			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.30 (P = 0.76)						
2.20.3 PE						
CASTLE2010 [M]	10	42	2	42	6.4%	5.00 [1.17, 21.46]
SAJATOVIC2009 [A]	43	84	41	80	47.4%	1.00 [0.74, 1.35]
TORRENT2013 [M]	20	82	14	80	25.1%	1.39 [0.76, 2.56]
Subtotal (95% CI)		**208**		**202**	**78.9%**	**1.41 [0.75, 2.64]**
Total events	73		57			
Heterogeneity: Tau² = 0.18; Chi² = 5.61, df = 2 (P = 0.06); I² = 64%						
Test for overall effect: Z = 1.08 (P = 0.28)						
2.20.4 PE vs attention control						
COLOM2003A [M]	0	60	0	60		Not estimable
Subtotal (95% CI)		**60**		**60**		**Not estimable**
Total events	0		0			
Heterogeneity: Not applicable						
Test for overall effect: Not applicable						
2.20.5 Social cognition and interaction training						
LAHERA2012 [M]	0	21	0	16		Not estimable
Subtotal (95% CI)		**21**		**16**		**Not estimable**
Total events	0		0			
Heterogeneity: Not applicable						
Test for overall effect: Not applicable						
2.20.6 Dialectical behavior therapy						
DIJK2013 [Ad]	1	13	1	13	2.1%	1.00 [0.07, 14.34]
Subtotal (95% CI)		**13**		**13**	**2.1%**	**1.00 [0.07, 14.34]**
Total events	1		1			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.00 (P = 1.00)						
Total (95% CI)		**372**		**347**	**100.0%**	**1.23 [0.83, 1.81]**
Total events	85		68			
Heterogeneity: Tau² = 0.06; Chi² = 6.77, df = 5 (P = 0.24); I² = 26%						
Test for overall effect: Z = 1.03 (P = 0.30)						
Test for subgroup differences: Chi² = 1.51, df = 3 (P = 0.68), I² = 0%						



Number of participants discontinuing at follow-up

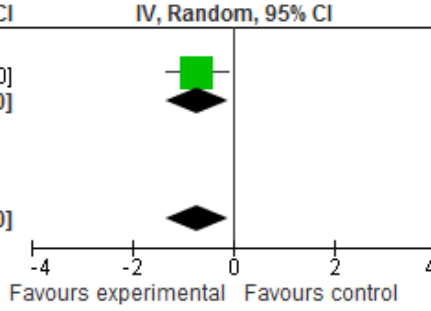
Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
2.21.1 PE						
CASTLE2010 [M]	10	42	2	42	29.2%	5.00 [1.17, 21.46]
Subtotal (95% CI)		**42**		**42**	**29.2%**	**5.00 [1.17, 21.46]**
Total events	10		2			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.17 (P = 0.03)						
2.21.2 PE vs attention control						
COLOM2003A [M]	4	60	0	60	13.4%	9.00 [0.50, 163.58]
Subtotal (95% CI)		**60**		**60**	**13.4%**	**9.00 [0.50, 163.58]**
Total events	4		0			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.48 (P = 0.14)						
2.21.3 CBT						
BERNHARD2009 [M]	7	32	9	36	39.4%	0.88 [0.37, 2.08]
GOMES2011 [M]	1	23	2	27	18.0%	0.59 [0.06, 6.06]
Subtotal (95% CI)		**55**		**63**	**57.4%**	**0.83 [0.37, 1.88]**
Total events	8		11			
Heterogeneity: Tau² = 0.00; Chi² = 0.10, df = 1 (P = 0.75); I² = 0%						
Test for overall effect: Z = 0.44 (P = 0.66)						
Total (95% CI)		**157**		**165**	**100.0%**	**1.85 [0.53, 6.43]**
Total events	22		13			
Heterogeneity: Tau² = 0.83; Chi² = 6.62, df = 3 (P = 0.09); I² = 55%						
Test for overall effect: Z = 0.97 (P = 0.33)						
Test for subgroup differences: Chi² = 6.08, df = 2 (P = 0.05), I² = 67.1%						



Family psychoeducation compared with treatment as usual (TAU)

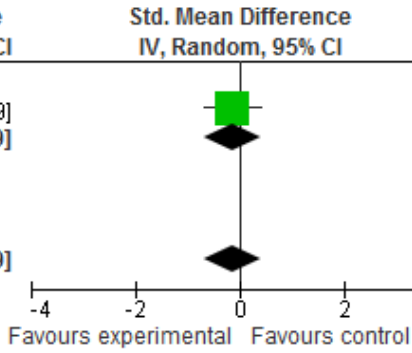
Depression symptoms at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
3.1.1 Group Family psychoeducation (carers)								
PERLICK2010 [A&M]	5.6	6.1	24	11.2	9.1	19	100.0%	-0.73 [-1.35, -0.10]
Subtotal (95% CI)			**24**			**19**	**100.0%**	**-0.73 [-1.35, -0.10]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.29 (P = 0.02)								
Total (95% CI)			**24**			**19**	**100.0%**	**-0.73 [-1.35, -0.10]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.29 (P = 0.02)								
Test for subgroup differences: Not applicable								



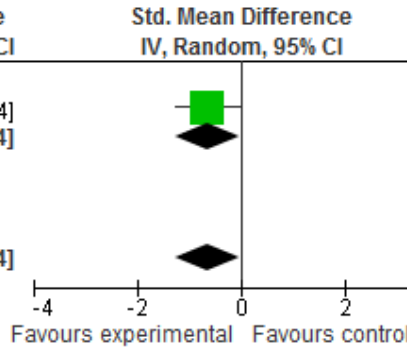
Depression symptoms at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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								



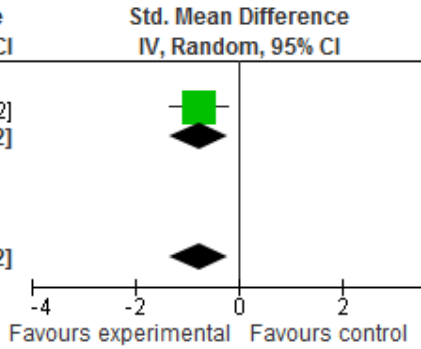
Manic symptoms at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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								



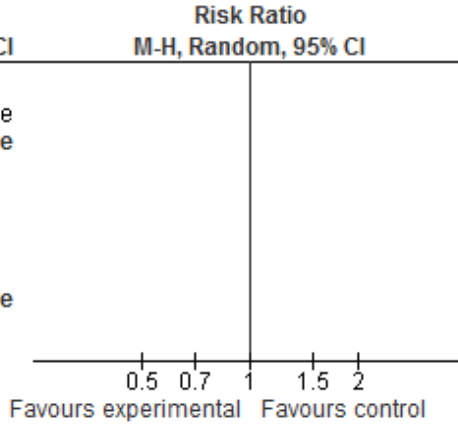
Manic symptoms at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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								



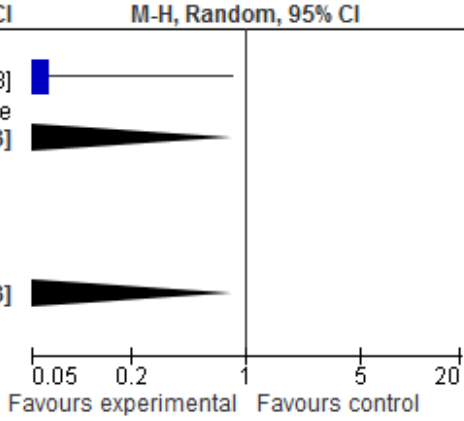
Number of participants admitted to hospital at post-treatment

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						



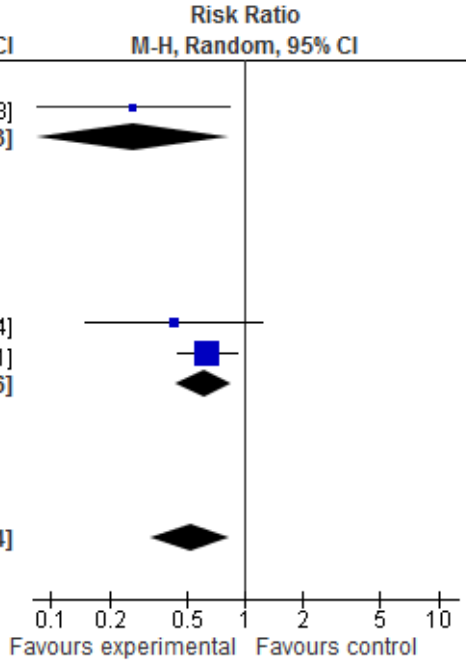
Number of participants admitted to hospital at follow-up

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						



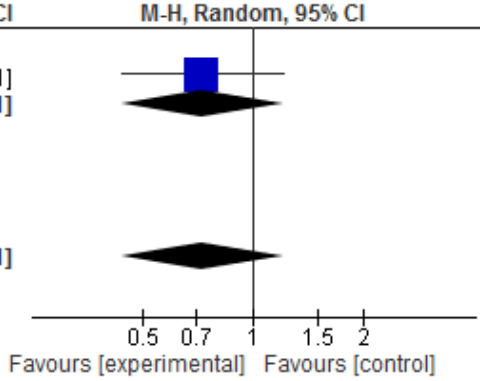
Number of participants who relapsed (any type) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
3.6.1 Psychoeducation (patient and carers)						
DSOUZA2010 [M]	3	27	13	31	15.1%	0.26 [0.08, 0.83]
Subtotal (95% CI)		**27**		**31**	**15.1%**	**0.26 [0.08, 0.83]**
Total events	3		13			
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.27 (P = 0.02)						
3.6.2 Group Family psychoeducation (carers)						
BORDBAR2009 [M]	4	29	9	28	17.3%	0.43 [0.15, 1.24]
REINARES2008 [M]	24	57	37	56	67.7%	0.64 [0.45, 0.91]
Subtotal (95% CI)		**86**		**84**	**84.9%**	**0.61 [0.44, 0.86]**
Total events	28		46			
Heterogeneity: Tau² = 0.00; Chi² = 0.50, df = 1 (P = 0.48); I² = 0%						
Test for overall effect: Z = 2.84 (P = 0.004)						
Total (95% CI)		**113**		**115**	**100.0%**	**0.52 [0.32, 0.84]**
Total events	31		59			
Heterogeneity: Tau² = 0.05; Chi² = 2.61, df = 2 (P = 0.27); I² = 23%						
Test for overall effect: Z = 2.67 (P = 0.008)						
Test for subgroup differences: Chi² = 1.89, df = 1 (P = 0.17), I² = 47.1%						



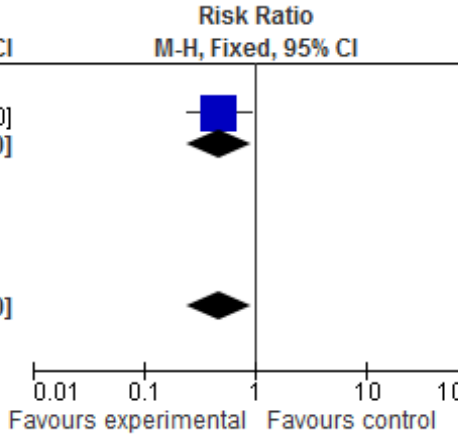
Number of participants who relapsed (depression) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
3.7.1 Group Family psychoeducation (carers)						
REINARES2008 [M]	17	57	23	56	100.0%	0.73 [0.44, 1.21]
Subtotal (95% CI)		**57**		**56**	**100.0%**	**0.73 [0.44, 1.21]**
Total events	17		23			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.24 (P = 0.22)						
Total (95% CI)		**57**		**56**	**100.0%**	**0.73 [0.44, 1.21]**
Total events	17		23			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.24 (P = 0.22)						
Test for subgroup differences: Not applicable						



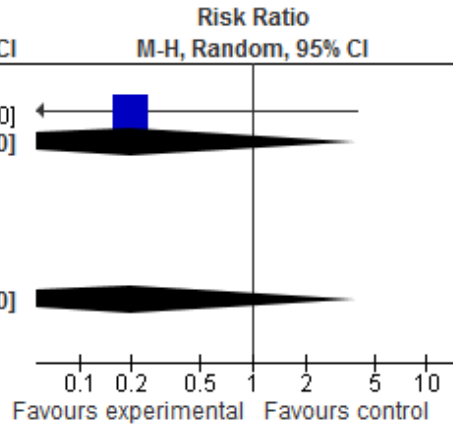
Number of participants who relapsed (mania) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, 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						



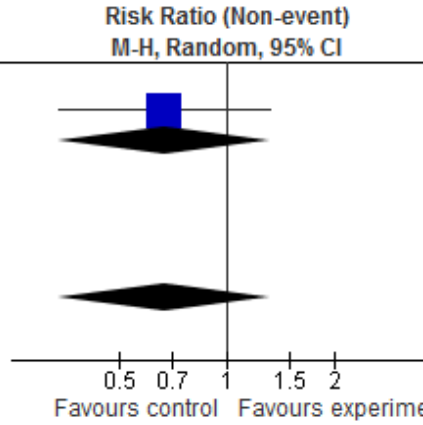
Number of participants who relapsed (mixed episode) at follow-up

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						



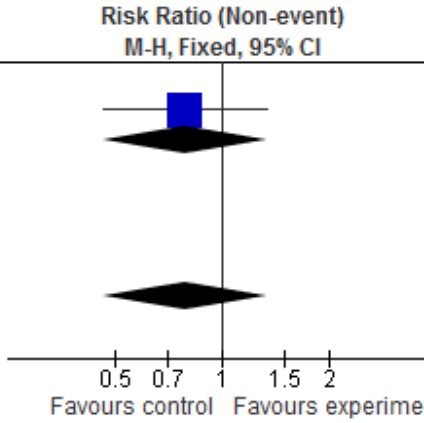
Number of participants who responded (any type) at follow-up

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						



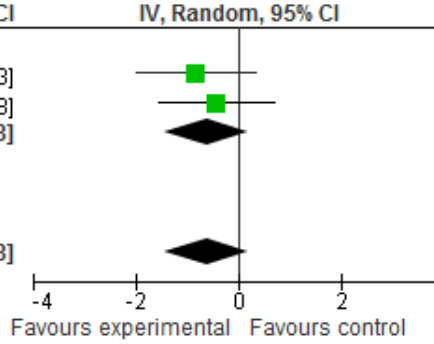
Number of participants who responded (50% reduction in manic symptoms) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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						



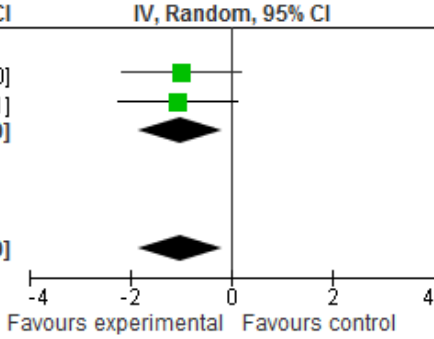
Quality of life at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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								



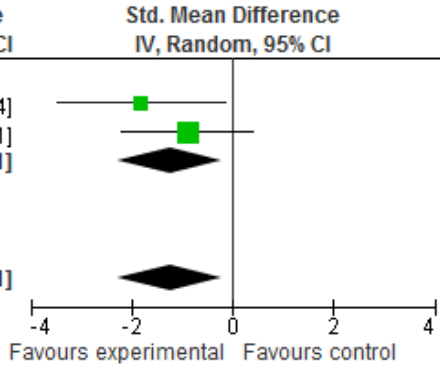
Psychosocial functioning (GAF) at follow-up (57 weeks)

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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								



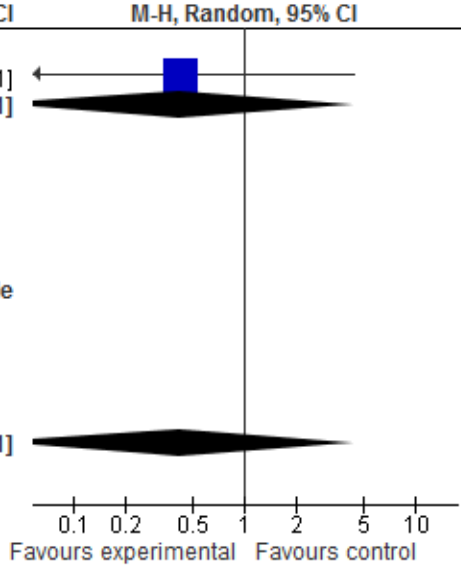
Psychosocial functioning (GAF) at follow-up (109 weeks)

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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								



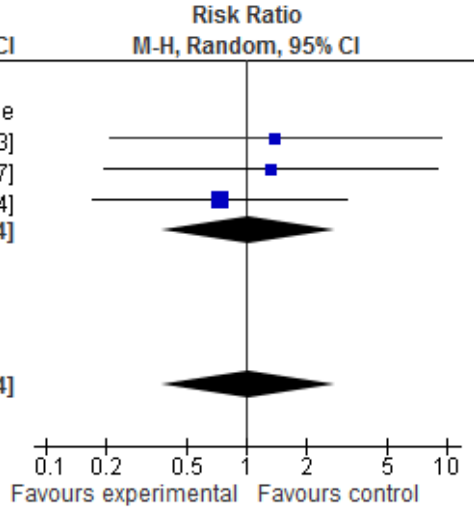
Number of participants discontinuing at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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						



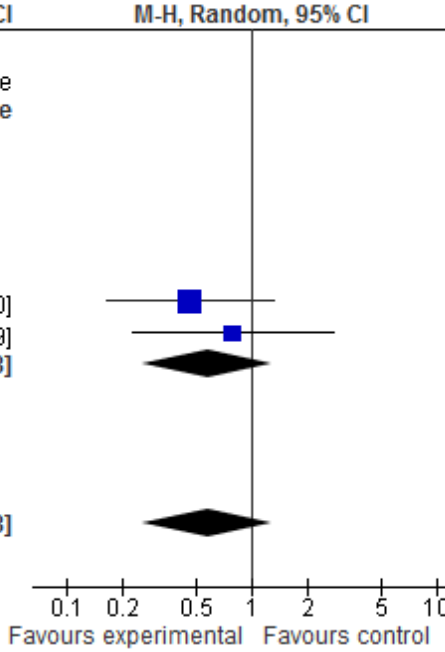
Number of participants discontinuing at follow-up (~52 weeks)

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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)

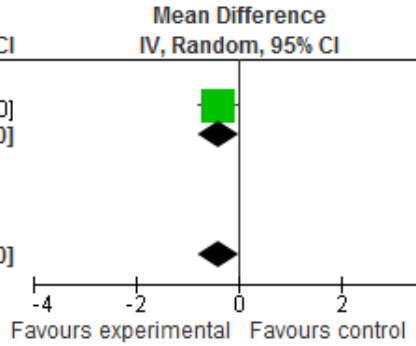
Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
3.17.1 Psychoeducation (patient and carers)						
MILLER2004 [A]	0	30	0	15		Not estimable
Subtotal (95% CI)		**30**		**15**		**Not estimable**
Total events	0		0			
Heterogeneity: 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						



Family psychoeducation compared with an active control

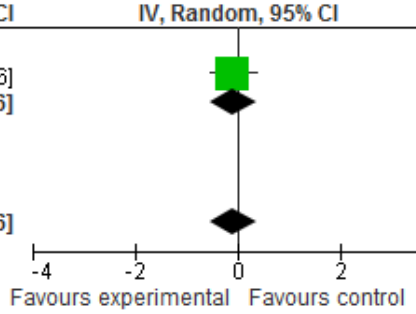
Depression symptoms at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
4.1.1 FFT vs TAU								
MIKLOWITZ2000 [A&M]	2	0.8	28	2.4	1	51	100.0%	-0.40 [-0.80, 0.00]
Subtotal (95% CI)			**28**			**51**	**100.0%**	**-0.40 [-0.80, 0.00]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.94 (P = 0.05)								
Total (95% CI)			**28**			**51**	**100.0%**	**-0.40 [-0.80, 0.00]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.94 (P = 0.05)								
Test for subgroup differences: Not applicable								



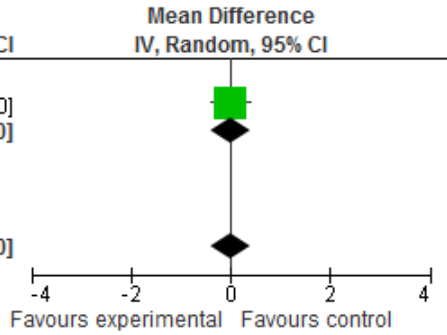
Depression symptoms at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
4.2.1 FFT vs TAU								
MIKLOWITZ2000 [A&M]	2.2	1	28	2.3	1	51	100.0%	-0.10 [-0.56, 0.36]
Subtotal (95% CI)			**28**			**51**	**100.0%**	**-0.10 [-0.56, 0.36]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.43 (P = 0.67)								
Total (95% CI)			**28**			**51**	**100.0%**	**-0.10 [-0.56, 0.36]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.43 (P = 0.67)								
Test for subgroup differences: Not applicable								



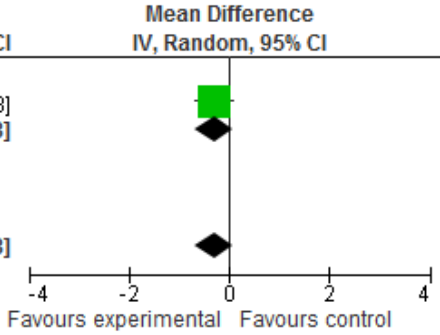
Manic symptoms at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
4.3.1 FFT vs TAU								
MIKLOWITZ2000 [A&M]	1.8	0.9	28	1.8	0.8	51	100.0%	0.00 [-0.40, 0.40]
Subtotal (95% CI)			**28**			**51**	**100.0%**	**0.00 [-0.40, 0.40]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.00 (P = 1.00)								
Total (95% CI)			**28**			**51**	**100.0%**	**0.00 [-0.40, 0.40]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.00 (P = 1.00)								
Test for subgroup differences: Not applicable								



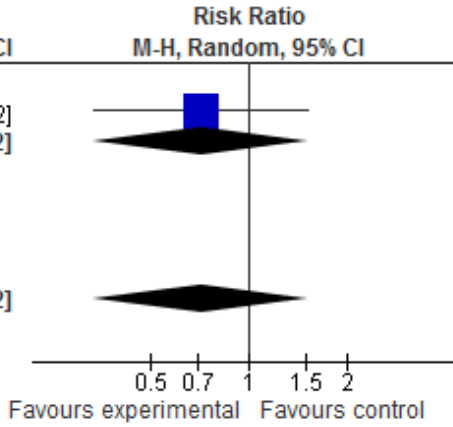
Manic symptoms at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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								



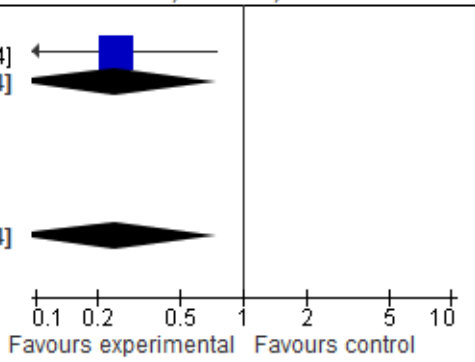
Number of participants admitted to hospital at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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						



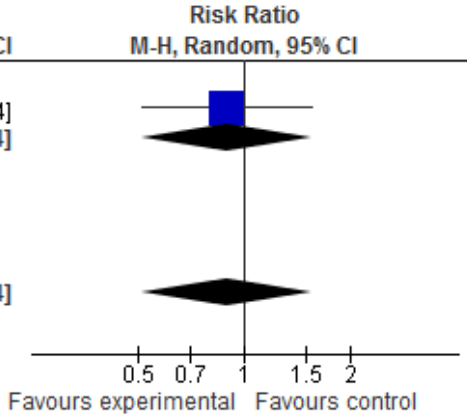
Number of participants admitted to hospital at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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						



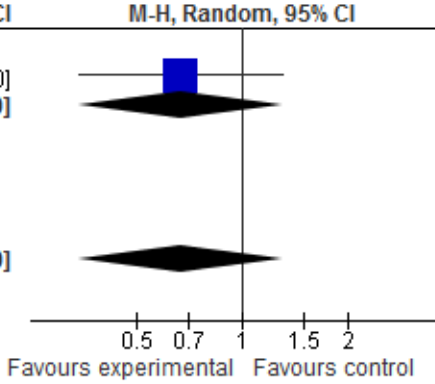
Number of participants who relapsed (any type) at post-treatment

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						



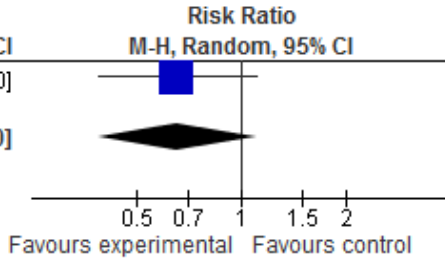
Number of participants who relapsed (any type) at follow-up (~52 weeks)

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						



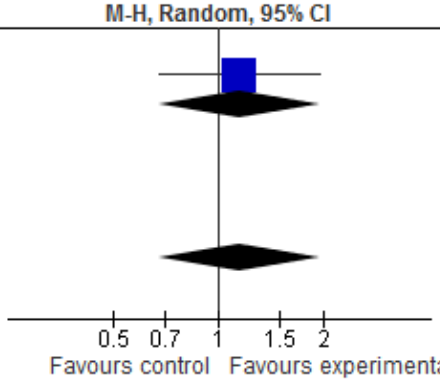
Number of participants who relapsed (any type) at follow-up (~104 weeks)

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)						



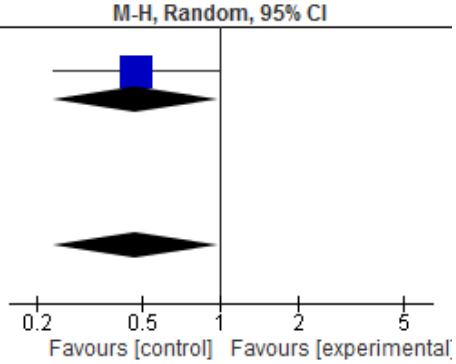
Number of participants who responded (any type) at follow-up

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						



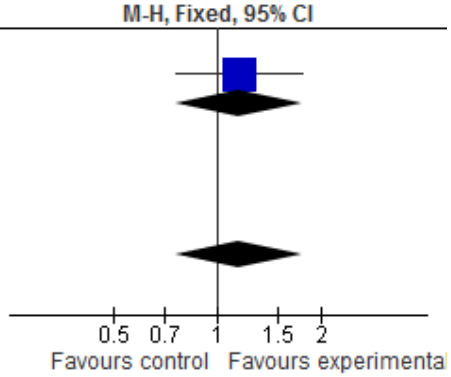
Number of participants who responded (50% reduction in depressive symptoms) at follow-up

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

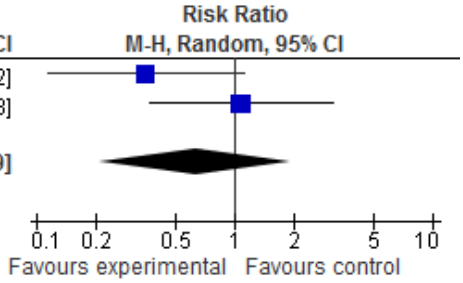
Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio (Non-event) M-H, Fixed, 95% CI
4.10.1 FFT vs TAU						
MILLER2004 [A]	12	33	13	29	100.0%	1.15 [0.76, 1.75]
Subtotal (95% CI)		**33**		**29**	**100.0%**	**1.15 [0.76, 1.75]**
Total events	12		13			
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			

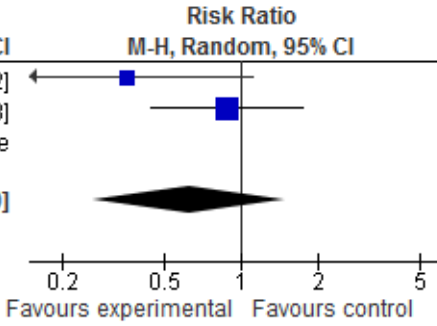
Heterogeneity: Tau² = 0.31; Chi² = 1.99, df = 1 (P = 0.16); I² = 50%
Test for overall effect: Z = 0.82 (P = 0.41)



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			

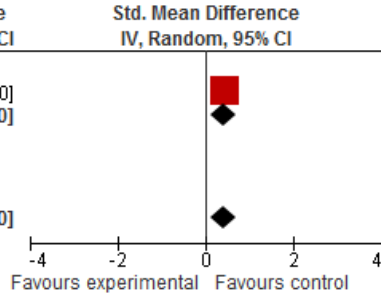
Heterogeneity: Tau² = 0.19; Chi² = 1.83, df = 1 (P = 0.18); I² = 45%
Test for overall effect: Z = 1.05 (P = 0.29)



Cognitive behavioural therapy (CBT) compared with an active control

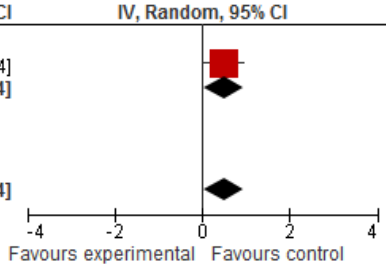
Depression symptoms at post-treatment

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
5.1.1 CBT individual vs Supportive Therapy (ST)						
MEYER2012 [M]	0.41	0.14795918	38	38	100.0%	0.41 [0.12, 0.70]
Subtotal (95% CI)			**38**	**38**	**100.0%**	**0.41 [0.12, 0.70]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.77 (P = 0.006)						
Total (95% CI)			**38**	**38**	**100.0%**	**0.41 [0.12, 0.70]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.77 (P = 0.006)						
Test for subgroup differences: Not applicable						



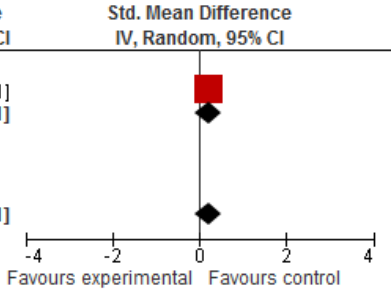
Depression symptoms at follow-up

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
5.2.1 CBT individual vs Supportive Therapy (ST)						
MEYER2012 [M]	0.49	0.23214286	38	38	100.0%	0.49 [0.04, 0.94]
Subtotal (95% CI)			**38**	**38**	**100.0%**	**0.49 [0.04, 0.94]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.11 (P = 0.03)						
Total (95% CI)			**38**	**38**	**100.0%**	**0.49 [0.04, 0.94]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 2.11 (P = 0.03)						
Test for subgroup differences: Not applicable						



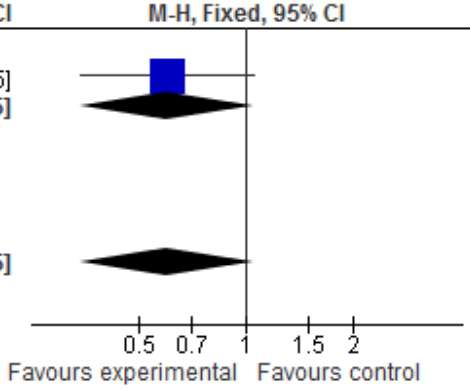
Manic symptoms at post-treatment

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
5.3.1 CBT individual vs Supportive Therapy (ST)						
MEYER2012 [M]	0.2	0.16071429	38	38	100.0%	0.20 [-0.11, 0.51]
Subtotal (95% CI)			**38**	**38**	**100.0%**	**0.20 [-0.11, 0.51]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.24 (P = 0.21)						
Total (95% CI)			**38**	**38**	**100.0%**	**0.20 [-0.11, 0.51]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.24 (P = 0.21)						
Test for subgroup differences: Not applicable						



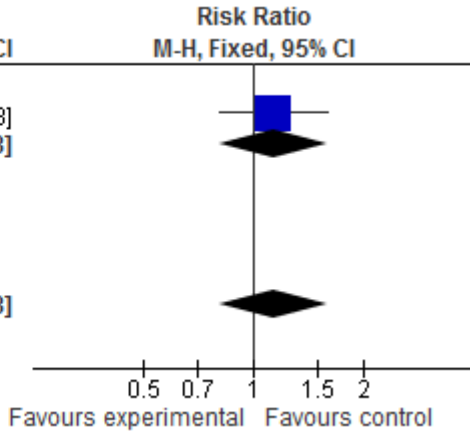
Number of participants who relapsed (any type) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, 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						



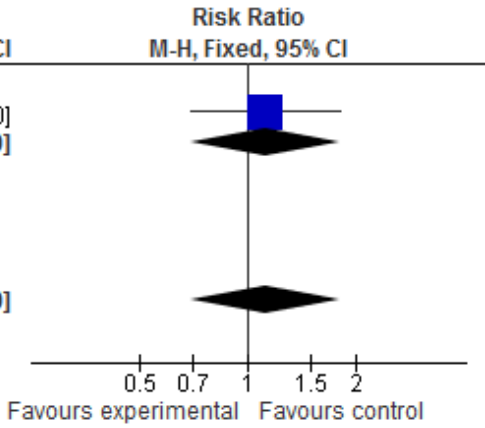
Number of participants who relapsed (any type) at follow-up

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						



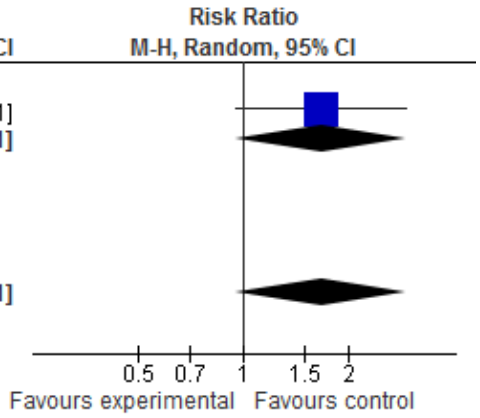
Number of participants who relapsed (depression) at follow-up

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						



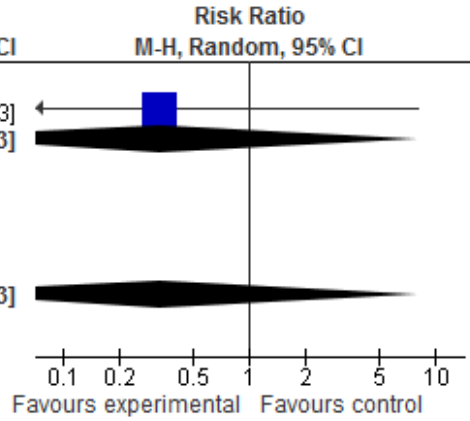
Number of participants who relapsed (mania) at follow-up

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						



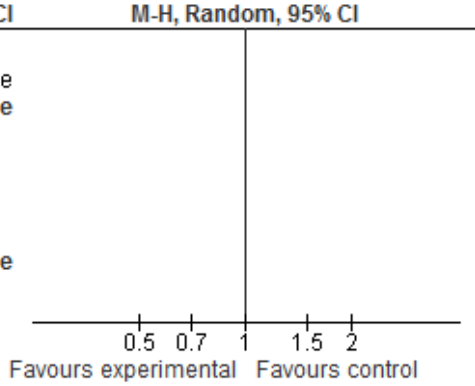
Number of participants who relapsed (mixed) at follow-up

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						

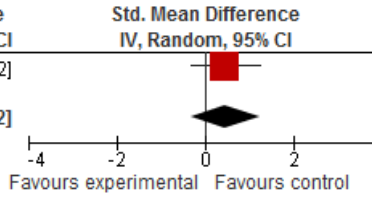


Interpersonal and social rhythm therapy (IPSRT) compared with an active control

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]**

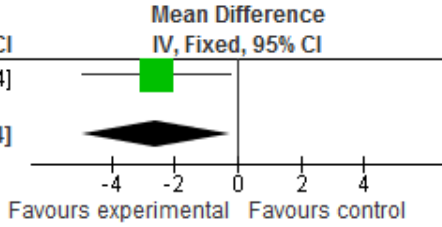
Heterogeneity: Not applicable
Test for overall effect: Z = 1.11 (P = 0.27)



Manic symptoms at post-treatment

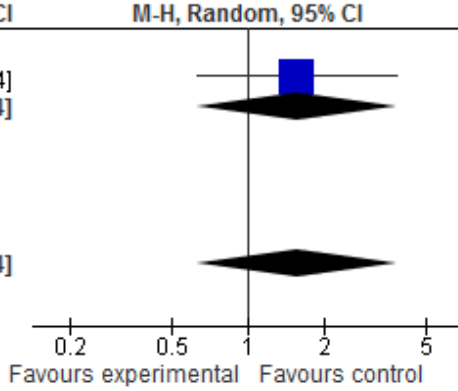
Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Fixed, 95% CI
SWARTZ2012 [Ad]	2.4	2.99	14	5	2.98	11	100.0%	-2.60 [-4.96, -0.24]
Total (95% CI)			**14**			**11**	**100.0%**	**-2.60 [-4.96, -0.24]**

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



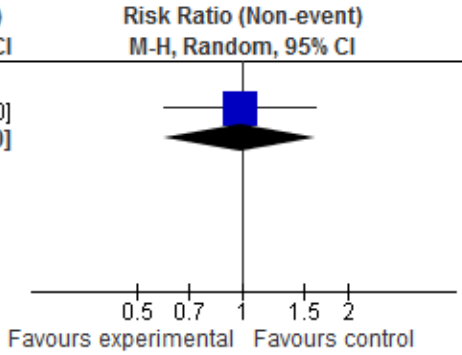
Number of participants who relapsed (any type) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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						



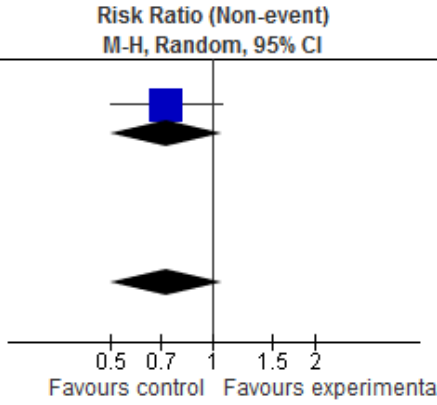
Number of participants who responded (any type) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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						



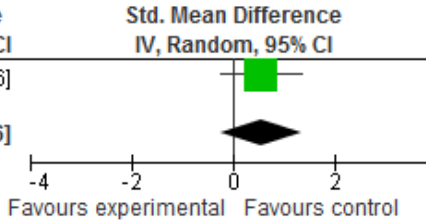
Number of participants who responded (50% reduction in depressive symptoms) at follow-up

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio (Non-event) M-H, Random, 95% CI
6.4.1 IPRST vs TAU (CC)						
MIKLOWITZ2007b [Ad]	40	62	67	130	100.0%	0.73 [0.50, 1.07]
Subtotal (95% CI)		**62**		**130**	**100.0%**	**0.73 [0.50, 1.07]**
Total events	40		67			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.61 (P = 0.11)						
Total (95% CI)		**62**		**130**	**100.0%**	**0.73 [0.50, 1.07]**
Total events	40		67			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.61 (P = 0.11)						
Test for subgroup differences: Not applicable						



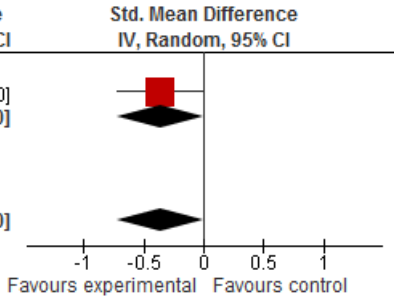
Psychosocial functioning (GAF) at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
SWARTZ2012 [Ad]	68.8	9.62	11	63.3	9.73	14	100.0%	0.55 [-0.26, 1.36]
Total (95% CI)			**11**			**14**	**100.0%**	**0.55 [-0.26, 1.36]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.33 (P = 0.18)								



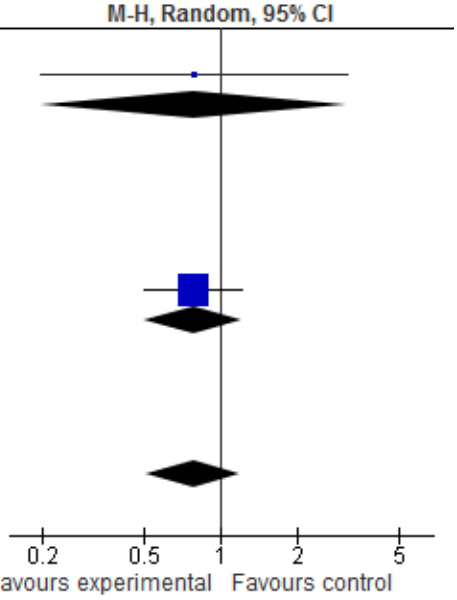
Psychosocial functioning (social and/or work) at post-treatment

Study or Subgroup	Std. Mean Difference	SE	Experimental Total	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
6.7.1 IPSRT versus Intensive clinical management (ICM)						
FRANK1999a	-0.362031	0.182926	64	61	100.0%	-0.36 [-0.72, -0.00]
Subtotal (95% CI)			**64**	**61**	**100.0%**	**-0.36 [-0.72, -0.00]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.98 (P = 0.05)						
Total (95% CI)			**64**	**61**	**100.0%**	**-0.36 [-0.72, -0.00]**
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.98 (P = 0.05)						
Test for subgroup differences: Not applicable						



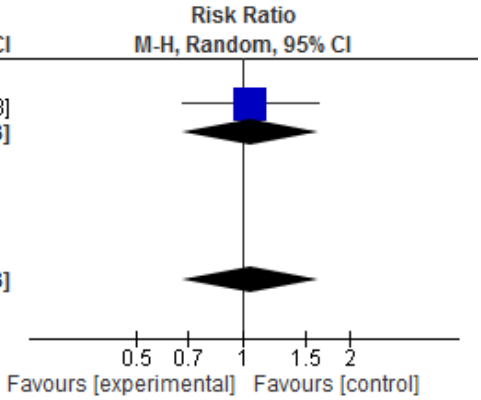
Number of participants discontinuing at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
6.8.1 IPSRT versus Quetiapine						
SWARTZ2012 [Ad]	3	14	3	11	9.3%	0.79 [0.20, 3.16]
Subtotal (95% CI)		**14**		**11**	**9.3%**	**0.79 [0.20, 3.16]**
Total events	3		3			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.34 (P = 0.73)						
6.8.2 IPSRT versus Intensive clinical management (ICM)						
FRANK1999a	17	39	24	43	90.7%	0.78 [0.50, 1.22]
Subtotal (95% CI)		**39**		**43**	**90.7%**	**0.78 [0.50, 1.22]**
Total events	17		24			
Heterogeneity: Not applicable						
Test for overall effect: Z = 1.09 (P = 0.28)						
Total (95% CI)		**53**		**54**	**100.0%**	**0.78 [0.51, 1.19]**
Total events	20		27			
Heterogeneity: Tau² = 0.00; Chi² = 0.00, df = 1 (P = 0.99); I² = 0%						
Test for overall effect: Z = 1.14 (P = 0.25)						
Test for subgroup differences: Chi² = 0.00, df = 1 (P = 0.99), I² = 0%						



Number of participants discontinuing at follow-up

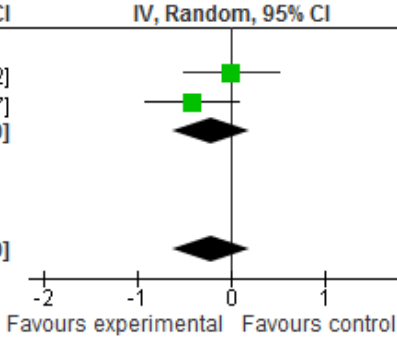
Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Risk Ratio M-H, Random, 95% CI
6.9.3 IPRST vs TAU (CC)						
MIKLOWITZ2007b [Ad]	20	62	40	130	100.0%	1.05 [0.67, 1.63]
Subtotal (95% CI)		**62**		**130**	**100.0%**	**1.05 [0.67, 1.63]**
Total events	20		40			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.21 (P = 0.83)						
Total (95% CI)		**62**		**130**	**100.0%**	**1.05 [0.67, 1.63]**
Total events	20		40			
Heterogeneity: Not applicable						
Test for overall effect: Z = 0.21 (P = 0.83)						
Test for subgroup differences: Not applicable						



Collaborative care compared with treatment as usual (TAU)

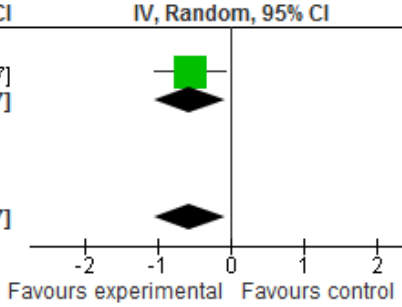
Depression symptoms at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
7.1.1 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								



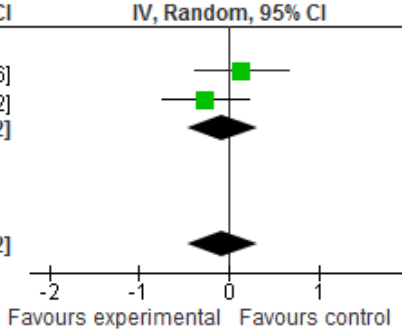
Depression symptoms at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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								



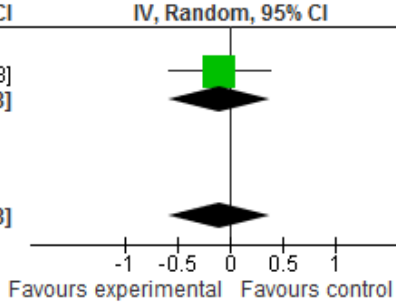
Manic symptoms at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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								



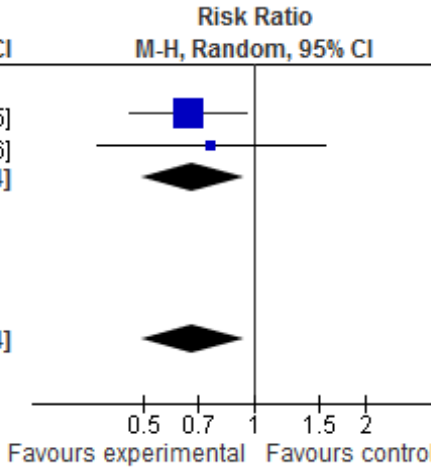
Manic symptoms at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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								



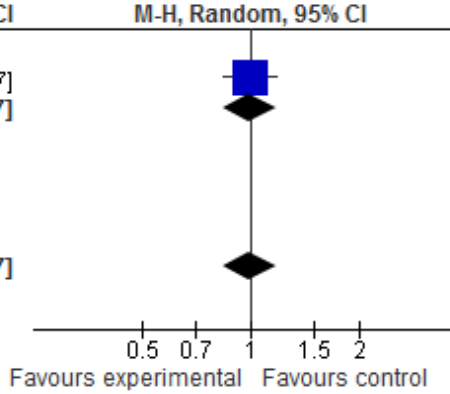
Number of participants admitted to hospital at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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						



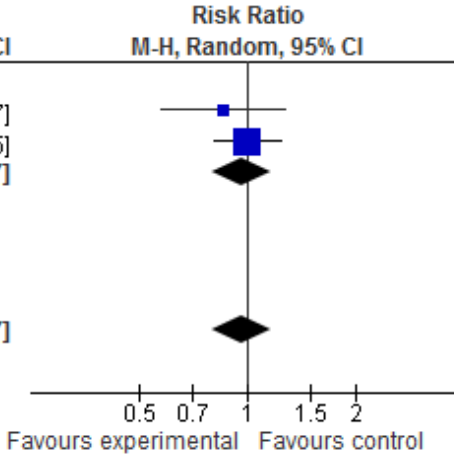
Number of participants who relapsed (any type) at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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						



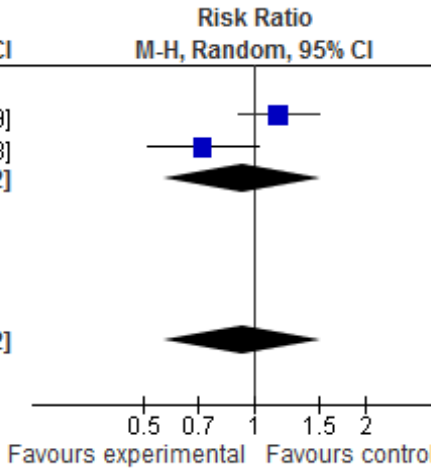
Number of participants who relapsed (depression) at post-treatment

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						



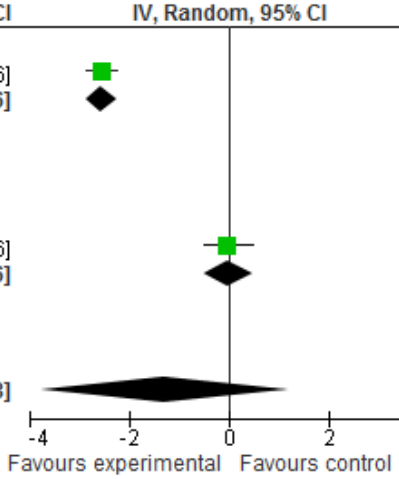
Number of participants who relapsed (mania) at post-treatment

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						



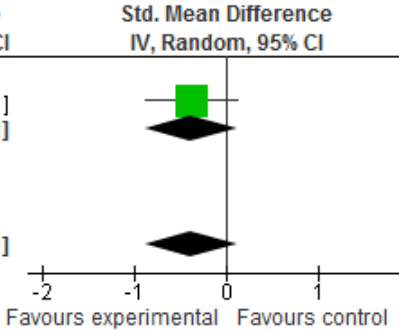
Quality of life at post-treatment

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%								



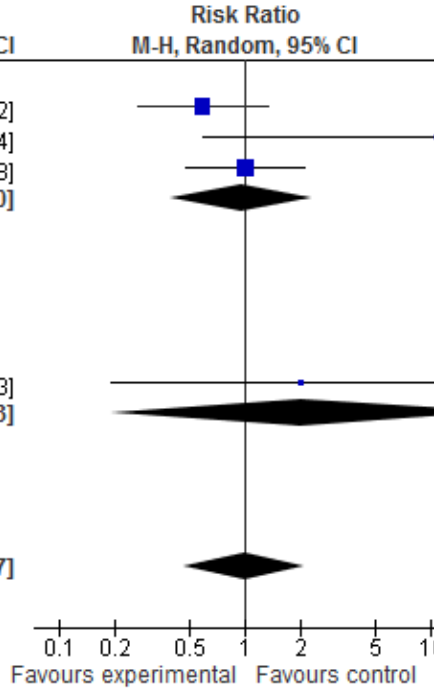
Quality of life at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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								



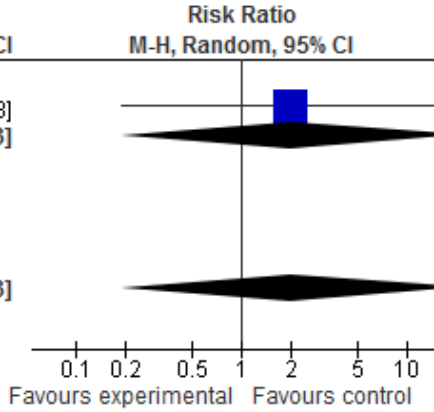
Number of participants discontinuing at post-treatment

Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control 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: Tau² = 0.28; Chi² = 4.02, df = 2 (P = 0.13); I² = 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: Tau² = 0.18; Chi² = 4.48, df = 3 (P = 0.21); I² = 33%						
Test for overall effect: Z = 0.03 (P = 0.98)						
Test for subgroup differences: Chi² = 0.33, df = 1 (P = 0.57), I² = 0%						



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
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						

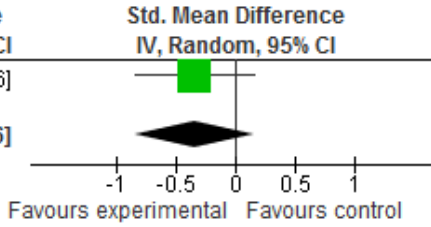


Integrated group therapy compared with group drug counselling

Depression symptoms 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
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]**

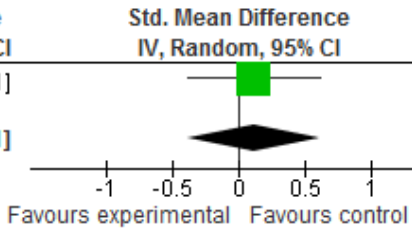
Heterogeneity: Not applicable
Test for overall effect: Z = 1.35 (P = 0.18)



Depression symptoms at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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]**

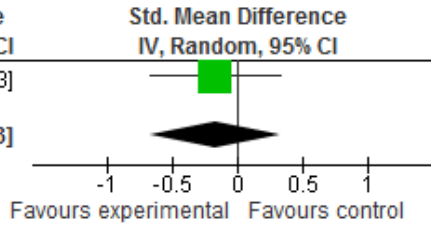
Heterogeneity: Not applicable
Test for overall effect: Z = 0.44 (P = 0.66)



Manic symptoms at post-treatment

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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]**

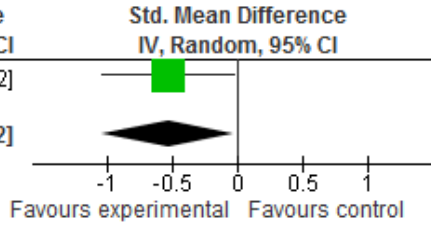
Heterogeneity: Not applicable
Test for overall effect: Z = 0.68 (P = 0.50)



Manic symptoms at follow-up

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control 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)

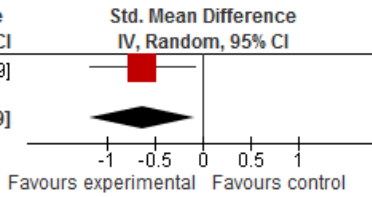


Integrated cognitive and interpersonal therapy compared with treatment as usual (TAU)

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]**

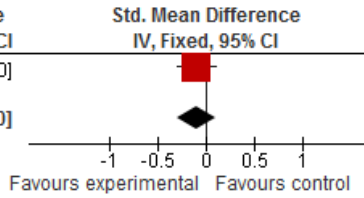
Heterogeneity: Not applicable
Test for overall effect: Z = 2.28 (P = 0.02)



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]**

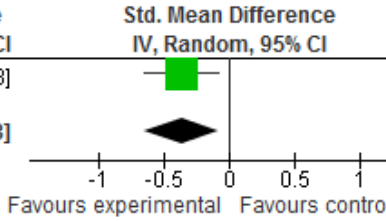
Heterogeneity: Not applicable
Test for overall effect: Z = 0.98 (P = 0.33)



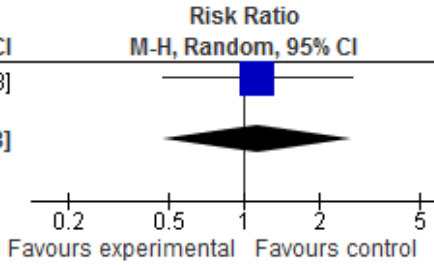
Quality of life at post-treatment

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)