APPENDIX 23: PSYCHOLOGICAL INTERVENTIONS FOR BIPOLAR DISORDER – STUDY CHARACTERISTICS

STUDY	Country	Age	% Female	% BPI	Phase	Intervention	N	Drop-out	Hours of contact	Duration (weeks)	Follow-up (weeks)
Individual Cognitive therapy (CT) / Cognitive Behavioural therapy (CBT)											
BALL2006	AUS	42	58%	NR	M	CT v TAU	25, 27	16%	20	26	52 / 78
JONES2013	GB	39	70%	79%	M	CBT v TAU	33, 34	3%	18	26	52
LAM2000	GB	39	52%	100%	M	CBT v TAU	13, 12	8%	NR	26	52
LAM2003	GB	44	56%	100%	M	CT v TAU	51, 52	16%	16	26	52
MEYER2012	DE	44	50%	79%	M	CBT v Supportive therapy	38, 38	13%, 16%	18, 18	39	143
MIKLOWITZ2007B¥	US	40	59%	67%	Ad	CBT v Collaborative therapy	75, 130	41%, 30%	11, 2	39, 6	52
SCHMITZ2002	US	34	52%	NR	Ad	CBT v TAU	25, 21	36%, 67%	20	12	-
SCOTT2001	GB	39	60%	81%	A and M	CT v TAU	21, 21	14%	11	26	-
SCOTT2006	GB	41	65%	94%	A and M	CBT v TAU	127, 126	17%	NR	26	72
ZARETSKY2008	CA	41	NR	66%	M	CBT v TAU	40, 39	28%	NR	13	52
Psychological therapy for medication adherence (PTM)											
COCHRAN1984	US	33	61%	75%	M	PTM v TAU	14, 14	14%	6	6	32
EKER2012	TR	36	54%	NR	M	PTM vs Attention control	35, 36	17%	12	6	-
Individual Psychoeducation (PE)											
JAVADPOUR2013	IR	NR	51%	NR	M	PE v TAU	54, 54	17%, 24%	7	8	26 / 52 / 78
LOBBAN2010	GB	45	68%	98%	M	PE v TAU	56, 40	5%	6	6	48
PERRY1999	GB	45	68%	91%	M	PE v TAU	34, 36	21%	9	NR	52

STUDY	Country	Age	% Female	% BPI	Phase	Intervention	N	Drop-out	Hours of contact	Duration (weeks)	Follow-up (weeks)
DOGAN2003	TR	37	35%	NR	M	PE v TAU	14, 12	NR	14	6	-
Individual PE vs Group CBT											
PARIKH2012	CA	41	58%	72%	M	PE vs CBT	95, 109	34%, 36%	17, 9	20, 6	72
Online Psychoeducation (PE)											
PROUDFOOT2012	AU	NR	70%	NR	Ad and M	PE vs Attention control	139, 141	32%, 29%	0	8	26
SMITH2011	GB	44	62%	86%	M	PE vs TAU	24, 26	33%	NR	17	43
TODD 2012	GB	43	72%	NR	A and M	PE vs TAU	61, 61	66%	0	26	-
Group CBT											
BARROS2012	BR	44	69%	NR	M	CBT v Attention control	32, 23	NR	24	8	34 / 60
BERNHARD2009	DE	39	73%	63%	M	CBT v TAU	32, 36	22%	18	12	52
GOMES2011	BR	38	76%	76%	M	CBT v TAU	23, 27	0%	27	26	78
COSTA2012	BR	40	62%	84%	M	CBT v TAU	27, 14	0%	28	14	40
Group Social cognition and interaction training											
LAHERA2013	ES	39	65%	76%	M	CBT v TAU	21, 16	19%	18	18	-
Group Mindfulness based cognitive therapy											
WILLIAMS2008	GB	NR	NR	NR	M	Mindfulness v Wait list	9, 8	NR	23	8	-
PERICH2013	AUS	NR	65%	62%	M	Mindfulness v TAU	48, 47	21%, 38%	18	8	22/ 35/48/61
Group Dialectical Behaviour Therapy (DBT)											
DIJK2013	CA	42	0,75	0,42	Ad	DBT v TAU	13, 13	8%, 8%	18	12	-
Functional remediation											

STUDY	Country	Age	% Female	% BPI	Phase	Intervention	N	Drop-out	Hours of contact	Duration (weeks)	Follow-up (weeks)
TORRENT2013	ES	40	NR	NR	M	Functional remediation v TAU	77, 80	29%, 18%	32	21	47
Group Psychoeducation (PE)											
SAJATOVIC2009	US	41	68%	NR	A	PE v TAU	84, 80	51%	NR	52	-
CASTLE2010	AUS	42	77%	74%	M	PE v TAU	42, 42	24%	23	13	52
TORRENT2013	ES	40	NR	NR	M	PE v TAU	82, 80	24%, 18%	32	21	47
COLOM2003a	ES	35	62%	100%	M	PE v Attention control	25, 25	NR	32	20	124
COLOM2003b	ES	34	63%	83%	M	PE v Attention control	60, 60	27%	32	21	124
Family psychoeducation (Service users and carers)											
CLARKIN1998	US	48	46%	100%	A	Family PE v TAU	19, 23	5%, 35%	NR	48	-
DSOUZA2010	AUS	40	52%	86%	M	Family PE v TAU	27, 31	NR	18	12	60
GLICK1993	US	32	67%	NR	A	Family PE v TAU	15, 11	20%, 19%	8	7	33
MILLER2004†	US	39	56%	100%	A	Family PE v TAU	33, 29	36%	10	NR	121
Family psychoeducation (Carers)											
BORDBAR2009	IR	30	22%	100%	M	Family PE v TAU	29, 28	0%	2	1	52
GENT1991	NL	49	NR	NR	M	Family PE v Waitlist	14, 12	0%	NR	5	31
MADIGAN2012	IE	42	65%	NP	M	Family PE v Short carer focused int. v TAU	18, 19, 10	28%, 21%	NR	5	57 / 109
PERLICK2010	US	35	62%	87%	A and M	Short carer focused int. v TAU	25, 21	4%, 10%	11	14	-
REINARES2008	ES	34	54%	83%	M	Family PE v TAU	57, 56	5%	18	12	65

STUDY	Country	Age	% Female	% BPI	Phase	Intervention	N	Drop-out	Hours of contact	Duration (weeks)	Follow-up (weeks)
Family Focused Therapy (FFT)											
MIKLOWITZ2000	US	36	63%	100%	A and M	FFTvTAU	31, 70	10%	21	39	52 / 104
MIKLOWITZ2007B¥	US	40	59%	67%	Ad	FFT v Collaborative therapy	26, 130	27%, 30%	11, 2	39, 6	52
MILLER2004†	US	39	56%	100%	A	FFTvTAU	30, 29	36%, 33%	10, 9	NR	121
REA2003	US	26	NR	100%	M	FFT v PE (Individual)	28, 25	21%, 2%	21, 11	39, 39	-
Interpersonal and social rhythm therapy (IPSRT)											
SWARTZ2012	US	37	60%	0%	Ad	IPRST v Quetiapine	14, 11	21%, 38%	6	12	-
FRANK1999a	US	35	56	100%	A	IPRST v Intensive clinical management	39, 43	43%, 37%	38, 15	123	-
MIKLOWITZ2007B¥	US	40	59%	67%	Ad	IPRST vs TAU	62, 130	32%, 30%	14, 2	39, 6	52
Collaborative care (Psychiatric focus)											
BAUER2006a	US	47	9%	87%	A	Collaborative care v TAU	166, 164	25%, 15%	NR	156	-
SIMON2005	US	44	69%	76%	A and M	Systematic care management program v TAU	212, 229	NR	NR	52	-
KESSING2013	DK	36	54%	NR	M	Specialized outpatient mood disorder clinic v TAU	72, 86	0%, 0%	NR	104/130	-
Collaborative care (Physical health focus)											
FAGIOLINI2009	US	41	61%	67%	A and M	Enhanced Clinical Intervention vs TAU	235, 228	NR	NR	85	-

STUDY	Country	Age	% Female	% BPI	Phase	Intervention	N	Drop-out	Hours of contact	Duration (weeks)	Follow-up (weeks)
KILBOURNE2008	US	55	9%	76%	A and M	Collaborative care v TAU	NR	NR	NR	26	-
KILBOURNE2012	US	45	61%	NR	A and M	Collaborative care v TAU	34, 34	NR	NR	30	52
Integrated group therapy (IGT)											
WEISS2007	US	42	52%	81%	Ad and M	IGT v Drug counseling	31,31	23%, 45%	20, 20	20, 20	35
WEISS2009	US	38	41%	79%	Ad and M	IGT v Drug counseling	31, 30	19%, 20%	12, 12	12, 12	26
Integrated Cognitive and Interpersonal Therapy (IC&IT)											
SCHWANNAUER2007	GB	37	48%	95%	NR	IC&IT vTAU	106, 106	23%, 17%	25	20	46, 98

¥ MIKLOWITZ2007B is a four-arm trial including three active interventions and a 'treatment as usual' control group. It has been listed in this table under 'Individual Cognitive therapy (CT)', 'Family Focused Therapy (FFT)' and 'Interpersonal and social rhythm therapy (IPSRT)'.

† MILLER2004 is a three-arm trial including two active interventions and a 'treatment as usual' control group. It has been listed in this table under 'Family psychoeducation (Service users and carers)' and 'Family Focused Therapy (FFT)'.