APPENDIX 26: PSYCHOLOGICAL INTERVENTIONS FOR BIPOLAR DISORDER – GRADE PROFILES

Post-treatment outcomes

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

Individual psychological intervention compared with TAU

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

Outcome	*(Sub-)analysis*	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Psychosocial functioning Social and/or Work	**Total**	**7**	**606**	**SMD = -0.34 (-0.51, -0.17)**	**6.49 (P = 0.37); 8%**	**6-26**	**Low[a e]**
	Psychoeducation	1	70	SMD = -0.17 (-0.64, 0.30)	N/A	6	
	Online Psychoeducation	2	378	SMD = -0.31 (-0.67, 0.05)	2.55 (P = 0.11); 61%	6-26	
	CBT	4	158	SMD = -0.55 (-0.87, -0.23)	1.20 (P = 0.75); 0%	26	
Discontinued	**Total**	**9**	**755**	**RR = 0.74 (0.44, 1.27)**	**11.29 (P = 0.13); 38%**	**6-26**	**Low[d e]**
	Psychoeducation	2	166	RR = 3.04 (0.33, 28.16)	1.28 (P = 0.26); 22%	6	
	Online Psychoeducation	1	122	RR = 1.13 (0.46, 2.72)	N/A	26	
	Medication adherence therapy	1	28	No dropout	N/A	6	
	CBT	5	439	RR = 0.58 (0.30, 1.13)	7.87 (P = 0.10); 49%	26	

Group psychological intervention compared with TAU

Outcome	*(Sub-)analysis*	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Depression symptoms	**Total**	**8**	**423**	**SMD = -0.24 (-0.64, 0.16)**	**25.65 (P = 0.0006); 73%**	**8-52**	**Very Low[a b d e]**
	PE	2	152	SMD = 0.14 (-0.17, 0.46)	0.00 (P = 0.98); 0%	13-52	
	Mindfulness based cognitive therapy	2	109	SMD = -0.50 (-0.89, -0.12)	0.20 (P = 0.65); 0%	8	
	Dialectical behaviour therapy	1	24	SMD =-1.18 (-2.06, -0.30)	N/A	12	
	CBT	2	91	SMD = -0.55 (-1.12, 0.02)	1.68 (P = 0.20); 40%	12-14	
	Social cognition and interaction training	1	37	SMD = 0.92 (0.23, 1.61)	N/A	18	
Mania symptoms	**Total**	**6**	**375**	**SMD =-0.08 (-0.33, 0.16)**	**5.60 (P = 0.35); 11%**	**8-52**	**Very low[a d e]**
	Psychoeducation	2	152	SMD = 0.06 (-1.05, 1.18)	1.69 (P = 0.19); 41%	13-52	
	Mindfulness based cognitive therapy	1	95	SMD = -0.10 (-0.50, 0.30)	N/A	8	
	CBT	2	91	SMD = -0.21 (-0.89, 0.47)	1.75 (P = 0.19); 43%	12-14	
	Social cognition and interaction training	1	37	SMD = -0.37 (-1.02, 0.28)	N/A	18	

Outcome	*(Sub-)analysis*	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Hospitalisation	**Total**	**3**	**74**	RR = 0.45 (0.10, 2.09)	**3.94 (P = 0.14); 49%**	**14-21**	**Low** [d]
	PE vs attention control	2	39	RR = 0.52 (0.06, 4.84)	2.48 (P = 0.12); 60%	21	
	CBT	1	35	RR = 0.20 (0.02, 1.97)	N/A	14	
Relapse, any type (number)	**PE vs attention control**	**2**	**170**	**RR = 0.48 (0.22, 1.04)**	**2.42 (P = 0.12); 59%**	**21**	**Low** [d]
Relapse, depression	**PE vs attention control**	**2**	**170**	**RR = 0.39 (0.19, 0.78)**	**0.45 (P = 0.50); 0%**	**21**	**Low** [d]
Relapse, mania (number)	**PE vs attention control**	**2**	**170**	**RR = 0.48 (0.28, 0.82)**	**0.80 (P = 0.37); 0%**	**21**	**Low** [d]
Relapse, mixed episode	**PE vs attention control**	**2**	**170**	**RR = 0.43 (0.18, 1.07)**	**1.11 (P = 0.29); 10%**	**21**	**Low** [d]
Quality of life	**CBT**	**2**	**91**	**SMD =-0.38 (-1.74, 0.99)**	**9.06 (P = 0.003); 89%**	**12-14**	**Very Low** [a b d e]
Psychosocial functioning GAF	**Total**	**2**	**89**	**SMD = 0.01 (-0.40, 0.43)**	**0.01 (P = 0.92); 0%**	**12-18**	**Very Low** [a d e]
	CBT	1	52	SMD = 0.03 (-0.51, 0.58)	N/A	12	
	Social cognition and interaction training	1	37	SMD =-0.01 (-0.66, 0.64)	N/A	18	
Psychosocial functioning Social and/or Work	**Social cognition and interaction training**	**1**	**37**	**SMD = 0.43 (-0.23, 1.09)**	**N/A**	**18**	**Very Low** [a d e]
Discontinued	**Total**	**9**	**703**	**RR =1.23 (0.83, 1.81)**	**6.77 (P = 0.24); 26%**	**8-52**	**Very Low** [a b e]
	Psychoeducation	3	410	RR =1.41 (0.75, 2.64)	5.61 (P = 0.06); 64%	13-52	
	PE vs attention control	1	120	No discontinuation	N/A	21	
	Mindfulness based cognitive therapy	1	19	RR =2.91 (0.40, 21.35)	N/A	8	
	Dialectical behaviour therapy	1	26	RR =1.00 (0.07, 14.34)	N/A	12	
	CBT	1	91	RR = 0.88 (0.37, 2.08)	N/A (1 study no discontinuation)	14	
	Social cognition and interaction training	1	37	No discontinuation	N/A	18	

Family psychoeducation compared with TAU

Outcome	*(Sub-)analysis*	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Depression	**Group Family psychoeducation (carers)**	**1**	**43**	**SMD = -0.73 (-1.35, -0.10)**	**N/A**	**14**	**Low** [d e]

symptoms							
Mania symptoms	**Group Family psychoeducation (carers)**	**1**	**43**	**SMD = -0.66 (-1.28, -0.04)**	**N/A**	**14**	**Low** [d e]
Discontinued	**Total**	**4**	**140**	**RR = 0.46 (0.13, 1.61)**	**2.47 (P = 0.29); 19%**	**5-48**	**Low** [b d]
	Psychoeducation (Service user and carers)	2	68	RR = 0.44 (0.06, 3.32)	2.49 (P = 0.11); 60%	7-48	
	Group Family psychoeducation (carers)	2	72	RR = 0.42 (0.04, 4.31)	N/A	5-14	

Family Focused therapy (FFT) compared with control

Outcome	*(Sub-)analysis*	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Depression symptoms	**FFT vs TAU**	**1**	**79**	**SMD = -0.40 (-0.80, 0.00)**	**N/A**	**39**	Low [a d]
Mania symptoms	**FFT vs TAU**	**1**	**79**	**SMD = 0.00 (-0.40, 0.40)**	**N/A**	**39**	Low [a d]
Relapse, any type (number)	**FFT vs PE**	**1**	**53**	**RR = 0.89 (0.52, 1.54)**		**39**	Low [d]
Hospitalisation	**FFT vs PE**	**1**	**53**	RR = 0.71 (0.33, 1.52)	**N/A**	**39**	**Low** [d]
Discontinued	**Total**	**2**	**154**	**RR = 0.63 (0.21, 1.89)**	**1.99 (P = 0.16); 50%**	**39**	Low [b d]
	FFT vs TAU	1	101	RR = 0.36 (0.11, 1.12)	N/A		
	FFT vs PE	1	53	RR = 1.07 (0.37, 3.08)	N/A		

CBT compared with Active Control

Outcome	*(Sub-)analysis*	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Depression symptoms	**CBT individual vs Supportive Therapy (ST)**	**1**	**76**	**SMD = 0.41 (0.12, 0.70)**	**N/A**	**39**	Low [d e]
Mania symptoms	**CBT individual vs Supportive Therapy (ST)**	**1**	**76**	**SMD = 0.20 (-0.11, 0.51)**	**N/A**	**39**	Low [d e]
Relapse, any type (number)	**CBT individual vs Supportive Therapy (ST)**	**1**	**76**	**RR = 0.60 (0.34, 1.05)**	**N/A**	**39**	Low [d e]
Discontinued	**CBT individual vs Supportive Therapy (ST)**	**1**	**76**	**RR = 0.80 (0.56, 1.14)**	**N/A**	**39**	Low [d]

Interpersonal and social rhythm therapy (IPSRT) compared with Active control

Outcome		*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Depression symptoms	IPSRT vs Quetiapine	**1**	**25**	**SMD = 0.44 (-0.34, 1.22)**	**N/A**	**12**	**Very Low** [a d]
Relapse, any type (number)	IPSRT vs Intensive clinical	**1**	**41**	**RR =1.55 (0.63, 3.84)**	**N/A**	**123**	**Very Low** [a d]

	management						
Response, any type (number)	IPSRT vs Quetiapine	**1**	**25**	**RR = 0.98 (0.60, 1.60)**	**N/A**	**12**	**Very Low [a d]**
Psychosocial functioning GAF	IPSRT vs Quetiapine	**1**	**25**	**SMD = 0.55 (-0.26, 1.36)**	**N/A**	**12**	**Very Low [a d]**
Psychosocial functioning Social and/or Work	IPSRT vs Intensive clinical management	**1**	**82**	**SMD = -0.36 (-0.72, 0.00)**	**N/A**	**123**	**Very Low [a d]**
Discontinued		**2**	**107**	**RR = 0.94 (0.55, 1.59)**	**0.07 (P = 0.79); 0%**	**12-123**	**Moderate [d]**
	IPSRT vs Quetiapine	1	25	RR = 0.79 (0.20, 3.16)	N/A	12	
	IPSRT vs Intensive clinical management	1	82	RR = 0.96 (0.54, 1.71)	N/A	123	

Collaborative care compared with TAU

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

Integrated group therapy compared with group drug counselling

Outcome	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Depression symptoms	**1**	**61**	**SMD = -0.35 (-0.85, 0.16)**	**N/A**	**12**	Very Low [c d e]

Mania symptoms	**1**	**61**	**SMD = -0.17 (-0.68, 0.33)**	**N/A**	**12**	Very Low [c d e]

Integrated Cognitive and Interpersonal Therapy compared with TAU

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

Outcomes at follow-up

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

Individual psychological intervention compared with TAU

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

Outcome	*(Sub-)analysis*	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
	Online Psychoeducation	2	310	SMD = 0.08 (-0.14, 0.31)	0.02 (P = 0.90); I² = 0%	26-43	
	CBT	1	37	SMD = -0.34 (-1.00, 0.32)	N/A	52	
Psychosocial functioning GAF	**Total**	**2**	**89**	**SMD = -0.25 (-0.66, 0.17)**	**0.00 (P = 0.98); 0%**	**43-52**	**Low** [a d]
	Online Psychoeducation	1	37	SMD = -0.25 (-0.90, 0.40)	N/A	43	
	CBT	1	52	SMD = -0.24 (-0.79, 0.31)	N/A	52	
Psychosocial functioning Social and/or Work	**Total**	**7**	**585**	**SMD = -0.27 (-0.60, 0.05)**	**18.39 (P = 0.005); 67%**	**26-52**	**Very Low** [a b d e]
	Psychoeducation	1	70	SMD = -0.74 (-1.23, -0.26)	N/A	52	
	Online Psychoeducation	2	310	SMD = 0.08 (-0.14, 0.30)	0.32 (P = 0.57); 0%	26-43	
	CBT	4	205	SMD = -0.39 (-0.78, 0.01)	5.36 (P = 0.15); 44%	52	
Discontinued	**Total**	**12**	**1163**	**RR = 0.97 (0.77, 1.23)**	**10.21 (P = 0.42); 2%**	**32-78**	**Low** [d]
	Psychoeducation	3	274	RR =1.26 (0.29, 5.58)	3.46 (P = 0.18); 42%	48-78	
	Online Psychoeducation	2	330	RR = 0.85 (0.28, 2.56)	1.54 (P = 0.22); 35%	26-43	
	Medication adherence therapy	1	28	No discontinuation	N/A	32	
	CBT	6	531	RR = 0.98 (0.74, 1.30)	5.47 (P = 0.36); 9%	52	

Group psychological intervention compared with TAU

Outcome	*(Sub-)analysis*	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Depression symptoms	**Total**	**3**	**219**	**SMD = 0.22 (-0.05, 0.49)**	**0.95 (P = 0.62); 0%**	**52-61**	**Very Low** [a d e]
	Psychoeducation	1	72	SMD = 0.40 (-0.07, 0.87)	N/A	52	
	CBT	1	52	SMD = 0.06 (-0.48, 0.60)	N/A	52	
	Mindfulness based cognitive therapy	1	95	SMD = 0.18 (-0.22, 0.58)	N/A	61	
Mania symptoms	**Total**	**3**	**219**	**SMD = 0.16 (-0.10, 0.43)**	**0.76 (P = 0.68); 0%**	**52-61**	**Very Low** [a d e]
	Psychoeducation	1	72	SMD = 0.33 (-0.14, 0.80)	N/A	52	
	CBT	1	52	SMD = 0.12 (-0.42, 0.66)	N/A	52	
	Mindfulness based cognitive therapy	1	95	SMD = 0.06 (-0.34, 0.46)	N/A	61	
Hospitalisation (number)	**Total**	**3**	**200**	**RR = 0.48 (0.16, 1.45)**	**2.30 (P = 0.13); 56%**	**78-124**	**Very Low** [b d e]
	PE vs attention control	2	166	RR = 0.48 (0.16, 1.45)	2.30 (P = 0.13; 56%	124	
	CBT	1	34	No hospitalisations	N/A	78	

Outcome	*(Sub-)analysis*	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Relapse, any type (number)	**Total**	**5**	**395**	**RR = 0.86 (0.61, 1.20)**	**21.46 (P = 0.0003); 81%**	**52-124**	**Very Low** [b d e]
	Psychoeducation	1	84	RR = 0.52 (0.32, 0.84)	N/A	52	
	PE vs attention control	2	166	RR = 0.75 (0.64, 0.88)	0.83 (P = 0.36); 0%	124	
	Mindfulness based cognitive therapy	1	95	RR =1.41 (1.07, 1.87)	N/A	61	
	CBT	1	50	RR = 1.17 (0.72, 1.91)	N/A	78	
Relapse, depression (number)	**Total**	**5**	**333**	**RR = 0.62 (0.45, 0.88)**	**7.12 (P = 0.13); 44%**	**52-124**	**Low** [b d]
	Psychoeducation	1	72	RR = 0.33 (0.12, 0.91)	N/A	52	
	PE vs attention control	2	166	RR = 0.54 (0.36, 0.79)	1.25 (P = 0.26); 20%	124	
	Mindfulness based cognitive therapy	1	59	RR = 0.87 (0.59, 1.28)	N/A	61	
	CBT	1	36	RR = 0.87 (0.41, 1.82)	N/A	78	
Relapse, mania (number)	**Total**	**5**	**328**	**RR = 0.97 (0.60, 1.57)**	**13.04 (P = 0.01); 69%**	**52-124**	**Very Low** [a b d]
	Psychoeducation	1	72	RR = 1.02 (0.48, 2.16)	N/A	52	
	PE vs attention control	2	166	RR = 0.64 (0.54, 0.76)	0.59 (P = 0.44); 0%	124	
	Mindfulness based cognitive therapy	1	54	RR = 1.21 (0.71, 2.07)	N/A	61	
	CBT	1	36	RR = 2.61 (0.80, 8.52)	N/A	78	
Relapse, mixed episode (number)	**Total**	**4**	**274**	**RR = 0.48 (0.30, 0.77)**	**2.38 (P = 0.50); 0%**	**52-124**	**Low** [b d]
	Psychoeducation	1	72	RR = 1.25 (0.08, 19.22)	N/A	52	
	PE vs attention control	2	166	RR = 0.43 (0.26, 0.71)	0.01 (P = 0.93); 0%	124	
	CBT	1	36	RR = 2.24 (0.22, 22.51)	N/A	78	
Quality of life	**CBT**	**1**	**52**	**SMD = 0.30 (-0.25, 0.84)**	**N/A**	**52**	**Very Low** [a d]
Psychosocial functioning GAF	**CBT**	**1**	**52**	**SMD = 0.67 (0.11, 1.23)**	**N/A**	**52**	**Very Low** [a d]
Discontinued	**Total**	**3**	**254**	**RR = 3.06 (0.71, 13.29)**	**2.89 (P = 0.24); 31%**	**52-124**	**Very Low** [b d e]
	Psychoeducation	1	84	RR = 5.00 (1.17, 21.46)	N/A	52	
	PE vs attention control	1	120	RR = 9.00 (0.50, 163.58)	N/A	124	
	CBT	1	50	RR = 0.59 (0.06, 6.06)	N/A	78	

Family psychoeducation (PE) compared with TAU

Outcome	*(Sub-)analysis*	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Depression symptoms	**PE (Service user and carers)**	**1**	**53**	**SMD = -0.15 (-0.69, 0.39)**	**N/A**	**60**	**Very Low** [a d e]

Mania symptoms	**PE (Service user and carers)**	**1**	**53**	**SMD = -0.78 (-1.34, -0.22)**	**N/A**	**60**	**Very Low** [a d e]
Hospitalisation (number)	**PE (Service user and carers)**	**1**	**57**	**RR = 0.05 (0.00, 0.83)**	**N/A**	**60**	**Low** [d]
Relapse, any type (number)	**Total**	**3**	**228**	**RR = 0.52 (0.32, 0.84)**	**2.61 (P = 0.27); 23%**	**52-65**	**Low** [d]
	PE (Service user and carers)	1	58	RR = 0.26 (0.08, 0.83)	N/A	60	
	Group Family PE (carers)	2	170	RR = 0.61 (0.44, 0.86)	0.50 (P = 0.48); 0%	52-65	
Relapse, depression	**Group Family PE (carers)**	**1**	**113**	**RR = 0.73 (0.44, 1.21)**	**N/A**	**65**	**Low** [d e]
Relapse, mania	**Group Family PE (carers)**	**1**	**113**	**RR = 0.35 (0.15, 0.85)**	**N/A**	**65**	**Low** [d]
Relapse, mixed episode	**Group Family PE (carers)**	**1**	**113**	**RR = 0.20 (0.01, 4.00)**	**N/A**	**65**	**Very Low** [d e]
Response, any	**PE (Service user and carers)**	**1**	**59**	**RR = 0.67 (0.34, 1.32)**	**N/A**	**121**	**Very Low** [a d]
Response, mania	**PE (Service user and carers)**	**1**	**59**	**RR = 0.79 (0.46, 1.33)**	**N/A**	**121**	**Very Low** [a d e]
Quality of life	**Group Family PE (carers)**	**1 of 2 arms**	**35**	**SMD = -0.63 (-1.44, 0.18)**	**0.22 (P = 0.64); I^2 = 0%**	**57**	**Very Low** [a d]
Psychosocial functioning GAF	**Group Family PE (carers)**	**1 of 2 arms**	**35**	**SMD = -1.03 (-1.86, -0.19)**	**0.01 (P = 0.93); I^2 = 0%**	**57**	**Very Low** [a d]
Discontinued	**Total**	**5**	**269**	**RR =1.04 (0.44, 2.46)**	**0.38 (P = 0.83); 0%**	**31-65**	**Very Low** [d e]
	PE (Service user and carers)	1	26	RR = 1.10 (0.22, 5.51)	N/A	33	
	Group Family PE (carers)	4	243	RR = 1.02 (0.38, 2.74)	0.37 (P = 0.95); I^2 = 0%	31-65	

Family Focused therapy (FFT) compared with an active control

Outcome	*(Sub-)analysis*	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Depression symptoms	**FFT vs TAU**	**1**	**79**	**SMD = -0.10 (-0.56, 0.36)**	**N/A**	**52**	**Very Low** [a d]
Mania symptoms	**FFT vs TAU**	**1**	**79**	**SMD = -0.30 (-0.68, 0.08)**	**N/A**	**52**	**Very Low** [a d]
Relapse, any type (number)	**FFT vs TAU**	**1**	**101**	**RR = 0.67 (0.34, 1.30)**	**N/A**	**52**	**Very Low** [a d]
Response, any (number)	**FFT vs TAU**	**1**	**62**	**RR = 1.15 (0.68, 1.94)**	**N/A**	**121**	**Very Low** [a d]
Response, depression (number)	**FFT vs TAU**	**1**	**156**	**RR = 0.48 (0.23, 0.98)**	**N/A**	**52**	**Very Low** [a d]
Response, mania (number)	**FFT vs TAU**	**1**	**62**	**RR =1.15 (0.76, 1.75)**	**N/A**	**121**	**Very Low** [a d]
Hospitalisation	**FFT vs PE**	**1**	**38**	**RR = 0.24 (0.08, 0.74)**	**N/A**	**104**	**Very Low** [a d]
Discontinued	**FFT vs TAU**	**3**	**144**	**RR = 0.63 (0.26, 1.50)**	**1.83 (P = 0.18); 45%**	**52-121**	**Low** [d]

CBT compared with an active control

Outcome	*(Sub-)analysis*	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Depression symptoms	**CBT individual vs Supportive Therapy**	**1**	**76**	**SMD = 0.49 (0.04, 0.94)**	**N/A**	**143**	**Very Low[d e]**
Relapse, any type (number)	**CBT individual vs Supportive Therapy**	**1**	**76**	**RR = 1.13 (0.81, 1.58)**	**N/A**	**143**	**Very Low[d e]**
Relapse, depression (number)	**CBT individual vs Supportive Therapy**	**1**	**76**	**RR = 1.12 (0.69, 1.80)**	**N/A**	**143**	**Very Low[d e]**
Relapse, mania (number)	**CBT individual vs Supportive Therapy**	**1**	**76**	**RR = 1.67 (0.96, 2.91)**	**N/A**	**143**	**Very Low[d e]**
Relapse, mixed episode (number)	**CBT individual vs Supportive Therapy**	**1**	**76**	**RR = 0.33 (0.01, 7.93)**	**N/A**	**143**	**Very Low[d e]**
Discontinued	**Total**	**2**	**180**	**RR = 0.80 (0.56, 1.14)**	**N/A**	**72-143**	**Low[d]**
	CBT individual vs Supportive Therapy	1	76	No discontinuation	N/A	143	
	CBT individual vs PE group	1	204	RR = 0.80 (0.56, 1.14)	N/A	72	

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

Outcome	*(Sub-)analysis*	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Response, depression (number)	**IPRST vs TAU**	**1**	**192**	**RR = 0.73 (0.50, 1.07)**	**N/A**	**52**	**Very Low[a d]**
Discontinued	**IPRST vs TAU**	**1**	**193**	**RR = 1.05 (0.67, 1.63)**	**N/A**	**52**	**Low[d]**

Collaborative care compared with TAU

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

Integrated group therapy compared with group drug counselling

Outcome	*Trials*	*N*	*ES (95% CI)*	*Heterogeneity: Chi² (p value); I²*	*Time (weeks)*	*Quality (GRADE)*
Depression symptoms	**1**	**61**	**SMD = 0.11 (-0.39, 0.61)**	**N/A**	**26**	**Very Low** [c d e]
Mania symptoms	**1**	**61**	**SMD = -0.53 (-1.05, -0.02)**	**N/A**	**26**	**Very Low** [c d e]