

APPENDIX 14: NUTRITIONAL AND PHYSICAL INTERVENTIONS FOR MANIA – GRADE PROFILES

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| 1.1 | Nutritional interventions | 2 |
| 1.2 | Physical interventions | 3 |

Abbreviations

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|-----|-----------------------------------|
| CI | confidence intervals |
| RR | risk ratio |
| OIS | optimal information size |
| SMD | standardised mean difference |
| TMS | transcranial magnetic stimulation |

1.1 NUTRITIONAL INTERVENTIONS

Folic acid compared with placebo

| Quality assessment | | | | | | | No. of patients | | Effect | | Quality | Importance |
|--|-------------------|---------------------------|--------------------------|-------------------------|---------------------------|----------------------|-----------------|-------------|-------------------------|--|------------------|------------|
| No. of studies | Design | Risk of bias | Inconsistency | Indirectness | Imprecision | Other considerations | Folic acid | Placebo | Relative (95% CI) | Absolute | | |
| Discontinuation (for any reason) | | | | | | | | | | | | |
| 1 | randomised trials | very serious ¹ | no serious inconsistency | no serious indirectness | very serious ² | none | 3/44 (6.8%) | 1/44 (2.3%) | RR 0.05 (-0.04 to 0.13) | 45 more per 1000 (from 40 fewer to 130 more) | ⊕○○○ VERY LOW | Critical |
| Mania (symptoms) (better indicated by lower values) | | | | | | | | | | | | |
| 1 | randomised trials | serious ¹ | no serious inconsistency | no serious indirectness | very serious ² | none | 41 | 43 | - | SMD 2.95 lower (3.58 to 2.32 lower) | ⊕○○○ VERY LOW | Critical |

¹ Risk of bias in several domains.

² Optimal information size (for dichotomous outcomes, OIS = 300 events; for continuous outcomes, OIS = 400 participants) not met.

1.2 PHYSICAL INTERVENTIONS

Acupuncture compared with sham acupuncture

| Quality assessment | | | | | | | No. of patients | | Effect | | Quality | Importance |
|--|-------------------|---------------------------|--------------------------|-------------------------|---------------------------|----------------------|-----------------|------------|--------------------|---|------------------|------------|
| No. of studies | Design | Risk of bias | Inconsistency | Indirectness | Imprecision | Other considerations | Acupuncture | Sham | Relative (95% CI) | Absolute | | |
| Discontinuation (for any reason) | | | | | | | | | | | | |
| 1 | randomised trials | very serious ¹ | no serious inconsistency | no serious indirectness | very serious ² | none | 5/10 (50%) | 5/10 (50%) | RR 1 (0.42 to 2.4) | 0 fewer per 1000 (from 290 fewer to 700 more) | ⊕○○○ VERY LOW | Critical |
| Mania (symptoms) (better indicated by lower values) | | | | | | | | | | | | |
| 1 | randomised trials | very serious ¹ | no serious inconsistency | no serious indirectness | very serious ² | none | 5 | 7 | - | SMD 0.68 lower (1.87 lower to 0.52 higher) | ⊕○○○ VERY LOW | Critical |

¹ Risk of bias in several domains

² Optimal information size (for dichotomous outcomes, OIS = 300 events; for continuous outcomes, OIS = 400 participants) not met.

Transcranial magnetic stimulation (TMS) compared with sham TMS

| Quality assessment | | | | | | | No. of patients | | Effect | | Quality | Importance |
|--|-------------------|----------------------|--------------------------|-------------------------|---------------------------|----------------------|-----------------|-------------|-------------------------|--|------------------|------------|
| No. of studies | Design | Risk of bias | Inconsistency | Indirectness | Imprecision | Other considerations | TMS | Sham TMS | Relative (95% CI) | Absolute | | |
| Discontinuation (for any reason) | | | | | | | | | | | | |
| 1 | randomised trials | serious ¹ | no serious inconsistency | no serious indirectness | very serious ² | none | 5/16 (31.3%) | 1/9 (11.1%) | RR 2.81 (0.39 to 20.49) | 201 more per 1000 (from 68 fewer to 1000 more) | ⊕○○○ VERY LOW | Critical |
| Mania (symptoms) (better indicated by lower values) | | | | | | | | | | | | |
| 1 | randomised trials | serious ¹ | no serious inconsistency | no serious indirectness | very serious ² | none | 11 | 8 | - | SMD 0.18 higher (0.74 lower to 1.09 higher) | ⊕○○○ VERY LOW | Critical |

¹ Risk of bias in several domains

² Optimal information size (for dichotomous outcomes, OIS = 300 events; for continuous outcomes, OIS = 400 participants) not met.