

## **APPENDIX 23: PSYCHOLOGICAL AND PSYCHOSOCIAL INTERVENTIONS – STUDY CHARACTERISTICS**

### ***Abbreviations***

|       |  |
|-------|--|
| A     | acute (mania or depression)                    |
| Ad    | acute depression                               |
| AUS   | Australia                                      |
| BPI   | bipolar I disorder                             |
| BRA   | Brazil   |
| CAN   | Canada   |
| CBT   | cognitive behavioural therapy                  |
| CT    | cognitive therapy                              |
| DBT   | dialectical behaviour therapy                  |
| DEN   | Denmark  |
| ESP   | Spain  |
| FFT   | family focused therapy                         |
| GBR   | Great Britain                                  |
| GER   | Germany  |
| IC    | integrated cognitive therapy                   |
| IGT   | integrated group therapy                       |
| IPSRT | interpersonal and social rhythm therapy        |
| IRE   | Ireland  |
| IT    | interpersonal therapy                          |
| M     | maintenance                                    |
| NLD   | Netherlands                                    |
| NR    | not reported                                   |
| PE    | psychoeducation                                |
| PTM   | psychological therapy for medication adherence |
| TAU   | treatment as usual                             |
| TUR   | Turkey   |
| USA   | United States of America                       |

| Study ID   | Country | Age | % female | % BPI | Phase   | Intervention                     | N        | Drop-out    | Hours of contact | Duration (weeks) | Follow-up (weeks) |
|--|---------|-----|----------|-------|---------|----------------------------------|----------|-------------|------------------|------------------|-------------------|
| <i>Individual cognitive therapy (CT) / cognitive behavioural therapy (CBT)</i> |         |     |          |       |         |                                  |          |             |                  |                  |                   |
| BALL2006   | AUS     | 42  | 58%      | NR    | M       | CT versus TAU                    | 25, 27   | 16%         | 20               | 26               | 52 / 78           |
| JONES2013  | GBR     | 39  | 70%      | 79%   | M       | CBT versus TAU                   | 33, 34   | 3%          | 18               | 26               | 52                |
| LAM2000  | GBR     | 39  | 52%      | 100%  | M       | CBT versus TAU                   | 13, 12   | 8%          | NR               | 26               | 52                |
| LAM2003  | GBR     | 44  | 56%      | 100%  | M       | CT versus TAU                    | 51, 52   | 16%         | 16               | 26               | 52                |
| MEYER2012  | GER     | 44  | 50%      | 79%   | M       | CBT versus supportive therapy    | 38, 38   | 13%,<br>16% | 18, 18           | 39               | 143               |
| MIKLOWITZ2007B <sup>1</sup>  | USA     | 40  | 59%      | 67%   | Ad      | CBT versus collaborative therapy | 75, 130  | 41%,<br>30% | 11, 2            | 39, 6            | 52                |
| SCHMITZ2002  | USA     | 34  | 52%      | NR    | Ad      | CBT versus TAU                   | 25, 21   | 36%,<br>67% | 20               | 12               | -                 |
| SCOTT2001  | GBR     | 39  | 60%      | 81%   | A and M | CT versus TAU                    | 21, 21   | 14%         | 11               | 26               | -                 |
| SCOTT2006  | GBR     | 41  | 65%      | 94%   | A and M | CBT versus TAU                   | 127, 126 | 17%         | NR               | 26               | 72                |
| ZARETSKY2008   | CAN     | 41  | NR       | 66%   | M       | CBT versus TAU                   | 40, 39   | 28%         | NR               | 13               | 52                |
| <i>Psychological therapy for medication adherence (PTM)</i>                    |         |     |          |       |         |                                  |          |             |                  |                  |                   |
| COCHRAN1984  | USA     | 33  | 61%      | 75%   | M       | PTM versus TAU                   | 14, 14   | 14%         | 6                | 6                | 32                |
| EKER2012   | TUR     | 36  | 54%      | NR    | M       | PTM versus Attention control     | 35, 36   | 17%         | 12               | 6                | -                 |
| <i>Individual psychoeducation (PE)</i>   |         |     |          |       |         |                                  |          |             |                  |                  |                   |

<sup>1</sup> 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)'.

| Study ID   | Country | Age | % female | % BPI | Phase    | Intervention                       | N        | Drop-out    | Hours of contact | Duration (weeks) | Follow-up (weeks) |
|--|---------|-----|----------|-------|----------|------------------------------------|----------|-------------|------------------|------------------|-------------------|
| JAVADPOUR2013  | IRE     | NR  | 51%      | NR    | M        | PE versus TAU                      | 54, 54   | 17%,<br>24% | 7                | 8                | 26 / 52 /<br>78   |
| LOBBAN2010   | GBR     | 45  | 68%      | 98%   | M        | PE versus TAU                      | 56, 40   | 5%          | 6                | 6                | 48                |
| PERRY1999  | GBR     | 45  | 68%      | 91%   | M        | PE versus TAU                      | 34, 36   | 21%         | 9                | NR               | 52                |
| DOGAN2003  | TUR     | 37  | 35%      | NR    | M        | PE versus TAU                      | 14, 12   | NR          | 14               | 6                | -                 |
| <b>Individual PE versus group CBT</b>                  |         |     |          |       |          |                                    |          |             |                  |                  |                   |
| PARIKH2012   | CAN     | 41  | 58%      | 72%   | M        | PE versus CBT                      | 95, 109  | 34%,<br>36% | 17, 9            | 20, 6            | 72                |
| <b>Online psychoeducation</b>                          |         |     |          |       |          |                                    |          |             |                  |                  |                   |
| PROUDFOOT2012  | AUS     | NR  | 70%      | NR    | Ad and M | Online PE versus attention control | 139, 141 | 32%,<br>29% | 0                | 8                | 26                |
| SMITH2011  | GBR     | 44  | 62%      | 86%   | M        | Online PE versus TAU               | 24, 26   | 33%         | NR               | 17               | 43                |
| TODD 2012  | GBR     | 43  | 72%      | NR    | A and M  | Online PE versus TAU               | 61, 61   | 66%         | 0                | 26               | -                 |
| <b>Group CBT</b>                                       |         |     |          |       |          |                                    |          |             |                  |                  |                   |
| BARROS2012   | BRA     | 44  | 69%      | NR    | M        | CBT versus attention control       | 32, 23   | NR          | 24               | 8                | 34 / 60           |
| BERNHARD2009   | GER     | 39  | 73%      | 63%   | M        | CBT versus TAU                     | 32, 36   | 22%         | 18               | 12               | 52                |
| GOMES2011  | BRA     | 38  | 76%      | 76%   | M        | CBT versus TAU                     | 23, 27   | 0%          | 27               | 26               | 78                |
| COSTA2012  | BRA     | 40  | 62%      | 84%   | M        | CBT versus TAU                     | 27, 14   | 0%          | 28               | 14               | 40                |
| <b>Group social cognition and interaction training</b> |         |     |          |       |          |                                    |          |             |                  |                  |                   |
| LAHERA2013   | ESP     | 39  | 65%      | 76%   | M        | CBT versus TAU                     | 21, 16   | 19%         | 18               | 18               | -                 |
| <b>Group mindfulness based cognitive therapy</b>       |         |     |          |       |          |                                    |          |             |                  |                  |                   |
| WILLIAMS2008   | GBR     | NR  | NR       | NR    | M        | Mindfulness versus waitlist        | 9, 8     | NR          | 23               | 8                | -                 |

| Study ID   | Country | Age | % female | % BPI | Phase | Intervention                      | N      | Drop-out | Hours of contact | Duration (weeks) | Follow-up (weeks) |
|--|---------|-----|----------|-------|-------|-----------------------------------|--------|----------|------------------|------------------|-------------------|
| PERICH2013                                       | AUS     | NR  | 65%      | 62%   | M     | Mindfulness versus TAU            | 48, 47 | 21%, 38% | 18               | 8                | 22/<br>35/48/61   |
| <b>Group dialectical behaviour therapy (DBT)</b> |         |     |          |       |       |                                   |        |          |                  |                  |                   |
| DIJK2013   | CAN     | 42  | 0,75     | 0,42  | Ad    | DBT versus TAU                    | 13, 13 | 8%, 8%   | 18               | 12               | -                 |
| <b>Functional remediation</b>                    |         |     |          |       |       |                                   |        |          |                  |                  |                   |
| TORRENT2013                                      | ESP     | 40  | NR       | NR    | M     | Functional remediation versus TAU | 77, 80 | 29%, 18% | 32               | 21               | 47                |
| <b>Group PE</b>                                  |         |     |          |       |       |                                   |        |          |                  |                  |                   |
| SAJATOVIC2009                                    | USA     | 41  | 68%      | NR    | A     | Group PE versus TAU               | 84, 80 | 51%      | NR               | 52               | -                 |
| CASTLE2010                                       | AUS     | 42  | 77%      | 74%   | M     | Group PE versus TAU               | 42, 42 | 24%      | 23               | 13               | 52                |
| TORRENT2013                                      | ESP     | 40  | NR       | NR    | M     | Group PE versus TAU               | 82, 80 | 24%, 18% | 32               | 21               | 47                |
| COLOM2003a                                       | ESP     | 35  | 62%      | 100%  | M     | Group PE versus attention control | 25, 25 | NR       | 32               | 20               | 124               |
| COLOM2003b                                       | ESP     | 34  | 63%      | 83%   | M     | Group PE versus attention control | 60, 60 | 27%      | 32               | 21               | 124               |
| <b>Family PE (service users and carers)</b>      |         |     |          |       |       |                                   |        |          |                  |                  |                   |
| CLARKIN1998                                      | USA     | 48  | 46%      | 100%  | A     | Family PE versus TAU              | 19, 23 | 5%, 35%  | NR               | 48               | -                 |
| DSOUZA2010                                       | AUS     | 40  | 52%      | 86%   | M     | Family PE versus TAU              | 27, 31 | NR       | 18               | 12               | 60                |
| GLICK1993  | USA     | 32  | 67%      | NR    | A     | Family PE versus TAU              | 15, 11 | 20%, 19% | 8                | 7                | 33                |
| MILLER2004 <sup>2</sup>                          | USA     | 39  | 56%      | 100%  | A     | Family PE versus TAU              | 33, 29 | 36%      | 10               | NR               | 121               |

<sup>2</sup> 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)'.

| Study ID   | Country | Age | % female | % BPI | Phase   | Intervention   | N          | Drop-out | Hours of contact | Duration (weeks) | Follow-up (weeks) |
|--|---------|-----|----------|-------|---------|--|------------|----------|------------------|------------------|-------------------|
| <b>Family PE (carers)</b>                              |         |     |          |       |         |  |            |          |                  |                  |                   |
| BORDBAR2009  | IRE     | 30  | 22%      | 100%  | M       | Family PE versus TAU   | 29, 28     | 0%       | 2                | 1                | 52                |
| GENT1991   | NLD     | 49  | NR       | NR    | M       | Family PE versus waitlist                                    | 14, 12     | 0%       | NR               | 5                | 31                |
| MADIGAN2012  | IRE     | 42  | 65%      | NP    | M       | Family PE versus short carer-focused intervention versus TAU | 18, 19, 10 | 28%, 21% | NR               | 5                | 57 / 109          |
| PERLICK2010  | USA     | 35  | 62%      | 87%   | A and M | Short carer focused int. versus TAU                          | 25, 21     | 4%, 10%  | 11               | 14               | -                 |
| REINARES2008   | ESP     | 34  | 54%      | 83%   | M       | Family PE versus TAU   | 57, 56     | 5%       | 18               | 12               | 65                |
| <b>Family focused therapy (FFT)</b>                    |         |     |          |       |         |  |            |          |                  |                  |                   |
| MIKLOWITZ2000  | USA     | 36  | 63%      | 100%  | A and M | FFT versus TAU   | 31, 70     | 10%      | 21               | 39               | 52 / 104          |
| MIKLOWITZ2007B <sup>3</sup>                            | USA     | 40  | 59%      | 67%   | Ad      | FFT versus collaborative therapy                             | 26, 130    | 27%, 30% | 11, 2            | 39, 6            | 52                |
| MILLER2004 <sup>4</sup>                                | USA     | 39  | 56%      | 100%  | A       | FFT versus TAU   | 30, 29     | 36%, 33% | 10, 9            | NR               | 121               |
| REA2003  | USA     | 26  | NR       | 100%  | M       | FFT versus PE (individual)                                   | 28, 25     | 21%, 2%  | 21, 11           | 39, 39           | -                 |
| <b>Interpersonal and social rhythm therapy (IPSRT)</b> |         |     |          |       |         |  |            |          |                  |                  |                   |
| SWARTZ2012   | USA     | 37  | 60%      | 0%    | Ad      | IPSRT versus quetiapine                                      | 14, 11     | 21%, 38% | 6                | 12               | -                 |
| FRANK1999a   | USA     | 35  | 56       | 100%  | A       | IPSRT versus   | 39, 43     | 43%,     | 38, 15           | 123              | -                 |

<sup>3</sup> 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)'.

<sup>4</sup> 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)'.

| Study ID  | Country | Age | % female | % BPI | Phase    | Intervention   | N        | Drop-out | Hours of contact | Duration (weeks) | Follow-up (weeks) |
|---|---------|-----|----------|-------|----------|--|----------|----------|------------------|------------------|-------------------|
|   |         |     |          |       |          | intensive clinical management                          |          | 37%      |                  |                  |                   |
| MIKLOWITZ2007B <sup>5</sup>                       | USA     | 40  | 59%      | 67%   | Ad       | IPSRT versus TAU                                       | 62, 130  | 32%, 30% | 14, 2            | 39, 6            | 52                |
| <b>Collaborative care (psychiatric focus)</b>     |         |     |          |       |          |  |          |          |                  |                  |                   |
| BAUER2006a  | USA     | 47  | 9%       | 87%   | A        | Collaborative care versus TAU                          | 166, 164 | 25%, 15% | NR               | 156              | -                 |
| SIMON2005   | USA     | 44  | 69%      | 76%   | A and M  | Systematic care management program versus TAU          | 212, 229 | NR       | NR               | 52               | -                 |
| KESSING2013                                       | DEN     | 36  | 54%      | NR    | M        | Specialised outpatient mood disorder clinic versus TAU | 72, 86   | 0%, 0%   | NR               | 104/130          | -                 |
| <b>Collaborative care (physical health focus)</b> |         |     |          |       |          |  |          |          |                  |                  |                   |
| FAGIOLINI2009                                     | USA     | 41  | 61%      | 67%   | A and M  | Enhanced clinical intervention versus TAU              | 235, 228 | NR       | NR               | 85               | -                 |
| KILBOURNE2008                                     | USA     | 55  | 9%       | 76%   | A and M  | Collaborative care versus TAU                          | NR       | NR       | NR               | 26               | -                 |
| KILBOURNE2012                                     | USA     | 45  | 61%      | NR    | A and M  | Collaborative care versus TAU                          | 34, 34   | NR       | NR               | 30               | 52                |
| <b>Integrated group therapy (IGT)</b>             |         |     |          |       |          |  |          |          |                  |                  |                   |
| WEISS2007   | USA     | 42  | 52%      | 81%   | Ad and M | IGT versus drug counselling                            | 31, 31   | 23%, 45% | 20, 20           | 20, 20           | 35                |
| WEISS2009   | USA     | 38  | 41%      | 79%   | Ad and M | IGT versus drug counselling                            | 31, 30   | 19%, 20% | 12, 12           | 12, 12           | 26                |

<sup>5</sup> 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)'.

*Psychological and psychosocial interventions – study characteristics*

| Study ID  | Country | Age | % female | % BPI | Phase | Intervention         | N        | Drop-out    | Hours of contact | Duration (weeks) | Follow-up (weeks) |
|---|---------|-----|----------|-------|-------|----------------------|----------|-------------|------------------|------------------|-------------------|
| <b>Integrated cognitive and interpersonal therapy (IC and IT)</b> |         |     |          |       |       |                      |          |             |                  |                  |                   |
| SCHWANNAUER2007   | GBR     | 37  | 48%      | 95%   | NR    | IC and IT versus TAU | 106, 106 | 23%,<br>17% | 25               | 20               | 46, 98            |