Supplementary Materials

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| **Table 3 Overview of variables and measurements** |
| Variables | Measurements | Assessment method | Total score range and interpretation |
| Activities of daily living (observer/performance- based functioning) | AMPS (Process) | Observation-based (performance based) | (-4)-3 Higher scores = better functioning |
|  | AMPS (Motor) | Observation-based (performance based) | (-3)-4 Higher scores = better functioning |
| Patient-reported functioning | WHODAS | Questionnaire | 0-100 Higher scores = worse functioning |
| Clinician rated/interview based functioning | FAST | Interview | 0-72 Higher scores = worse functioning |
|  | ADL-I | Interview | (-5.84)-6.41 Higher scores = better functioning |
| Patient reported stress | PSS | Questionnaire | 0-40 Higher scores = more stress |
| Quality of life | WHOQOL | Questionnaire | 0-100a Higher scores = better quality of life |
| Cognitive performance | SCIP | Performance based | 0-Ꚙb Higher scores = better cognitive performance |
|  | Trail Making Test A and B | Performance based | 0c-600 Higher scores = better cognitive performance |
| Patient-reported cognition | COBRA | Questionnaire | 0-48 Higher scores = more cognitive impairment |
| Depressive symptoms severity | HDRS-17 | Interview | 0-52 Higher scores = more symptoms |
| Manic symptoms severity | YMRS | Interview | 0-60 Higher scores = more symptoms |
| AMPS, Assessment of Motor and Process Skills; WHODAS, World Health Organization Disability Assessment Schedule 2.0; FAST, Functional Assessment Short Test; ADLI, Activities Of Daily Living Interview; PSS, Cohen’s Perceived Stress Scale; WHOQoL, World Health Organization Quality of Life; SCIP, Screen for Cognitive Impairment in Psychiatry; COBRA, Cognitive complaints in bipolar disorder rating assessment; HDRS-17, The 17-item Hamilton Depression Rating Scale; YMRS, Young Mania Rating Scale. |
| a. Score is calculated for each of the four domains, with no total score combining the domains |
| b. No theoretical upper range |
| c. Theoretical lower range |  |  |  |

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| **Table 4 Content of treatment during the intervention period for completers of the study in the AWARE and TAU group**  |  |
|  | AWARE (n=49) | TAU (n=46) | p= (two-sided) |
| AWARE sessions completed, median [IQR] (Range) | 12 [4] (6-18) | - |  |
| Patients treated in psychiatric secondary care setting, n (%) | 40 (81.63) | 35 (76.09) | 0.508 |
| Number of secondary care visits/sessions, median [IQR] (Range) | 6 [10] (0-24) | 10 [12] (0-31) | 0.477 |
| Number of secondary care phone consultations, median [IQR] (Range) | 1 [2] (0-15) | 1 [2] (0-12) | 0.846 |
| Patients treated in psychiatric primary care setting, n (%) | 6 (12.24) | 7 (15.22) | 0.674 |
| Patients not treated in psychiatric primary or secondary care settings, n (%) | 2 (4.08) | 0 | 0.166 |
| AWARE, Affective disorders: eliminate WArning signs And REstore functioning; TAU, Treatment As Usual; IQR, Interquartile Range |

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| **Table 5 Comparison of baseline sociodemographic and clinical variables between patients in TAU with and without study dropout on primary endpoint (AMPS)** |
|  | Dropuot n=15 | Completion n=38 | p= (Two-sided) |
| Age, mean (s.d.) | 42.20 (14.05) | 39.03 (11.61) | 0.201a |
| Sex, female, n (%) | 8 (53.33) | 26 (68.42) | 0.302b |
| Education years, mean (s.d.) | 13.20 (2.66) | 14.08 (2.77) | 0.298a |
| Marital status yes, n (%) | 3 (20,00) | 11 (28.95) | 0.732c |
| Employment status "employed", n (%) | 4 (26.67) | 11 (28.95) | 0.868c |
| **Diagnosis:** |  |  |  |
| Unipolar, n (%) | 5 (33.33) | 12 (31.58) | 0.902b |
| Bipolar, n (%) | 10 (66.67) | 26 (68.42) | 0.902b |
| Age at illness onset, mean (s.d.) | 19.47 (9.60) | 20.68 (8.24) | 0.646a |
| **Number of episodes:** |  |  |  |
| Depressive, median [IQR] | 9 [14] | 9 [11] | 0.931a |
| Manic (only for Bipolar 1), median [IQR] | 2 [4] | 1 [8] | 0.567a |
| Hypomanic (only for Bipolar 1 and 2), median [IQR] | 10 [14] | 10 [10] | 0.767a |
| **Clinical:** |  |  |  |
| Time in remission/partial remission months, mean (s.d.) | 4.80 (5.20) | 6.42 (8.96) | 0.515a |
| HDRS-17 total score, mean (s.d.) | 10.00 (2.83) | 9.66 (2.90) | 0.698a |
| YMRS total score, mean (s.d.) | 2.87 (2.45) | 3.03 (2.56) | 0.837a |
| Psychiatric comorbidity, n (%) | 3 (20.00) | 10 (26.32) | 0.736c |
| Previous suicide attempts, n (%) | 5 (33.33) | 11 (28.95) | 0.754b |
| Previeous received ECT, n (%) | 1 (6.67) | 2 (5.26) | 0.842c |
| Previeous hospitalisation, n (%) | 10 (66.67) | 14 (36.84) | 0.049b |
| Number of hospitalisations, median [IQR] | 1 [3] | 0 [1] | 0.097a |
| FAST total, mean (s.d.) | 38.07 (9.33) | 34.52 (10.50) | 0.260a |
| SCIP total, mean (s.d.) | 61.40 (11.70) | 70.37 (11.80) | 0.016a |
| Body mass index, mean (s.d.) | 29.38 (5.19) | 28.87 (7.52) | 0.811a |
| Medical comorbidity (yes), n (%) | 7 (46.67) | 24 (63.16) | 0.272b |
| WHODAS, mean (s.d.) | 37.55 (17.56) | 40.22 (15.74) | 0.592a |
| PSS, mean (s.d.) | 21.53 (4.61) | 20.87 (6.40) | 0.716a |
| **Current medication:** |  |  |  |
| Lithium, n (%) | 6 (40.00) | 14 (36.84) | 0.831b |
| Antipsychotics, n (%) | 6 (40.00) | 16 (42.10) | 0.889b |
| Antidepressants, n (%) | 6 (40.00) | 16 (42.10) | 0.889b |
| Anticonvulsics, n (%) | 7 (46.67) | 19 (50.00) | 0.827b |
| Benzodiazepines, n (%) | 1 (6.67) | 10 (26.32) | 0.149c |
| Others, n (%) |  |  |  |
| **AMPS baseline** |  |  |  |
| Process, mean (s.d.) | 1.24 (0.34) | 1.26 (0.27) | 0.862a |
| Motor, mean (s.d.) | 2.17 (0.32) | 2.09 (0.33) | 0.441a |
| **Endpoint** |  |  |  |
| FAST total, mean (s.d.)d | 45.40 (8.73)e | 34.75 (14.02)f | 0.108a |
| HDRS-17 total score, mean (s.d.)d | 14.80 (5.76)e | 9.19 (5.57)f | 0.042a |
| WHODAS, mean (s.d.)d | 37.92 (17.92)g | 34.70 (16.35)h | 0.590a |
| PSS, mean (s.d.)d | 21.70 (6.80)g | 20.11 (6.90)h | 0.519a |
| TAU, Treatment As Usual; IQR, Interquartile Range; HDRS-17, The 17-item Hamilton Depression Rating Scale; YMRS, Young Mania Rating Scale; ECT, Electroconvulsive Therapy; FAST, Functioning Assessment Short Test; SCIP, Screen for Cognitive Impairment in Psychiatry; WHODAS, World Health Organization Disability Assessment Schedule 2.0; PSS, Cohen’s Perceived Stress Scale; AMPS, Assessment of Motor and Process Skills. |
| a. independent samples t-test |  |  |  |
| b. Pearson chi-square |  |  |  |
| c. Fishers Exact Test |  |  |  |
| d. score at endpoint |  |  |  |
| e. based on n=5 |  |  |  |
| f. based on n=36 |  |  |  |
| g. based on n=10 |  |  |  |
| h. based on n=37 |  |  |  |

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| **Table 6 Data on sociodemographics, clinical status and outcome measures at follow-up/endpoint** |
|  | AWARE n=49 | TAU n=47 |
| **Sociodemographic:** |  |  |
| Employment status "employed", n (%) | 12 (24.49) | 10 (24.39)a |
| **Number of episodes:** |  |  |
| Depressive, median [IQR] | 11 [13] | 11 [13]b |
| Manic (only for Bipolar 1), median [IQR] | 2 [4]c | 1 [5]d |
| Hypomanic (only for Bipolar 1 and 2), median [IQR] | 13 [20]e | 10 [11]f |
| **Clinical:** |  |  |
| Time in remission/partial remission months, mean (s.d.) | 6.44 (7.25) | 5.83 (6.44)b |
| HDRS-17 total score, mean (s.d.) | 9.55 (6.43) | 9.88 (5.82)a |
| YMRS total score, mean (s.d.) | 2.02 (2.45) | 2.15 (2.99)a |
| Previeous hospitalisation, n (%) | 30 (61.22) | 18 (42.86)b |
| Number of hospitalisations, median [IQR] | 1 [3] | 0 [2]b |
| FAST total, mean (s.d.) | 31.04 (12.97) | 36.05 (13.86)a |
| SCIP total, mean (s.d.) | 71.11 (15.57)g | 68.97 (14.65)h |
| Body mass index, mean (s.d.) | 28.73 (7.12)i | 28.90 (6.86)j |
| **Current medication:** |  |  |
| Lithium, n (%) | 17 (34.69) | 18 (39.13)k |
| Antipsychotics, n (%) | 24 (48.98) | 15 (32.61)k |
| Antidepressants, n (%) | 21 (42.86) | 18 (39.13)k |
| Anticonvulsics, n (%) | 28 (57.14) | 17 (36.96)k |
| Benzodiazepines, n (%) | 15 (30.61) | 10 (21.74)k |
| Others, n (%) | 33 (67.35) | 28 (60.87)k |
| **Outcomes** |  |  |
| AMPS Process, mean (s.d.) | 1.59 (0.46)i | 1.52 (0.49)h |
| AMPS Motor, mean (s.d.) | 2.32 (0.61)i | 2.33 (0.49)h |
| WHODAS, mean (s.d.) | 36.22 (19.92)i | 35.39 (16.55) |
| WHOQoL Physical, mean (s.d.) | 57.22 (19.03)i | 59.35 (16.31) |
| WHOQoL Psych, mean (s.d.) | 43.23 (21.64)i | 43.88 (17.29) |
| WHOQoL Social, mean (s.d.) | 53.30 (22.00)i | 49.29 (22.44) |
| WHOQoL Environment, mean (s.d.) | 67.06 (18.45)i | 64.23 (16.14) |
| PSS, mean (s.d.) | 19.13 (8.27)i | 20.45 (6.84) |
| ADLI, mean (s.d.) | 2.68 (1.05)i | 2.70 (1.21)h |
| Trail Making A, mean (s.d.) | 36.00 (26.83)g | 37.66 (19.91)h |
| Trail Making B, mean (s.d.) | 95.11 (82.15)g | 84.57 (38.81)h |
| AWARE, Affective disorders: eliminate WArning signs And REstore functioning; TAU, Treatment As Usual; IQR, Interquartile Range; HDRS-17, The 17-item Hamilton Depression Rating Scale; YMRS, Young Mania Rating Scale; FAST, Functioning Assessment Short Test; SCIP, Screen for Cognitive Impairment in Psychiatry; AMPS, Assessment of Motor and Process Skills; WHODAS, World Health Organization Disability Assessment Schedule 2.0; WHOQoL, World Health Organization Quality of Life; PSS, Cohen’s Perceived Stress Scale; ADLI, Activities Of Daily Living Interview. |
| a. based on n=41 |  |  |
| b. based on n=42 |  |  |
| c. based on n=10 |  |  |
| d. based on n=9 |  |  |
| e. based on n=34 |  |  |
| f. based on n=30 |  |  |
| g. based on n=47 |  |  |
| h. based on n=38 |  |  |
| i. based on n=48 |  |  |
| j. based on n=39 |  |  |
| k. based on n=46 |  |  |