

## Data supplement

Table DS1 Study characteristics: mood stabilising medication for treatment of acute bipolar depression

Study	Participants <i>n</i>	Bipolar disorder type <sup>a</sup>	Duration, weeks	Treatment, dosage	Comparator, dosage	Jadad Score	Response criteria	Remission criteria
Mood stabiliser v. placebo Calabrese <i>et al.</i> <sup>19</sup> (1999)	195	All bipolar I	7	Lamotrigine 50 mg/d Lamotrigine 200 mg/d (both fixed dosage)	Placebo	5	≥50% reduction from baseline score on MADRS or HRSD (17 item) or CGI-I of much or very much improved	N/A
Tohen <i>et al.</i> <sup>20</sup> (2003) (also contains data on combination treatment)	833	All bipolar I	8	Olanzapine 5–20 mg/d (mean = 9.7, s.d. = NR)	Placebo Olanzapine/fluoxetine combination (mean dosage: 7.4 mg/d 39.3 mg/d, s.d. = NR) Placebo	6	≥50% reduction from baseline score on MADRS (had to complete ≥4 weeks of study)	MADRS ≤ 12 (had to complete ≥4 weeks of study)
Davis <i>et al.</i> <sup>21</sup> (2005)	25	All bipolar I	8	Valproic acid (mean level 80.1 mcg/ml)	Placebo	4	N/A	> 50% reduction from baseline score on HRSD and HRSD < 9
Calabrese <i>et al.</i> <sup>22</sup> (2005)	542	Bipolar I & II	8	Quetiapine 300 mg/d Quetiapine 600 mg/d (both fixed dosage)	Placebo	6	≥50% reduction from baseline score on MADRS	MADRS ≤ 12
Amsterdam & Shults <sup>23</sup> (2005) (also contains data on combination and antidepressant treatment)	34	Bipolar I & II	8	Olanzapine 5–20 mg/d (mean = 6.6)	Placebo Fluoxetine 10–30 mg/d (mean = 17.8 mg/d) Olanzapine/fluoxetine combination 5–15/10–40 mg/d (mean = 7.1/18)	3	N/A	N/A
Thase <i>et al.</i> <sup>24</sup> (2006)	509	Bipolar I & II	8	Quetiapine 300 mg/d, quetiapine 600 mg/d (both fixed dosage)	Placebo	6	≥50% reduction from baseline score on MADRS	MADRS ≤ 12
Ghaemi <i>et al.</i> <sup>25</sup> (2007)	18	Bipolar I, II & NOS	6	Valproic acid (mean level 70.3 ng/dl)	Placebo	5	≥50% reduction from baseline score on MADRS	N/A
Zhang <i>et al.</i> <sup>26</sup> (2007) (also contains data on combination treatment)	124	Bipolar I, II & NOS	12	Carbamazepine up to 800 mg/d (mean = 452.2, s.d. = 70.1)	Placebo Carbamazepine up to 800 mg/d plus Chinese herbal remedy (mean dosage: 451.3 mg/d)	5	≥50% reduction from baseline score on HRSD	N/A
Calabrese <i>et al.</i> <sup>27</sup> (2008) Study 2	206	Bipolar I & II	10	Lamotrigine 100–400 mg/d	Placebo	4	≥50% reduction from baseline score on MADRS and HRSD (17-item) and CGI-I of much or very much improved	N/A
Calabrese <i>et al.</i> <sup>27</sup> (2008) Study 3	257	Bipolar I only	8	Lamotrigine 200 mg/d (fixed dosage)	Placebo	4	As in Calabrese <i>et al.</i> (2008) Study 2	N/A
Calabrese <i>et al.</i> <sup>27</sup> (2008) Study 4	221	Bipolar II only	8	Lamotrigine 200 mg/d (fixed dosage)	Placebo	4	As in Calabrese <i>et al.</i> (2008) Study 2	N/A
Calabrese <i>et al.</i> <sup>27</sup> (2008) Study 5	259	Bipolar I only	8	Lamotrigine 200 mg/d (fixed dosage)	Placebo	4	As in Calabrese <i>et al.</i> (2008) Study 2	N/A

(continued)

Table DS1 (continued)

Study	Participants, <i>n</i>	Bipolar disorder type <sup>a</sup>	Duration, weeks	Treatment, dosage	Comparator, dosage	Jadad Score	Response criteria	Remission criteria
Mood stabiliser v. combination treatment Brown <i>et al.</i> <sup>28</sup> (2006)	410	All bipolar I	7	Lamotrigine up to 200 mg/d (mean = 106.4)	Olanzapine/fluoxetine combination at 6/25, 6/50, 12/25, 12/50 mg/d (mean = 10.7, s.d. = 2.4; mean = 38.3, s.d. = 10.5)	5	≥ 50% reduction from baseline score on MADRS or CGI-S ≤ 3	MADRS ≤ 12
Sachs <i>et al.</i> <sup>29</sup> (2007)	366	Bipolar I, II & NOS	26	Lithium, valproic acid, carbamazepine, or an atypical antipsychotic, or combination therapy dosed to effect plus placebo	Lithium, valproic acid, carbamazepine or an atypical antipsychotic plus paroxetine (median dosage 300 mg/d) or bupropion (median dosage 300 mg/d, all dosed to effect)	4	≥ 50% reduction from baseline score on SUM-D without meeting DSM criteria for mania or hypomania	1–7 weeks of euthymia, DSM criteria not met for hypomania or mania
Mood stabiliser v. antidepressant Fieve <i>et al.</i> <sup>30</sup> (1968)	29	Bipolar I only	3	Lithium NR	Imipramine NR	3	N/A	N/A
Young <i>et al.</i> <sup>31</sup> (2000)	27	Bipolar I & II	6	Lithium (mean dosage: 1300 mg/d, s.d. = 240) or valproic acid (mean dosage: 1200 mg/d, s.d. = 210) at therapeutic levels (added to existing regimen)	Paroxetine (mean dosage: 36 mg/d, s.d. = 12) (added to existing regimen)	5	N/A	N/A
Schaffer <i>et al.</i> <sup>32</sup> (2006)	20	Bipolar I & II	12	Lamotrigine up to 200 mg/d (mean = 100 mg/d, s.d. = 61.2 in those not taking concurrent VPA; 81.3 mg/d, s.d. = 37.5 in those taking concurrent VPA) (added to existing regimen)	Citalopram up to 50 mg/d (mean = 21, s.d. = 7.4) (added to existing regimen)	5	≥ 50% reduction from baseline score on MADRS without switch to mania or hypomania	MADRS ≤ 8
Shelton & Stahl <sup>33</sup> (2004) (also contains data on combination treatment)	30	Bipolar I & II	12	Risperidone 1–4 mg/d (mean = 2.15 mg/d, s.d. = 1.2) plus placebo	Paroxetine plus placebo (mean dosage: 35 mg/d, s.d. = 21.2) Risperidone/paroxetine combination (mean dosage: 1.16 mg/d, s.d. = 0.67/22 mg/d, s.d. = 12.3)	4	≥ 50% reduction from baseline score on HRSD (17-item) and 1 or 2 on CGI-S	HRSD ≤ 7 and no longer meeting DSM criteria for MDE

MADRS, Montgomery-Åsberg Depression Rating Scale; HRSD, Hamilton Rating Scale for Depression; MDE, major depressive episode; N/A, not applied; NR, not reported; CGI-I/S, Clinical Global Impressions scale for Improvement/Severity; SUM-D: Continuous Symptom Scales for depression recorded from the Structured Clinical Interview for DSM-IV; NOS, not otherwise specified; VPA, valproic acid.  
a. All diagnosed using DSM criteria except for Sachs *et al.*<sup>29</sup>