

Table DS1 Included studies (n=97)

	Full reference	Country	Method	Quality rating
1	Provencher H, Gregg R, Mead S, Mueser K. The role of work in the recovery of persons with psychiatric disabilities, <i>Psychiatr Rehab. J</i> , 2002, <b>26</b> (2), 132-144.	USA	Semi-structured individual interviews (n=14 participants with psychiatric disabilities)	13/25
2	Kelly M, Gamble C. Exploring the concept of recovery in schizophrenia, <i>J Psychiatr Ment Health Nurs</i> . 2005 Aug; <b>12</b> (4):386.	Unclear	Literature review	Not rated
3	Noiseux S, Ricard N. Recovery as perceived by people with schizophrenia, family members and health professionals: A grounded theory. <i>Int. J of Nurs. Studies</i> , 2008, <b>45</b> (8), 1148-1162	Canada	Semi-structured interviews and field notes (n=41 people with schizophrenia, family members and health professionals)	18/25
4	Social Care Institute for Excellence, A common purpose: Recovery in future mental health services, 2007.	UK	Literature review	Not rated
5	Schon UK, Denhov A, Topor A. Social relationships as a decisive factor in recovering from severe mental illness, <i>Int. J of Soc Psychiatry</i> , 2009, <b>55</b> (4) 336-347.	Sweden	Interviews (n=58 people who had recovered from serious mental illness)	13/25
6	Smith M. Recovery from severe psychiatric disability: Findings of a qualitative study, <i>Psychiatr Rehab. J</i> , 2000, <b>24</b> (2), 149-158	USA	Semi-structured interviews (n=10 participants with serious mental illness)	13/25
7	Tooth B, Kalyanasundaram V, Glover H, Momenzadah S. Factors consumers identify as important to recovery from schizophrenia, <i>Australasian Psychiatry</i> , 2003, <b>11</b> (1), 70-77.	Australia	Focus groups (n=57 people in recovery from schizophrenia)	12/25
8	Libermann R, Kopelowicz A, Ventura J, Gutkind D. Operational criteria and factors related to recovery from schizophrenia, <i>Int. Review of Psychiatry</i> , 2002a. <b>14</b> (4), 256-272.	USA	Literature review, focus groups, case vignettes of people recovering from schizophrenia	Not rated
9	Ramon S, Healy B, Renouf N. Recovery from Mental Illness as an Emergent Concept and Practice in Australia and the UK, <i>Int.. J. Soc Psychiatry</i> , <b>53</b> , 108-122.	UK and Australia	Literature review	Not rated
10	Mancini MA. A qualitative analysis of turning points in the recovery process, <i>American J of Psychiatr Rehab.</i> , 2007, <b>10</b> (3), 223-244.	USA	Semi-structured interviews (n=16 participants recovering from serious psychiatric disability)	13/25
11	Mezzina R, Davidson L, Borg M, Marin I, Topor A, Sells D. The social nature of recovery: Discussion and implications for practice, <i>American J of Psychiatr Rehab.</i> 2006, 9(1), 63-80.	Italy and USA	Literature review and conceptual paper	Not rated
12	Fallot R. Spiritual and religious dimensions of mental illness recovery narratives, <i>New directions for mental health services</i> , <b>80</b> , Winter, 1998.	Unclear	Personal narratives and literature review	Not rated
13	Morse G. On being homeless and mentally ill: A multitude of losses and the possibility of recovery, chapter 16, in Harvey J & Miller E (Eds). <i>Loss and trauma: General and close relationship perspectives</i> . New York, US: Brunner-Routledge, 2000	Unclear	Personal narratives and literature review	Not rated
14	<i>Emerging best practices in mental health recovery</i> , National Institute for Mental Health in England., Great Britain. National Health Service, 2004.	UK	Based on Ohio Department of Mental Health work on the meaning and process of recovery.	Not rated
15	Piat M, Sabetti J, Couture A, Sylvestre J, Provencher H, Botschner J, Stayner D. What does recovery mean for me? Perspectives of Canadian mental health consumers, <i>Psychiatr Rehab. J</i> , 2009, <b>32</b> (3), 199-207.	Canada	Qualitative interviews (n= 60 consumers of mental health services)	18/25

16	Davidson L, O'Connell M, Staeheli M, Weingarten R, Tondora J, Evans A. Concepts of recovery in Behavioral health: History, review of the evidence, and critique, in Davidson L, Rowe M, Tondora J, O'Connell M, Lawless M, <i>A practical guide to recovery-oriented practice</i> . Oxford. Oxford University Press, 2009.	USA	Literature review	Not rated
17	Diamond R. Recovery from a psychiatrist's viewpoint, <i>Postgraduate Medicine</i> , 2006, <b>Sept.</b> Special, 54-62	Unclear	Literature review	Not rated
18	Gagne C, White W, Anthony W. Recovery: A common Vision for the fields of mental health and addiction, <i>Psychiatr Rehab. J</i> , 2007, <b>31</b> (1), 32-37.	USA	Literature review	Not rated
19	Davidson L, O'Connell M, Tondora J, Lawless M, Evans A. Recovery in Serious Mental Illness: A New Wine or Just a New Bottle? <i>Professional Psychology: Research and Practice</i> , <b>36</b> (5), 480-487	USA	Literature review and concept map	Not rated
20	Davidson L, O'Connell M, Staeheli M, Weingarten R, Tondora J, Evans A A model of being in recovery as a foundation for recovery-oriented practice, in Davidson L, Rowe M, Tondora J, O'Connell M, Lawless M <i>A practical guide to recovery-oriented practice</i> . Oxford. Oxford University Press, 2009.	USA	Interviews (n=100 consumers and people who have lived with mental illness)	Not rated
21	Slade M. 'Recovery-focussed mental health services: The personal recovery framework', in <i>Personal recovery and mental illness: A guide for mental health professionals</i> , Cambridge University Press, 2009.	UK	Literature review	Not rated
22	Repper J, Perkins R. 'The individual's recovery journey: towards a model for mental health practice, in Repper, J. & Perkins, R. <i>Social inclusion and recovery: a model for mental health practice</i> , Bailliere Tindall, 2003.	UK	Literature review	Not rated
23	Markowitz FE. Sociological Models of Recovery, chapter 4, in Ralph, R. & Corrigan, P. <i>Recovery in mental illness: Broadening our understanding of wellness</i> . Washington, DC, US: American Psychological Association, 2005.	USA	Literature review	Quality not assessed
24	Ralph R. Verbal Definitions and Visual Models of Recovery: Focus on the Recovery Model, in Ralph R, Corrigan P. <i>Recovery in Mental illness: Broadening our understanding and wellness</i> , Washington, DC, US: American Psychological Association, 2005.	USA	Literature review	Not rated
25	Libermann RP, Kopelowicz A. Recovery from schizophrenia: A challenge for the 21st century, <i>Int. Review of Psychiatry</i> , 2002, 14(4) 245-255.	USA	Literature review	Not rated
26	Libermann R, Kopelowicz A. Open forum. Recovery from schizophrenia: a concept in search of research, <i>Psychiatr Services</i> , 2005, <b>56</b> (6), 735-742	USA	Literature review	Not rated
27	Whitehorn D, Brown J, Richard J, Rui Q, Kopala L Multiple dimensions of recovery in early psychosis, <i>Int. Review of Psychiatry</i> , 2002, 14(4), 273-283.	Canada	Literature review	Not rated
28	Ellis G, King R. Recovery focused interventions: Perceptions of mental health consumers and their case managers. <i>Australian e-J for the Advancement of Ment. Health</i> , 2003, <b>2</b> (2).	Australia	Literature review and piloting of a consumer and case manager questionnaire	Not rated
29	Andresen R, Oades L, Caputi P. The experience of recovery from schizophrenia: towards an empirically validated stage model, <i>Australian &amp; New Zealand J of Psychiatry</i> , 2003, <b>37</b> (5), 586-594.	Australia	Literature review and qualitative analysis	Not rated
30	Torrey W, Wyzik, P. The recovery vision as a service improvement guide for community mental health center providers. <i>Community Ment. Health J</i> , 2000, <b>36</b> (2):209-216.	USA	Opinion piece	Not rated
31	Cleary A, Dowling M. The road to recovery, <i>Ment. Health Practice</i> , 2009, <b>12</b> (5), 28-	Ireland	Literature review	Not rated

	31.			
32	Song L-Y, Shih C-Y. Factors, process and outcome of recovery from psychiatric disability the utility model, <i>Int. J of Social Psychiatry</i> , 2009, <b>55</b> (4), 348-360.	Taiwan	Qualitative interviews (n=15 consumers in recovery and their caregivers)	15/25
33	Resnick S, Fontana A, Lehman A, Rosenheck R. An empirical conceptualization of the recovery orientation, <i>Schizophrenia Research</i> , 2005, <b>75</b> , 119-128.	USA	Survey on the treatment of schizophrenia (n=1,076)	Not rated
34	Jacobson N. Experiencing recovery: A dimensional analysis of recovery narratives, <i>Psychiatr Rehab. J</i> 2001 Winter; <b>24</b> (3):248-56.	USA	Dimensional analysis of 30 narratives of recovery.	Not rated
35	Young S, Ensing D. Exploring recovery from the perspective of people with psychiatric disabilities, <i>Psychiatr Rehab. J</i> , 1999, <b>22</b> (3), 219-231.	USA	Semi-structured interviews (n= 18 people with psychiatric disabilities) and focus groups (n=2, 11 participants in total)	15/25
36	Merryman M, Riegel S. The recovery process and people with serious mental illness living in the community: An occupational therapy perspective, <i>Occupational Therapy in Ment. Health</i> . 2007, <b>23</b> (2), 51-73.	USA	Interviews (n=20 service users)	16/25
37	Ralph R. Recovery, <i>Psychiatr Rehab. Skills</i> , 2000, <b>4</b> (3), 480-517.	USA	Literature review	Not rated
38	Jensen L, Wadkins T. Mental health success stories: finding paths to recovery, <i>Issues in Ment. Health Nurs.</i> , 2007, <b>28</b> (4), 325-340.	USA	Semi-structured interviews (n=20 service users)	13/25
39	Schrank B, Slade M. Recovery in psychiatry, <i>Psychiatr Bulletin</i> , 2007, <b>31</b> (9), 321-325.	Austria, UK	Literature review	Not rated
40	Spaniol S, Wewiorski N, Gagne C, Anthony W. The process of recovery from schizophrenia, <i>Int. review of psychiatry</i> , 2002, <b>14</b> , 327-336.	USA	Interviews (n=12 consumers, conducted every four to eight months, over a 4 year period)	16/25
41	Mental Health Recovery Study Working group, <i>Mental Health 'Recovery': users and refusers. What do psychiatric survivors in Toronto think about Mental Health Recovery?</i> Wellesley Institute, 2009.	Canada	Community-based participatory research approach., focus groups (n=7)	Not rated
42	Hopper K. Rethinking social recovery in schizophrenia: what a capabilities approach might offer, <i>Social Science and Medicine</i> , 2007, <b>65</b> (5), 868-879.	USA	Literature review	Not rated
43	Peden A. Recovering in depressed women: research with Peplau's theory. <i>Nurs Sci Q</i> , 1993, <b>6</b> (3), 140-146	USA	Semi-structured interviews (n= 7 participants recovering from depression)	14/25
44	Bradshaw W, Armour M, Roseborough D. Finding a place in the World: The experience of Recovery from Severe Mental Illness, <i>Qual. Social Work</i> , 2007, <b>6</b> (1), 27-47. Sage Publications, UK.	USA	Semi-structured interviews (n= 45 with severe mental illness, conducted over 3 years)	18/25
45	Sung K, Kim S, Puskar K, Kim E. Comparing Life Experiences of College Students with Differing Courses of Schizophrenia in Korea: Case Studies Perspectives in <i>Psychiatric Care</i> , 2006, <b>42</b> (2), 82-94.	South Korea	In-depth interviews (n= 8 people diagnosed with schizophrenia)	17/25
46	NHS Scotland, Finding strength from within, Report on three local projects looking at mental health and recovery with people from some of black and minority ethnic communities in Edinburgh, 2008.	Scotland	Exploratory community development project (n= 50 people from BME communities with personal experience of recovery)	Not rated
47	Ajayi S, Billsborough J, Bowyer T, Brown P, Hicks A, Larsen J, Mailey P, Sayers R, Smith R. Getting back into the world: Reflections on lived experiences of recovery, <i>Rethink recovery series: 2.</i> , 2009.	UK	Interviews (n=48 people with personal experience of mental illness)	18/25
48	Connecticut Department of Mental Health Addiction Services: Proposed model of mental health recovery and recovery-oriented services, in Davidson L, Rowe M, Tondora J, O'Connell M, Lawless M, <i>A practical guide to recovery-oriented practice</i> . Oxford. Oxford University Press, 2009.	USA	Position paper	Not rated

49	Mancini A. Self-determination theory: A framework for the recovery paradigm, <i>Adv. in Psychiatr Treatment</i> .2008, <b>14</b> (5),358-365.	USA	Literature review	Not rated
50	Armour M, Bradshaw W. Roseborough D. African Americans and recovery from severe mental illness, <i>Social Work in Ment. Health</i> , 2009, <b>7</b> (6), 602-622.	USA	Semi-structured interviews (n=9 African-American with serious and persistent mental illness, conducted with each participant 3 times)	11/25
51	Davidson L, Andres-Hyman R, Bedregal L, Tondora J, Fry J, Kirk T. From 'Double trouble to Dual recovery': Integrating models of recovery in addiction and mental health, <i>J of Dual Diagnosis</i> , <b>4</b> (3), 2008, 273-290.	USA	Literature review and consultation (n=45 people with addictions or in recovery from serious mental illness.	8/25
52	Sullivan W. A long and winding road: The process of recovery from severe mental illness, in Spaniol L, Gagne C, Koehler M, (eds) <i>Psychological and social aspects of Psychiatr disabilities</i> , Boston University Center, 1997.	USA	Semi-structured interviews (n=46 current and former service users)	13/25
53	Mancini M. Consumer-providers' theories about recovery from serious psychiatric disabilities, chapter 2, from Rosenberg, <i>Community Mental Health: Challenges for the 21st Century</i> , Routledge, 2006.	USA	Semi-structured interviews (n=15 people diagnosed with a psychiatric disability who also provide peer-support services to others)	11/25
54	Ridge D, Ziebland S. "The old me could never have done that": how people give meaning to recovery following depression, <i>Qual. Health Research</i> , 2006, <b>16</b> (8), 1038-1053.	UK	Open-ended interviews (n=38 people who have had depression)	CHECK RATS
55	Sydney West Area Health Service, (2008) Maintaining wellness and promoting recovery, sections 4-6, in <i>The wellness guide – a resource to support the recovery journey</i> , March 2008.	Australia	Part of a Wellness Guide developed in partnership between consumers and clinicians.	
56	Armstrong N, Steffen J. The Recovery Promotion Fidelity Scale: Assessing the organizational promotion of recovery, <i>Community Ment. Health J</i> , 2009, <b>45</b> (3), 163-170.	USA	Literature review and concept mapping (n=5 focus groups) and survey	16/25
57	Noordsy D, Toeey W, Mueser K, O'Keefe C, Fox L. Recovery from severe mental illness: an intrapersonal and functional outcome definition, <i>Int. Review of Psychiatry</i> , 2002, <b>14</b> , 318-326.	USA	Focus groups and observation	Not rated
58	Forchuk C, Jewell J, Tweedell D, Steinnage IL. Reconnecting the client experience of recovery from psychosis, <i>Perspectives in Psychiatr Care</i> , 2003, <b>39</b> (4) 141-150.	Canada	Interviews and observation (n=10 patients over the initial year of treatment with clozapine or risperidone)	16/25
59	Baxter E, Diehl S. Emotional stages: Consumers and family members recovering from the trauma of mental illness, <i>Psychiatr Rehab. J</i> , 1998, <b>21</b> (4), 349-355.	USA	Interviews (n=40 consumers)	11/25
60	Oades L, Deane F, Crowe T, Lambert W, Kavanagh D, Lloyd C. Collaborative recovery: An integrative model for working with individuals who experience chronic and recurring mental illness. <i>Australasian Psychiatry</i> , 2005, <b>13</b> (3), 279-284.	Australia	Multi-site study in 9 organisations	Not rated
61	Glover H. Lived experience perspectives, in <i>Handbook of psychosocial rehabilitation</i> , King R, Lloyd C, Meehan T, Wiley-Blackwell, 2007.	Australia	Literature review and personal narrative	Not rated
61	Ridgeway P. Re-Storying psychiatric disability: Learning from first person recovery narratives, <i>Psychiatr Rehab. J</i> , 2001, <b>24</b> (4), 335-343	USA	Grounded theory analysis of 4 existing 'seminal' narratives	17/25
63	Bonney S, Stickley T. Recovery and mental health: A review of the British literature, <i>J of Psychiatr and Ment. Health Nurs.</i> , 2008, <b>15</b> (2), 140-153.	UK	Literature review	Not rated
64	Mead S, Copeland M. What recovery means to us: Consumers' perspectives,	USA	Personal narratives and opinion piece	8/25

	<i>Community Ment. Health J</i> , 2000, <b>36</b> (3), 315-328.			
65	Sowers W. Transforming systems of care: the American Association of Community Psychiatrists guidelines for recovery oriented services, <i>Community Ment. Health J</i> , 2005, <b>41</b> (6), 757-774	USA	Literature review	Not rated
66	Plum K. How patients view recovery: what helps, what hinders, <i>Archives of Psychiatr Nurs.</i> , 1987, <b>1</b> (4), 285-293.	USA	Analysis of narratives (n=20)	13/25
67	Ahern L, Fisher D. Recovery at your own PACE (Personal Assistance in Community existence). <i>J of Psychosocial Nurs. &amp; Ment. Health Services</i> , 2001, <b>39</b> (4), 22-32.	USA	Literature review and qualitative research	Not rated
68	Jacobson N, Curtis L. Recovery as policy in mental health services: Strategies emerging from the states, <i>Psychiatr Rehab. J</i> , 2000, <b>23</b> (4), 333-341.	USA	Literature review	Not rated
69	Lunt A. A theory of recovery. <i>J of Psychosocial Nurs. &amp; Ment. Health Services</i> , 2002, <b>40</b> (12), 32-39.	USA	Literature review and opinion piece	Not rated
70	Nicholls V. <i>Feeding the flowers: SPN perspective on recovery</i> , 2007.	UK	Literature review and qualitative research	Not rated
71	Ralph R, Risman J, Kidder, K. <i>The Maine contingent of the recovery advisory group</i> , May, 1999.	USA	Personal narratives and literature review	6/25
72	Mental Health Providers Forum, <i>The recovery star model</i> , 2008.	UK	Measure development	Not rated
73	Mental health providers forum, <i>The recovery star model and cultural competency</i> , BAME Pilot Report, 2009.	UK	Pilot study to test measure with BME population	Not rated
74	Brown M, Essien P, Etim-Ubah P et al. <i>Report of the community led research project focussing on male African and African Caribbean perspectives on recovery</i> , Southside Partnership Fanon, 2008.	UK	Semi-structured interviews and questionnaires (n=91)	20/25
75	Mancini M, Hardiman E, Lawson H. Making Sense of It All: Consumer Providers' Theories about Factors Facilitating and Impeding Recovery from Psychiatric Disabilities, <i>Psychiatr Rehab. J</i> , 2005, <b>29</b> (1), 48-55.	USA	Semi-structured interviews (n=15 adults recovering from serious psychiatric disability and leading consumer provision of mental health services)	14/25
76	Bradstreet S, Brown W. Elements of recovery: Int. learning and the Scottish context, <i>SRN Discussion Paper Series Report No. 1</i> . 2004.	UK	Literature review	Not rated
77	Jacobson N, Greenley D. ( 2001) What is recovery? A conceptual model and explication. <i>Psychiatr Services</i> , <b>52</b> (4), 482-485.	USA	Synthesis of consumer narratives	Not rated
78	Lapsley H, Waimarie Nikora L, Black R. <i>Kia Mauri Tau! Narratives of recovery from disabling mental health problems</i> . Report of the University of Waikato Mental Health Narratives Project. Wellington: Mental Health Commission, 2002.	New Zealand	Interviews (n=40 who once had a disabling mental health problem)	20/25
79	Jenkins J, Carpenter-Song E. The new paradigm of recovery from schizophrenia: cultural conundrums of improvement without cure, <i>Culture, Medicine and Psychiatry</i> , 2006, <b>29</b> (4), 379-414.	USA	Interviews (n=90 people attending community out-patient clinics)	18/25
80	Barton R. The rehabilitation-recovery paradigm: A statement of philosophy for a public mental health system, <i>Psychiatr Rehab. Skills</i> , 1998, <b>2</b> (2), 171-187.	USA	Literature review	Not rated
81	Spaniol L, Gagne C, Koehler M. The recovery framework in rehabilitation and mental health, chapter 4, in Moxley, D. & Finch, J. <i>Sourcebook of rehabilitation and mental health practice</i> . New York, US: Kluwer Academic/Plenum, 2003.	USA	Literature review	Not rated
82	Glover H. Recovery based service delivery: Are we ready to transform the words into a paradigm shift? <i>Australian e-J for the Advancement of Ment. Health</i> , 2005, <b>4</b> (3), 1-4.	Australia	Opinion piece	Not rated

83	Irish Mental Health Commission. <i>A recovery approach within the Irish mental health services: A framework for development</i> , 2008.	Ireland	Literature review	Not rated
84	Ochocka J, Nelson G, Janzen R. Moving Forward: Negotiating Self and External Circumstances in Recovery, <i>Psychiatr Rehab. J</i> , 2005, <b>28</b> (4), 315-322.	Canada	In-depth interviews (n=28 people who had experienced serious mental health problems)	14/25
85	Brown W. The possibility of wellness, <i>Ment. Health Today</i> , 2007, <b>Sept.</b> 23-26.	Scotland	Semi-structured interviews (n=64)	12/25
86	Steen M. Essential structure and meaning of recovery from clinical depression for middle-adult women: a phenomenological study, <i>Issues in Ment. Health Nurs.</i> , 1996, <b>17</b> (2), 73-92.	USA	Interviews (n=22 participants with clinical, unipolar depression)	13/25
87	Fisher D. Healthcare reform based on an empowerment model of recovery by people with psychiatric disabilities, <i>Hospital and community psychiatry</i> , 1994, <b>45</b> (9), 913-915.	USA	Opinion paper	Not rated
88	Substance Abuse and Mental Health Service Administration, <i>National Consensus statement on mental health recovery</i> , 2004.	USA	Consensus methods (n= 110 expert panellists)	Not rated
89	Onken S, Craig C, Ridgway P, Ralph R, Cook J. An analysis of the definitions and elements of recovery: A review of the literature. <i>Psychiatr Rehab. J</i> , <b>31</b> (1), 9-22. 2007	USA	Literature review	Not rated
90	Anthony W. Recovery from mental illness: The guiding vision of the mental health service system in the 1990s, <i>Psychosocial Rehab. J</i> , 1993, <b>16</b> (4), 11-23.	USA	Opinion piece and literature review	Not rated
91	Pitt L, Kilbride M, Nothard S, Welford M, Morrison A. Researching recovery from psychosis: a user-led project, <i>Psychiatr Bulletin</i> , 2007, <b>31</b> , 55 - 60.	UK	User-led interview study (n= 7 people in recovery)	19/25
92	Anderson B, Munchel W. <i>Opportunity on the doorstep: recovery-oriented leadership</i> , 2005 Village ISA and Community Activators, Inc.	USA	Opinion piece	Not rated
93	Borg M, Davidson, L. The nature of recovery as lived in everyday experience, <i>J of Ment. Health</i> , 2008, <b>17</b> (2), 129-140.	Norway	Interviews (n=13 individuals in recovery)	14/25
94	Asmundsdottir E. Creation of New Services: Collaboration Between Mental Health Consumers and Occupational Therapists, <i>Occupational Therapy in Ment. Health</i> , 2009, <b>25</b> (2), 115-126.	Iceland	Interviews and focus groups (n=25)	14/25
95	Davis E, Velleman R, Smith G, Drage M. Psychosocial developments: Towards a model of recovery, in Velleman R, Davies E, Smith G, & Drage M. (eds.) <i>Changing outcomes in Psychosis, Collaborative cases from practitioners, users and carers</i> , pp1-21., BPS Blackwell, 2006.	UK	Literature review	Not rated
96	Warren K. <i>Exploring the concept of recovery from the perspective of people with mental health problems</i> . Norwich School of Social Work and Psychosocial Studies, University of East Anglia, 2003.	UK	Literature review, narrative analysis, interviews	9/25
97	Piat M, Sabetti J, Bloom D. The importance of medication in consumer definitions of recovery from serious mental illness: A qualitative study, <i>Issues in Ment. health Nurs.</i> , 2009, <b>30</b> (8), 482-490.	Canada	Semi-structured interviews (n= 54 consumers of mental health services)	18/25

For full list of excluded studies, please contact Dr Mary Leamy (mary.leafy@kcl.ac.uk).

**Table DS2 Vote counting of recovery processes**

<b>Recovery processes</b>	<b>Number (%) of 87 studies</b>
<b>Category 1: Connectedness</b>	<b>75 (86%)</b>
<i>1.1 Peer support and support groups</i>	39 (45%)
1.1.1 Availability of peer support	22 (25%)
1.1.2 Becoming a peer support worker or advocate	17 (20%)
<i>1.2 Relationships</i>	33 (38%)
1.2.1 Building upon existing relationships	19 (22%)
1.2.2 Intimate relationships	9 (10%)
1.2.3 Establishing new relationships	8 (9%)
<i>1.3 Support from others</i>	53(61%)
1.3.1 Support from professionals	42 (48%)
1.3.2 Supportive people enabling the journey	27 (31%)
1.3.3 Family support	26 (30%)
1.3.4 Friends and peer support	18 (21%)
1.3.5 Active or practical support	4 (5%)
<i>1.4 Being part of the community</i>	35 (40%)
1.4.1 Contributing and giving back to the community	21 (24%)
1.4.2 Membership of community organisations	13 (15%)
1.4.3 Becoming an active citizen	11 (13%)
<b>Category 2: Hope and optimism about the future</b>	<b>69 (79%)</b>
<i>2.1 Belief in possibility of recovery</i>	30 (34%)
<i>2.2 Motivation to change</i>	15 (17%)
<i>2.3 Hope-inspiring relationships</i>	12 (14%)
2.3.1 Role-models	8 (9%)
<i>2.3 Positive thinking and valuing success</i>	10 (11%)
<i>2.4 Having dreams and aspirations</i>	7 (8%)
<b>Category 3: Identity</b>	<b>65 (75%)</b>
<i>3.1 Dimensions of identity</i>	8 (9%)
3.1.1 Culturally specific factors	7 (8%)
3.1.2 Sexual identity	2 (2%)
3.1.3 Ethnic identity	4 (5%)
3.1.4 Collectivist notions of identity	6 (7%)
<i>3.2 Rebuilding/redefining positive sense of self</i>	57 (66%)
3.2.1 Self-esteem	21 (24%)
3.2.2 Acceptance	21 (24%)

3.2.3 Self-confidence and self-belief	11 (13%)
3.3 <i>Over-coming stigma</i>	40 (46%)
3.3.1 Self-stigma	27 (31%)
3.3.2 Stigma at a societal level	32 (37%)
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<b>Category 4: Meaning in life</b>	<b>59 (66%)</b>
4.1 <i>Meaning of mental illness experiences</i>	30 (34%)
4.1.1 Accepting or normalising the illness	22 (25%)
4.2 <i>Spirituality (including development of spirituality)</i>	36 (41%)
4.3 <i>Quality of life</i>	57 (65%)
4.3.1 Well-being	27 (31%)
4.3.2 Meeting basic needs	18 (21%)
4.3.3 Paid voluntary work or work related activities	19 (22%)
4.3.4 Recreational and leisure activities	8 (9%)
4.3.5 Education	7 (8%)
4.4 <i>Meaningful social and life goals</i>	15 (17%)
4.4.1 Active pursuit of previous or new life or social goals	15 (17%)
4.4.2 Identification of previous of new life or social goals	8 (9%)
4.5 <i>Meaningful life and social roles</i>	40 (46%)
4.5.1 Active pursuit of previous or new life or social roles	40 (46%)
4.5.2 Identification of previous of new life or social roles	34 (39%)
4.6 <i>Rebuilding of life</i>	20 (23%)
4.6.1 Resuming with daily activities and daily routine	12 (14%)
4.6.2 Developing new skills	8 (9%)
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<b>Category 5: Empowerment</b>	<b>79 (91%)</b>
5.1 <i>Personal responsibility</i>	79 (91%)
5.1.1 Self-management	60 (69%)
Coping skills	25 (29%)
Managing symptoms	22 (25%)
Self-help	12 (14%)
Resilience	25 (29%)
Maintaining good physical health and well-being	12 (14%)
5.1.2 Positive risk-taking	17 (20%)
5.2 <i>Control over life</i>	78 (90%)
5.2.1 Choice	31 (36%)
Knowledge about illness	17 (20%)
Knowledge about treatments	7 (8%)
5.2.2 Regaining independence and autonomy	23 (26%)



5.2.3 Involvement in decision-making	23(26%)
Care planning	35 (40%)
Crisis planning	7 (8%)
Goal setting	12 (14%)
Strategies for medication	25 (29%)
Medication not whole solution	11 (13%)
5.2.4 Access to services and interventions	13 (15%)
 5.3 <i>Focussing upon strengths</i>	 14 (16%)