|  | **Study** | **Type of group** | **Average Session Attendance** | **No. sessions** | **Frequency** | **Facilitator** | **N group** | **Design** | **% Male**  **Diagnostic Composition (%)**  **Mean Age (years)** | **Incentive?** | **Setting** | **Baseline PANSS** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Aho-Mustonen, Miettinen, and Raty (2010) | Psychoeducation | 95.7% | 8 | Weekly | Mixed HCP | 39 | Acceptability and feasibility study | **% Male:** 90  **SCZ:** 97  **SCA:** 3  **Age:** 39.6 | No | Forensic inpatient  Finland | NR |
|  | Alden, Weddington, Jacobson, and Gianturco (1979) | “Aftercare” group – focussing on functioning, medication compliance and problems of daily living | 97% | 88 | Weekly | Psychiatrist | 15 | Pre-post experimental | **% Male:** 93  **SCZ:** 100  **SCA:** 0  **Age:** 40 | No | Outpatients  USA | NR |
|  | Baker, Lewin, and Bradley (2007) | Substance misuse (MI and CBT based) | 18.3% | 156 | Weekly | Mixed HCP | 39 | Pre-post experimental | **% Male:** 73.7  **SCZ:** 79.5  **SCA:** 7.7  **Age:** 33.42 | No | Outpatients Australia | NR |
|  | Barrowclough et al. (2006) | CBT-P | 57.8% | 18 | Fortnightly | Mixed HCP | 57 | RCT | **% Male:** 72.6  **SCZ**/**SCA:** 100  **Age:** 38.83 | No | Outpatients UK | +: 17.68  -: 15.05  Gen: 33.39 |
|  | Bechdolf et al. (2004); Bechdolf et al. (2010); Bechdolf, Kohn, Knost, Pukrop, and Klosterkotter (2005) | CBT | 74.4% | 16 | Bi-weekly | Mixed HCP | 40 | RCT | **% Male:** 45  **SCZ:** 80  **SCA:** 20  **Age:** 32.2 | No | Inpatients Germany | +: 13.6  -: 16.3  Gen: 33.3 |
| Psychoeducation | 80% | 8 | Weekly | Mixed HCP | 48 | **% Male:** 45.8  **SCZ:** 77.1  **SCA:** 18.8  **Age:** 31.4 | +: 15.1  -: 17.6  Gen: 31.6 |
|  | Bradshaw (1996) | Coping Skills Group (CBT based) | 80% | 24 | Weekly | Mixed HCP | 7 | Pre-post experimental design | **% Male:** 28  **SCZ:** 100  **SCA: 0**  **Age:** 31 | No | Outpatients referred following discharge from inpatient stay.  USA | NR |
| Problem Solving Group | 80% | 24 | Weekly | Mixed HCP | 7 | **% Male:** 57  **SCZ:** 100  **SCA:** 0  **Age:** 29 |
|  | Cather et al. (2013) | CBT approach for smoking cessation and relapse prevention | 81% | 17 | Other | Psychologist | 17 | Pre-post experimental | **% Male:** 76.5  **SCZ:** 76.5  **SCA:** 23.5  **Age:** 47.1 | Yes | Outpatients  USA | NR |
|  | Cella, Reeder, and Wykes (2016) | Group CRT | 74% | 30 | Other | Psychologist | 8 | Non-randomised, controlled trial | **% Male:** 60%  **SCZ:** 100%  **Age:** 38.6 | No | Outpatients  UK | NR |
|  | Combs et al. (2007) | Social Cognition | 96% | 18 | Weekly | NR | 18 | RCT | **% Male:** 67  **SCZ:** 83  **Age:** 41.3 | No | Inpatients; forensic psychiatric treatment centre, USA | -: 22.6  Tot: 98.5 |
| Coping skills group | 90% | 18 | Weekly | NR | 10 | **% Male:** 90  **SCZ:** 80  **Age:** 44.0 | -: 20.4  Tot: 83.4 |
|  | Crawford et al. (2012a)  Leurent et al. (2014) | Art therapy | 21.2% | 52 | Weekly | Mixed HCP | 140 | RCT | **% Male:** 64  **SCZ:** 100  **Age:** 41 | No | Outpatients  UK | +: 18.0  -: 18.7  Gen: 37.6 |
|  | Davis, Strasburger, and Brown (2007) | Mindfulness | 88% | 14 | Bi-weekly | Psychologist | 5 | Acceptability and feasibility study | **% Male:** 100  **SCZ:** 100  **Age:** 51 | Yes | Outpatients  USA | NR |
|  | Dobson, McDougall, Busheikin, and Aldous (1995) | Social skills training | 79.8% | 36 | Other | Nurse | 15 | RCT | **% Male:** 67  **SCZ/SCA:** 100  **Age:** 33.73 | No | Outpatients  Canada | NR |
|  | Farreny et al. (2012) | CRT | 84.4% | 32 | Bi-weekly | NR | 34 | RCT | **% Male:** 67.6  **SCZ:** 89%  **SCA:** 11%  **Age:** 40.6 | No | Outpatients  Spain | -: 19.2  Tot: 65.6 |
|  | Fung, Tsang, and Cheung (2011) | “Self-stigma reduction programme” *combining PE, CBT, MI, social skills training and goal attainment.* | 79.8% | 12 | Bi-weekly | NR | 34 | RCT | **% Male:** 52.9  **SCZ:** 100  **Age:** 43.9 | No | Community outpatients  Hong Kong | NR |
|  | Gaynor, Dooley, Lawlor, Lawoyin, and O'Callaghan (2011) | CBT | 69.5% | 12 | Weekly | NR | 40 | Experimental – comparing FEO vs. stable psychosis | **% Male:** 62.5  **SCZ:** 42.5  **SCA:** 2.5  **Age:** 28.9 | No | Outpatients  Ireland | NR |
|  | Gledhill, Lobban, and Sellwood (1998) | CBT | 90.6% | 8 | Weekly | Psychologist | 4 | Pre-Post experimental design | **% Male:** 50  **SCZ:** 100  **SCA:** 0  **Age:** 41 | Yes | Outpatients  UK | NR |
|  | Gohar, Hamdi, El Ray, Horan, and Green (2013) | Social Cognition | 84.7% | 16 | Bi-weekly | NR | 22 | RCT | **% Male:** 72.7  **SCZ:** NR  **SCA:** NR  **Age:** 32.95 | Yes | Outpatients  Egypt | +: 20.18  -: 23.68  Tot: 84.50 |
| Social and Independent Living Skills | 80.6% | 16 | Bi-weekly | NR | 20 | **% Male:** 90  **SCZ:** NR  **SCA:** NR  **Age:** 30.75 | +: 19.30  -: 21.35  Tot: 81.40 |
|  | Gordon et al. (2018) | Social Cognition | 85% | 20 | Bi-weekly | Psychologist | 21 | RCT | **% Male:** NR  **SCZ:** 61.9  **SCA:** 23.8  **Age:** 35.81 | No | Community outpatients  Australia | NR |
|  | Granholm, Auslander, Gottlieb, McQuaid, and McClure (2006)  Granholm et al. (2005) | Cognitive Behavioural Social Skills Training | 92% | 24 | Weekly | Psychologist | 37 | RCT | **% Male:** 70  **SCZ:** 63  **SCA:** 37  **Age:** 54.5 | Yes | Outpatients  USA | +: 11.8  -: 14.3  Tot: 51.5 |
|  | Granholm, Holden, Link, McQuaid, and Jeste (2013) | Cognitive Behavioural Social Skills Training | 84.2% | 36 | Weekly | Mixed HCP | 31 | RCT | **% Male:** 55  **SCZ:** 81  **SCA:** 19  **Age:** 55 | Yes | Outpatients  USA | +: 18.3 |
|  | Hayashi et al. (2002) | Music therapy | 78.7% | 15 | Weekly | Other | 34 | Non-randomised, controlled trial | **% Male:** 0  **SCZ:** 94.5  **SCA:** 5.8  **Age:** 66.1 | No | Inpatients, female wards.  Japan | +: 19.6  -: 27.6  Gen: 46.7 |
|  | Hayes, Halford, and Varghese (1995) | Social skills training | 60.3% | 36 | Bi-weekly | Mixed HCP | 32 | RCT | **% Male:** 74.6  **SCZ:** NR  **SCA:** NR  **Age:** 36 | No | Outpatients  Australia |  |
|  | Horan et al. (2009) | Social Cognitive Skills Training | 83% | 24 | Bi-weekly | Psychologist | 15 | RCT | **% Male:** 87  **SCZ/SCA:** 100  **Age:** 50.7 | Yes | Outpatients  USA |  |
|  | Horan et al. (2011) | Social Cognitive Skills Training (SCST) | 81.7% | 24 | Bi-weekly | Psychologist | 16 | RCT | **% Male:** 93.8  **Age:** 51.0  *Whole sample:*  **SCZ:** 70.6  **SCA:** 19.1 | Yes | Outpatients  USA |  |
| Neurocognitive Remediation Therapy (CRT) | 80.4% | 24 | Bi-weekly | Psychologist | 19 | **% Male:** 89.5  **Age:** 46.6 | NR |
| Illness management skills training | 83.8% | 24 | Bi-weekly | Psychologist | 19 | **% Male:** 78.9  **Age:** 45.1 | NR |
| Hybrid – CRT and SCST | 83.8% | 24 | Bi-weekly | Psychologist | 14 | **% Male:** 92.9  **Age:** 50.4 | NR |
|  | Inchausti et al. (2018) | Meta-Cognition Orientated Social Skills Training | 84.4% | 16 | Weekly | Mixed HCP | 35 | RCT | **% Male:** 56  **SCZ:** 50  **SCA:** 33  **Age:** 38.1 | No | Outpatients  Spain | +: 24.2  -: 19.8  Gen: 37.5  Tot: 81.4 |
| Social Skills Training | 88.8% | 16 | Weekly | 33 | **% Male:** 54  **SCZ:** 61  **SCA: 27**  **Age:** 37.3 | +: 24.2  -: 19.5  Gen: 36.4  Tot: 80.2 |
|  | Johns et al. (2016) | ACT | 62.5% | 4 | Weekly | Mixed HCP | 83 | Pre-Post experimental design | **% Male:** 58  **SCZ:** NR  **SCA:** NR  **Age:** 33.6 | Yes | Outpatients  UK | NR |
|  | Kanas, Stewart, and Haney (1988) | Aims to improve interpersonal relationships and help patients to test reality and develop ways of coping with delusions and hallucinations. | 80% | 12 | Weekly | Mixed HCP | 5 | Pre-Post experimental design | **% Male:** 60  **SCZ:** 80  **SCA:** 20  **Age:** 42 | No | Outpatients  USA | NR |
|  | Kang et al. (2016) | Social Skills Training and Tai-Chi Exercise | 100% | 24 | Other | Psychiatrist | 118 | RCT | **% Male:** 44.9  **SCZ:** 100  **SCA:** 0  **Age:** 45.9 | Yes | Outpatients  China | +: 10.1  -: 13.4  Gen: 22.0 |
|  | Khoury, Lecomte, Comtois, and Nicole. (2015). | Third wave approaches: mindfulness, ACT and compassion focussed | 77% | NR | Weekly | Therapist | 12 | Acceptability and feasibility study | **% Male:** 66.6  **SCZ:** 66.6  **SCA:** NR  **Age:** 29.1 | No | Outpatients  Canada | NR |
|  | Lecardeur et al. (2009) | CRT – Mental State Attribution Therapy | 100% | 9 | Bi-weekly | NR | 8 | RCT | **% Male:** 60  **Age:** 43.5  For whole sample:  **SCZ:** 62.5  **SCA:** 33.3 | Yes | Outpatients  Canada | +: 15.57  -: 10.75  Gen: 28  Tot: 54.54 |
| CRT – Mental Flexibility Therapy | 100% | 9 | Bi-weekly | NR | 8 | **% Male:** 40  **Age:** 45 | +: 11.62  -: 12.38  Gen: 26.31  Tot: 50.41 |
|  | Lecomte, Leclerc, Wykes, and Lecomte (2003) | CBT | 77.5% | 24 | Bi-weekly | Mixed HCP | 5 | Pre-Post experimental design | **% Male:** 60  **SCZ:** 60  **SCA:** 40  **Age:** 24.6 | No | Inpatient & Outpatient  Canada | NR |
|  | McInnis, Sellwood, and Jones (2006) | CBT | 56.3% | 16 | Weekly | Mixed HCP | 9 | Pre-Post experimental design | **% Male:** 77.8  **SCZ:** 88.9  **SCA:** 11.1  **Age:** 32 | No | Inpatient (low secure)  UK | NR |
|  | McQuaid et al. (2000) | Combined CBT and Social Skills Training | 79.8% | 11 | Weekly | Psychologist | 9 | Pre-Post experimental design | **% Male:** 77.8  **SCZ/SCA:** 100  **Age:** 62.6 | No | Enrolled in “intervention research centre”  USA | NR |
|  | Montag et al. (2014) | Psychodynamic art therapy | 94.3% | 12 | Bi-weekly | Other | 16 | RCT | **% Male:** 43.8  **SCZ:** 100  **Age:** 38.8 | No | Inpatients  Germany | NR |
|  | Moritz and Woodward (2007) | Metacognitive Training | 89.1% | 8 | Bi-weekly | NR | 20 | RCT | **% Male:** 70  **SCZ:** NR  **SCA:** NR  **Age:** 34.4 | No | Outpatients  Germany | +: 13.78  -: 19.06  Gen: 35.61  Tot: 68.33 |
|  | Mueller, Schmidt, and Roder (2015) | “Integrated Neurocognitive Therapy” (neuro- and social cognitive remediation) | 81.1% | 30 | Bi-weekly | Other | 81 | RCT | **% Male:** 64.2  **SCZ/SCA:** 100  **Age:** 34.6 | No | Outpatients  Switzerland, Germany, Austria | +: 15.48  -: 16.44 |
|  | Ng and Cheung (2007) | Social skills training | 86.3% | 16 | Bi-weekly | Nurse | 18 | RCT | **% Male:** 50  **SCZ:**100  **Age:** 37.9 | No | Inpatients  Hong Kong |  |
|  | Ochoa et al. (2017) | Metacognitive training | 69.1% | 8 | Weekly | Other | 48 | RCT | **% Male:** 67.7  **SCZ/SCA:** NR  **Age:** 27.05 | No | “Mental Health Centres”  Recent onset psychosis  Spain | +: 12.16  -: 14.20  Gen: 27.50  Tot: 53.86 |
| Psychoeducation | 61.9% | 8 | Weekly | Other | 41 | **% Male:** 71.9  **SCZ/SCA:** NR  **Age:** 28.21 | +: 12.28  -: 15.12  Gen: 27.36  Tot: 54.86 |
|  | Park et al. (2011) | Social Skills Training – Traditional Role Playing | 91.0% | 10 | Bi-weekly | Mixed HCP | 31 | RCT | **% Male:** 57.1  **SCZ:** 100  **Age:** 31.2 | No | Inpatient  South Korea | +: 17.0  -: 18.4  Gen: 36.0 |
| Social Skills Training – Virtual Reality | 95.3% | 10 | Bi-weekly | Mixed HCP | 33 | **% Male:** 48.5  **SCZ:** 100  **Age:** 28.1 | +: 18.1  -: 18.9  Gen: 36.3 |
|  | Parker, Foley, Walker, and Dark (2013) | Social Cognition (SCIT) | 50% | 20 | Weekly | Mixed HCP | 7 | Pre-Post experimental design | **% Male:** 43  **SCZ:** 100  **Age:** 35 | No | Community residential rehabilitation unit  Australia | NR |
|  | Penn et al. (2009) | CBT for auditory hallucinations | 69.2% | 12 | Weekly | Mixed HCP | 32 | RCT | **% Male:** 53  **SCZ:** 53  **SCA:** 47  **Age:** 41.7 | No | Outpatients  USA | +: 16.6  -: 13.8  Gen: 29.2 |
| Enhanced Supportive Therapy | 65.8% | 12 | Weekly | Mixed HCP | 33 | **% Male:** 49  **SCZ:** 45  **SCA:** 55  **Age:** 39.6 | +: 18.5  -: 14.0  Gen: 31.4 |
|  | Pijnenborg et al. (2018) | Insight enhancing intervention; *focuses on neurocognition, perspective taking and stigma sensitivity* | 74.2% | 12 | NR | NR | 59 |  | **% Male:** 70  **SCZ:** 100  **SCA:** 0  **Age:** 40.8 | No | Inpatients & Outpatients  Netherlands | +: 15.9  -: 14.4  Gen: 32.2  Tot: 62.6 |
| CRT | 60.9% | 12 | 62 | **% Male:** 87.1  **SCZ:** 100  **SCA:** 0  **Age:** 38.6 | +: 15.7  -: 14.6  Gen: 32.5  Tot: 62.6 |
|  | Priebe, Savill, Wykes, Bentall, Lauber, et al. (2016)  Priebe, Savill, Wykes, Bentall, Reininghaus, et al. (2016) | Body psychotherapy | 55% | 20 | Bi-weekly | Other | 140 | RCT | **% Male:** 74  **SCZ:** 100  **Age:** 41.1 | No | Outpatients  UK | +: 14  -: 23.3  Gen: 32.9 |
|  | Roberts et al. (2014) | Social Cognition  (SCIT) | 64% | 20 | Weekly | Other | 20 | Non-randomised, controlled trial | **% Male:** 55  **SCZ:** 35  **SCA:** 65  **Age:** 36.8 | No | Outpatients  USA | +: 16.3  -: 17.7  Gen: 34.0 |
|  | Roberts and Penn (2009) | Social Cognition  (SCIT) | 65% | 24 | Weekly | Psychologist | 33 | RCT | **% Male:** 66.7  **SCZ:** 45.5  **SCA:** 54.5  **Age:** 40 | Yes | Outpatients  USA | +: 17.03  -: 15.27  Gen: 33.18 |
|  | Rohricht and Priebe (2006) | Body Psychotherapy | 56.5% | 20 | Bi-weekly | Other | 24 | RCT | **% Male:** 50  **SCZ:** 100  **Age:** 38.8 | No | Outpatients  UK | +: 16.5  -: 23.4  Gen: 39.1 |
| Supportive Counselling | 22.5% | 20 | Bi-weekly | Nurse | 21 | **% Male:** 47.6  **SCZ:** 100  **Age:** 37.7 | +: 13.1  -: 24.6  Gen: 38.6 |
|  | Rus-Calafell, Gutierrez-Maldonado, Ortega-Bravo, Ribas-Sabate, and Caqueo-Urizar (2013) | Social Skills Group | 92.3% | 16 | Bi-weekly | Psychologist | 13 | RCT | **% Male:** 76.9  **SCZ:** 69.2  **SCA:** 30.8  **Age:** 37.5 | No | Outpatients  Spain | +: 16.08  -: 20.85  Gen: 39.38 |
|  | Schrank et al. (2016) | Positive Psychotherapy | 54.2% | 11 | Bi-weekly | Mixed HCP | 47 | RCT | **% Male:** 55.3  **SCZ/SCA:** 100  **Age:** 43 | No | Outpatients & Inpatients  UK | NR |
|  | Sevos et al. (2018) | Social Cognition | 85% | 10 | Weekly | Mixed HCP | 16 | RCT | **% Male:** 73.3  **SCZ:** 100  **SCA:** 0  **Age:** 39.8 | No | Inpatients & Outpatients  France | +: 12.9  -: 17.6 |
|  | Smith et al. (1996) | “Community Re-Entry Programme” – psychoeducational, discharge planning, relapse prevention etc. | 72.5% | 16 | Daily | NR | 84 | Non-randomised, controlled trial | **% Male:** 51.2  **SCZ:** 55  **SCA:** 25  **Age:** 33.9 | No | Inpatients  USA | NR |
|  | Vidarsdottir et al. (2019) | CRT | 77.6% | 12 | Bi-Weekly | Mixed HCP | 25 | RCT | **% Male:** 92  **SCZ:** 64  **SCA:** 32  **Age:** 23.6 | No | Outpatients  Iceland | +: 13.7  -: 15.6 |
|  | Zanello, Mohr, Merlo, Huguelet, and Rey-Bellet (2014) | CBT for auditory verbal hallucinations | 88.1% | 7 | Weekly | Mixed HCP | 23 | Pre-Post experimental design | **% Male:** NR  **SCZ:** 71  **SCA:** 29  **Age:** 40 | No | Outpatients  Switzerland | NR |
| *CBT: cognitive behavioural therapy; CRT: cognitive remediation therapy; Gen: PANSS general symptoms; FEO: First Episode Onset; HCP: healthcare professional; MI: motivational interviewing; NR: not reported; PANSS: Positive And Negative Syndrome Scale; PE: psychoeducation; RCT: randomised controlled trial; SCA: schizoaffective disorder; SCIT: Social Cognition and Interaction Training; SCZ: schizophrenia; Tot: PANSS total symptoms; -: PANSS negative symptoms; + : PANSS positive symptoms* | | | | | | | | | | | | |

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