|  | **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 inpatientFinland | 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 | OutpatientsUSA | 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-: 15.05Gen: 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-: 16.3Gen: 33.3 |
| Psychoeducation | 80% | 8 | Weekly | Mixed HCP | 48 | **% Male:** 45.8**SCZ:** 77.1**SCA:** 18.8**Age:** 31.4 | +: 15.1-: 17.6Gen: 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 | OutpatientsUSA | 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 | OutpatientsUK | 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 | -: 22.6Tot: 98.5 |
| Coping skills group | 90% | 18 | Weekly | NR | 10 | **% Male:** 90**SCZ:** 80**Age:** 44.0 | -: 20.4Tot: 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-: 18.7Gen: 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 | OutpatientsUSA | 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 | OutpatientsSpain | -: 19.2Tot: 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 outpatientsHong 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 | OutpatientsIreland | 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 | OutpatientsUK | 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 | OutpatientsEgypt | +: 20.18-: 23.68Tot: 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-: 21.35Tot: 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 outpatientsAustralia | 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 | OutpatientsUSA | +: 11.8-: 14.3Tot: 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 | OutpatientsUSA | +: 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-: 27.6Gen: 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 | OutpatientsAustralia |  |
|  | 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 | OutpatientsSpain | +: 24.2-: 19.8Gen: 37.5Tot: 81.4 |
| Social Skills Training | 88.8% | 16 | Weekly | 33 | **% Male:** 54**SCZ:** 61**SCA: 27****Age:** 37.3 | +: 24.2-: 19.5Gen: 36.4Tot: 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 | OutpatientsUK | 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 | OutpatientsChina | +: 10.1-: 13.4Gen: 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 | OutpatientsCanada | NR |
|  | Lecardeur et al. (2009) | CRT – Mental State Attribution Therapy | 100% | 9 | Bi-weekly | NR | 8 | RCT | **% Male:** 60**Age:** 43.5For whole sample:**SCZ:** 62.5**SCA:** 33.3 | Yes | OutpatientsCanada | +: 15.57-: 10.75Gen: 28Tot: 54.54 |
| CRT – Mental Flexibility Therapy | 100% | 9 | Bi-weekly | NR | 8 | **% Male:** 40**Age:** 45 | +: 11.62-: 12.38Gen: 26.31Tot: 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 & OutpatientCanada | 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 | InpatientsGermany | 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 | OutpatientsGermany | +: 13.78-: 19.06Gen: 35.61Tot: 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 | OutpatientsSwitzerland, 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 | InpatientsHong 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 psychosisSpain | +: 12.16-: 14.20Gen: 27.50Tot: 53.86 |
| Psychoeducation | 61.9% | 8 | Weekly | Other | 41 | **% Male:** 71.9**SCZ/SCA:** NR**Age:** 28.21 | +: 12.28-: 15.12Gen: 27.36Tot: 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 | InpatientSouth Korea | +: 17.0-: 18.4Gen: 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-: 18.9Gen: 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 unitAustralia | 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 | OutpatientsUSA | +: 16.6-: 13.8Gen: 29.2 |
| Enhanced Supportive Therapy | 65.8% | 12 | Weekly | Mixed HCP | 33 | **% Male:** 49**SCZ:** 45**SCA:** 55**Age:** 39.6 | +: 18.5-: 14.0Gen: 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 & OutpatientsNetherlands | +: 15.9-: 14.4Gen: 32.2Tot: 62.6 |
| CRT | 60.9% | 12 | 62 | **% Male:** 87.1**SCZ:** 100**SCA:** 0**Age:** 38.6 | +: 15.7-: 14.6Gen: 32.5Tot: 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 | OutpatientsUK | +: 14-: 23.3Gen: 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 | OutpatientsUSA | +: 16.3-: 17.7Gen: 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 | OutpatientsUSA | +: 17.03-: 15.27Gen: 33.18 |
|  | Rohricht and Priebe (2006) | Body Psychotherapy | 56.5% | 20 | Bi-weekly | Other | 24 | RCT | **% Male:** 50**SCZ:** 100**Age:** 38.8 | No | OutpatientsUK | +: 16.5-: 23.4Gen: 39.1 |
| Supportive Counselling | 22.5% | 20 | Bi-weekly | Nurse | 21 | **% Male:** 47.6**SCZ:** 100**Age:** 37.7 | +: 13.1-: 24.6Gen: 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 | OutpatientsSpain | +: 16.08-: 20.85Gen: 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 & InpatientsUK | 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 & OutpatientsFrance | +: 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 | InpatientsUSA | 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 | OutpatientsIceland | +: 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 | OutpatientsSwitzerland | 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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