**Appendices**

Appendix 1

The following data were collected from each patient’s clinical records:

* Patients’ age and gender
* Any medical co-morbidities
* Current medications (grouped into ten different categories) recorded at the end of IHTT treatment
* Source of patient referral (categorised into hospital or community)
* Reason for intervention
* Duration of treatment following referral
* CGI scores on entrance and discharge
* Discharge location (categorised into community (care of CMHT, GP) or hospital.
* Number of repeat referrals during the study period
* ICD-10 diagnostic code
* Drug and alcohol use
* Clinician’s view of patients’ adherence to prescribed medication
* Clinician’s formulation of the reason(s) for relapse of illness

Appendix 2

Each patient’s regular medications were reviewed and classified into the following categories:

* Antipsychotic drugs –first and second generation antipsychotics (FGA and SGA)
* Benzodiazepines / non-benzodiazepine hypnotics
* Antidepressant drugs (SSRIs - selective serotonin reuptake inhibitors, and SNRIs – serotonin norepinephrine reuptake inhibitors)
* Mood stabilisers (including anti-epileptics)
* Other medications

Appendix 3 *– regression analysis results*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | DF | F-value | Beta | Standard error | p-value |
| Difference in CGI | 1, 322 | 103 | -0.885 | -0.002 | 0.000 |
| Age | 1,324 | 0.016 | 0.0005 | 0.0046 | 0.9041 |
| Gender | 1, 324 | 1.203 | 0.121 | 0.1102 | 0.2709 |
| Treatment duration | 1, 322 | 14 | -0.01 | 0.0023 | 0.0003 |
| Number of psychotropic medication | 1, 323 | 2 | 0.09 | 0.0553 | 0.1154 |
| Drug and alcohol use | 1, 321 | 1 | 0.08 | 0.1989 | 0.6925 |