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| **Supplementary Table 1: Risk of Bias ratings for included studies** |  |
|  |  |  | **Blinding of participants** |  |  |  |  |  |
| **Study** | **Random sequence** **generation** | **Allocation****concealment** | **Patients** | **Clinicians** | **Researchers** | **Blinding of outcome assessment** | **Missing****outcome****data** | **Reporting****bias** | **Other** **Bias** | **Total risk** **of** **bias score** |
| Boonstra (2011) | Low(0 points) | Low(0 points) | High(1 point) | High(1 point) | High(1 point) | High(1 point) | Low(0 points) | Unclear(1 point) | High(1 point) | 6 |
| Chen (2010) | Low(0 points) | Low(0 points) | Low(0 points) | Low(0 points) | Low(0 points) | Low(0 points) | High(1 point) | Unclear(1 point) | High(1 point) | 3 |
| Crow (1986) | Unclear(1 point) | Unclear(1 point) | Low(0 points) | Low(0 points) | Low(0 points) | Low(0 points) | High(1 point) | Unclear(1 point) | Unclear(1 point) | 5 |
| Gaebel (2002) | Unclear(1 point) | Unclear(1 point) | High(1 point) | High(1 point) | High(1 point) | High(1 point) | Low(0 points) | High(1 point) | Low(0 points) | 7 |
| Gaebel (2011) | Low(0 points) | Unclear(1 point) | High(1 point) | High(1 point) | High(1 point) | High(1 point) | Low(0 points) | Low(0 points) | High(1 point) | 6 |
| Kane (1982) | Unclear(1 point) | High(1 point) | Low(0 points) | Unclear(1 point) | Unclear(1 point) | Unclear(1 point) | High(1 point) | Unclear(1 point) | High(1 point) | 8 |
| McCreadie (1989) | Unclear(1 point) | Unclear(1 point) | Low(0 points) | Low(0 points) | Unclear(1 point) | High(1 point) | High(1 point) | Unclear(1 point) | Unclear(1 point) | 7 |
| Ratings of ‘high’, ‘unclear’ or ‘low’ indicate the risk of bias associated with each domain; High and unclear risk scored as 1 point, low risk score as 0 points.  |

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| **Supplementary Table 2. Meta-regression results indicating impact of individual study characteristics on RD estimates including Wunderink studies (Wunderink et al, 2007; Wunderink et al 2013)** |
| **Study Characteristic**  | **Analysis** | **B** | **SE (B)** | ***P* value** |
| Intervention: targeted vs. total discontinuation  | Excluding Wunderink et al. (2013)Excluding Wunderink et al. (2007) | 0.161**0.284** | 0.087**0.103** | 0.11**0.03** |
| Follow-up period: ≤1 year vs. > 1 year | Excluding Wunderink et al. (2013)Excluding Wunderink et al. (2007) | -0.138-0.240 | 0.0880.118 | 0.170.09 |
| Relapse threshold: low vs. high | Excluding Wunderink et al. (2013)Excluding Wunderink et al. (2007) | -0.169-0.052 | 0.0780.159 | 0.0740.755 |
| Trial type: blinded vs. open | Excluding Wunderink et al. (2013)Excluding Wunderink et al. (2007) | -0.122-0.220 | 0.0980.127 | 0.2560.134 |
| Sample size: >40 vs. < 40 | Excluding Wunderink et al. (2013)Excluding Wunderink et al. (2007) | **0.252****0.330** | **0.103****0.131** | **0.050****0.046** |
| Risk of bias score <7 vs. ≥7 | Excluding Wunderink et al. (2013)Excluding Wunderink et al. (2007) | 0.0380.113 | 0.1260.163 | 0.780.51 |
| Intervention: 0= targeted; 1=total; Follow-up period: ≤1 year =0 >1 year=1; Relapse threshold: low=0; high=1; Trial type: blinded=0; open=1; sample size: >40=0; <40=1; risk of bias score: <7=0; ≥7 =1; Analysis conducted excluding Wunderink et al. (2013) and then Wunderink et al. (2007) to avoiding using the same sample twice in any one analysis |

**Supplementary Table 3: PRISMA 2009 checklist**

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| --- | --- | --- | --- |
| **Section/topic**  | **#** | **Checklist item**  | **Reported on page #**  |
| **TITLE**  |  |
| Title  | 1 | Identify the report as a systematic review, meta-analysis, or both.  | 1 |
| **ABSTRACT**  |  |
| Structured summary  | 2 | Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number.  | 3 |
| **INTRODUCTION**  |  |
| Rationale  | 3 | Describe the rationale for the review in the context of what is already known.  | 5 |
| Objectives  | 4 | Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).  | 8 |
| **METHODS**  |  |
| Protocol and registration  | 5 | Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number.  | Available from authors |
| Eligibility criteria  | 6 | Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.  | 8-9 |
| Information sources  | 7 | Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched.  | 8-9 |
| Search  | 8 | Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.  | Available from authors |
| Study selection  | 9 | State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis).  | 8-9 |
| Data collection process  | 10 | Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators.  | 8-10 |
| Data items  | 11 | List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.  | Available from authors |
| Risk of bias in individual studies  | 12 | Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis.  | 10, 13Supplementary Table 1 |
| Summary measures  | 13 | State the principal summary measures (e.g., risk ratio, difference in means).  | 11 |
| Synthesis of results  | 14 | Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I2) for each meta-analysis.  | 11-13 |
| Risk of bias across studies  | 15 | Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).  | 10-11 |
| Additional analyses  | 16 | Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.  | 11-13 |
| **RESULTS**  |  |
| Study selection  | 17 | Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.  | Figure 1 |
| Study characteristics  | 18 | For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.  | 13-14 and Table 1 |
| Risk of bias within studies  | 19 | Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).  | Supplementary Table 1 |
| Results of individual studies  | 20 | For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot.  | 12-14Table 1Figure 2 a |
| Synthesis of results  | 21 | Present results of each meta-analysis done, including confidence intervals and measures of consistency.  | 14-17 |
| Risk of bias across studies  | 22 | Present results of any assessment of risk of bias across studies (see Item 15).  | 17 Supplementary Table 1 |
| Additional analysis  | 23 | Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).  | 16-17 |
| **DISCUSSION**  |  |
| Summary of evidence  | 24 | Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).  | 18 |
| Limitations  | 25 | Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).  | 21-22 |
| Conclusions  | 26 | Provide a general interpretation of the results in the context of other evidence, and implications for future research.  | 22-23 |
| **FUNDING**  |  |
| Funding  | 27 | Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review.  | 23 |

*From:*  Moher D, Liberati A, Tetzlaff J, Altman DG, The PRISMA Group (2009). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. PLoS Med 6(6): e1000097. doi:10.1371/journal.pmed1000097

**Supplementary Figure 1**: **Pooled risk difference (comparing maintenance to discontinuation groups) for main outcomes (relapse and hospitalisation) including Wunderink Studies (Wunderink et al, 2007; Wunderink et al 2013)**

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Increased risk in discontinuation group (Risk

Difference with 95% Confidence Intervals)

Relapse studies included in analysis: Boonstra et al. (2011); Chen et al. (2010); Crow et al. (1986); Gaebel et al. (2002); Gaebel et al. (2011); Kane et al. (1982); McCreadie et al. (1989); Wunderink et al. (2007); Wunderink et al. (2013)