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| **Citation** | **Country** | **Setting** | **Study design** | **Sample size during entry Inter/control** | **Sample size final analysis**  **Inter/cont.** | **Type of treat.**  **Inter/control** | **Group/individual** | **Number of sessions** | **Duration of interv. (weeks)** | **Duration of follow-(months)** | **Outcome measured primary & secondary** | **Measuring tool** | **Inclusion criteria** |
| Husain, M. I. et al, 2017 | Pakistan | Out-patient | RCT | 18/16 | 16/11 | PE/TAU | Indiv. | 12 | 12 | Pre-post | knowledge & attitudes  Adherence , QOL Symptom severity | YMRS, BDI  MMAS, BKAQ  EQ-5D | Euthymic bipolar  Age 18-65  speak Urdu/Punjabi/  English |
| Faridhosseini F. et al, 2017 | Iran | Out-patient | RCT | 13/13 | 12/12 | PE/TAU | Group | 8 | 4 | 6 | Recurrence , QOL Adherence , Hospital Admission, & Psychiatric visit | YMRS  HDRS  SF-36 | Euthymic, bipolar ,Age 18-50  High school degree |
| Rahmani, F. et al, 2016 | Iran | In-patient | RCT | 38/38 | 36/36 | PE/TAU | Group | 10 | 5 | Pre-post | Medication Adherence | MARS &  Medicine check  list | Euthymic, Bipolar I, Female  Age 18-50, literate, hospitalized & having no comorbidity |
| Gumus, F. et al, 2015 | Turkey | Out-patient | RCT | 41/41 | 37/41 | PE/TAU | indiv | 4 | 4 | 12 | Recurrence | YMRS  HDRS | Euthymic, Bipolar I & II  Age 18-65 |
| Kurdal, E. et al, 2014 | Turkey | Out-patient | RCT | 40/40 | 40/40 | PE/TAU | Group | 21 | 11 | 3 | Functioning | BDFS | Euthymic, Bipolar  Age 18-60 & literate, |
| Faria. et al, 2014 | Brazil | Out-patient | RCT | 32/29 | 19/26 | PE/TAU | Indiv. | 6 | 6 | Pre-post | Biological rhythm | BRIAN, HDRS & YMRS | bipolar II  Age 18-29 |
| Cardoso Tde A. 2014 | Brazil | Out-patient | RCT | 32/29 | 19/26  15/14 at  6 moth evaluation | PE/TAU | Group  Individual | 6 | 6 | 6 | QOLs & mood symptoms | MOS SF-36,  HDRS, YMRS | Bipolar, age 18-29 |
| Cuhadar D, et al, 2014 | Turkey | Out-patient | RCT | 32/31 | 24/23 | PE/TAU | group | 7 | 7 | Pre-post | Internalized stigma | ISSMI | Bipolar disorder in remission , Age 18-65 |
| Javadpour A et al, 2013 | Iran | Out-patient | RCT | 54/54 | 45/41 | PE/TAU | Indiv. | 8 | 8 | 18 | Adherence QOL, & Recurrence | WHOQOL-BREF, MARS, HDRS  and YMRS | Bipolar disorder during Euthymic phase  Age 18-60 |
| George SL. et al, 2013 | India | Out-patient | RCT | 30/30 | 24/26 | PE/TAU | group | 4 | 16 | 3 | Adherence | YMRS and HDRS, AS,KQ | Bipolar disorder during Euthymic phase & age 20-60 |
| Bahredar J. et al, 2013 | Iran | Out-patient | RCT | 15/15/ 15 | 15/15/ 15 | PE/TAU/placebo | group | 9 | 9 | 6 | Adherence & functioning | MARS & GAF | Bipolar I, Euthymic  18-50 year |
| de Barros P. et al, 2012 | Brazil | Out-patient | RCT | 32/23 | 28/18 | PE/  placebo | group | 16 | 16 | 12 | Symptomatic QOL, & Functioning | GAF, SAS-SR,  CGI & WHOQOL | BD I & II in remission  18-65 |
| Eker F & Harkin S, 2012 | Turkey | Out-patient | RCT | 36/35 | 30/33 | PE/TAU | group | 6 | 6 | Pre-post | Adherence | MARS | Bipolar during remission  19-62 |
| Dogan,  S.2003 | Turkey | Out-patient | RCT | 16/16 | 14/12 | PE/TAU | indiv | 3 | 3 | 3 | Symptom level  QOLs, Adherence | WHO-QOL  BSI | Bipolar patients who are on Lithium and age >23 |
| **Citation** | **Country** | **Setting** | **Study design** | **Sample size during entry Inter/control** | **Sample size final analysis**  **Inter/cont.** | **Type of treat.**  **Inter/control** | **Group/individual** | **Number of sessions** | **Duration of interv. (weeks)** | **Duration of follow-(months)** | **Outcome measured primary & secondary** | **Measuring tool** | **Inclusion criteria** |
| Bordbar MRF et al, 2009 | Iran | In-patient | RCT | 29/30 | 29/28 | FFI/TAU | group | 1 | 1 | 12 | Relapse, hospitalization & adherence | DDSM-IV, Mean time of using medication, &  psychiatric visits | Bipolar I, 15-45 Year,  Disease onset < 5 years |
| Costa R.T et al, 2012 | Brazil | Out-patient | RCT | 27/14 | 25/12 | CBT/TAU | group | 14 | 14 | 6 | QOL & Mood symptoms | SF-36, BDI & YMRS | Bipolar I & II, Euthymic  Age 18-55 |
| Gomes B.C. et al, 2011 | Brazil | Out-patient | RCT | 23/27 | 22/25 | CBT/TAU | group | 18 | 22 | 12 | Time to relapse & Relapse | DSM-IV, HDRS, MRS | Bipolar I, Euthymic , 18-50 year &>5year schooling |
| Ives-Deliperi VL et al, 2013 | South Africa | Out-patient | RCT | 16/7/ 10 | 16/7/ 10 | MBCT/TAU | group | 8 | 8 | Pre-post | Mood symptoms | SCID, MRS & HADS | Bipolar I & II |
| \*\* Randomized controlled trial (RCT), Psychoeducation (PE), Cognitive behavioral therapy (CBT), Family psychoeducation (FFT) and Mindfulness cognitive behavioral therapy (MBCT), Social Adjustment Scale Self Report (SAS-SR), Medication adherence rating scale (MARS), Global assessment of functioning (GAF), Internalized Stigmatization Scale of Mental Illnesses (ISSMI), , Biological Rhythm Interview of Assessment in neuropsychiatry (BRIAN) ; Hamilton Depression Rating scale (HDRS); YMRs, Young Mania Rating scale (YMRS), Clinical Global Impression (CGI), Medical Outcomes Survey Short-form General Health Survey (MOS SF-36), Beck Depression Inventory (BDI), EuroQoL (EQ-5D), Bipolar Knowledge and Attitudes Questionnaire (BKAQ), Morisky Medication Adherence Scale (MMAS-4). Brief Symptom Inventory (BSI) Counting tablet and diary (TAD) Knowledge Questionnaire (KQ), Attitude scale (AS), clinical global impressions (GCI), Bipolar disorder functioning scale (BDFS) | | | | | | | | | | | | | |