Additional file 5. **Efficacy of psychoeducation to improving knowledge, attitude and reducing internalized stigma among people with bipolar disorder**

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| **Effectiveness of psychoeducation to improving knowledge, attitude and reducing internalized stigma among people with bipolar disorder** |
| **Study** | **Intervention**  | **Assessment time**  | **Outcome measured**  | **Test statistics &****p-value** | **Measure of effect** |
| Dogan, S. & Sabanciogullari S.2003 (Turkey) | I-PE Vs TAU | Knowledge | 3 month post-intervention  | I-PE ; Z=3.18; P < 0.001**+** |  |
| TAU = Z=1.65; P > 0.05**+** |  |
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| Husain, M. et al, 2017 (Pakistan) | I-PE Vs TAU | Knowledge & attitude  | 3 month post-intervention | Z=1.58; P= 0.113 | AMD = 150 (-52, 322); SES= 0.68 |
|  |  |  |  |  |
| George SL. et al, 2013 (India) | G-PE Vs TAU  | Knowledge  | Post-intervention  | P =0.001 |  |
| 1 month post-intervention |
| 3 month post-intervention |
| Attitude  | Post-intervention  | P =0.001 |  |
| 1 month post-intervention |
| 3 month post-intervention |
|  |  |  |  |
| Cuhadar D, et al, 2014 (Turkey) | G-PE Vs TAU | Total ISSMI  | Post-intervention assessment | G-PE; t-test = 5.82; P< 0.001**+** |  |
| TAU; t-test = 1.33; P< 0.197**+** |  |
| ***\*\*Individual Psychoeducation (I-PE); Group Psychoeducation (G-PE); Adjusted Mean Difference (AMD); Standardized Mean Difference (SMD); the comparison was made within arm and the reported result for the treatment group (+); Standardized Z-score (Z)*** |