**Supplementary file 1: Summary of findings from systematic review and qualitative study**

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| **Findings from systematic review**  | **Findings from qualitative study**  |
| 1. **Type of psychological intervention:** * Psychoeducation,
* Family therapy,
* Cognitive and Behavioral Therapy and
* Mindfulness Based Cognitive therapy

**2. Number of sessions** * One-eighteen sessions

**3. Intervention providers** * Mental health expert like clinical psychologist,
* Practitioners

**4. Intervention strategies:** * **Psycho-education about**
* Sign and symptoms,
* Early identification of symptoms of relapse
* Causes, triggering factors, and
* Prognosis of bipolar disorder
* Treatment adherence and side-effects of medication,
* Substance use and
* Regular habits
* **Techniques to improve relapse prevention**
* Preparing prevention plan
* Early identification of symptoms of relapse
* **Behavioral strategies**
* Sleep hygiene
* Relaxation training
* **Problem-solving techniques**

**5. Effectiveness of intervention in the following outcomes** * Relapse prevention
* knowledge, attitude and internalized stigma
* Symptom severity
* Suicidality
* biological rhythms
* Quality of life and functioning
* Hospital admission
 | **1. Early sign of relapse** * Irritability, aggression,
* Loss of respect for others,
* Sleep disturbance
* Carelessness
* Heavy-headedness
* Feeling unusually energetic

**2. Priority concern** * Concerns of people with bipolar disorder
* Incurable nature of the illness
* Long duration of treatment
* Concerns of caregivers
* Sleep disturbance and
* Aggressive behavior

**2. Influencing factors** * Social factors e.g death of loved one and disagreement, social support, stigma/Labelling
* Economic problems
* Illness related factors
* Incurable nature of the illness
* Treatment related factors
* Treatment adherence, side-effect,
* Availability
* Misperception about treatment (expectation of cure with medication)
* Substance use

**3.Coping to mechanisms*** Religious believes and practice (coping/treatment disruption)
* Taking medication
* Looking for social support /sharing feeling
* Avoiding situation that trigger or worse illness
* Substance use (use/avoidance)
* Blaming self
* Keep the problem solved by itself

 **Impact of illness** * Negative impact of people with bipolar disorders’
* Education
* Stigma and social exclusion
* Lack of work occupational
* Negative impact on family members’
* Education
* Social life
* Occupational
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