**Supplementary information: Interventions included in studies**

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| **Intervention** | **Description** | **Number of studies identified** | **Study** |
| **Dialectical behavioural therapy** | A form of psychotherapy adapted from cognitive behavioural therapy. Includes individual therapy, group skills training, phone coaching and consultation meetings for clinicians. | 3 | Murphy et al (2019)  Pasieczny & Connor (2011)  Priebe et al (2012) |
| **Cognitive behavioural therapy** | Structured, time limited, psycho-social intervention focussing on practical goals to address problems with social functioning. | 2 | Palmer et al (2006)  Davidson et al (2010) |
| **Manual-assisted cognitive therapy** | Brief focused therapy for people with repeated incidents of self-harm. Service users receive a 70-page booklet and are offered up to seven sessions with a therapist which focus on methods to reduce distress and resolve problems. | 1 | Tyrer et al (2004) |
| **Clarification orientated psychotherapy** | Open ended client-centred psychotherapy addressing dysfunctional interaction behaviours delivered via individual outpatient sessions. | 1 | Barnelis et al (2015) |
| **Nidotherapy** | Systematic assessment and modification of a service user’s physical, social and personal environment through agreed set of targets. | 2 | Ranger et al (2009)  Tyrer et al (2011) |
| **Schema-focused therapy** | Integrative cognitive therapy combining experiential, behavioural and interpersonal therapy. | 2 | Barnelis et al (2015)  Van Asselt et al (2008) |
| **Transference-focused psychterapy** | Psychodynamically based psychotherapy. | 1 | Van Asselt et al (2008) |
| **Psycho-education with problem solving** | Up to four psycho-education sessions discussing diagnosis of ‘personality disorder’ to improve knowledge. Build rapport  and motivate participants. Problem-solving therapy delivered via 12 group sessions aiming to help people learn a strategy for solving interpersonal problems. | 1 | McMurran et al (2016) |
| **Mentalisation based therapy in a day hospital setting** | Intensive day hospitalisation for minimum of 18 months including daily group psychotherapy, weekly individual psychotherapy and individual crisis planning alongside social and community meetings and other activities such as art therapy. Followed by 18 months group therapy. | 1 | Blankers et al (2019) |
| **Interventions defined by setting** | Out-patient, day hospital and in-patient psychotherapy or psychosocial services. Duration of treatment also explored. | 2 | Soeteman et al (2010)  Soeteman et al (2011) |
| **Stepped-care approach** | Intensive day, residential or outpatient intervention followed by step down to longer term outpatient/community follow-up psychotherapy. | 3 | Sinnaeve et al (2018)  Kvarstein et al (2013)  Grenyer et al (2018) |
| **Joint crisis plans** | Written documentation of treatment preferences for management of future crises. Developed between service user and clinician with facilitation from independent mental health professional. | 1 | Borschmann et al (2013) |

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