SUPPLEMENTARY ONLINE MATERIAL

Studies excluded from the meta-analysis
This meta-analysis only considered studies that used either a control intervention or relapse. Therefore, studies that used treatment as usual (TAU) or waiting list controls are not shown. Studies that were excluded because of age criteria (i.e. they were carried out on adolescent or elderly patients) or numbers < 10 in either treatment arm are also not shown.

Schizophrenia
Studies of effectiveness in treating symptoms


- Both interventions included components of cognitive behavioural therapy (CBT).


- Identified by authors as a pilot study.


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- CBT was compared against a cognitive remediation intervention. (This study could be included on the grounds that, although cognitive remediation is potentially therapeutic, it would not normally be expected to be therapeutic against symptoms. However, the effect size (averaged) of −0.07 would not affect the pooled data.)


- Patients were not all schizophrenic (> 20% with affective psychotic diagnoses).

Lecomte T, Leclerc C, Corbière M, Wykes T, Wallace CJ, Spidel A (2008). Group cognitive behavior therapy or social skills training for individuals with a recent onset of
psychosis? Results of a randomized controlled trial. *Journal of Nervous and Mental Disease* **196**, 866-875.

- Patients were not all schizophrenic (> 20% with affective psychotic diagnoses).

**Studies of effectiveness against relapse**


- Hospitalization was the only measure of relapse.


- No relapse data given.


- Patients were only assessed for relapse 5 years after receiving treatment (see text).


- Continuation of study already included (Tarrier et al. 1999).


- Patients were not all schizophrenic. Diagnostic criteria not used.


- Patients had co-morbid substance abuse. CBT group also received motivational interviewing.

- Continuation of study already included (Bechdolf *et al.* 2004). Hospitalization was the only measure of relapse.


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- Patients in the CBT group, but not those in the TAU group, also received family psycho-education, problem-solving skills training and crisis management. Hospitalization was the only measure of relapse.


- Hospitalization was the only measure of relapse.


- Patients were only assessed for relapse 5 years after receiving treatment (see text).

**Major depression**

*Studies of effectiveness in treating symptoms*


- Diagnostic criteria not used. Patients had ‘situationally-related’ reactive depression.

• Control intervention of behavioural activation contained significant elements of CBT.


• Did not use diagnostic criteria. Did not specify major depression.


• Half of sample did not meet diagnostic criteria. Did not specify major depression.


• Included patients with both major and minor depression.

*Studies of effectiveness against relapse*


• Did not use diagnostic criteria. Also some patients in the TAU group were discontinued from


• Hospitalization only measure of relapse. CBT and social skills training groups were combined in analysis.


• Pill placebo group, but not CBT group, discontinued from antidepressants immediately prior to starting follow-up (see text).

- Continuation of study already included (Fava et al. 1994).


- Continuation of study already included (Fava et al. 1994).


- Identified by authors as a pilot study. Also < 10 patients in relevant treatment arms.


- Continuation of study already included (Fava et al. 1998).


- Continuation of study already included (Paykel et al. 1999).


- Cognitive behavioural analysis system contained elements of behavioural, cognitive, in


- Pill placebo group, but not CBT group, discontinued from antidepressants immediately prior to starting follow-up (see text).

- TAU group, but not CBT group, discontinued from antidepressants immediately prior to starting follow-up (see text).


- Trial of CBT *versus* antidepressants.


- TAU group, but not CBT group, discontinued from antidepressants immediately prior to starting follow-up (see text).


- Diagnostic criteria not used; no relapse data given.

**Bipolar disorder**

*Studies of effectiveness against relapse*


- Identified by authors as a pilot study.


- Continuation of study already included (Lam *et al*. 2003).


- Did not include a measure of relapse.