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| First author | Year | Study design | Country | Diagnoses | Total MCT sessions | MCT format | Control Condition | MMAT2 Score | Social cognition outcomes1 | Other social outcomes |
| Gaweda | 2015 | RCT | Poland | Schizophrenia | 8 | Group | Treatment as usual (TAU) in community social support program | 4 | Reading the Mind in the Eyes Test (ToM) | N/A |
| Ussorio | 2016 | Quasi-experimental study | Italy | Schizophrenia, bipolar disorder I, bipolar disorder II, psychosis not otherwise specified, major depressive disorder with psychotic features | 16 | Group | MCT on sample with short duration of untreated psychosis | 5 | Reading the Mind in the Eyes Test (ToM) and Strange Stories (ToM) | Personal and Social Performance (PSP) and Questionnaire on Social Network (QSN) |
| Kowalski | 2017 | RCT | Poland | Schizophrenia, paranoid schizophrenia, acute polymorphic disorder with schizophrenia symptoms | 8 | Group | Group discussion of current events | 1 | Reading the Mind in the Eyes Test (ToM) | N/A |
| Ochoa | 2017 | RCT | Spain | Schizophrenia, psychotic disorder not otherwise specified, delusional disorder, schizoaffective disorder, schizophreniform, brief psychotic disorder | 8 | Individual | Psycho-educational intervention with cognitive behavioural elements | 3 | Hinting Task (ToM), Emotion Recognition Test of Faces (EP) and Internal, Personal and Situational Attributions Questionnaire (AS) | N/A |
| Park | 2020 | RCT | South Korea | Schizophrenia | 18 | N/R | Social skills instructions | 2 | Hinting Task (ToM) and False  Belief Task (ToM) | Relationship Change Scale |
| Shan | 2021 | RCT | China | Schizophrenia | 8 | Group | Drug therapy | 5 | Mayer–Salovey–Caruso Emotional Intelligence Test (EP) | N/A |
| Mendelson | 2022 | Cohort study | Canada | Schizophrenia, psychosis not otherwise specified, schizoaffective disorder, bipolar disorder I, dissociative disorder not otherwise specified, major depressive disorder with psychotic features | 10 | Group (virtual) | Action based cognitive remediation | 3 | CANTAB Emotion Recognition Test (EP) and Hinting Task (ToM) | N/A |
| Zonp | 2022 | Randomized quasi-experimental study | Turkey | Schizophrenia | 10 | Group | Drug therapy | 3 | Facial Emotion Identification Test (EP), Facial Emotion Discrimination Test (EP), False Belief Task (ToM), Reading the Mind in the Eyes Test (ToM) and Attributional Style Questionnaire (AS) | N/A |
| Fekete   1. Social cognition abbreviations: Theory of mind (ToM), emotion processing (EP) and attributional style (AS) 2. Mixed methods appraisal tool (MMAT) for methodological quality assessment | 2022 | RCT | Hungary | Schizophrenia | 16 | Group | Treatment as usual (TAU) in a hospital | 4 | Reading the Mind in the Eyes Test (ToM) and Hinting Task (ToM) | N/A |