

Data supplement

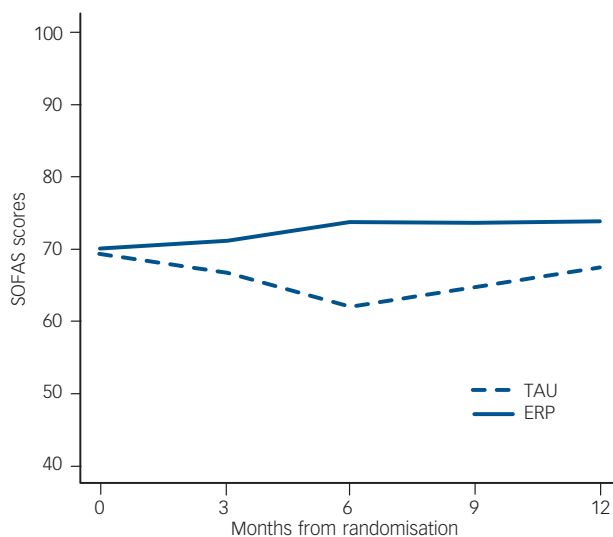


Fig. DS1 Mean Social and Occupational Functioning Assessment Scale (SOFAS) scores at baseline and at 3 months, 6 months and 12 months of follow-up for the treatment as usual group (TAU) and the enhanced relapse prevention group (ERP).

Table DS1 Baseline characteristics of participants assigned to enhanced relapse prevention (ERP) and treatment as usual (TAU) groups

	TAU (<i>n</i> =40)	ERP (<i>n</i> =56)
Personal and social circumstances		
Age, years: mean (s.d.)	45 (10)	45 (10)
Female, <i>n</i> (%)	26 (65)	39 (70)
Living alone, <i>n</i> (%)	17 (43)	25 (45)
Married/cohabiting, <i>n</i> (%)	12 (30)	21 (38)
Children, one or more, <i>n</i> (%)	29 (73)	33 (59)
In paid work, <i>n</i> (%)	5 (13)	11 (20)
Educational qualifications, <i>n</i> (%)	30 (75)	40 (71)
Clinical history		
Bipolar 1 disorder, <i>n</i> (%)	40 (100)	54 (96)
Current alcohol misuse, <i>n</i> (%)	1 (3)	6 (11)
Current non-alcohol substance misuse, <i>n</i> (%)	1 (3)	1 (2)
Current anxiety disorders, <i>n</i> (%)	14 (35)	22 (39)
Antisocial/borderline personality disorder, <i>n</i> (%)	1 (3)	3 (5)
Number of previous episodes, median (range) ^a	20 (3–30+)	16 (2–30+)
Time since resolution of last bipolar episode, months: median (range)	5 (1–32)	5 (1–30)
Duration of illness, years: mean (s.d.)	23 (11)	20 (12)
Treatment		
On one or more mood stabilisers, <i>n</i> (%)	31 (78)	48 (86)
On antidepressant, <i>n</i> (%)	13 (33)	21 (38)
On neuroleptic, <i>n</i> (%)	29 (73)	40 (71)
On hypnotic, <i>n</i> (%)	6 (15)	8 (14)
Previous psychological treatment, <i>n</i> (%)	20 (50)	31 (55)

a. Number of episodes not recorded if greater than 30.