

## Data supplement

Table DS1 Additional demographics of participants at baseline					
	Treatment as usual group ( <i>n</i> = 34)	Therapy group ( <i>n</i> = 33)	<i>t</i>	$\chi^2$	<i>P</i>
Marital status, <i>n</i> (%)					
Single	13 (38.2)	6 (18.2)		8.58	0.07
Married	6 (17.6)	15 (45.5)			
Separated	3 (8.8)	1 (3.0)			
Divorced	7 (20.6)	4 (12.1)			
Cohabiting	5 (14.7)	7 (21.2)			
Ethnicity, <i>n</i> (%)					
White	32 (94)	32 (97)		5.05	0.41
Black	1 (2.9)	1 (3.0)			
Asian	1 (2.9)	0			
Age on leaving education, mean (s.d.)	17.9 (2.6)	17.6 (2.5)	−1.81		0.08
Schooling level, <i>n</i> (%)					
Primary	3 (8.8)	3 (9.1)		1.39	0.71
Secondary	9 (26.5)	13 (39.4)			
Further	11 (32.4)	8 (24.2)			
Higher	11 (32.4)	9 (27.3)			
Employment, <i>n</i> (%)					
Full time	12 (35.3)	11 (33.3)		4.81	0.31
Part time	1 (2.9)	5 (15.2)			
Unemployed	18 (52.9)	16 (48.5)			
Voluntary	1 (2.9)	1 (3.0)			
Retired	2 (5.9)	0			
Number of previous major depression episodes, <i>n</i> (%) <sup>a</sup>					
None	0	1 (3.0)		4.17	0.24
1–6	19 (59.4)	16 (48.5)			
>6	13 (40.6)	16 (48.5)			
Number of previous manic episodes, <i>n</i> (%) <sup>a</sup>					
1–6	26 (81.3)	21 (63.6)		4.40	0.11
>6	6 (18.8)	12 (36.4)			
Number of hospital admissions, <i>n</i> (%)					
None	10 (30.3)	10 (30.3)		1.02	0.60
1–6	23 (69.7)	22 (66.7)			
>6	0	1 (3.0)			

a. 'Treatment as usual' data missing for 2 participants; *n* and % given for *n* = 32.