

**Table DS1** Characteristics of included trials

Study <sup>a</sup>	Mean age (years)	Sample size (n)	Female (%)	Single (%)	Ethnicity	Randomised in maintenance phase?	Diagnosis	Treatment	Comparator	Length of follow-up (months)
Cochran (1984) <sup>11</sup>	32.5 <sup>b</sup>	28	61	79	White	NC	Bipolar I and II	CBT: 1 h/week for 6 weeks	TAU	6
Lam <i>et al</i> (2000) <sup>12</sup>	39	25	52	68	NR	Yes	Bipolar I	CBT: 12–20 sessions over 6 months	TAU	12
Lam <i>et al</i> (2005) <sup>13</sup>	44	103	56		NR	Yes	Bipolar I	CBT: mean of 14 (s.d.=5.5) sessions over 6 months	TAU	30
Scott <i>et al</i> (2001) <sup>15</sup>	39.2	42	60	67	NR	No	Bipolar I and II <sup>c</sup>	CBT: Maximum of 25 sessions (45 min each)	Waiting-list control: Varied	6
Scott <i>et al</i> (2006) <sup>14</sup>	41.2	253	65	60	NR	No	Bipolar I and II	CBT: 20 sessions and 2 booster sessions	TAU	18
Miklowitz <i>et al</i> (2003) <sup>16</sup>	35.6	101	63	NR	White	NC	Bipolar I and II	Family-focused therapy: 21 hour-long sessions (12 weekly, 6 biweekly, 3 monthly)	Crisis management: 2 hour-long sessions in first 2 months, then as needed	24
Rea <i>et al</i> (2003) <sup>17</sup>	25.6	53	57	85	White	Yes	Bipolar (mainly mania)	Family therapy: weekly, then biweekly, then monthly	Psychosocial therapy: weekly, then biweekly, then monthly	12
Colom <i>et al</i> (2003) <sup>19</sup>	Adult <sup>d</sup>	120	63	NR	NR	Yes	Bipolar I and II	Group psychoeducation: 21 sessions of 90 min each	Non-structured group meeting: 20 weekly group meetings without psychoeducation	24
Colom <i>et al</i> (2003) <sup>20</sup>	34.9	50	62	NR	NR	Yes	Bipolar I	Group psychoeducation: 21 sessions 90 min each	Non-structured group meeting: 21 sessions of 90 min each without psychoeducation	24
Perry <i>et al</i> (1999) <sup>18</sup>	44.5	69	68	38	White	Yes	Bipolar I and II	Individual psychoeducation: 7–12 hour-long sessions (median 9, range 0–12)	TAU	18
Simon <i>et al</i> (2005) <sup>21</sup>	44.2	441	68	48	White	No	Bipolar I and II	Care management varied. Group: 5 hour-long weekly, then 1 h bimonthly	TAU	12
Weiss <i>et al</i> (2000) <sup>22</sup>	36.2	45	49	80	White	Yes	Bipolar I and II	Integrated group therapy: weekly, 12–20 hour-long sessions	TAU	6

CBT, cognitive-behavioural therapy; NC, not clear; NR, not reported; TAU, treatment as usual.  
a. Superscripts after year of publication refer to reference number in the main References list.  
b. Median age (mean not reported).  
c. Three participants (7%) had rapid cycling bipolar disorder.  
d. Age not further specified.

**Table DS2** Quality assessment of included trials

Study <sup>a</sup>	Random assignment reported	Sequence generation adequate	Allocation concealed	Groups similar at baseline	Eligibility criteria specified	Assessors masked	Point estimates and variability presented for primary outcome	Analyses include an intention-to-treat analysis	Sample size calculation reported
Cochran (1984) <sup>1</sup>	Yes	NC	NC	Yes	Yes	No	Yes	Yes	No
Colom <i>et al</i> (2003) <sup>19</sup>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Colom <i>et al</i> (2003) <sup>20</sup>	Yes	Yes	Yes	Yes	Yes	NC	Yes	Yes	No
Lam <i>et al</i> (2000) <sup>12</sup>	Yes	NC	NC	No	Yes	No	Yes	No	No
Lam <i>et al</i> (2005) <sup>13</sup>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Miklowitz <i>et al</i> (2003) <sup>16</sup>	Yes	Yes	Yes	Yes	Yes	NC	Yes	Yes	No
Perry <i>et al</i> (1999) <sup>18</sup>	Yes	Yes	NC	Yes	Yes	Yes	Yes	Yes	Yes
Rea <i>et al</i> (2003) <sup>17</sup>	Yes	NC	NC	Yes	Yes	Yes	Yes	No	No
Scott <i>et al</i> (2001) <sup>15</sup>	Yes	Yes	NC	Yes	Yes	NC	Yes	NC	No
Scott <i>et al</i> (2006) <sup>14</sup>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Simon <i>et al</i> (2005) <sup>21</sup>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Weiss <i>et al</i> (2000) <sup>22</sup>	No	No	No	No	Yes	NC	Yes	Yes	No

NC, not clear.

a. Superscripts after year of publication refer to reference number in the main References list.