Table DS1 Changes in prescribed antipsychotic drugs

Assessments	Brief CBT group		TAU group		Statistics	
	Mean	s.d.	Mean	s.d.	t	P value
Chlorpromazine equivalents, mg						
Baseline	327.55	194.52	328.55	219.75	-0.036	0.972
12 weeks	341.17	243.13	327.22	220.20	0.437	0.663
38 weeks	336.37	168.38	333.50	229.26	0.096	0.923
64 weeks	327.50	170.72	323.07	220.44	0.155	0.877
	Typical	Atypical	Typical	Atypical	χ^2	P value
APs, Number						
Baseline	21	89	21	89	0.000	1.000
12 weeks	21	82	21	87	0.029	0.864
38 weeks	18	73	18	72	0.001	0.970
64 weeks	20	74	21	75	0.010	0.920

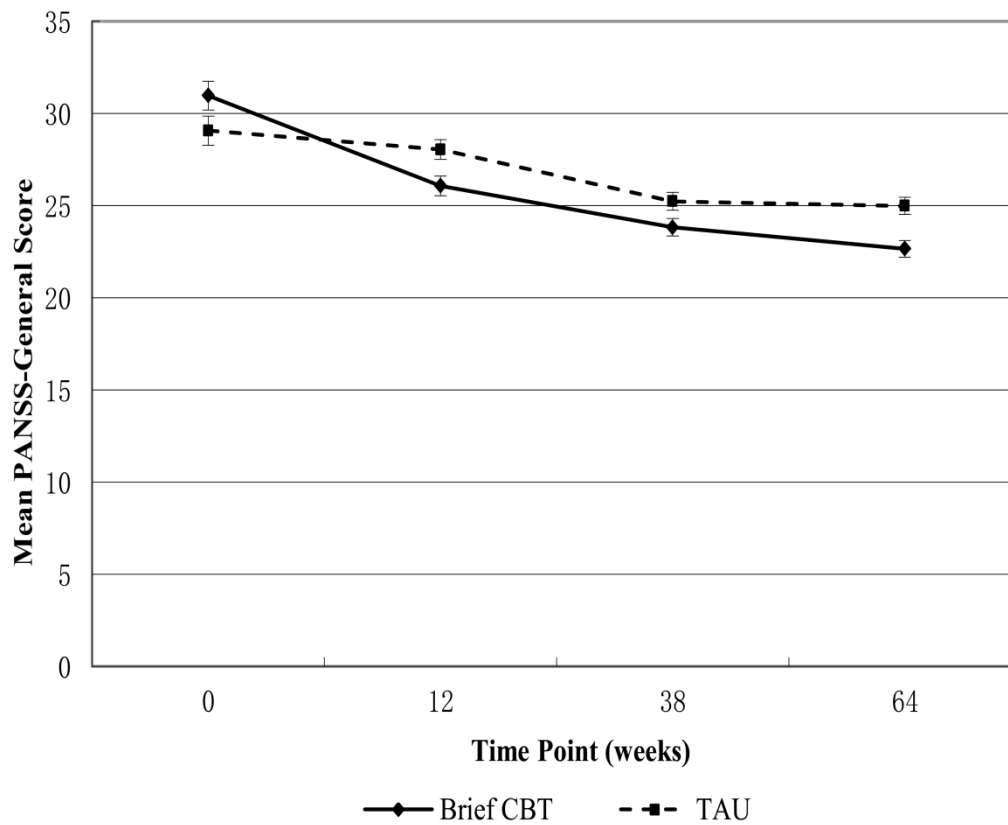CBT, cognitive-behavioural therapy; TAU, treatment as usual; s.d., standard deviation.

APs, antipsychotic drugs.

In the brief CBT group, typical APs included chlorpromazine (5 cases), perphenazine (6 cases), sulpiride (6 cases), haloperidol (3 cases), penfluridol (1 case) and atypical APs included clozapine (20 cases), olanzapine (12 cases), risperidone (36 cases), aripiprazole (13 cases), quetiapine (6 cases), paliperidone (1 case), ziprasidone (1 case) at baseline. 16 lost or withdrew up to 64 weeks: clozapine (5 cases), olanzapine (2 cases), aripiprazole (3 cases), quetiapine (1 case), risperidone (5 cases). One changed from haloperidol to olanzapine and one from olanzapine to clozapine during the trial.

In the TAU group, typical APs included chlorpromazine (11 cases), perphenazine (5 cases), sulpiride (3 cases), haloperidol (1 case), penfluridol (1 case) and atypical APs included clozapine (32 cases), olanzapine (8 cases), risperidone (24 cases), aripiprazole (13 cases), quetiapine (7 cases), paliperidone (3 cases), ziprasidone (2 cases) at baseline.14 lost or withdrew up to 64 weeks: clozapine (4 cases), olanzapine (1 case), aripiprazole (1 case), quetiapine (2 case), risperidone (5 cases), ziprasidone (1 case). One changed from perphenazine to sulpiride, one from risperidone to paliperidone, one from olanzapine to clozapine and two from risperidone to aripiprazole during the trial.
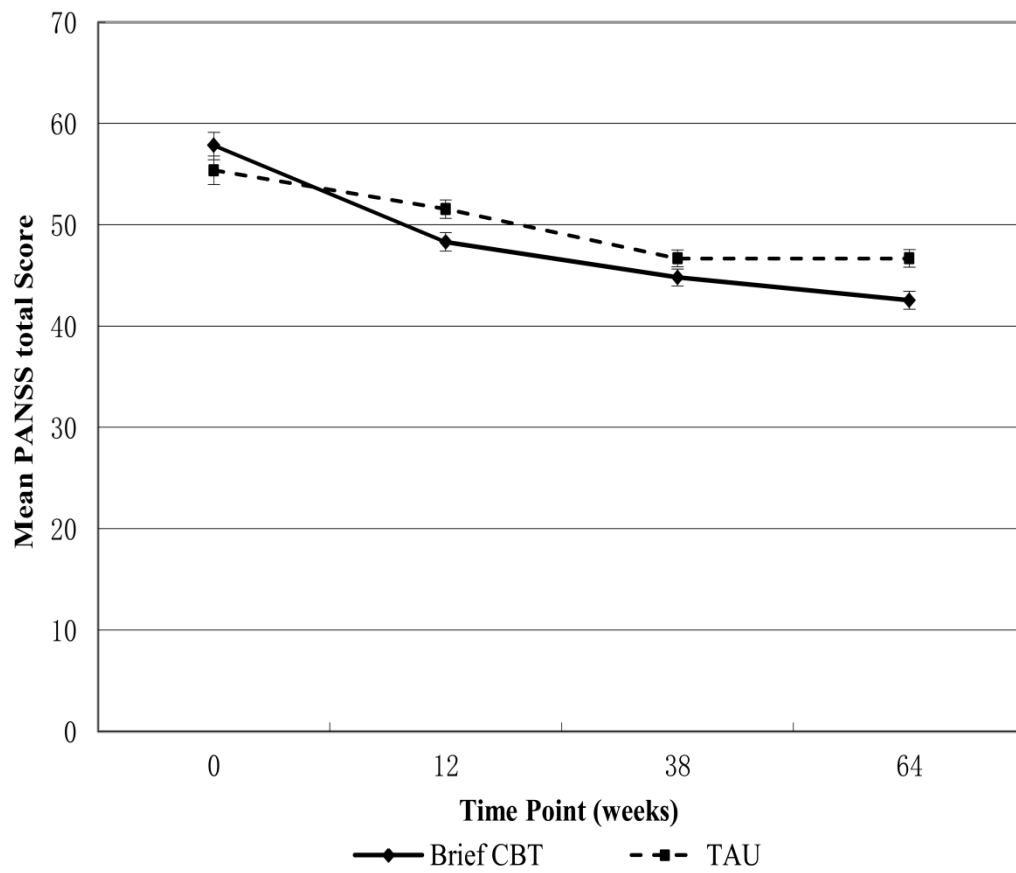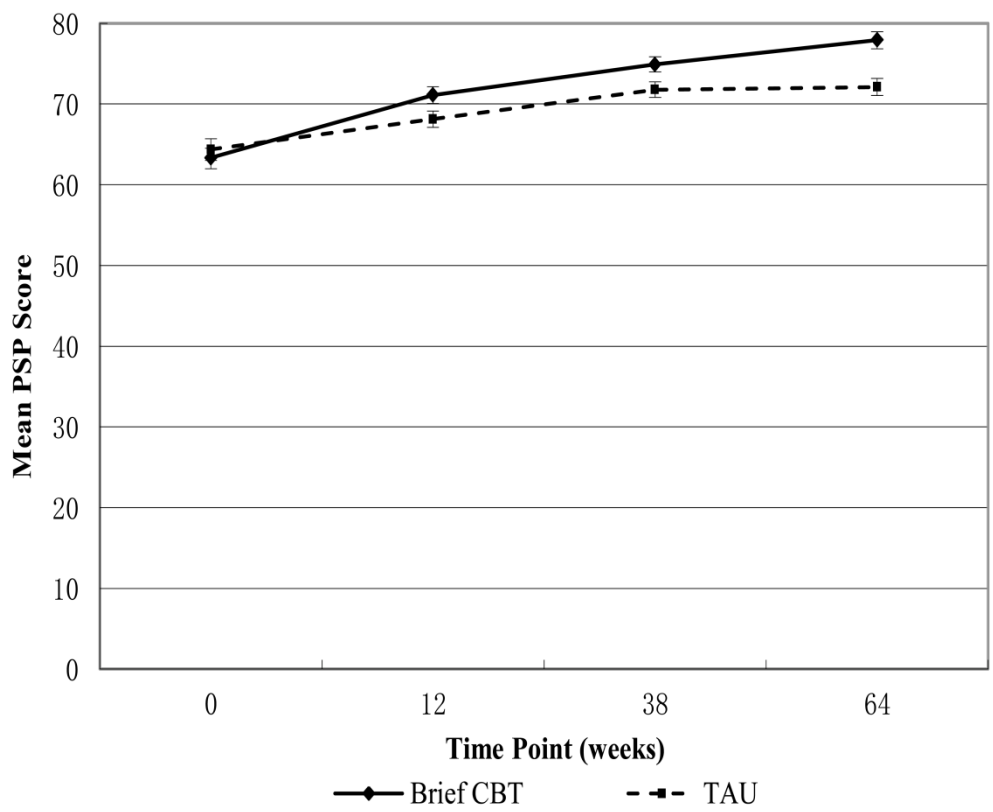
Fig. DS1 Mean (standard error) PANSS total score by time point. The values at baseline are raw means; The values at 12, 38, 64 weeks are estimated marginal means from ANOVA. CBT, cognitive-behavioural therapy; TAU, treatment as usual. PANSS, Positive and Negative Syndrome Scale.
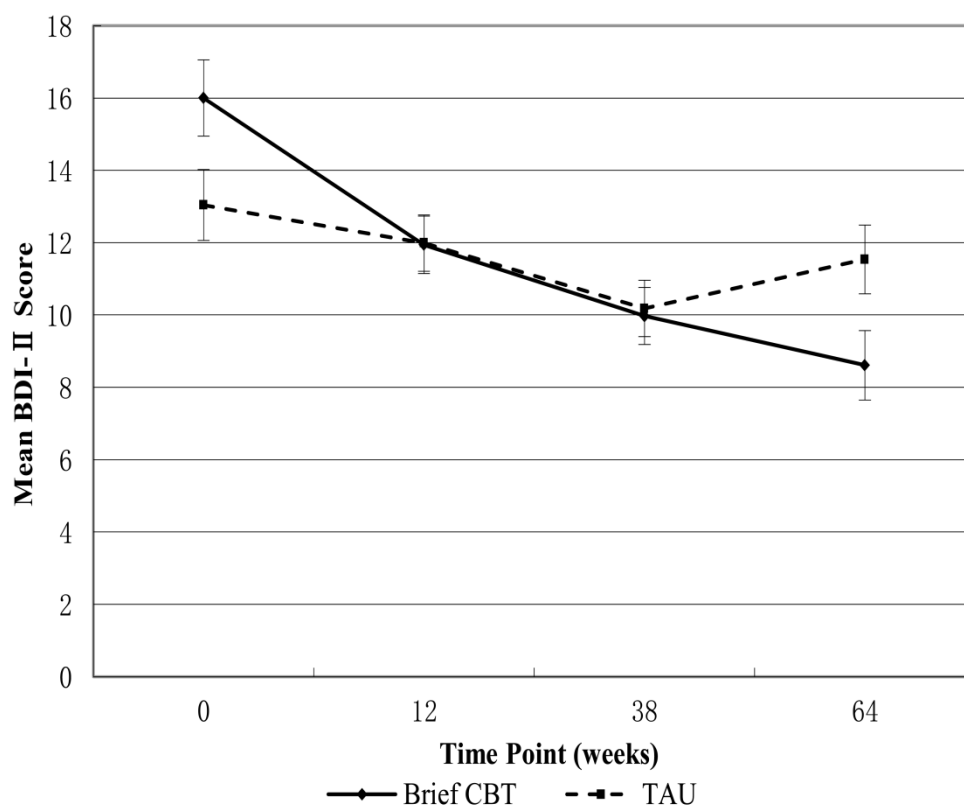
Fig. DS2 Mean (standard error) PANSS-General score by time point. The values at baseline are raw means; The values at 12, 38, 64 weeks are estimated marginal means from ANOVA. CBT, cognitive-behavioural therapy; TAU, treatment as usual. PANSS, Positive and Negative Syndrome Scale.
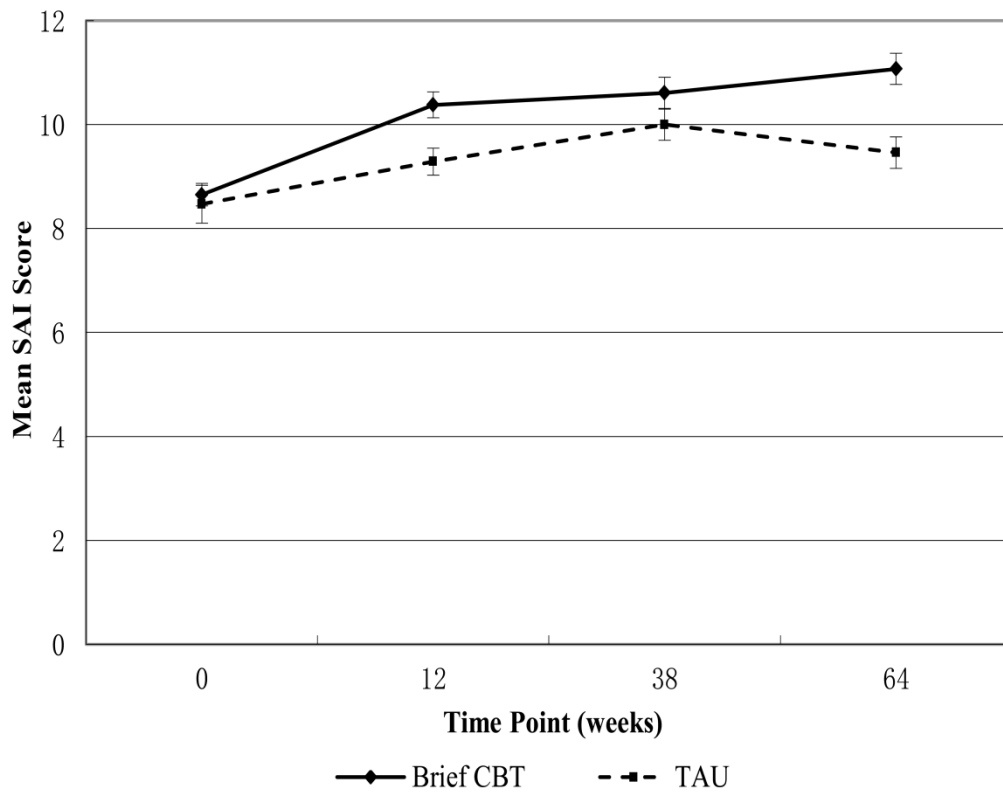
Fig. DS3 Mean (standard error) SAI score by time point. The values at baseline are raw means; The values at 12, 38, 64 weeks are estimated marginal means from ANOVA. CBT, cognitive-behavioural Therapy; TAU, treatment as usual. SAI, Schedule for Assessing Insight.

Fig. DS4 Mean (standard error) PSP score by time point. The values at baseline are raw means; The values at 12, 38, 64 weeks are estimated marginal means from ANOVA. CBT, cognitive-behavioural therapy; TAU, treatment as usual. PSP, Personal and Social Performance Scale.

Fig. DS5 Mean (standard error) BDI-II score by time point. The values at baseline are raw means; The values at 12, 38, 64 weeks are estimated marginal means from ANOVA. CBT, cognitive-behavioural therapy; TAU, treatment as usual. BDI-II, Beck Depression Inventory-II.