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| **Citation**  | **Country**  | **Setting**  | **Study design** | **Sample size during entry Inter/control**  | **Sample size final analysis** **Inter/cont.**  | **Type of treat.****Inter/control**  | **Group/individual**  | **Number of sessions** | **Duration of interv. (weeks)**  | **Duration of follow-(months)** | **Outcome measured primary & secondary** | **Measuring tool**  | **Inclusion criteria**  |
| Husain, M. I. et al, 2017 | Pakistan | Out-patient | RCT | 18/16 | 16/11 | PE/TAU | Indiv. | 12 | 12 | Pre-post | knowledge & attitudesAdherence , QOL Symptom severity | YMRS, BDIMMAS, BKAQEQ-5D | Euthymic bipolar Age 18-65speak Urdu/Punjabi/English |
| Faridhosseini F. et al, 2017 | Iran  | Out-patient | RCT | 13/13 | 12/12  | PE/TAU | Group  | 8 | 4 | 6 | Recurrence , QOL Adherence , Hospital Admission, & Psychiatric visit | YMRSHDRSSF-36 | Euthymic, bipolar ,Age 18-50High school degree  |
| Rahmani, F. et al, 2016 | Iran  | In-patient | RCT | 38/38 | 36/36 | PE/TAU | Group  | 10 | 5  | Pre-post |  Medication Adherence  | MARS &Medicine check list | Euthymic, Bipolar I, FemaleAge 18-50, literate, hospitalized & having no comorbidity |
| Gumus, F. et al, 2015 | Turkey  | Out-patient | RCT | 41/41 | 37/41 | PE/TAU | indiv | 4  | 4 | 12 | Recurrence  | YMRSHDRS | Euthymic, Bipolar I & IIAge 18-65 |
| Kurdal, E. et al, 2014 | Turkey | Out-patient | RCT | 40/40 | 40/40 | PE/TAU | Group | 21  | 11 | 3  | Functioning  | BDFS  | Euthymic, BipolarAge 18-60 & literate, |
| Faria. et al, 2014 | Brazil | Out-patient | RCT | 32/29 | 19/26 | PE/TAU | Indiv. | 6 | 6 | Pre-post  | Biological rhythm | BRIAN, HDRS & YMRS | bipolar IIAge 18-29 |
| Cardoso Tde A. 2014 | Brazil | Out-patient | RCT | 32/29 | 19/2615/14 at  6 moth evaluation | PE/TAU | GroupIndividual  | 6 | 6 | 6 | QOLs & mood symptoms | MOS SF-36, HDRS, YMRS | Bipolar, age 18-29 |
| Cuhadar D, et al, 2014 | Turkey | Out-patient | RCT | 32/31 | 24/23 | PE/TAU | group | 7 | 7 | Pre-post  | Internalized stigma | ISSMI | Bipolar disorder in remission , Age 18-65 |
| Javadpour A et al, 2013 | Iran  | Out-patient | RCT | 54/54 | 45/41 | PE/TAU | Indiv. | 8  | 8 | 18 | Adherence QOL, & Recurrence  | WHOQOL-BREF, MARS, HDRS and YMRS | Bipolar disorder during Euthymic phase Age 18-60 |
| George SL. et al, 2013 | India  | Out-patient | RCT | 30/30 | 24/26 | PE/TAU | group | 4 | 16 | 3 | Adherence | YMRS and HDRS, AS,KQ | Bipolar disorder during Euthymic phase & age 20-60 |
| Bahredar J. et al, 2013 | Iran  | Out-patient | RCT | 15/15/ 15 | 15/15/ 15 | PE/TAU/placebo | group | 9 | 9 | 6 | Adherence & functioning | MARS & GAF | Bipolar I, Euthymic 18-50 year |
| de Barros P. et al, 2012 | Brazil | Out-patient | RCT | 32/23 | 28/18 | PE/placebo | group | 16 | 16 | 12  | Symptomatic QOL, & Functioning  | GAF, SAS-SR, CGI & WHOQOL | BD I & II in remission18-65 |
| Eker F & Harkin S, 2012 | Turkey  | Out-patient | RCT | 36/35 | 30/33 | PE/TAU | group | 6 | 6 | Pre-post  | Adherence | MARS | Bipolar during remission19-62 |
| Dogan, S.2003 | Turkey | Out-patient | RCT | 16/16 | 14/12 | PE/TAU | indiv | 3 | 3 | 3 | Symptom levelQOLs, Adherence  | WHO-QOLBSI | Bipolar patients who are on Lithium and age >23 |
| **Citation**  | **Country**  | **Setting**  | **Study design** | **Sample size during entry Inter/control**  | **Sample size final analysis** **Inter/cont.**  | **Type of treat.****Inter/control**  | **Group/individual**  | **Number of sessions** | **Duration of interv. (weeks)**  | **Duration of follow-(months)** | **Outcome measured primary & secondary** | **Measuring tool**  | **Inclusion criteria**  |
| Bordbar MRF et al, 2009 | Iran  | In-patient | RCT | 29/30 | 29/28 | FFI/TAU | group | 1  | 1 | 12  | Relapse, hospitalization & adherence | DDSM-IV, Mean time of using medication, &psychiatric visits | Bipolar I, 15-45 Year,Disease onset < 5 years  |
| Costa R.T et al, 2012 | Brazil | Out-patient  | RCT | 27/14 | 25/12 | CBT/TAU | group | 14 | 14 | 6 | QOL & Mood symptoms | SF-36, BDI & YMRS | Bipolar I & II, EuthymicAge 18-55 |
| Gomes B.C. et al, 2011 | Brazil | Out-patient | RCT | 23/27 | 22/25 | CBT/TAU | group | 18 | 22 | 12 | Time to relapse & Relapse | DSM-IV, HDRS, MRS | Bipolar I, Euthymic , 18-50 year &>5year schooling |
| Ives-Deliperi VL et al, 2013 | South Africa | Out-patient | RCT | 16/7/ 10 | 16/7/ 10 | MBCT/TAU | group | 8 | 8  | Pre-post  | Mood symptoms | SCID, MRS & HADS | Bipolar I & II |
| \*\* Randomized controlled trial (RCT), Psychoeducation (PE), Cognitive behavioral therapy (CBT), Family psychoeducation (FFT) and Mindfulness cognitive behavioral therapy (MBCT), Social Adjustment Scale Self Report (SAS-SR), Medication adherence rating scale (MARS), Global assessment of functioning (GAF), Internalized Stigmatization Scale of Mental Illnesses (ISSMI), , Biological Rhythm Interview of Assessment in neuropsychiatry (BRIAN) ; Hamilton Depression Rating scale (HDRS); YMRs, Young Mania Rating scale (YMRS), Clinical Global Impression (CGI), Medical Outcomes Survey Short-form General Health Survey (MOS SF-36), Beck Depression Inventory (BDI), EuroQoL (EQ-5D), Bipolar Knowledge and Attitudes Questionnaire (BKAQ), Morisky Medication Adherence Scale (MMAS-4). Brief Symptom Inventory (BSI) Counting tablet and diary (TAD) Knowledge Questionnaire (KQ), Attitude scale (AS), clinical global impressions (GCI), Bipolar disorder functioning scale (BDFS) |