Additional file 5. **Efficacy of psychoeducation to improving knowledge, attitude and reducing internalized stigma among people with bipolar disorder**

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| **Effectiveness of psychoeducation to improving knowledge, attitude and reducing internalized stigma among people with bipolar disorder** | | | | | | | |
| **Study** | | **Intervention** | **Assessment time** | **Outcome measured** | **Test statistics &**  **p-value** | **Measure of effect** | |
| Dogan, S. & Sabanciogullari S.2003 (Turkey) | | I-PE Vs TAU | Knowledge | 3 month post-intervention | I-PE ; Z=3.18; P < 0.001**+** |  | |
| TAU = Z=1.65; P > 0.05**+** |  | |
|  | | |  |  |  |  | |
| Husain, M. et al, 2017 (Pakistan) | I-PE Vs TAU | | Knowledge & attitude | 3 month post-intervention | Z=1.58; P= 0.113 | AMD = 150 (-52, 322);  SES= 0.68 | |
|  | | |  |  |  |  | |
| George SL. et al, 2013 (India) | G-PE Vs TAU | | Knowledge | Post-intervention | P =0.001 |  | |
| 1 month post-intervention |
| 3 month post-intervention |
| Attitude | Post-intervention | P =0.001 |  | |
| 1 month post-intervention |
| 3 month post-intervention |
|  | | |  |  |  | | |
| Cuhadar D, et al, 2014 (Turkey) | G-PE Vs TAU | | Total ISSMI | Post-intervention assessment | G-PE; t-test = 5.82; P< 0.001**+** | |  |
| TAU; t-test = 1.33; P< 0.197**+** | |  |
| ***\*\*Individual Psychoeducation (I-PE); Group Psychoeducation (G-PE); Adjusted Mean Difference (AMD); Standardized Mean Difference (SMD); the comparison was made within arm and the reported result for the treatment group (+); Standardized Z-score (Z)*** | | | | | | | |