**Supplementary file 1: Summary of findings from systematic review and qualitative study**

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| **Findings from systematic review** | **Findings from qualitative study** |
| 1. **Type of psychological intervention:**   * Psychoeducation, * Family therapy, * Cognitive and Behavioral Therapy and * Mindfulness Based Cognitive therapy   **2. Number of sessions**   * One-eighteen sessions   **3. Intervention providers**   * Mental health expert like clinical psychologist, * Practitioners   **4. Intervention strategies:**   * **Psycho-education about** * Sign and symptoms, * Early identification of symptoms of relapse * Causes, triggering factors, and * Prognosis of bipolar disorder * Treatment adherence and side-effects of medication, * Substance use and * Regular habits * **Techniques to improve relapse prevention** * Preparing prevention plan * Early identification of symptoms of relapse * **Behavioral strategies** * Sleep hygiene * Relaxation training * **Problem-solving techniques**   **5. Effectiveness of intervention in the following outcomes**   * Relapse prevention * knowledge, attitude and internalized stigma * Symptom severity * Suicidality * biological rhythms * Quality of life and functioning * Hospital admission | **1. Early sign of relapse**   * Irritability, aggression, * Loss of respect for others, * Sleep disturbance * Carelessness * Heavy-headedness * Feeling unusually energetic   **2. Priority concern**   * Concerns of people with bipolar disorder * Incurable nature of the illness * Long duration of treatment * Concerns of caregivers * Sleep disturbance and * Aggressive behavior   **2. Influencing factors**   * Social factors e.g death of loved one and disagreement, social support, stigma/Labelling * Economic problems * Illness related factors * Incurable nature of the illness * Treatment related factors * Treatment adherence, side-effect, * Availability * Misperception about treatment (expectation of cure with medication) * Substance use   **3.Coping to mechanisms**   * Religious believes and practice (coping/treatment disruption) * Taking medication * Looking for social support /sharing feeling * Avoiding situation that trigger or worse illness * Substance use (use/avoidance) * Blaming self * Keep the problem solved by itself   **Impact of illness**   * Negative impact of people with bipolar disorders’ * Education * Stigma and social exclusion * Lack of work occupational * Negative impact on family members’ * Education * Social life * Occupational |