

Table 1. Trial characteristics and relapse rates of the included trials:

| Trial characteristics | | | | Study Results | | | |
|---|-------------------------------|--|--|-----------------------|----------------------------|-----------------------|----------------------------|
| Intervention | Control | Inclusion criteria (maintenance phase) | Trial Characteristics | Manic Relapse | | Depressive Relapse | |
| | | | | Relapse Control Group | Relapse Experimental Group | Relapse Control Group | Relapse Experimental Group |
| BTDI (Perry et al., 1999) | Routine care | BD I or II ≥2 relapses, 1 in the previous year Age: 18-75 No primary substance abuse | 7-12 sessions | 11/35 (31.43%) | 2/33 (6%) | 9/35 (25.71%) | 11/33 (33.33%) |
| Care-giver group PE (Reinares et al., 2008) | Meetings without intervention | Caregivers of BD I or II patients, Age: 18-60 euthymia ≥3 months, on pharmacological treatment for BD | 12 weeks of intervention and 1 year follow-up | 21/56 (37.5%) | 10/57 (17.54%) | 23/56 (41.07%) | 17/57 (29.82%) |
| CBT (Lam et al., 2003) | Treatment as Usual | BD I Pharmacological treatment Age: 18-70 years ≥2 episodes in past 2 years or 3 episodes in past 5 years Current euthymia; BDI<30, MRS<9 No substance use disorders, not suicidal | 14 sessions in first 6 months + 2 booster sessions in second 6 months, performed by psychologist | 16/48 (33.33%) | 21/48 (43.75%) | 10/48 (20.83%) | 25/48 (52.08%) |
| CBT (Lam, 2005) | Treatment as Usual | BD I ≥2 episodes in past 2 years/ 3 episodes in 5 years prior to recruitment. Not actively suicidal, no substance use disorder | 30 months CBT+ medication vs. medication only 12-18 individual sessions in 6 months | 31/46 (67%) | 23/46 (50%) | 17/44 (38%) | 32/48 (66%) |
| CBT (Meyer and Hautzinger, 2011) | Supportive treatment | BD I or II Age: 18-65 Assuming medication No: primary diagnosis of non-affective disorder, current affective episode, substance-induced affective disorder or affective disorder due to a | 20 sessions of CBT or Supportive Therapy over 9 months. Follow up: 24 months. | 8/38 (21.05%) | 10/38 (26.32%) | 14/38 (36.84%) | 7/38 (18.42%) |

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|---------------------------|---|---|---|-------------------|-----------------|-------------------|------------------|
| | | general medical condition, no current substance dependency, no cognitive impairment, no current psychological treatment. | | | | | |
| CBT (Scott et al., 2006) | Treatment as usual | BD I or II Age ≥ 18 years ≥ 2 acute episodes, 1 in previous year; contact with mental health services No: rapid-cycling, BD secondary to an organic cause, severe borderline PD, suicidal ideation/ intent in past 3 months continuous substance misuse, current mania, current systematic psychological treatment | 72 weeks 20 weekly sessions of CBT until week 15 and then with gradually reducing frequency until week 26 + 2 'booster sessions' | 25/126 (19%) | 28/127 (22%) | 39/126 (30%) | 39/127 (30%) |
| ERP (Lobban et al., 2010) | Treatment as usual | BD I or II ≥ 2 relapses, 1 in the past 12 months or 2 in past 3 years Euthymic ≥ 4 wks No rapid cycling, primary substance abuse or organic cause | 6 x 1h sessions Care coordinators (trained by a nurse) | 8/40 (20%) | 9/40 (22.5%) | 16/40 (40%) | 17/40 (42.5%) |
| FFT (Miklowitz, 2003) | Crisis management intervention and treatment as usual | BD I or II. Acute episode in the past 3 months Aged 18-65 years No developmental disability or neurologic disorder No substance use disorders in the previous 6 months Regular contact with a caregiver English speaking | 2 years Prior episodes 7.9 \pm 17.9 (FFT) 5.7 \pm 13.4 (CM) FFT: 21 sessions CM: 2 sessions Duration: 9 months. Pharmacotherapy for 2 study years. | 6/70 (8%) | 5/31 (16%) | 26/70 (37%) | 6/31 (19%) |
| PE (Colom et al., 2003) | Meetings without intervention | BD I or II Age: 18-65 years 6 months of | 20 x 90-minute sessions + | 20/60 (33.33%) | 12/60 (20%) | 19/60 (31.67%) | 8/60 (13.33%) |

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|-------------------------|-------------------------------|---|--|-------------|----------------|----------------|----------------|
| | | euthymia (YMRS <6; HDRS-17 <8) No substance abuse, no mental retardation or organic brain damage, no deafness | 2yrs follow up | | | | |
| PE (Colom et al., 2009) | Meetings without intervention | Note: 5-year follow up of the Sample in Colom et al.,2003 BD I or II Age: 18-65 years 6 months of euthymia (YMRS <6; HDRS-17 <8) No substance abuse, no mental retardation or organic brain damage, no deafness | 20x90-minute sessions + 2yrs follow up | 48/60 (80%) | 32/60 (53.33%) | 50/60 (83.33%) | 29/60 (48.33%) |

BD= Bipolar Disorder ; BTDI= Brief Technique-driven Intervention ; PE= Psychoeducation ; CBT= Cognitive Behavioural Therapy ; ERP : Enhanced Relapse Prevention ; FFT= Family Focused Therapy

Table 2. Excluded trials and reasons for their exclusion

| Trial | Reason for exclusion |
|-------------------------|---|
| Ball, 2006 | Depression and mania relapse rates not reported |
| Castle, 2010 | Depression and mania relapse rates not reported |
| Clarkin, 1998 | Depression and mania relapse rates not reported |
| Cochran, 1984 | Relapse rate not assessed Small sample size |
| D'Souza | Depression and mania relapse rates not reported |
| Frank, 2005 | Relapse rates not reported |
| Gomes 2011 | Depression and mania relapse rates not reported |
| González-Isasi 2010 | Small sample size |
| Johnson, 2009 | Small sample size Absence of a control group |
| Kessing 2011 | Sample composed of bipolar and depressed patients; Relapse rates not published |
| Miklowitz 2008 | Adolescents Depression and mania relapse rates not reported |
| Miklowitz, 2007 | Depression and mania relapse rates not reported |
| Miller 2008 | Depression and mania relapse rates not reported |
| Miller, 2004 | Assessed only time to recovery, not recurrence of mood episodes |
| Perlick 2010 | Depression and mania relapse rates not reported |
| Rea 2003 | Absence of a control group |
| Simon 2006 | Relapse rates not clearly reported |
| Solomon 2008 | Small sample size |
| Van Gent, 1991 | Small sample size |
| Weiss 2000,2007,2009 | Depression and mania relapse rates not reported |
| Williams 2008 | Depression and mania relapse rates not reported |

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| Zaretsky 2008 | Absence of a control group Depression and mania relapse rates not reported |
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