

**Comparative efficacy and acceptability of psychological  
interventions in the long term treatment of bipolar disorder:  
a network meta-analysis**

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**PROTOCOL**

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## Appendix 1 - Full search strategy

#	OVID
1	exp bipolar disorder/ or exp mania/
2	1 use emez
3	exp bipolar disorder/ use mesz
4	exp bipolar disorder/ or exp mania/
5	4 use psyh
6	((bipolar or bi polar) adj5 (disorder\$ or depress\$) or (cyclothymi\$ or rapid or ultradian) adj5 cycl\$) or hypomani\$ or mania\$ or manic\$ or mixed episode\$ or rcbd).ti,ab,id.
7	or/2-3,5-6
8	exp psychotherapy/ use emez,mesz
9	cognitive therapy/ or couples therapy/ or educational therapy/ or exp marriage counselling/ or exp psychotherapeutic processes/ or exp psychotherapeutic techniques/ or exp psychotherapy/
10	9 use psyh
11	(brief therap\$ or focus orientat\$ or freudian or ((individual or multi modal or multimodal) adj (intervention\$ or program\$ or therap\$)) or ((psycholog\$ or psycho social\$ or psychosocial\$) adj3 (intervention\$ or program\$ or therap\$ or treat\$)) or psychotherap\$ or talk\$ therap\$ or therapeutic technique\$ or therapist\$ or third wave or time limited).ti,ab.
12	((acceptance\$ and commitment\$) or defus\$ or mindful\$ or mind train\$).ti,ab.
13	(activity scheduling or (((aversive or aversion or feedback\$ or desensiti\$) adj3 (condition\$ or therap\$ or intervention\$ or program\$ or treatment\$ or approach\$ or technique\$)) or covert sensiti?ation) or behavio?rist\$ or ((behav\$ or cognitiz\$ or metacognit\$) adj5 (analy\$ or approach\$ or activation or contracting or intervention\$ or modif\$ or program\$ or rehab\$ or remediation or restructur\$ or technique\$ or therap\$ or train\$ or treat\$)) or (cbt or ((cogniti\$ or metacogni\$) adj7 (behav\$ or challeng\$))) or contingency management or (dialectic adj4 therap\$) or (explanatory adj (style or therap\$)) or exposure response prevention or ((exposure or desensiti\$) adjtherap\$) or functional analys\$ or ((implosive or implosion) adjtherap\$) or (rational adj3 therapy) or rational emotive or restructuring or re inforcement or reinforcement or schema\$).tw.
14	((client or person) adj (orient\$ or cent\$)) or personcent\$ or personcent\$ or personorient\$ or counsel\$ or (existential\$ or experiential\$ or humanistic or psycho synthesis or psychosynthesis or reality therapy or transactional analysis or (transpersonal adj (psychology or therapy))) or ((emotion\$ adj2 (focus\$ or heal\$ or therap\$)) or emotional freedom) or focus-orient\$ or gestalt or givens or (insight adj (orient\$ or therap\$)) or (non prescriptive or nonprescriptive or non directive or nondirective or process experiential or (supportive adj3 therap\$)) or rogerian or ((problem or solution) adj2 (based or focus\$ or led or solv\$)).ti,ab. or problem solv\$.sh.
15	(abreaction or alderian or adlerian or (analytical adj (psychology or therap\$)) or countertransference or dream analysis or (dynamic\$ and (brief or psycho\$ or therap\$)) or free association or jungian or kleinian or object relations or psycho analy\$ or psychoanaly\$ or psycho dynamic or psychodynamic or relational therap\$ or transference).ti,ab.
16	(age regression or autosuggestion or auto suggestion or guided imagery or hypnos\$ or

- hypnotherapy or hypnotic or hypnotis\$ or hypnotiz\$).ti,ab.
- (((communication or conversation\$ or interact\$ or inter connect\$ or interconnect\$ or inter communicat\$ or intercommunicat\$ or inter personal\$ or interpersonal\$ or inter relation\$ or interrelation\$ or relation\$ or social\$ or socio environmental or socioenvironmental)
- 17 adj5 (feedback\$ or instruct\$ or intervention\$ or model\$ or program\$ or skill\$ or support\$ or therap\$ or train\$ or treat\$)) or conversational partner\$ or ipsrt or ((inter personal or interpersonal) adj relation\$) or milieu therap\$ or mood chart or sensitivity training or social rhythm\$ or therapeutic communit\$).ti,ab.
- 18 (((eclectic or integrative) adjtherap\$) or ((systematic or integrative) adj (counsel\$ or therap\$))).ti,ab.
- 19 (compassion or selfcompassion or compassionate).ti,ab.
- (((con?joint or couple\$ or family or families or husband\$ or marriage\$ or marital\$ or partner\$ or relations\$ or spous\$ or wife or wives\$ or (child\$ adj5 parent\$)) adj6 (feedback\$ or counsel\$ or instruct\$ or intervention\$ or program\$ or support\$ or therap\$ or train\$ or treat\$)) or ((couples\$ or family\$ or relations\$) adj (based or focused or led)) or ecological therap\$ or expressed emotion or family dynamics or family relationships).tw.
- 20
- 21 (((multi systemic or multisystemic) adj2 therap\$) or systems therapy).ti,ab.
- 22 (narrative\$ or written stor\$).ti,ab.
- 23 ((relax\$ adj3 (approach\$ or activation or intervention\$ or program\$ or technique\$ or therap\$ or rehab\$ or train\$ or treat\$)) or (stress\$ adj3 manag\$)).ti,ab.
- 24 (psycho ed\$ or psychoed\$).ti,ab.
- 25 ((group adj (based or focused or led or situation or support\$)) or (group\$ adj2 (intervention\$ or program\$ or therap\$)) or therap\$ group\$).ti,ab.
- 26 ((self adj (administer\$ or assess\$ or attribut\$ or care or change or directed or efficacy or help\$ or guide\$ or instruct\$ or manag\$ or medicat\$ or monitor\$ or regulat\$ or reinforc\$ or re inforc\$ or support\$ or technique\$ or therap\$ or train\$ or treat\$)) or selfadminister\$ or selfassess\$ or selfattribut\$ or selfcare or selfchange or selfdirected or selfefficacy or selfhelp\$ or selfguide\$ or selfinstruct\$ or selfmanag\$ or selfmedicat\$ or selfmonitor\$ or selfregulat\$ or selfreinforc\$ or self re inforc\$ or selfsupport\$ or selftechnique\$ or selftherap\$ or selftrain\$ or selftreat\$ or ((well?being or wellness) adj (intervention\$ or program\$ or therap\$ or train\$ or treat\$))).ti,ab.
- 27 (bibliotherap\$ or expert patient\$ or (hearing voices adj2 (group\$ or network\$ or support\$)) or (minimal adj (contact or guidance)) or helpseek\$ or (help\$ adj2 seek\$) or (mutual adj (aid\$ or help or support\$)) or recovery model\$ or smart recovery).ti,ab.
- 28 (booklet\$ or brochure\$ or leaflet\$ or pamphlet\$ or poster\$ or psychoeducat\$ or psycho educat\$ or workbook\$ or work book\$ or ((adult\$ or client\$ or consumer\$ or health or inpatient\$ or outpatient\$ or participant\$ or patient\$ or service user\$) adj3 (educat\$ or focus\$ or information\$ or knowledge or learn\$ or literac\$ or promot\$ or taught or teach\$)) or empower\$ or ((oral or printed or written) adj3 (material\$ or inform\$))).ti,ab.
- 29 (befriend\$ or be\$1 friend\$ or buddy or buddies or ((community or lay or paid or support) adj (person or worker\$)) or ((community\$ or home) adj (based or visit\$)) or ((consumer\$ or friend\$ or lay or mutual\$ or peer\$ or social\$ or volunteer\$) adj3 (help\$ or network\$ or support\$ or visit\$)) or ((consumer\$ or discussion or peer\$ or social\$ or support\$ or volunteer\$) adj2 (group\$ or network\$)) or ((consumer\$ or friend\$ or lay\$ or peer\$ or user\$ or volunteer\$) adj (based or counsel\$ or deliver\$ or interact\$ or led or mediat\$ or operated or provides or provider\$ or run\$)) or ((consumer\$ or friend\$ or lay\$

- or peer\$ or relation\$ or support\$) adj3 trust\$) or (coping adj3 (behavio?r\$ or skill\$)) or (emotion\$ adj (focus\$ or friend\$ or relation\$)) or ((dyadic or loneliness or psychosocial\$ or psycho social\$) adj2 (intervention\$ or program\$ or therap\$ or treat\$)) or ((emotion\$ or one to\$1 one or transition\$) adj support\$) or (lay adj (led or run)) or ((lay or peer) adj5 (advisor\$ or consultant or educator\$ or expert\$ or facilitator\$ or instructor\$ or leader\$ or person\$ or tutor\$ or worker\$)) or expert patient\$ or mutual aid or (peer\$ adj3 (advic\$ or advis\$ or counsel\$ or educat\$ or mentor\$)) or ((social or psychosocial or psycho social) adj (adapt\$ or support\$)) or supportive relationship\$ or social interaction program\$ or support\$ listening).ti,ab.
- 30 (helpline or help line or ((phone\$ or telephone\$) adj3 (help\$ or instruct\$ or interact\$ or interven\$ or mediat\$ or program\$ or rehab\$ or strateg\$ or support\$ or teach\$ or therap\$ or train\$ or treat\$ or workshop\$)) or ((phone or telephone\$) adj2 (assist\$ or based or driven or led or mediat\$))).ti,ab.
- 31 (audio\$ or cd rom or cdrom or computer\$ or communication aid or cyber\$ or (digital adj (assistant\$ or divide)) or dvd or (e\$1 adj (communicat\$ or consult\$ or mail\$ or portal\$ or visit\$)) or email\$ or ecommunicat\$ or econsult\$ or email\$ or eportal\$ or etablet\$ or evisit\$ or (e\$1 adj (communicat\$ or consult\$ or mail\$ or tablet\$ or visit\$)) or facebook\$ or floppy or handheld or hand held or information technolog\$ or interactiv\$ or internet or iphone\$ or laptop\$ or multimedia or multi media or myspace\$ or my space\$ or online or palmtop or palm top or personal digital or portal\$1 or reminder system\$ or remote consultation\$ or short messag\$ or skype or sms or (social adj (media or network\$)) or texts or texting or video\$ or virtual or website).ti,ab.
- 32 ((cd or communication or digital or electronic\$ or mobile or net or pc\$1 or pda or phone\$ or phoning or tablet\$ or technolog\$ or telephon\$ or web or www) adj3 (aid\$ or assist\$ or based or deliver\$ or diary or diaries)).ti,ab.
- 33 (vr adj2 (advocacy or application\$ or approach\$ or coach\$ or educat\$ or exchang\$ or exposure or feedback\$ or guide\$1 or help\$ or instruct\$ or interact\$ or interven\$ or learn\$ or manag\$ or meeting\$ or module\$ or network\$ or package\$ or participat\$ or prevent\$ or program\$ or psychoanaly\$ or rehab\$ or retrain\$ or re train\$ or self guide\$ or self help or selfguide\$ or selfhelp or session\$ or skill\$ or strateg\$ or support\$ or teach\$ or technique\$ or therap\$ or train\$ or treat\$ or work shop\$ or workshop\$)).ti,ab.
- 34 ((cd or communication or digital or electronic\$ or mobile or net or pc\$1 or pda or phone\$ or phoning or tablet\$ or technolog\$ or telephon\$ or web or www) adj7 (advocacy or application\$ or approach\$ or coach\$ or educat\$ or exchang\$ or guide\$1 or help\$ or instruct\$ or interact\$ or interven\$ or learn\$ or manag\$ or meeting\$ or module\$ or network\$ or package\$ or participat\$ or prevent\$ or program\$ or psychoanaly\$ or rehab\$ or retrain\$ or re train\$ or self guide\$ or self help or selfguide\$ or selfhelp or session\$ or skill\$ or strateg\$ or support\$ or teach\$ or technique\$ or therap\$ or train\$ or treat\$ or work shop\$ or workshop\$)).ti,ab.
- 35 (cacbt or cbt or c cbt or call in or (caller\$1 adj3 (interven\$ or program\$ or therap\$ or treat\$)) or callline\$ or call line\$ or ediar\$ or ehealth or emediat\$ or elearn\$ or etherap\$ or (e adj (diar\$ or learn or health or mediat\$ or therap\$)) or help line\$ or helpline\$ or hotline\$ or hot line\$ or phone in or phonein or telecare or telecommunication or teleconsult\$ or telehealth or telemedicine or telement\$ or telepsychology or telepsychiatry or teletherap\$ or (tele adj (care or communication) or consult\$ or health or medicine or mental\$ or psychology or psychiatry or therap\$)) or webcam\$ or web cam\$).ti,ab.
- 36 ((desensiti\$ adj (therap\$ or psychology\$)) or eye movement desensiti\$ or emdr).ti,ab.
- 37 morita.ti,ab.

- 38 persuasion therap\$.ti,ab.  
39 ((play or fil?ial) adjtherap\$).ti,ab.  
(autogenic training or balint group or diffusion or griefwork or nonspecific therap\$ or  
40 personal construct or primal or reciprocal inhibition or reminiscence or self analysis or  
self esteem or transtheoretical).ti,ab.  
41 or/8,10-40  
42 7 and 41

**AND RCT terms**

**Notes:**

- 1. Arts therapies including expressive therapies (drama therapy etc) excluded**
- 2. E-therapies included. It is not clear from the protocol if e-therapies that include contact with therapist will be included. However the hit rates are low and so I have taken a precautionary approach and included the search terms and resultant refs.**