## Supplementary Appendix 1. Type and description of psychosocial interventions

Type of intervention	Description
Acceptance and commitment	A third-generation behavioural therapy that incorporates
therapy	acceptance and mindfulness-based strategies to help
	individuals in overcoming negative thoughts and feelings.
Assertive community	An intensive, outreach-oriented, community-based model that
treatment	serves as a platform for integrating elements of several
	psychosocial interventions to provide clinical assessments
	and crisis interventions, along with psychosocial and
	functional assistance with comprehensive community care
	delivered by a multidisciplinary team.
Case management	Each person is usually assigned to a case manager who
	contacts the person regularly and can provide more intensive
	support in case of particularly acute needs.
Cognitive adaptation training	Employs environmental supports to target severe functional
	impairments associated with schizophrenia. These supports
	include techniques such as labelling and utilisation of signs
	and alarms in an individual's environment to assist in
	activities of daily living, and encourage self-care and
	medication management.
Cognitive behavioural	Focuses on the relationship among thoughts, emotions, and
therapy	behaviours and teaches individuals coping skills to manage
	illness-related distress, recognize triggers related to symptom
	exacerbation, and evaluate maladaptive beliefs.
Cognitive training	A programme of regular activities aimed at maintaining and
	improving cognitive abilities such as memory and attention,
	language expression and logic, coordination, and cognitive
	rehabilitation.
Cognitive remediation	Use of cognitive practices and teaching strategies to target
	cognitive impairments related to schizophrenia (e.g., memory,
	attention, executive functioning, social cognition).
	Cognitive remediation can be done on a computer or with
	paper and pencil.
Family interventions	An intervention involving the relatives of the person, which

	an alliance with relatives who care for the person with
	schizophrenia, reduction of adverse family atmosphere,
	enhancement of the capacity of relatives to anticipate and
	solve problems, maintenance of reasonable expectations for
	patient performance, and attainment of desirable change in
	relatives' behaviour and belief systems.
Illness management and	Teaches illness self-management strategies to people with
recovery	schizophrenia, and comprises five empirically based
	strategies: psychoeducation to improve understanding about
	mental illness and treatment; cognitive-behavioural
	approaches to improve medication adherence; training in the
	prevention of relapses; social skills training to buffer stress
	and strengthen social support; and teaching coping skills to
	reduce the distress and severity of symptoms.
Integrated interventions	A combination of different treatments (e.g. individual
	cognitive behavioural therapy plus family intervention plus
	assertive outreach).
Interventions for physical	Aims to treat/manage co-occurring physical health problems
health problems	(e.g. psychosocial weight loss intervention)
Interventions for comorbid	Aims to treat/manage comorbid psychiatric disorders (e.g.
psychiatric disorders	depression, substance use disorder, post-traumatic stress
	disorder)
Metacognitive training	A form of cognitive behavioural therapy that focuses
	specifically on meta-cognitions. It aims to convince
	individuals to gather more information, that is, to diminish a
	jumping to conclusions bias, and to reduce overconfidence in
	errors, especially for momentous decisions.
Mental health trialogues	A community forum where service users, carers, friends,
	mental health workers, and others with an interest in mental
	health participate in an open dialogue. Meetings address
	different topics. Trialogues facilitate a discrete and
	independent form of acquisition and production of
	knowledge, and drive recovery-oriented changes in
	communication and structures.
Mindfulness-based	Consist of guided meditation followed by reflective group
interventions	discussion aimed at facilitating understanding or

metacognitive insight. Individuals bring full awareness to difficult voices, feelings, thoughts, and images, and also become aware of habitual coping reactions, safety behaviours, and their effects. They practise letting go of these reactions and learn to allow and observe psychotic experiences without reacting. Meditation and discussion lead to the insight that struggling, judging, and ruminating on psychotic experience creates distress, while mindful observation and acceptance of psychotic experience is empowering and calming. A client-centred, directive method, through which individuals are engaged in strategically directed conversations about their problems. It explores personal ideas and ambivalences, eliciting and selectively reinforcing so-called change talk, by which discrepancies between the present behaviour and the individual's own future goals are amplified. The overall goal is to increase the individual's intrinsic motivation for change. In individuals with schizophrenia, it can be used to focus on specific impacts of illness behaviours on the individuals, and provide them with opportunities to engage and discuss their ambivalent attitudes towards their illness behaviours, treatments, and possible consequences of non-adherence. A model of mental health care that involves a consistent family and social network approach where all treatment is carried out via a whole system/network meeting, which always includes the individuals with schizophrenia. Key principles and elements include providing immediate help, involving the social network, flexibility and continuity of the treatment team, and a particular emphasis on the creation of dialogue within network meetings. Psychoeducation can be defined as the education of a person with schizophrenia in subject areas that serve the goals of treatment and rehabilitation. In individuals with schizophrenia, it usually covers the following topics: symptoms of psychosis, models of psychosis, effects and

side-effects of medication, maintenance of medication,

Motivational interviewing

#### Open dialogue

# Psychoeducation

	psychotherapy for psychosis, early symptoms of relapse, and
DEFOCUS	relapse prevention.
REFOCUS	Manualised intervention aims to increase the recovery
	orientation of community adult mental health teams. Staff are
	trained and supported through reflection sessions and
	supervision to use three working practices. First, to maximize
	person-centred care planning, staff discuss the values and
	treatment preferences of the service user, using
	conversational, narrative and visual approaches. Second, staff
	use a standardized assessment to identify the service user's
	strengths, so that care planning will be focused on amplifying
	strengths and the ability to access community supports, as
	well as focusing on deficit amelioration. Third, staff support
	active goal-striving by the service user towards his/her
	personally valued goals.
Relapse prevention	Interventions that generally include education for recognising
programmes	early symptoms of relapse, a system of symptoms monitoring,
	and a crisis plan and intervention in case symptoms increase
	over a certain threshold.
Relatives group	Support groups for relatives of the person with schizophrenia,
	where they meet without the person with the aim of sharing
	experiences and providing mutual support and empathic
	discussion about caregiving experiences. The groups are
	usually peer led, without the direct involvement of an expert.
	The peer leader facilitates empathic and supportive responses
	to individual needs and concerns.
Peer-support	Support or services provided to people with schizophrenia by
	other people who have experienced schizophrenia themselves.
	It may promote self-efficacy and hope through sharing
	experiential knowledge and through modelling recovery and
	coping strategies
Skills training	Aims to improve social interactions, independent living, and
-	other outcomes that have clear relevance to community
	functioning. Skills training programs vary widely in content
	but typically include a focus on interpersonal skills and share
	several key elements, including behaviourally based

	instruction, role modelling, rehearsal, corrective feedback,
	and positive reinforcement.
Supported housing	An approach to helping people with schizophrenia establish
	and maintain stable residences with the ongoing support of
	mental health professionals
Supported employment	Assists individuals with schizophrenia in finding competitive
	employment, supports them in that employment, and teaches
	them skills and strategies to help maintain that employment
	(also known as individual placement and support). The key
	elements include individually tailored job development, rapid
	job search, availability of ongoing job supports, and
	integration of vocational and mental health services.
Wellness recovery action	The wellness recovery action planning (WRAP) tools and
planning	processes support self-management with a specific focus on
	recovery-oriented mental health services. WRAP is used to
	create recovery plans by guiding individuals and groups of
	people to reflect on what has assisted them in staying well in
	the past, and to consider strategies that assisted others with
	their recovery. Planning tools focus on self-management,
	from identifying fundamental strategies that enhance daily
	well-being to recognizing and dealing with triggers to distress
	through crisis planning.

## Supplementary Appendix 2. Search strategy in different databases

### PubMed

Line	Query
1	"schizophrenia spectrum and other psychotic disorders" [MeSH Terms] OR
	"schizo*"[Title/Abstract] OR "psychotic*"[Title/Abstract] OR
	"psychosis"[Title/Abstract] OR "psychoses"[Title/Abstract]
2	"psychotherapy"[MeSH Terms] OR "psychoanalysis"[MeSH Terms] OR
	"counseling"[MeSH Terms] OR "community mental health services"[Mesh Terms]
	OR "psychiatric rehabilitation" [Mesh Terms] OR "acceptance and commitment
	therap*"[Title/Abstract] OR "assertive communit*"[Title/Abstract] OR "behavior
	modificat*"[Title/Abstract] OR "behavior regulat*"[Title/Abstract] OR "behavior
	therap*"[Title/Abstract] OR "behaviour modificat*"[Title/Abstract] OR "behaviour
	regulat*"[Title/Abstract] OR "behaviour therap*"[Title/Abstract] OR "behavioral
	modificat*"[Title/Abstract] OR "behavioral regulat*"[Title/Abstract] OR "behavioral
	therap*"[Title/Abstract] OR "behavioural modificat*"[Title/Abstract] OR
	"behavioural regulat*"[Title/Abstract] OR "behavioural therap*"[Title/Abstract] OR
	"cognitive behavio*"[Title/Abstract] OR "cognitive intervent*"[Title/Abstract] OR
	"cognitive rehabilitat*"[Title/Abstract] OR "cognitive remediat*"[Title/Abstract] OR
	"cognitive technique*"[Title/Abstract] OR "cognitive therap*"[Title/Abstract] OR
	"cognitive treatment*"[Title/Abstract] OR "compassion focused"[Title/Abstract] OR
	"conversational therap*"[Title/Abstract] OR "conversion therap*"[Title/Abstract] OR
	"counseling"[Title/Abstract] OR "counselling"[Title/Abstract] OR "emotion
	focused"[Title/Abstract] OR "emotionally focused"[Title/Abstract] OR "emotional
	focused"[Title/Abstract] OR "exposure therap*"[Title/Abstract] OR "family
	intervent*"[Title/Abstract] OR "family therap*"[Title/Abstract] OR "group
	intervent*"[Title/Abstract] OR "group therap*"[Title/Abstract] OR
	"meditation"[Title/Abstract] OR "metacognitive therap*"[Title/Abstract] OR
	"metacognitive training"[Title/Abstract] OR "meta-cognitive therap*"[Title/Abstract]
	OR "meta-cognitive training"[Title/Abstract] or "mindfulness"[Title/Abstract] OR
	"morita therap*"[Title/Abstract] OR "narrative therap*"[Title/Abstract] OR "problem
	solv*"[Title/Abstract] OR "psychoanaly*"[Title/Abstract] OR
	"psychodynamic*"[Title/Abstract] OR "psychoeducat*"[Title/Abstract] OR
	"psychological treatment*"[Title/Abstract] OR "psychological
	intervent*"[Title/Abstract] OR "psychosocial treatment*"[Title/Abstract] OR
	"psychosocial intervent*"[Title/Abstract] OR "psychotherap*"[Title/Abstract] OR

"socioenvironmental therap\*"[Title/Abstract] OR "social skills training\*"[Title/Abstract] OR "supportive therap\*"[Title/Abstract] OR "psychiatric rehabili\*"[Title/Abstract] OR "psychosocial rehabili\*"[Title/Abstract] OR "token economy"[Title/Abstract] OR "peer support\*"[Title/Abstract] OR "peer deliver\*"[Title/Abstract] OR "supported employment"[Title/Abstract] OR "advance directive\*"[Title/Abstract] OR "crisis plan\*"[Title/Abstract] OR "wellness recovery action planning"[Title/Abstract] OR "illness management"[Title/Abstract] OR "refocus" [Title/Abstract] OR "individual placement and support" [Title/Abstract] OR "supported housing"[Title/Abstract] OR "open dialogue"[Title/Abstract] OR "community treatment order\*"[Title/Abstract] 3 "randomized controlled trials as topic" [MeSH Terms] OR "controlled clinical trial"[Publication Type] OR "random\*"[Title/Abstract] OR "RCT"[Title/Abstract] or "control\*"[Title/Abstract] OR "trial\*"[Title/Abstract] OR "condition\*"[Title/Abstract] #1 AND #2 AND #3 5 #4 NOT ("animals" [MeSH Terms] NOT "humans" [MeSH Terms])

## Embase (via Elsevier)

Line	Query
#1	'psychosis'/exp OR (schizo* OR psychotic* OR psychosis OR psychoses):ti,ab
#2	'psychotherapy'/exp OR 'psychoanalysis'/exp OR 'counseling'/exp OR 'community mental health service'/exp or 'psychosocial rehabilitation'/exp OR (acceptance near/2 commitment* OR assertive* near/1 communit* OR (behavior* or behaviour*) near/1 (modificat* or regulat* or therap*) OR cognit* near/2 (behavio* or intervent* or rehabilitat* or remediat* or technique* or therap* or treatment*) OR compassion* near/1 focused* OR (conversation* or conversion* or supportive or socioenvironment*) near/1 therap* OR counse?ing OR emotion* near/1 focused* OR exposure near/1 therap* OR (family or group) near/1 (intervent* or therap*) OR meditation* OR (metacognitive or meta-cognitive) near/1 (therap* or training*) OR mindfulness OR morita near/1 therap* OR narrative near/1 therap* OR problem near/1 solv* OR psychoanaly* OR psychodynamic* OR psychoeducat* OR psychological near/1 (treatment* or intervent*) OR psychosocial near/1 (treatment* or intervent*) OR psychosocial near/1 training* OR (psychosocial* or psychiatric*) near/1 rehabilitat*  OR token near/1 economy OR peer near/1 support* OR peer near/1 deliver* OR
	supported near/1 employment OR advance near/1 directive* OR crisis near/1 plan*

	OR 'wellness recovery action planning' OR 'illness management and recovery program'
	OR refocus OR 'individual placement and support' OR supported near/1 housing OR
	'open dialogue' OR 'community treatment' near/1 order*):ti,ab
#3	'controlled clinical trial'/exp OR (random* or control* or trial* or condition* or
#3	rct):ti,ab
#4	#1 AND #2 AND #3
#5	#4 NOT ('animal experiment'/de NOT ('human experiment'/de OR 'human'/de))

# PsycINFO (via EBSCO host)

Line	Query
S1	DE "Schizophrenia" OR DE "Acute Schizophrenia" OR DE "Catatonic
	Schizophrenia" OR DE "Paranoid Schizophrenia" OR DE "Process Schizophrenia"
	OR DE "Schizoaffective Disorder" OR DE "Schizophrenia (Disorganized Type)" OR
	DE "Schizophreniform Disorder" OR DE "Undifferentiated Schizophrenia" DE
	"Delusions" OR TI (schizo* OR psychotic* OR psychosis OR psychoses) OR AB
	(schizo* OR psychotic* OR psychosis OR psychoses)
S2	DE "Psychotherapy" OR DE "Analytical Psychotherapy" OR DE "Client Centered
	Therapy" OR DE "Conversion Therapy" OR "Emotion Focused Therapy" OR DE
	"Group Psychotherapy" OR DE "Individual Psychotherapy" OR DE "Narrative
	Therapy" OR DE "Psychoanalysis" OR DE "Psychodynamic Psychotherapy" OR DE
	"Psychotherapeutic Counseling" OR DE "Psychotherapeutic Techniques" OR DE
	"Supportive Psychotherapy" OR DE "Psychosocial Rehabilitation" OR DE
	"Psychosocial Readjustment" OR DE "Therapeutic Social Clubs" OR DE "Vocational
	Rehabilitation" OR DE "Community Mental Health Services" OR DE "Community
	Services" OR DE "Community Welfare Services" OR DE "Emergency Services" OR
	DE "Home Care" OR DE "Home Visiting Programs" OR DE "Public Health Services"
	OR DE "Mental Health Services" OR MM "Assertive Community Treatment" OR TI
	("acceptance and commitment therap*" OR "analytical psychotherap*" OR "assertive
	communit*" OR "behavior modificat*" OR "behaviour regulat*" OR "behavior
	therap*" OR "behaviour modificat*" OR "behaviour regulat*" OR "behaviour
	therap*" OR "behavioral modificat*" OR "behavioral regulat*" OR "behavioral
	therap*" OR "behavioural modificat*" OR "behavioural regulat*" OR "behavioural
	therap*" OR "cognitive behavio*" OR "cognitive intervent*" OR "cognitive
	rehabilit*" OR "cognitive remediat*" OR "cognitive technique*" OR "cognitive
	therap*" OR "cognitive treatment*" OR "compassion focused" OR "conversational
	therap*" OR "conversion therap*" OR "counseling" OR "counselling" OR "emotion

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	OR "refocus" OR "individual placement and support" OR "supported housing" OR
	"open dialogue" OR "community treatment order*")
S3	DE "Clinical Trials" OR DE "Randomized Controlled Trials" OR DE "Randomized
	Clinical Trials" OR TI (random* OR RCT or control* OR trial* OR condition*) OR
	AB (random* OR RCT or control* OR trial* OR condition*)
S4	S1 AND S2 AND S3
S5	S4 NOT (DE "Animals" OR DE "Animal Research" OR TI "animal model*" OR AB
	"animal model*")

#### CINAHL (via EBSCO host)

Line Search query  S1 MH "Schizophrenia+" OR MH "Schizoaffective Disorder" OR MH "Delusion TI (schizo* OR psychotic* OR psychosis OR psychoses) OR AB (schizo* Opsychotic* OR psychosis OR psychoses)  S2 MH "Psychotherapy+" OR MH "Psychoanalysis" OR MH "Psychological Prand Principles+" OR MH "Rehabilitation, Psychosocial+" OR MM "Commundental Health Services" OR TI ("acceptance and commitment therap*" OR "analytical psychotherap*" OR "assertive communit*" OR "behavior modificat*" OR "behaviour regulat*" OR "behaviour therap*" OR "behaviour modificat*" OR "behavioral regulat*" OR "behavioral therap*" OR "behavioral modificat*" Or "behavioral regulat*" OR "behavioral therap*" OR "behavioural modificat*"	ocesses anity
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"metacognitive training" OR "meta-cognitive therap*" OR "meta-cognitive t	raining"
OR "mindfulness" OR "morita therap*" OR "narrative therap*" OR "problem	n solv*"
OR "psychiatric rehabili*" OR "psychoanaly*" OR "psychodynamic" OR	
"psychoeducat*" OR "psychogical treatment*" OR "psychological intervent*	*" OR
"psychosocial treatment*" OR "psychosocial intervent*" OR "psychosocial r	ehabili*"
OR "psychotherap*" OR "socioenvironmental therap*" OR "social skills train	ning" OR
"supportive therap*" OR "token economy" OR "peer support*" OR "peer del	

OR "supported employment" OR "advance directive\*" OR "crisis plan\*" OR "wellness recovery action planning" OR "illness management and recovery program" OR "refocus" OR "individual placement and support" OR "supported housing" OR "open dialogue" OR "community treatment order\*") OR AB ("acceptance and commitment therap\*" OR "analytical psychotherap\*" OR "assertive communit\*" OR "behavior modificat\*" OR "behaviour regulat\*" OR "behavior therap\*" OR "behaviour modificat\*" OR "behaviour regulat\*" OR "behaviour therap\*" OR "behavioral modificat\*" OR "behavioral regulat\*" OR "behavioral therap\*" OR "behavioural modificat\*" OR "behavioural regulat\*" OR "behavioural therap\*" OR "cognitive behavio\*" OR "cognitive intervent\*" OR "cognitive rehabilit\*" OR "cognitive remediat\*" OR "cognitive technique\*" OR "cognitive therap\*" OR "cognitive treatment\*" OR "compassion focused" OR "conversational therap\*" OR "conversion therap\*" OR "counseling" OR "counselling" OR "emotion focused" OR "emotionally focused" OR "emotional focused" OR "exposure therap\*" OR "expressive psychotherap\*" OR "family intervent\*" OR "family therap\*" OR "group intervention\*" OR "group psychotherap\*" OR "group therap\*" OR "meditation" OR "metacognitive therap\*" OR "metacognitive training" OR "meta-cognitive therap\*" OR "meta-cognitive training" OR "mindfulness" OR "morita therap\*" OR "narrative therap\*" OR "problem solv\*" OR "psychiatric rehabili\*" OR "psychoanaly\*" OR "psychodynamic" OR "psychoeducat\*" OR "psychological treatment\*" OR "psychological intervent\*" OR "psychosocial treatment\*" OR "psychosocial intervent\*" OR "psychosocial rehabili\*" OR "psychotherap\*" OR "socioenvironmental therap\*" OR "social skills training" OR "supportive therap\*" OR "token economy" OR "peer support\*" OR "peer deliver\*" OR "supported employment" OR "advance directive\*" OR "crisis plan\*" OR "wellness recovery action planning" OR "illness management and recovery program" OR "refocus" OR "individual placement and support" OR "supported housing" OR "open dialogue" OR "community treatment order\*") MH "Clinical Trials+" OR MH "Random Assignment" OR PT Clinical Trial OR TI (random\* OR RCT or control\* OR trial\* OR condition\*) OR AB (random\* OR RCT or control\* OR trial\* OR condition\*) S1 AND S2 AND S3 S4 NOT ((MH "Animals+" OR MM "Animal Studies" OR TI "animal model\*" OR AB "animal model\*") NOT MM "Human")

Cochrane Central Register of Controlled Trials (CENTRAL)

**S**3

**S**4

**S5** 

Line	Query
#1	[mh "Schizophrenia Spectrum and Other Psychotic Disorders"] or (schizo* or
	psychotic* or psychosis or psychoses):ti,ab,kw
#2	[mh Psychotherapy] or [mh Psychoanalysis] or [mh Counseling] or [mh "community
	mental health services"] or [mh "psychiatric rehabilitation"] or ("acceptance and
	commitment" or (analytical next psychotherap*) or "assertive community" or
	((behavior* or behaviour*) next (modificat* or regulat* or therap*)) or (cognit* next
	(behavio* or intervent* or rehabili* or remediat* or technique* or therap* or
	treatment*)) or (compassion* next focused) or ((conversation* or conversion*) next
	therap*) or counse*ing or (emotion* next focused) or (exposure next therap*) or
	((family or group) next (intervent* or therap*)) or meditation* or ((metacognitiv* or
	meta-cognitiv*) next (therap* or training*)) or mindfulness or (morita next therap*) or
	(narrative next therap*) or (problem next solv*) or psychoanaly* or psychodynamic*
	or psychoeducat* or psychological next (treatment* or intervent*) or psychosocial
	next (treatment* or intervent*) or psychotherap* or (social* next skill* next training*)
	or ((supportive* or socioenvironment*) next therap*) or ((psychiatric* or
	psychosocial*) next rehabili*) or "community mental health service" or "token
	economy" or (peer next support*) or (peer next deliver*) or "supported employment"
	or (advance next directive*) or (crisis next plan*) or "wellness recovery action
	planning" or "illness management and recovery program" or "refocus" or "individual
	placement and support" or "supported housing" or "open dialogue" or (community
	next treatment next order*)):ti,ab,kw
#3	[mh "Controlled Clinical Trial"] or [mh "Randomized Controlled Trials as Topic"] or
	(control* or trial* or condition* or random* or rct):ti,ab,kw,pt
#4	#1 and #2 and #3 in Trials

# ClinicalTrials.gov

Search field	Query
Condition or disease	schizo* OR psychotic* OR psychosis OR psychoses
Other terms	random OR rct
Study type	Interventional studies(clinical trials)
Study Results	All Studies
Age Group	Adult (18-64) OR Older Adult (65+)
	assertive community OR cognitive behavio* OR counseling OR
Intervention/treatment	family therap* OR psychoeducat* OR psychosocial intervention*
	OR psychotherap* OR social skills training OR supportive therap*

## World Health Organisation International Clinical Trials Registry Platform (ICTRP)

	• • • • • • • • • • • • • • • • • • • •
Search field	Query
Condition	schizo* OR psychotic* OR psychosis OR psychoses
Intervention	assertive community OR cognitive behavio* OR counseling OR
	family therap* OR psychoeducat* OR psychosocial intervention*
	OR psychotherap* OR social skills training OR supportive therap*
Recruitment status	ALL

### OpenGrey

(schizo\* OR psychotic\* OR psychosis OR psychoses) AND ("assertive community" OR counseling OR "family therap\*" OR "behavioral therap\*" OR psychoeducat\* OR psychotherap\* OR "supportive therap\*") AND (random\* OR rct)