

Supplementary Table 3. Characteristics of literatures – randomized controlled trials of Recent Onset Psychosis

First author year	Country project name	Subject (diagnostic criteria)	Age	No. subjects	Intervention	Length (frequency)	F/U period (years)	Outcome
Grawe 2006	Norway OTP	ROP (DSM-IV; < 2 y)	18–35	50	EIS (Integrated Treatment: FI, CBT)+TAU	2 y	2	Hospitalization, suicide, suicide attempts, GAF*
Sigrunarson 2013	Norway OTP	ROP (DSM-IV; < 2 y)	18–35	45	EIS (Integrated Treatment: CBT, SST, FI)+TAU	2 y	12	Hospitalization
Bertelsen 2008	Denmark OPUS	FESSD (ICD-10; AP ≤ 12 w)	18–45	547	EIS (ACT, FI, SST, PE)	2 y	5	Suicide attempts
Secher 2015							10	GAF
Hansen 2023							20	Mortality, remission, recovery, suicide, GAF, WHOQOL-BREF*
Ruggeri 2015	Italia PIANO	FEP (WHOSSP)	18–54	626	EIS (CBT, FI, CM)	9 m	0.75	Hospitalization, GAF
Srihari 2015	U.S.A. STEP	FEP (≤ 5 y; AP ≤ 12 w)	16–45	120	EIS (FE, CBT, CM, VES)	NR	1	Hospitalization, GAF, SFS, QLS
Kane 2016*	U.S.A. RAISE-ETP	FEP (DSM-IV; AP ≤ 6 m)	15–40	404	EIS (NAVIGATE: PMM, FI, RFIT, VES)	2 y	2	QLS
Robinson 2019								Hospitalization
Nishida 2018*	Japan J-CAP	FEP (ICD-10; ≤ 5 y)	15–35	77	EIS (CM, CBT, FI, VES, RPS)	18 m	1.5	Remission, GAF, WHOQOL-BREF
Palma 2019	Spain PIPE	ROS (DSM-IV; < 3 y)	NR	62	EIS (PE, CT, MT)	1y (34)	5	Hospitalization, GAF
González-Ortega 2021	Spain CIBERSAM	FEP (DSM-IV-TR; Dx ≤ 5 y)	18–45	184	CBT+TAU	6.5–7.5 m (14)	6.5–7.5 m	GAF
Chien 2022	China Hong Kong EASY	ROP (DSM-V; ≤ 5 y)	18–60	450	1) PFSM+TAU; 2) PE+TAU	4 m	0.5	Hospitalization
Hui 2023*	China Hong Kong EASY- JCEP	FEP (DSM-IV; < 12 m)	26–55	360	EIS (CM, CBT, SST, VST)+TAU 1) 2 y-PSI; 2) 4 y-PSI	1) 2 y; 2) 4 y	4	SOFAS, RFS

All comparisons are treatment-as-usual. *Excluded from analysis due to high risk of bias. w, week; m, month; y, year; ROP, recent onset psychosis; FEP, first episode psychosis; FESSD, first episode schizophrenia spectrum disorder; WHOSSP, WHO Screening Schedule for Psychosis; EIS, multicomponent early intervention service; CM, case management; FI, family interventions; FE, family education; PE, psychoeducation; CT, cognitive therapy; MT, motivational treatment; PMM, personalized medication management; RFIT, resilience-focused individual therapy; VES, vocational/educational support; RPS, relapse prevention strategy; PFSM, peer-facilitated self-management; VST, vocational skills training; SST, social skills training; GAF, Global Assessment of Functioning; SFS, Social Functioning Scale; QLS, Heinrichs-Carpenter Quality of Life Scale; WHOQOL-BREF, WHO Quality Of Life brief version; SOFAS, Social and Occupational Functioning Assessment Scale; RFS, Role Functioning Scale