|  |  |
| --- | --- |
| acetyl-L-carnitine+alpha-lipoic acid |  |
| acetylsalicylic acid |  |
| agomelatin |  |
| allopurinol |  |
| amitriptyline |  |
| aripiprazole |  |
| aripiprazole LAI |  |
| aripiprazole+divalproate |  |
| aripiprazole+lamotrigine |  |
| aripiprazole+lithium/divalproate |  |
| armodafinil |  |
| asenapine |  |
| brexpiprazole |  |
| bright light therapy | Bright light therapy (BLT), also known as phototherapy, was originally used to treat patients with seasonal affective disorder and refers to the use of glare therapy to treat mood symptoms. The International Society of Bipolar Disorders (ISBD) Task Force on Chronobiology and Chronotherapy recommended BLT as the strongest evidence among current chronotherapeutic options in the acute treatment of bipolar depression.  Takeshima M, Utsumi T, Aoki Y, Wang Z, Suzuki M, Okajima I, Watanabe N, Watanabe K, Takaesu Y. Efficacy and safety of bright light therapy for manic and depressive symptoms in patients with bipolar disorder: A systematic review and meta-analysis. Psychiatry Clin Neurosci. 2020; 74(4):247-256. doi: 10.1111/pcn.12976.  Wang S, Zhang Z, Yao L, Ding N, Jiang L, Wu Y. Bright light therapy in the treatment of patients with bipolar disorder: A systematic review and meta-analysis. PLoS One. 2020; 15(5):e0232798. doi: 10.1371/journal.pone.0232798.  Gottlieb JF, Benedetti F, Geoffroy PA, Henriksen TEG, Lam RW, Murray G, Phelps J, Sit D, Swartz HA, Crowe M, Etain B, Frank E, Goel N, Haarman BCM, Inder M, Kallestad H, Jae Kim S, Martiny K, Meesters Y, Porter R, Riemersma-van der Lek RF, Ritter PS, Schulte PFJ, Scott J, Wu JC, Yu X, Chen S. The chronotherapeutic treatment of bipolar disorders: A systematic review and practice recommendations from the ISBD task force on chronotherapy and chronobiology. Bipolar Disord. 2019; 21(8):741-773. doi: 10.1111/bdi.12847. |
| bupropion |  |
| carbamazapine |  |
| carbamazepine |  |
| carer focused intervention | Psychological interventions that aim to improve the experience of caregiving in bipolar disorder. Common components of these psychoeducational interventions include education about the nature of bipolar disorder, triggers and warning signs, treatment, management, and the impact on and role of caregivers.  Baruch E, Pistrang N, Barker C. Psychological interventions for caregivers of people with bipolar disorder: A systematic review and meta-analysis. J Affect Disord. 2018; 236:187-198. doi: 10.1016/j.jad.2018.04.077. |
| cariprazine |  |
| CBT | Cognitive Behavioral Therapy (CBT) is usually given in an individual or group format and aims at modifying maladaptive thoughts through cognitive restructuring. CBT has also behavioral components including interpersonal skills training, behavioral activation, or scheduling pleasurable life events to provide social reinforcement, problem solving, and “third-wave” components such as mindfulness, acceptance, and commitment. Some CBT programs may have only elements of behavioral or third-wave therapies without cognitive restructuring.  Miklowitz DJ, Efthimiou O, Furukawa TA, Scott J, McLaren R, Geddes JR, Cipriani A. Adjunctive Psychotherapy for Bipolar Disorder: A Systematic Review and Component Network Meta-analysis. JAMA Psychiatry. 2021; 78(2):141-150. doi: 10.1001/jamapsychiatry.2020.2993. |
| CBT+psychoeducation | Psychosocial intervention for bipolar disorder that involves CBT techniques plus psychoeducation.  Miklowitz DJ, Efthimiou O, Furukawa TA, Scott J, McLaren R, Geddes JR, Cipriani A. Adjunctive Psychotherapy for Bipolar Disorder: A Systematic Review and Component Network Meta-analysis. JAMA Psychiatry. 2021; 78(2):141-150. doi: 10.1001/jamapsychiatry.2020.2993. |
| celecoxib |  |
| chlorpromazine |  |
| choline |  |
| citalopram |  |
| clonazepam |  |
| coenzyme Q10 |  |
| creatine |  |
| desipramine |  |
| dextromethorphan |  |
| divalproate |  |
| ECT |  |
| endoxifen |  |
| erythropoietin |  |
| escitalopram |  |
| eslicarbazepine |  |
| family focused therapy | Family-focused therapy (FFT) is an evidence-based intervention for adults and children with bipolar disorder and their caregivers (parents, spouse, or extended relatives), usually given in conjunction with pharmacotherapy. Programs involve conjoint sessions of psychoeducation regarding bipolar disorder, communication enhancement training, and problem-solving skills training.  Miklowitz DJ, Chung B. Family-Focused Therapy for Bipolar Disorder: Reflections on 30 Years of Research. Fam Process. 2016; 55(3):483-99. doi: 10.1111/famp.12237.  Miklowitz DJ, Efthimiou O, Furukawa TA, Scott J, McLaren R, Geddes JR, Cipriani A. Adjunctive Psychotherapy for Bipolar Disorder: A Systematic Review and Component Network Meta-analysis. JAMA Psychiatry. 2021; 78(2):141-150. doi: 10.1001/jamapsychiatry.2020.2993. |
| family/conjoint therapy | Common elements of these programmes are the involvement of the family, psychoeducation, and skills training. Family/conjoint therapy may be also labeled as family-focused psychoeducation, family-focused therapy, inpatient family intervention, behavioral family management, psychoeducational marital therapy, multifamily group psychoeducation, caregiver-focused psychoeducation, or conjoint psychoeducation.  Miklowitz DJ, Efthimiou O, Furukawa TA, Scott J, McLaren R, Geddes JR, Cipriani A. Adjunctive Psychotherapy for Bipolar Disorder: A Systematic Review and Component Network Meta-analysis. JAMA Psychiatry. 2021 Feb 1;78(2):141-150. doi: 10.1001/jamapsychiatry.2020.2993. |
| fluoxetine |  |
| flupentixol+lithium |  |
| folic acid |  |
| functional remediation |  |
| gabapentin |  |
| galantamine |  |
| haloperidol |  |
| haloperidol+lithium/divalproate |  |
| imipramine |  |
| infliximab |  |
| inositol |  |
| insulin |  |
| IPSRT |  |
| ketamine |  |
| lamotrigine |  |
| lamotrigine+divalproate |  |
| levetiracetam |  |
| licarbazepine |  |
| lisdexamfetamine |  |
| lithium |  |
| lithium+divalproate |  |
| lithium+imipramine |  |
| lithium+oxcarbazepine |  |
| l-sulpride |  |
| lurasidone |  |
| lurasidone+lithium/divalproate |  |
| melatonin |  |
| memantine |  |
| mifepristone |  |
| minocycline |  |
| minocycline+acetylsalicylic acid |  |
| moclobemide |  |
| n-acetyl cysteine |  |
| n-acetyl cysteine+acetylsalicylic acid |  |
| olanzapine |  |
| olanzapine+fluoxetine |  |
| olanzapine+lithium/divalproate |  |
| omega3 |  |
| oxcarbazepine |  |
| paliperidone |  |
| paroxetine |  |
| paroxetine+bupropion |  |
| phenelzine |  |
| pindolol |  |
| pioglitazone |  |
| placebo |  |
| placebo/midazolam |  |
| placebo+lithium |  |
| placebo+lithium/divalproate |  |
| pramipexole |  |
| pregnenolone |  |
| psychoeducation | Psychoeducation consists of six or more sessions in which patients, and sometimes family members, are given information about disease characteristics, the importance of adherence to treatment, early recognition of prodromal signs of relapse/recurrence, management of mood symptoms or comorbid conditions, and lifestyle regularity.  Miklowitz DJ, Efthimiou O, Furukawa TA, Scott J, McLaren R, Geddes JR, Cipriani A. Adjunctive Psychotherapy for Bipolar Disorder: A Systematic Review and Component Network Meta-analysis. JAMA Psychiatry. 2021; 78(2):141-150. doi: 10.1001/jamapsychiatry.2020.2993. |
| psychoeducation brief | Brief psychoeducation refers to protocols consisting of fewer than 3 psychoeducation sessions delivered in a group, family, or individual format. Such interventions sometimes include skills training tasks for patients with bipolar disorder, such as regulating sleep-wake cycles or monitoring prodromal symptoms. A self-guided workbook is often included.  Miklowitz DJ, Efthimiou O, Furukawa TA, Scott J, McLaren R, Geddes JR, Cipriani A. Adjunctive Psychotherapy for Bipolar Disorder: A Systematic Review and Component Network Meta-analysis. JAMA Psychiatry. 2021 Feb 1;78(2):141-150. doi: 10.1001/jamapsychiatry.2020.2993. |
| psychoeducation group | Psychoeducational program provided in a group format.  Miklowitz DJ, Efthimiou O, Furukawa TA, Scott J, McLaren R, Geddes JR, Cipriani A. Adjunctive Psychotherapy for Bipolar Disorder: A Systematic Review and Component Network Meta-analysis. JAMA Psychiatry. 2021; 78(2):141-150. doi: 10.1001/jamapsychiatry.2020.2993. |
| psychoeducation individual | Psychoeducational program provided in an individual format.  Miklowitz DJ, Efthimiou O, Furukawa TA, Scott J, McLaren R, Geddes JR, Cipriani A. Adjunctive Psychotherapy for Bipolar Disorder: A Systematic Review and Component Network Meta-analysis. JAMA Psychiatry. 2021; 78(2):141-150. doi: 10.1001/jamapsychiatry.2020.2993. |
| quetiapine |  |
| quetiapine+lithium/divalproate |  |
| ramelteon |  |
| risperidone |  |
| risperidone LAI |  |
| risperidone+paroxetine |  |
| rTMS |  |
| sAME |  |
| sertraline |  |
| sham |  |
| supportive therapy | Supportive therapy is an unstructured therapy without specific psychological techniques other than those common to all approaches and may be delivered in an individual or group format. It is based on the assumption that the therapeutic alliance is the crucial element of therapy and that relief from personal problems can be achieved through discussion with others.  Miklowitz DJ, Efthimiou O, Furukawa TA, Scott J, McLaren R, Geddes JR, Cipriani A. Adjunctive Psychotherapy for Bipolar Disorder: A Systematic Review and Component Network Meta-analysis. JAMA Psychiatry. 2021; 78(2):141-150. doi: 10.1001/jamapsychiatry.2020.2993. |
| t3 hormone |  |
| t4 hormone |  |
| tamoxifen |  |
| TAU |  |
| TAU/sham |  |
| TAU/waiting list |  |
| tDCS |  |
| tianeptine |  |
| topiramate |  |
| total sleep deprivation | One cycle of total sleep deprivation (TSD) involves being deprived of total sleep for approximately 36 hours straight, from daytime until next day’s evening. Treatment usually consists in one to six cycles.  Ramirez-Mahaluf JP, Rozas-Serri E, Ivanovic-Zuvic F, Risco L, Vöhringer PA. Effectiveness of Sleep Deprivation in Treating Acute Bipolar Depression as Augmentation Strategy: A Systematic Review and Meta-Analysis. Front Psychiatry. 2020 Feb 25;11:70. doi: 10.3389/fpsyt.2020.00070. |
| tranylcypromine |  |
| valnoctamide |  |
| venlafaxine |  |
| verapamil |  |
| vitD3 |  |
| withania somnifer |  |
| ziprasidone |  |
| ziprasidone+lithium/divalproate |  |
| Interpersonal and social rhythm therapy | Interpersonal and social rhythm therapy (IPSRT) is an individual therapy with two components: interpersonal problem solving and social rhythm regularization, such as maintaining regular sleep/wake and other daily routines.  Miklowitz DJ, Efthimiou O, Furukawa TA, Scott J, McLaren R, Geddes JR, Cipriani A. Adjunctive Psychotherapy for Bipolar Disorder: A Systematic Review and Component Network Meta-analysis. JAMA Psychiatry. 2021; 78(2):141-150. doi: 10.1001/jamapsychiatry.2020.2993. |