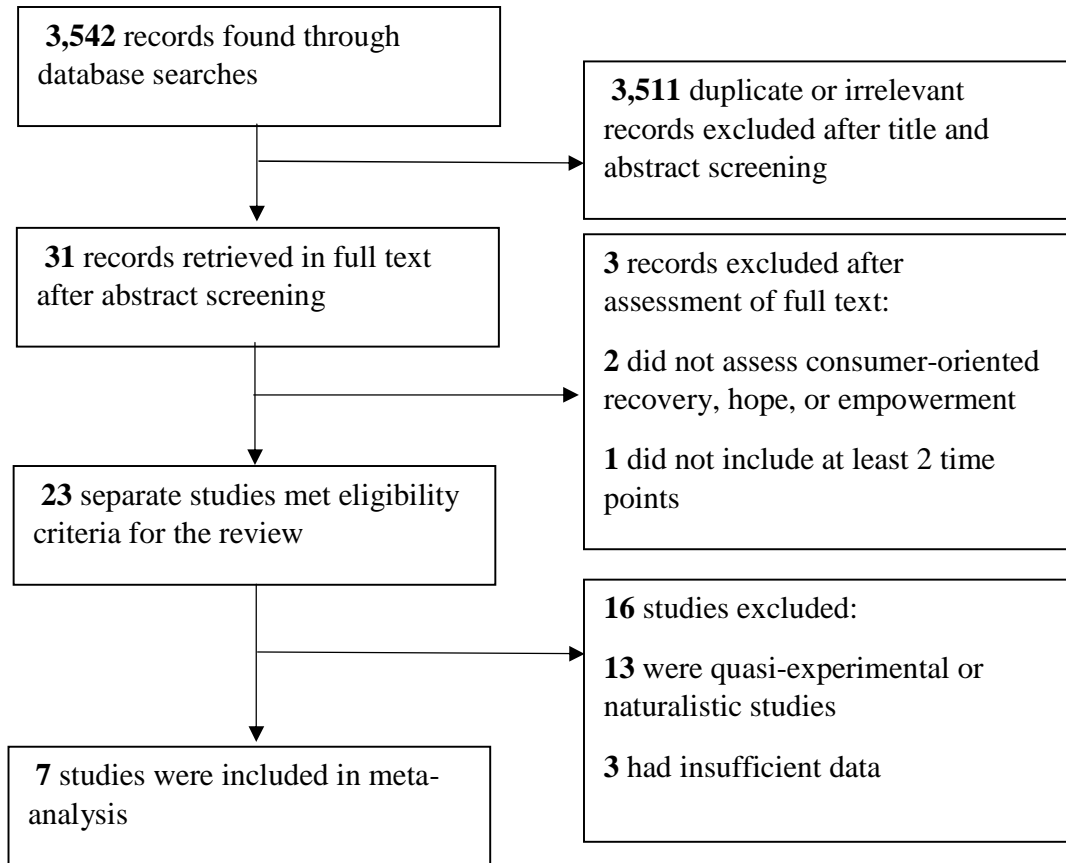


Flow diagram of search process



Sample, Study, and Intervention Characteristics of Studies Included in Review

Study	Methods			Participants									Interventions					Outcomes			
	Study design ^a	# Study groups	Type of comparison group	Total N ^b	Age		Sex (male)		Race/ethnicity (White)		Setting ^c	Country	Name ^d	Freq/dur	Provider type ^e	Mean sessions attended	M o d e r	Out-come ^f	Meas-ures ^h	Time points	Main findings
					M	SD	n	%	n	%											
Barbic et al., 2009	RCT	2	Active	33	-	-	22	67	-	-	O	CA	Recovery workbook	Weekly/12 weeks	B	-	G	R, H, E	RAS, HHI, ES	BL, 12 weeks	Intervention group reported higher hope, empowerment, & recovery than treatment as usual group.
Berry et al., 2014	RCT	2	Assessment & Monitoring	325	37.9	9.7	281	86	264	81	-	UK	Motivational interviewing	Every other week/52 weeks	MHP	-	I	E	MDES	BL, 52 weeks, 104 weeks	Treatment did not have positive effect on empowerment.
Bullock et al., 2000	QE	4	Waitlist	68	45.7	9.2	18	26	45	66	O	US	Leadership education program	Weekly/16 weeks	B	9.60	G	R, E	RAQ, MDES	BL, 16 weeks, 42 weeks	Treatment group reported higher empowerment after training than control group.
Compton et al., 2015	N	1	NA	72	38.7	12.9	37	51	37	51	I	US	Opening doors to recovery	Weekly/52 weeks	B	-	I	R	MHRM	BL, 17 weeks, 35 weeks, 52 weeks	Program was effective at promoting recovery.
Cook et al., 2012a; Cook et al., 2012b; Jonikas et al., 2013	RCT	2	Waitlist	519	45.8	9.9	177	34	328	63	O	US	WRAP	Weekly/8 weeks	P	5.00	G	R, H	RAS, HS	BL, 9 weeks, 35 weeks	Intervention group reported higher hope & recovery than control group.
Cook et al., 2012c; Pickett et	RCT	2	Waitlist	428	42.8	10.9	190	44	229	54	O	US	BRIDGES	Weekly/8 weeks	P	4.86	G	R, H, E	RAS, SHS, ES	BL, 9 weeks, 35	Intervention group reported higher

al., 2012; Steigman et al., 2014																				weeks	recovery & empowerment, & improved in some aspects of hope, compared to control group.
Dixon et al., 2014	RCT	2	Active	226	51.5	9.1	190	84	82	36	O	US	REORDER	-	MHP	-	I	R	MHRM	BL, 26 weeks	Intervention group trended toward higher overall recovery than control group, & was higher in "stuckness" subscale of measure than control group.
Fukui et al., 2011	QE	2	Active	114	43.5	11.0	43	38	74	65	O	US	WRAP	Weekly/ 8-12 weeks	B	-	G	R, H	RMQ, SHS	BL, 8-12 weeks, 24-30 weeks	Intervention group saw significant increases in hope compared to control, but there was no difference for recovery.
Hicks et al., 2012	N	1	NA	61	45.6	10.9	-	62	-	-	O	AU	Collaborative recovery	-	-	-	I	R, H	RAS (short), DHS	BL, 26 weeks	No significant changes or effects for recovery or hope. Recovery slightly (but not significantly) decreased from

																				baseline to follow-up.	
Jørgensen et al., 2015	RCT	2	Active	101	37.5	12.6	47	45	101	100	O	DK	Guided self-determination	Every other week/ 26 weeks	MHP	-	I	R	RAS	BL, 13 weeks, 26 weeks, 52 weeks	Recovery increased from baseline to 6 month to 12 month follow-up.
Law et al., 2016	N	1	NA	174	37.3	11.6	76	69	92	84	B	UK	NA	-	-	-	-	R	QPR	BL, 26 weeks	Recovery predicted by negative emotion, self-esteem, hope, symptoms & functioning at follow-up.
Littrell et al., 1996	N	1	NA	14	33.0	-	12	86	-	-	O	US	Psychosocial treatment + clozapine	Daily/ 52 weeks	-	-	G	H	HHI	BL, 26 weeks, 52 weeks	Hope increased over time.
Livingston et al., 2013	N	1	NA	25	42.0	10.8	20	80	22	88	I	CA	Patient engagement intervention	Weekly or daily/ 83 weeks	P	13.16	B	R, E	MHRM, MDES, RSAS	BL, 39 weeks	No significant changes in recovery & empowerment.
McCay et al., 2006	RCT	2	Active	47	-	-	34	72	-	-	-	CA	Group treatment for first-episode psychosis	Weekly/ 12 weeks	MHP	-	G	H	MHS	BL, 13 weeks	Intervention group reported higher hope than control group.
Mueser et al., 2006	N	1	NA	24	39.1	11.2	15	63	16	67	O	US & AU	IMR	Weekly/ 39 weeks	MHP	-	B	R	RAS	BL, 39 weeks, 52 weeks	Intervention group reported higher hope on RAS at follow-up.
Ratzlaff et al., 2006	N	1	NA	84	-	-	34	40	64	76	O	US	Kansas consumer as provider (CAP) supported education program	-	-	-	B	R, H	RREEM, SSHS	-	Intervention group saw improved hope and recovery.
Resnick	QE	2	Active	296	48.5	8.7	281	95	194	66	O	US	Vet-to-vet	Daily/	P	-	G	R, E	RAQ,	BL,	Interven-

et al., 2008														39 weeks					MDES	4 weeks, 13 weeks, 39 weeks	tion group reported higher empowerment.
Russinova et al., 2014	RCT	2	Waitlist	82	47.7	11.9	26	32	57	70	O	US	Antistigma photovoice program	Weekly/10 weeks	P	6.93	G	R, E	PGRS, ES	BL, 10 weeks, 23 weeks	Intervention group reported higher empowerment compared to other group.
Salyers et al., 2014; Oles et al., 2015	RCT	2	Active	118	47.7	8.9	94	80	40	34	O	US	IMR	Weekly/39 weeks	MHP	8.30	G	R, H	RAS, SHS	BL, 39 weeks, 78 weeks	No significant difference between groups in recovery or hope.
Salyers et al (under review)	N	1	NA	167	44.1	10.4	95	57	59	35	O	US	Common-Ground	-	B	-	I	R,H	RAS,SHS	BL, 52 weeks, 78 weeks	Hope & recovery generally improved over time.
Starnino et al., 2010	N	1	NA	30	42.0	10.9	12	40	28	93	O	US	WRAP	Weekly/8-12 weeks	-	-	G	R, H	SHS, RMQ	BL, 8-12 weeks	Intervention group reported improved in recovery & hope.
Stumbo et al., 2015	N	1	NA	165	49.0	14.4	79	48	157	95	O	US	NA	-	-	-	B	R	RAS	BL, 52 weeks, 104 weeks	Adult experiences may better predict recovery than childhood experiences.
Van Gestel-Timmermans et al., 2012	RCT	2	Waitlist	333	44.0	11.0	113	34	-	-	B	NL	Recovery is up to you	Weekly/12 weeks	P	9.00	G	H, E	HHI, ES (Dutch)	BL, 13 weeks, 26 weeks	Intervention group reported improved hope & empowerment post-treatment, & at 3 month follow-up.

^a Study design: RCT = Randomized Controlled Trial; QE = Quasi-experimental; N = Naturalistic

^b Number of participants included in the study analyses

^c Setting from which participants were recruited: I = Inpatient; O = Outpatient; B = Both inpatient and outpatient

^d Name of intervention: WRAP = Wellness Recovery Action Planning; BRIDGES = Building Recovery of Individual Dreams and Goals through Education and Support; REORDER = Recovery-Oriented Decisions for Relatives' Support; IMR = Illness Management and Recovery

^e Type of provider: MHP = Mental Health Professional; P = Peer; B = Both mental health professional and peer

^f Intervention Mode: G = Group; I = Individual; B = Both

^g Outcome: R = Recovery; H = Hope, E = Empowerment

^h Measures: RAS = Recovery Assessment Scale; HHI = Herth Hope Index; ES = Empowerment Scale; MDES = Making Decisions Empowerment Scale; RAQ = Recovery Attitudes Questionnaire; MHRM = Mental Health Recovery Measure; HS = Hope Scale; SHS = State Hope Scale; RMQ = Recovery Markers Questionnaire; DHS = Dispositional Hope Scale; QPR = Questionnaire about the Process of Recovery; RSAS = Recovery Self-Assessment Scale; MHS = Miller Hope Scale; RREEM = Ridgway Recovery Enhancing Environment Measure; SSHS = Synder State Hope Scale; PGRS = Personal Growth Recovery Scale

- Denotes missing data