**Appendix Table E-16. Data abstraction of randomized controlled trials of illness self-management and recovery**

| **Author, Year** | **Setting**  **Country** | **Inclusion Criteria** | **Interventions and Ns per Group** | **Description of Intervention** | **Description of**  **Comparator** | **Duration (intervention and longest followup)** |
| --- | --- | --- | --- | --- | --- | --- |
| Hasson-Ohayon,  2007 | 13 community  rehabilitation centers  Israel | Severe mental illness;  receiving treatment and rehabilitation services  at one of the 13 centers; fluency in Hebrew; sufficient competence to provide informed consent | IMR: n=119  Usual care:  n=91 | IMR: 1-hour, weekly intervention sessions led by two  clinicians, for 8 months using educational handouts covered sequentially in the same order at all 13 sites | Usual care:  Individual supportive therapy and medication management biweekly for 15-30 minutes | 8-11 months |

| **Author, Year** | **Age Gender Race/Ethnicity** | **Other Population**  **Characteristics** | **Total N** | **Outcomes**  **Measures** | **Benefits Outcomes** | **Harms**  **Outcomes** | **Funding** | **Quality**  **Rating** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Hasson-Ohayon,  2007 | IMR vs. usual care  Mean age 34 vs. 35 years  32% vs. 38% female  Race not reported | IMR vs. usual care  Schizophrenia: 80% vs.  89%  Other mental illness:  20% vs. 11%  Coping Efficacy Scale  2.85 (SD 0.95) vs. 3.09 (SD 0.98) | 210 | Symptoms -  CES | Scores on scale before and  after the IMR group  intervention  CES, mean score: 3.25 (SD  0.95) vs. 3.09 (SD 0.87); p=NS | NR | Israel's ministry of  health, national council for the rehabilitation of persons with a psychiatric disability | Fair |

**Please see Appendix B. Included Studies for full study references**

CES=Coping Efficacy Scale, CMHC=community mental health center, IMR=Illness management recovery, NS=not significant, PANSS Positive and Negative Syndrome Scale, PRP=program for relapse, QLS=quality of life scale, VA=veteran’s affairs