

**Supplementary Table 2.** Characteristics of literatures – randomized controlled trials of Clinical High Risk for Psychosis

First author year	Country project name	Subject (diagnostic criteria)	Age	No. subjects	Intervention	Comparison	Length (frequency)	F/U period (years)	Outcome
<b>Antipsychotics</b>									
McGorry 2002	Australia PACE	UHR (CAARMS)	14–30	59	RSP+CBT+NBI	SC (NBI)	6 m	1	TTP, GAF, QLS
McGlashan 2006	U.S.A. PRIME	Prodromal Syndrome (SIPS)	12–45	60	OLZ	PLB	1 y	2	TTP, GAF
<b>CBT/CT</b>									
Morrison 2004	U.K. EDIE	UHR (CAARMS)	16–36	60	CT	Monitor	6 m (-26)	1	TTP
Morrison 2007	U.K. EDIE	UHR (CAARMS)	16–36	60	CT	Monitor	6 m (-26)	3	TTP
Morrison 2012	U.K. EDIE-2	ARMS (CAARMS)	14–35	288	CT+AU+Monitor	TAU+Monitor	6 m (30)	2	TTP, GAF
van der Gaag 2012	Netherlands EDIE-NL	UHR (CAARMS)	14–35	201	CBT+SC	SC	6 m (-26)	1.5	TTP, SOFAS
Ising 2016	Netherlands EDIE-NL	UHR (CAARMS)	14–35	196	CBT+SC	SC	6 m (-26)	4	TTP, SOFAS
Addington 2011	Canada PRIME	CHR (SIPS)	14–30	51	CBT	ST	6 m (-20)	1.5	TTP, GAF, SFS
<b>Multi-component Early Intervention Service (EIS)</b>									
Nordentoft 2006	Denmark OPUS	Schizotypal Disorder (ICD-10)	18–45	79	EIS (ACT+SST+FI)	SC	2 y	2	TTP
Bechdolf 2012	Germany FETZ	EIPS (ERlaos)	NR	128	EIS (CBT, SST, CR, FI)	SC	1 y (-30)	2	TTP
Wessels 2019*	Germany -	EIPS (ERlaos)	17–35	111	EIS (CBT, GST, CR, PE)	SC	52 w (CBT 25)	1	GAF
<b>Adjunctive Nutrient: omega-3</b>									
Amminger 2010	Austria	UHR (Yung 1998)	13–25	81	Omega-3+NBI	PLB+NBI	12 w (9)	1	TTP, GAF
McGorry 2017	Muli-national NEURAPRO	UHR (CAARMS)	13–40	304	Omega-3+CMCB	PLB+CBCM	6 m; CBCM 6–12 m	1	TTP*, SOFAS
Nelson 2018	Muli-national NEURAPRO	UHR (CAARMS)	13–40	304	Omega-3+CMCB	PLB+CBCM	6 m; CBCM 6–12 m	1.5–5.7	TTP, SOFAS
<b>CBT/Pharmacotherapy/EIS (3-arm/step)</b>									
McGorry 2013	Australia PACE	UHR (CAARMS)	14–30	115	1) CT+RSP; 2) CT+PLB	ST+PLB	12 m	2	TTP*, GAF, QLS
McGorry 2023	Australia PACE-STEP	UHR (CAARMS)	12–25	281	[step1] SPS [step2] CBCM [step3] CBCM+FLX	[step2] SPS [step3] CBCM+PLB	[step1] 6 w [step2] 20 w [step3] 26 w	1	TTP, SOFAS
Bechdolf 2023	Germany PREVENT	CHR (GRFD/COGDIS/ APS/BLIP)	18–49	280	1) CBT; 2) ARP+CM	PLB+CM	52 w (CM -21, CBT 30)	1	TTP, SOFAS

\*Excluded from analysis due to high risk of bias. w, week; m, month; y, year; CBT, cognitive behavioral therapy; CT, cognitive therapy; CM, case management; FI, family intervention; CBCM, cognitive behavioral case management; SST, social skills training; SPS, support and problem solving; ACT, assertive community treatment; NBI, need-based intervention; ST, supportive therapy; SC, standard care; TAU, treatment as usual; OLZ, olanzapine; RSP, risperidone; ARP, aripiprazole; PLB, placebo; TTP, transition to psychosis; GAF, Global Assessment of Functioning; SOFAS, Social and Occupational Functioning Assessment Scale; QLS, Heinrichs-Carpenter Quality of Life Scale