

**Supplementary table 2.** Characteristics of the interventions performed in the studies included in this scoping review.

Authors., year	SMI <sup>a</sup>	Intervention	Control Group (CG)/ Intervention Group (IG)	Duration (w)	Sessions <sup>b</sup>	Measurement instruments	Intervention manager
Schindler [45], 1999	Schizophrenia and major affective disorder	Psychosocial group intervention	CG: No treatment (board games and free time) GI1: Activity group, consisted of a project-level group (individuals working together on a shared task) GI2: Structured discussion group focused on eliciting social interaction (e.g., meaningful ways to spend time alone)	2	Three-weekly one-hour sessions	Halstead-Reitan, Rey Figure, PASAT, Selective Reminding Test, MSE	OT
Shellwood et al. [20], 1999	Schizophrenia	Psychosocial individual intervention	CG: Outpatient-based rehabilitation (care as usual). IG: Care as usual and home-based rehabilitation (problems of everyday living and symptom management)	36	Not stated	BPRS, MMSE, SBS, GHQ, The Lancashire Quality of Life	OT, psychologist, informal caregivers
Hadas-Lidor et al. [21], 2001	Schizophrenia	Cognitive individual intervention	CG: Traditional occupational therapy treatment individually and in groups: functional tasks and expressive activities. IG: Cognitive intervention by means of instrumental enrichment program.	52	Two- to three-weekly one-hour sessions	LPAD, RCF, IADL, RPM, TCSC-2, GATB	OT
Wu et al. [46], 2001	Schizophrenia and psychosis	Psychosocial individual intervention	CG: Standard occupational therapy treatment IG: Motivational intervention	12	Two-weekly one-hour sessions	GCOS, COTE	OT
Wykes et al. [22], 2002	Schizophrenia	Cognitive individual intervention	CG: healthy control participants IG1: Cognitive Remediation Therapy (CRT) based on cognitive flexibility, working memory and planning. IG2: Control therapy involving intensive OT activities (role play, making a life diary and relaxation)	12	Three- to four-weekly one-hour sessions	HSCT, COWFT, SNS, Visual, sentence, digit and dual span, n-back task, MRI	OT

Brown et al. [47], 2006	Non-specific SMI	Exercise group intervention	CG: weight loss program IG: weight loss program incorporating psychiatric rehabilitation (goal setting, social support and skills training)	12	One-weekly two-hour sessions	Digital scale, portable stadiometer, tape measurer, HPLP-II, multiple-pass 24-hour recall	OT, dietician, exercise psychologist
Choi et al. [23], 2006	Schizophrenia and schizoaffective disorder	Cognitive group intervention	CG: standard psychiatric rehabilitation IG: standard psychiatric rehabilitation and Social Cognition Enhancement Training (e.g. explain coherently the social situation depicted in a cartoon)	24	Two-weekly-ninety-minute sessions	PA, SBST, ERT	OT, psychologist, nurse, social worker
McInnis et al. [33], 2006	Schizophrenia	Psychoeducational group intervention	All participants: usual care and cognitive behavioural therapy group program	16	One-weekly fifty-minute session	Insight scale, CFSE-II, medication compliance scale	OT, psychologist
Schene et al. [24], 2006	Major depression disorder	Psychoeducational group intervention	CG: Out-patient psychiatric treatment IG: Out-patient psychiatric treatment and occupational therapy	24	One- to two-weekly two-hour sessions	BDI, QOS, Study-specific work questionnaire	OT, psychiatrist
Chan et al. [25], 2007	Schizophrenia and schizoaffective disorder	Psychoeducational individual intervention	CG: Traditional ward occupational therapy program. IG: Transforming Relapse and Instilling Prosperity program.	52	Two-weekly fifty-minute sessions	SUMD, MOS SF-36	OT
Dunn et al. [36], 2008	Schizophrenia, major depression and bipolar disorder	Psychoeducational group intervention	CG: Standard mental health treatment IG: Recovery education program	48	Two- to three-weekly ninety-minute sessions	SCL-90, SF-36, Basis-32, Tennessee self-concept, PVRQ, RAQ	OT, physician, psychologist social worker

Tetlie et al. [37], 2008	Non-specific SMI	Exercise group intervention	All participants: two indoor and one outdoor weekly session including aquatics and swimming, conditioning activities, gymnastics, yoga and dance.	12	Three-weekly one-hour sessions	Visual analogue scales, Borg's Scale	OT, physician
Rouleau et al. [50], 2009	Schizophrenia and schizoaffective disorder	Psychosocial group intervention	CG: Pharmacological treatment. IG: Pharmacological treatment and pre-vocational rehabilitation program.	30	Six hours of session per week	PANSS, CPT, TMT A-B, WAIS, RAVLT, NCCEA, WCST	OT, nurse, psychologist
Castle et al. [26], 2010	Bipolar disorder	Psychosocial group intervention	CG: treatment as usual IG: treatment as usual and a knowledge and skills to everyday life situations program (collaborative therapy journal)	12	One-weekly ninety-minute sessions	MADRS, YMRS	OT, psychologist, psychiatrist, social worker
Edgelow et al. [51], 2011	Schizophrenia and schizoaffective disorder	Psychoeducational individual intervention	CG: Standard care, Assertive Community Treatment (ACT). IG: ACT and AOI (Action Over Inertia) Occupation-based intervention.	12	One-weekly sessions	24-hour daily time use recall, POES	OT
Jahn et al. [27], 2011	Schizophrenia	Psychoeducational group intervention	CG: routine occupational therapy and psychoeducation IG: CG intervention and computerized cognitive training (CCT)	36	Two-to four-weekly one-hour sessions	CGI-SCH, CDSS-G, PANSS, WFB, GAF, TMT A-B, WMS-R, MWCST	OT, psychologist
Berking et al. [28], 2012	Major depression disorder	Cognitive group intervention	GC: Routine cognitive behavioural therapy (CBT) IG: Cognitive behavioural therapy and emotion regulation skills training (CBT-ERT)	8	Five-weekly forty-five-minute sessions	BDI, HEALTH-49, PANSS, ERSQ	OT, physician, psychologist

Foruzandeh et al. [52], 2012	Schizophrenia	Psychosocial individual intervention	CG: Routine nursing care such as therapeutic communication and medication such as risperidone and biperiden. IG: Routine medication such as risperidone and biperiden and expressive, artistic, and recreational activities from OT.	26	Six-weekly three-hour sessions	SANS, SAPS	OT
Tanaka et al. [53], 2014	Schizophrenia or schizoaffective disorder	OT group intervention	CG: Group conventional OT IG: individual early OT intervention and conventional OT	12	Two- to five-weekly thirty-minute sessions	FIM, BPRS	OT
Ming-De et al. [38], 2016	Schizophrenia	Cognitive group intervention	CG: Coloring and handwriting activities. IG: Aerobic group dance program.	13	Three-weekly fifty- to sixty-minute sessions	SDMT, RAVLT, TMT A-B, VF, MMSE	OT
Vizzotto et al. [54], 2016	Schizophrenia	Psychosocial group intervention	CG: Craft activities. IG: Occupational Goal Intervention (OGI method).	15	Two-weekly ninety-minute sessions	PANSS, BADS, DAFS-BR, ILSS-BR, WAIS	OT, psychologists
Buschert et al. [29], 2017	Major depression disorder	Exercise group intervention	CG: Occupational therapy active treatment IG: Physical exercise program	4	Two- to three-weekly thirty-minute sessions	BDI, HAMD-7, WMS-R, physical fitness measures	OT, sports therapist
Eklund et al. [30], 2017	A broad spectrum of disorders <sup>c</sup>	Psychosocial group intervention	CG: Standard psychiatric treatment, active support, mainly standard occupational therapy (daily living skills, social skills or creative activities).	16	One-weekly sessions	POES, SDO-OB, Oval-pd, MANSA,	OT, nurse, social worker

Pos et al. [31], 2017	Schizophrenia and schizoaffective disorder	Cognitive group intervention	IG: Standard psychiatric treatment and a group activity-based lifestyle intervention (Balancing Everyday Life program). CG: Standard occupational therapy treatment IG: Metacognitive training program	8	(duration not stated) One-weekly session (duration not stated)	MOS SF-36, GAF, RSE PANSS, ESM, GPTS, BCIS	OT, psychiatric nurse
Kaizerman-Dinerman et al. [48], 2018	Schizophrenia	Cognitive group intervention	CG: Usual psychiatric rehabilitation services. IG: Usual psychiatric rehabilitation services and metacognitive group intervention based on processing strategies and self-monitoring skills	4	One-weekly two-hour sessions	BRIEF-A, WCPA, ACS, COPM, PANSS	OT
Shimada et al. [32], 2018	Schizophrenia and schizoaffective disorder	Psychosocial individual intervention	CG: An activity-oriented group treatment (GOT). program. It consists of physical fitness program, handicraft activities, cooking program; a group music program, a recreation program; and a group psychoeducation program. IG: Individualized occupational therapy (IOT) program. It consists of motivational interviewing, self-monitoring, individualized visits, handicraft activities, individualized psychoeducation, and discharge planning.	13	Three- to five-weekly one- to two-hour sessions	BACS-J, SCoRS-J, SFS-J, GAF, IMI-J, MMAS-8, PANSS, CSQ-8J.	OT, hospital staff
Singh et al. [39], 2018	Schizophrenia	Psychoeducational group intervention	All participants: "Therapeutic package" (psychoeducation, therapeutic alliance, social skills and life balance)	12	One- to two-weekly ninety-minute session	Self-prepared Motivational Analysis Checklist, SOFS, Self-prepared Social skills Checklist.	TO

Kim et al. [40], 2019	Schizophrenia	Psychosocial group intervention	CG: Conventional rehabilitation programs consisted of physical exercise, social skill training, and social-adaptation training. IG: Conventional rehabilitation and Grocery Shopping Improvement (GSSE) program.	4	Two-weekly fifty-minute sessions	EFPT-K, K-IADL, MoCA-K, GAF	OT
Argentzell et al. [41], 2020	A broad spectrum of disorders <sup>c</sup>	Psychosocial group intervention	CG: Standard occupational therapy IG: Balancing Everyday Life program (BEL)	16	One-weekly session (duration not stated)	POES, SDO-OB, QPR, GAF	OT
Gökçen et al. [33], 2020	Schizophrenia	Exercise group intervention	CG: Traditional outpatient care IG: Traditional outpatient care and Dance/movement therapy (DMT). The sessions included five phases: greeting/warm-up, mirroring, theme building, cool down and closing. Turkish folk/traditional instrumental music was preferred in the sessions.	8	Two-weekly forty- to fifty-minute sessions	PANSS, FROGS	OT, physiotherapists, psychiatrist.
Mashimo et al. [34], 2020	Schizophrenia, schizoaffective disorder and major depression	Psychosocial individual intervention	CG: Home-visit OT (craft work, exercise therapy, medication management, money management) IG: Management Tool for Daily Life Performance (MTDLP). This is a three-step program to achieve the collaborative goal for participants' desired daily life activity.	16	One- to two-weekly thirty- to sixty-minute sessions	GAF, SFS	OT
Ramano et al. [42], 2020	Major depressive disorder	Psychosocial group intervention	CG: A combination of activity-based groups (creativity and leisure activity groups) and discussion-based groups (stress management, social skills and interpersonal support). IG: CG activity program and a new activity-based occupational therapy intervention group program.	2	One-daily ninety-minute sessions	SIS, BaPFE-R, TOA	OT

Shinozaki et al. [43], 2020	Schizophrenia	Psychoeducational group intervention	All participants: Psychoeducation for Schizophrenia Program (4 session course: schizophrenia, drugs, stress, social resources)	4	One-weekly session (duration not stated)	SWNS-J, DAI-10, PANSS	OT, pharmacist, psychiatric social worker
Yilmaz et al. [49], 2020	Schizophrenia and bipolar disorder	Psychosocial individual intervention	CG: outpatient clinic follow-up. IG1: routine case management and occupational therapy at the Community Mental Health Center (CMHC) IG2: Psychosocial Skill Training (PSST) in addition to CMHC service.	18	One- to two-weekly one-hour sessions	PANSS, PSP, SFS	OT
Wasmuth et al. [44], 2021	A broad spectrum of disorders <sup>d</sup>	Psychoeducational group intervention	CG: Treatment as usual (TAU) without OT (medication management, group and individual psychotherapies, case management and skills interventions to assist with housing) IG: TAU and OT narrative medicine (performance of a personally meaningful occupation)	12	One-weekly one-hour session	OCAIRS, RAS	OT

ACS: Activity Card Sort; BACS-J: Brief Assessment of Cognition in Schizophrenia Japanese version; BADS: Behavioral Assessment of the Dysexecutive Syndrome; BaPFE-R: Bay Area Functional Performance Evaluation-Revised; BPRS: Brief Psychiatric Rating Scale; BRIEF-A: Behavior Rating Inventory of Executive Function; CG int: Control Group intervention; CGI-SCH: Clinical Global Impression Scale – Schizophrenia Version; CFSE-II: Culture free self-esteem inventory; CDSS-G: Calgary Depression Rating Scale for Schizophrenia; COPM: Canadian Occupational Performance Measure; COTE: Chinese Comprehensive Occupational Therapy Evaluation Scale; COWFT: Controlled Oral Word Fluency Test; CSQ-8J: Client Satisfaction Questionnaire-8 Japanese version; CPT: Continuous Performance Test; DAFS-BR: Direct Assessment of Functional Status-Revised Portuguese version; DAI-10: Drug Attitude Inventory-10; EFPT-K: Executive Function Performance Test Korean version; ERT: Emotion Recognition Test; FROGS: Functional Remission of General Schizophrenia; GAF: Global Assessment of Functioning scale; GAS: Global Assessment Scale; GATB: General Aptitude Test Battery; GCOS: Chinese General Causality Orientations Scale; GHQ: General Health Questionnaire; HPLP-II: Health-Promoting Lifestyle Profile II; HSCT: Hayling Sentence Completion Task; IADL: Instrumental activities of daily living questionnaire; IG int: Intervention Group intervention; ILSS-BR: Independent Living Skills Survey Portuguese version; IMI-J: Intrinsic Motivation Inventory Japanese version; K-IADL: Korean Instrumental Activities of Daily Living; LPAD: Learning Potential Assessment Device; MADRS: Montgomery–Asberg Depression Rating Scale; MANSA: Manchester Short Assessment of Quality of Life; MMAS-8: Morisky Medication Adherence Scale; MMSE: Mini-Mental State Examination; MSE: Mental Status Exam; MoCA-K: Montreal Cognitive Assessment Korean version; MOS SF-36: Medical Outcomes Study Short Form-36; MWCST: Modified Wisconsin Card Sorting Test; NCCEA: Neurosensory Center Comprehensive Examination for Aphasia; OCAIRS: Occupational

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Circumstances Assessment Interview and Rating Scale; OT: Occupational Therapist; Oval-pd: Occupational Value with predefined items Swedish version; PA: Picture Arrangement; PANSS: Positive and Negative Syndrome Scale; POES: Profiles of Occupational Engagement among people with Severe mental illness; RAVLT: Rey Auditory Verbal Learning Test; RAS: Recovery Assessment Scale; RCF: Rey's Complex Figure; RPM: Raven Progressive Matrices; RSE: Rosenberg self-esteem scale; SANS: Andreasen's scale for assessment of negative symptoms; SAPS: Andreasen's scale for assessment of positive symptoms; SBS: Social Behaviour Scale; SBST: Social Behavior Sequencing Task; SCoRS-J: Schizophrenia Cognition Rating Scale Japanese version; SDMT: Symbol Digit Modalities Test Chinese version; SDO-OB: Satisfaction with daily occupations and occupational balance; SFS: Social Functioning Scale; SFS-J: Social Functioning Scale Japanese version; SIS: Social Interaction Scale; SNS: Stroop Neuropsychological Screening Test; SOFS: Social-occupational functioning scale; SUMD: Scale of Unawareness of Mental Disorder; SWNS-J :Subjective Well-Being Under Neuroleptic Drug Treatment Scale Short Form; TCSC-2: Fitts Self-Concept Scale, TMT A-B: Trail Making Test, Parts A and B; TOA: Task Oriented Assessment; VF: Verbal Fluency Test; w: weeks; WAIS: Wechsler Adult Intelligence Scale; WCPA: Weekly Calendar Planning Activity; WCST: Wisconsin Card Sorting Test; WFB: Knowledge of Illness Questionnaire; WMS-R: Wechsler Memory Scale – Revised; YMRS: Young Mania Rating Scale. <sup>a</sup>Type of SMI intervened. <sup>b</sup>Session duration is reported where available. <sup>c</sup>Anxiety, bipolar disorder, depressive disorder, psychosis, attention deficit hyperactivity disorder. <sup>d</sup>Schizoaffective disorder, schizophrenia, bipolar II disorder, borderline personality disorder, major depressive disorder, traumatic brain injury, generalized anxiety disorder, cannabis use disorder, unspecified psychosis, narcissistic personality disorder, delusional disorder, attention deficit hyperactive disorder.