

Baseline characteristics

All twelve people with BD and the six enrolled caregivers in the condition that included BD-caregiver pairs were invited to participate agreed and participated (100% agreement rate). Most of the people with BD had formal education, and half of them were married. Additionally, most had lived experience for longer than three-years, and most experienced at least one relapse after being diagnosed with BD.

Baseline characteristics of the study participants

	Socio-demographic variables		Number
People with bipolar disorder	Age in years	Mean (SD)	32.6 (11.1)
	Sex	Female	7
		Male	5
	Educational status	Non-literate	2
		Primary	5
		Secondary or tertiary	5
	Marital status	Single	6
		Married	6
	Number of relapses since the onset	No relapse	2
		1-2 relapse	4
		3-5 relapse	4
		> 5 times	2
Duration of illness	< 2 years	3	
	2-5 years	4	
	>5 years	5	
Caregivers	Age in year	Mean (SD)	41.2 (8.7)
	Sex	Female	2
		Male	3

Feasibility and acceptability

Except for one caregiver, all participants completed all five-sessions. Intervention providers and recipients expressed satisfaction with the intervention. Intervention providers confirmed that the intervention can be provided in the PHC setting, although 20-minutes was considered insufficient. While participants acknowledged the importance of involving caregivers in the intervention, they raised privacy concerns. Intervention providers' adherence to the manual was moderate.

Severity of mood symptom

Preliminary findings from the pre-post intervention assessment indicated that there is a reduction in depressive symptoms post-intervention and improvement in providers' perceived knowledge and skills compared to baseline