

## 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
Caregivers	Duration of illness	< 2 years	3
		2-5 years	4
		>5 years	5
	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