**Supplementary Table 1.** Studies of long term (8 or more years) course and outcome of first episode psychosis.

| **Study, Design** | **Baseline Sample** | **Follow-up Sample** | **Mean yrs of follow-up** | **Course and Outcome** | **Main Limitations** |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  | **Clinical** | **Social (Employment)** | **Service Use** |  |
| **(**[**Ciompi, 1980**](#_ENREF_1)**)**(Lausanne, Switzerland)Observational | 1642First admissionsSchizophreniaAge less than 65 years old at first admission and who were 65 years old by 1963 | 2891238 (75%) died\*289 (18%) re-assessed115 (7%) no information\* This is not comparable with other studies, given the age of the sample | 37 (s.d. 13.3) | **At follow-up** 60 (20%) recovered\* 124 (43%) improved\* 88 (30%) unchanged\*17(6%) worse \*\* Determined using Bleuler criteria See Figure 3 for overall course types  | **No data** | **At follow-up**171 (59%) < 10% of follow-up in hospital 40 (14%) > 80% of follow-up in hospital | Admissions onlySchizophrenia only |
| **(**[**Salokangas, 1983**](#_ENREF_12)**)**(Turku, Finland)Observational | 175 (from 2 samples)First admissionsSchizophreniaAge 15 to 45 | 173 (99%) traced14 (8%) died)155 (89%) re-assessed4 (2%) no information | Not specified(8 year follow-up) | **At follow-up**39 (24%) florid psychotic symptoms47 (29%) mild psychotic symptoms76 (47%) no psychotic symptoms | **At follow-up**51 (31%) unable to work, as assessed by author | **At follow-up**Mean number of admissions from 3.3 to 5.0Percentage of follow-up in hospital care from 7% to 10% | Hospital admissions onlySchizophrenia onlyRestricted age range |
| **(**[**Helgason, 1990**](#_ENREF_7)**)**(Iceland)Observational | 107First contactSchizophreniaAge range not specified | 107 (100%) traced23 (27%) died84 (71%) informants and/or case records2 (2%) no information | Not specified(20 year follow-up) | **At follow-up**3 (4%) no symptoms; no treatment3 (4%) minor symptoms; no treatment18 (22%) minor symptoms; outpatient41 (50%) obvious symptoms; admission < 2 month per year17 (21%) severe symptoms; admission > 2 month per year | **At follow-up***Employment*14 (17%) employed full time13 (16%) employed > 6 months per year45 (55%) employed < 6 month per year10 (12%) no regular employment*Marital Status*43 (51%) unmarried13 (15%) divorced28 (34%) married | **At follow-up**17 (20%) never admitted67 (80%) admitted at least once | Schizophrenia onlyAge range unclear |
| **(**[**Thara *et al.*, 1994**](#_ENREF_15)**)**(Chennai, India)Observational | 90First contactSchizophreniaAge 17 to 38 | 86 (96%) traced9 (10%) died76 (84%) re-assessed5 (6%) no information | Not specified(10 year follow-up) | **At follow-up**17 (22%) psychotic59 (78%) in remission\***Course**13 (17%) no further episodes58 (74%) episodic5 (7%) continuous\* No symptoms for > 1 month | **No data** | **At follow-up**23 (30%) no treatment | Schizophrenia onlySmall sample (<100)Restricted age range |
| **(**[**Takei *et al.*, 1998**](#_ENREF_13)**)**(London, UK)Observational | 88First admissionAll psychosesAge 18 to 44 | 85 (97%) traced4 (5%) died76 (86%) re-assessed9 (10%) case records3 (3%) no information | Not specified(18 year follow-up) | **At follow-up***Negative symptoms*23 (28%)No other clinical data | **At follow-up†***Mean GAS\**59.0 (s.d. 19.2) for w47.5 (s.d. 12.8) for bC† Data presented by white (w) vs. black Caribbean (bC) ethnic group\* Global Assessment Scale | **At follow-up***Median length of admission*89 days for w255 days for bC*In contact with services* 59% for w81% for bC*Ever compulsory admission* 26% for w66% for bC | Admissions onlySmall sample (<100)Restricted age range |
| **(**[**Wiersma *et al.*, 1998**](#_ENREF_17)**)**(Netherlands centre of WHO ISoS)Observational | 82First episodeNon-affective psychosesAge 15 to 44 | 76 (93%) traced63 (77%) re-assessed9 (11%) died4 (5%) refused6 (7%) no information | Not specified(15 year follow-up) | **Course**22 (27%) 1+ remission\*41 (50%) 1+ part remission9 (11%) 0 remission10 (12%) unknown\* No overt symptoms for 30+ days | **No data** | **At follow-up**14 (17%) been in hospital or sheltered facility for 8+ yrs3 (4%) died in hospital after 3.5 yr stay16 (20%) outpatients | Non-affective psychoses onlySmall sample (<100)Restricted age range |
| **(**[**Harrison *et al.*, 2001**](#_ENREF_4)**)**(14 centres, WHO ISoS)Observational | 1171First episodeAll psychosesAge 15 to 54 | 885 (76%) traced72 (9%) died776 (66%) re-assessed and/or case records286 (24%) no information | Not specified(15 year follow-up) | **At follow-up**436 (56%) recovered\*384 (50%) not psychotic in 2 years pre-follow-up\* Score of 4 on Bleuler scale taking into account course, symptoms and function**Course over 2 years pre-follow-up**129 (17%) episodic209 (27%) continuous54 (7%) neither384 (50%) no psychosis | **At follow-up***Employment*299 (39%) paid work176 (23%) housework301 (39%) no work | **No data** | - |
| **(**[**Harrison and Mason, 2007**](#_ENREF_5)**)**(Nottingham centre of WHO ISoS)Observational |  99First episodeAll psychosesAge 15 to 54 | 95 (96%) traced9 (9%) died71 (72%) re-assessed 20 (20%) informants and/or case records4 (4%) no information | Not specified(13 year follow-up) | **At follow-up**52 (61% of 85) Bleuler recovered\*384 (50%) not psychotic in 2 years pre-follow-up\* Score of 4 on 4 point scale taking into account course, symptoms and function**Course 2 years pre-follow-up** (n, 85)9 (11%) episodic23 (27%) continuous3 (3%) neither50 (59%) no psychosis**13 year course** (n, 86)59 (69%) episodic21 (24%) continuous6 (7%) neither | **Employment 2 years pre-follow-up** (n, 86)39 (45%) paid work, at some point18 (21%) housework, at some point29 (34%) no work | **No data** | Small sample (<100) |
| **(**[**Thara, 2004**](#_ENREF_14)**)**(Chennai, India)Observational | 90First contactSchizophreniaAge 17 to 38 | 77 (86%) traced16 (18%) died61 (68%) re-assessed13 (14%) no information | Not specified(20 year follow-up) | **At follow-up**36 (59%) not symptomatic**Course**5 (8%) complete remission\*24 (39%) episodic, with complete remissions\*37 (44%) episodic, with residual symptoms5 (8%) continuous\* No symptoms for > 1 month | **At follow-up**45 (74%) GAF > 60*Employment*21 (75%) of women were ‘housewives’ or living with parents and fulfilling domestic duties25 (76%) of men employed at follow-up | **At follow-up**29 (47%) not in treatment22 (36%) admitted to hospital during follow-upMean length of admission 10.6 months | Schizophrenia onlySmall sample (<100)Restricted age range |
| **(**[**Harris *et al.*, 2005**](#_ENREF_3)**)**(Melbourne, Australia)Observational | 559First episodeAll psychosesAge range not specified | 494 (89%) traced32 (6%) died367 (66%) re-assessed318 (57%) included in analysis (49, 14% missing data)68 (12%) no information | 7.9 (s.d. 0.9) | **At follow-up***All cases*Mean BPRS-PS 3.4 (s.d. 4.2)Mean SANS 18.0 (s.d. 14.5)*Schizophrenia*Mean BPRS-PS 4.2 (s.d. 4.6)Mean SANS 21.0 (s.d. 14.5) | **At follow-up***All cases*Mean SOFAS 60.5 (s.d. 17.8)*Schizophrenia*Mean SOFAS 55.6 (s.d. 15.9) | **No data** | Age range unclear |
| **(**[**Crumlish *et al.*, 2009**](#_ENREF_2)**)**(Dublin, Ireland)Observational | 118First episodeNon-affective psychosesAge 12 and above | 106 (90%) traced4 (3%) died67 (57%) re-assessed47 (40%) no information | 7.9 (s.d. 1.3) | **At follow-up**33 (49%) in remission\***At 4 years**29 (43%) in remission\*\* Defined as PANNS < 4 in preceding month | **At follow-up**22 (33%) GAF < 5019 (28%) GAF 51-709 (13%) GAF 71-8017 (25%) GAF > 80 | **No data** | Non-affective psychoses only |
| **(**[**White *et al.*, 2009**](#_ENREF_16)**)**(Manchester, UK)Observational | 109 Consecutive first admissionsAll psychosesAge 16 to 50 | 109 (100%) traced11 (10%) died69 (63%) re-assessed29 (27%) case notes0 (-) no information | 10.5(range 8 to 13) | **At follow-up**55 (59%) poor outcome\*39 (41%) other\* Defined as all of the following: ill in past year, ill for at least 5 of past 10 yrs, employed for less than 2 of past 10 yrs, unemployed all of past year | **At follow-up***Employment*19 (19%) employed at follow-up47 (48%) never worked | **At follow-up***Admissions*18 (18%) no further admissions18 (18%) had 10 or more admissions*Contact with services*78 (80%) in contact with services in past year74 (76%) in contact with services for 8 or more years in past 10 | Admissions only |
| **(**[**Moller *et al.*, 2010**](#_ENREF_10)**,** [**2011**](#_ENREF_11)**)**(Munich, Germany)Observational | 323First admissionAll psychosesAge range not specified | -43 (13%) died197 (61%) re-assessed58 (18%) case records25 (8%) no information | Not specified(15 year follow-up) | **In 2 years pre-follow-up***Schizophrenia*36 (57%) continuous\*25 (39%) episodic\*\*2 (3%) single episode*Schizoaffective*3 (10%) continuous26 (87%) episodic1 (3%) single episode*Affective Psychoses*2 (3%) continuous\*56 (93%) episodic\*\*3 (5%) single episode\* GAS always < 61\*\* GAS not always < 61 | **-** | **At follow-up****Mean number of re-hospitalisations***Schizophrenia*2.8 (s.d. 2.7)*Schizoaffective*3.2 (s.d.3.0)*Affective Psychoses*1.9 (s.d. 1.9) | Admissions onlyAge range unclear |
| **(**[**Kurihara *et al.*, 2011**](#_ENREF_9)**)**(Bali)Observational | 59Consecutive first admissionsSchizophreniaAge range not specified | -15 (25%) died43 (73%) re-assessed1 (2%) no information | Not specified(17 year follow-up) | **At follow-up**19 (32%) in remission\*14 (24%) recovered\*\***At 11 years**17 (29%) in remission\***At 5 years**22 (37%) in remission\*\* Defined as PANNS < 4 in preceding 6 months\*\* Defined as symptomatic and functional remission | **No data**Data not presented for functional remission\* alone\* Defined as paid or unpaid work, independent living, and weekly contact with non-family members | **No data** | Admissions onlySchizophrenia onlySmall sample (<100)Age range unclear |
| **(**[**Hegelstad *et al.*, 2012**](#_ENREF_6)**)**(4 sites, Norway)Trial | 281\*First episodeNon-affective psychosesAge 18 to 64\* 23% of eligible cases refused to participate at baseline | -178 (63%) re-assessed(72% re-assessed in early detection [ED] area vs. 52% in usual detection [UD] area; p = 0.026)28 (10%) died | Not specified(10 year follow-up) | **At follow-up**35 (48%) UD in remission\*53 (53% )ED in remission\*\* Defined as PANNS < 4 in preceding 6 months15% UD recovered\*\*31% ED recovered\*\*\*\* Defined as symptom remission and adequate function (i.e., score of 4 on derived scale) | **At follow-up***Employment*8 (11%) UD full time employed28 (28%) ED full time employed | **At follow-up**54 (74%) UD on medication67 (66%) ED on medication | Non-affective psychoses only |
| **(**[**Hill *et al.*, 2012**](#_ENREF_8)**)**(Dublin, Ireland)Observational | 171First episodeAll psychosesAge 12 and above | 168 (98%) traced17 (10%) died1 (1%) brain injury123 (72%) re-assessed23 (13%) case records3 (2%) no information | Not specified(12 year follow-up) | **At follow-up***All*74 (60%) in remission\**Schizophrenia*45 (52%) in remission\* | **At follow-up***Employment*55 (38%) employed*In independent living*59 (40%) in unsupported housing | **No data** | - |

**Supplementary Table 2.** Main course and outcome variables derived from the WHO Life Chart.\*

|  |  |  |  |
| --- | --- | --- | --- |
| **Time** | **Clinical** | **Social** | **Service Use** |
| **At follow-up** (cross-sectional) | * **Current mental state**

(in an episode of psychosis vs. not)* Life time diagnosis

(DSM and ICD) | * Type of accommodation
* **Marital status**
* **Employment status**
 | * **Number of admissions**
* Number of community contact
* **Number of compulsory admissions**
 |
| **During follow-up** (retrospective) | * **Time to remission**
* Usual symptoms severity

(mild, moderate or severe, based on rating scale 2 of the SCAN)* **Negative symptoms for 6+ months**
* **Course type**

(episodic; neither episodic nor continuous; continuous) | * Living arrangements

(type; number in household; length of residence; number of changes); * **Main marital status**
* **Percentage of time employed**
 | * Total amount of time in hospital (in contact with community services)
* Proportion of time in hospital (in contact with community services)
* Average length of hospital admission
 |

\* Variables used for analyses in this paper are highlighted in bold

**Supplementary Table 3.** Sample with 8+ yrs information vs. none by administrative outcomes, and baseline demographic and clinical characteristics.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Core sample (data 8+ yrs)n = 387 | No data 8+ yrsn = 71 | F, χ²,t | df | p |
| Length of follow-up |  |  |  |  |  |
|  | Mean (years) | 10.7 | - | - | - | - |
|  | sd | 1.17 | - |  |  |  |
| Administrative outcome |  |  |  |  |  |  |  |
|  | Re-interview | 193 | (49.9) | 26 | (36.6) | 63.18 | 2 | <0.001 |
|  | Declined | 156 | (40.3) | 12 | (16.9) |  |  |  |
|  | No contact† | 38 | (9.8) | 33 | (46.5) |  |  |  |
| Sex  |  |  |  |  |  |  |  |
|  | Men | 215 | (55.6) | 45 | (63.4) | 1.50 | 1 | 0.221 |
|  | Women | 172 | (44.4) | 26 | (36.6) |  |  |  |
| Baseline age |  |  |  |  |  |  |
|  | Mean (years) | 30.3 | 28.4 | 1.50 | 456 | 0.133 |
|  | sd | 10.2 | 10.1 |  |  |  |
| Ethnicity |  |  |  |  |  |  |  |
|  | White British | 167 | (43.2) | 38 | (53.5) | 7.65 | 5 | 0.177 |
|  | Other White | 25 | (6.5) | 6 | (8.5) |  |  |  |
|  | Black Caribbean | 108 | (27.9) | 16 | (22.5) |  |  |  |
|  | Black African | 45 | (11.6) | 3 | (4.2) |  |  |  |
|  | Asian (all) | 22 | (5.7) | 2 | (2.8) |  |  |  |
|  | Other | 20 | (5.2) | 6 | (8.5) |  |  |  |
| Centre |  |  |  |  |  |  |  |
|  | Nottingham | 157 | (40.6) | 25 | (35.2) | 0.72 | 1 | 0.396 |
|  | London | 230 | (59.4) | 46 | (64.8) |  |  |  |
| Baseline diagnosis |  |  |  |  |  |  |  |
|  | Non-affective | 277 | (71.6) | 50 | (70.4) | 0.04 | 1 | 0.843 |
|  | Affective | 110 | (28.4) | 21 | (29.6) |  |  |  |
| Baseline employment‡ |  |  |  |  |  |  |  |
|  | Employed | 90 | (23.6) | 19 | (27.9) | 0.79 | 2 | 0.675 |
|  | Economically inactive | 68 | (17.9) | 10 | (14.7) |  |  |  |
|  | Unemployed | 223 | (58.5) | 39 | (57.4) |  |  |  |
| DUP\* |  |  |  |  |  |  |
|  | Median (weeks) | 8.3 | 8.6 | -0.07 | - | 0.949 |
|  | IQR | 2.0-32.1 | 3.0-30.7 |  |  |  |
| Mode of onset\*\* |  |  |  |  |  |  |  |
|  | Acute | 157 | (46.0) | 40 | (63.5) | 6.48 | 1 | 0.011 |
|  | Insidious | 184 | (54.0) | 23 | (36.5) |  |  |  |
| Mode of contact |  |  |  |  |  |  |  |
|  | Community | 122 | (31.5) | 24 | (33.8) | 1.03 | 2 | 0.597 |
|  | Voluntary in-patient | 121 | (31.3) | 25 | (35.2) |  |  |  |
|  | Compulsory in-patient | 144 | (37.2) | 22 | (31.0) |  |  |  |

† All we were unable to trace or contact

‡ 9 missing

\* 15 missing

\*\* 54 missing

**Supplementary Table 4.** Core sample re-interviewed vs. not by administrative outcomes, and baseline demographic and clinical characteristics.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Core sample (data 8+ yrs)n = 387 | F, χ²,t | df | p |
|  | Re-interview |  |  |  |
|  | Yesn = 193 | Non = 194 |  |  |  |
| Length of follow-up |  |  |  |  |  |
|  | Mean (years) | 10.6 | 10.8 | -2.22 | 385 | 0.027 |
|  | sd | 1.1 | 1.2 |  |  |  |
| Administrative outcome |  |  |  |  |  |  |  |
|  | Re-interview | 193 | (100.0) | - | - | - | - | - |
|  | Declined | - | - | 156 | (80.4) |  |  |  |
|  | No contact† | - | - | 38 | (19.6) |  |  |  |
| Sex  |  |  |  |  |  |  |  |
|  | Men | 108 | (56.0) | 107 | (55.1) | 0.03 | 1 | 0.874 |
|  | Women | 85 | (44.0) | 87 | (44.9) |  |  |  |
| Baseline age |  |  |  |  |  |
|  | Mean (years) | 30.2 | 30.4 | -0.21 | 385 | 0.831 |
|  | sd | 10.0 | 10.3 |  |  |  |
| Ethnicity |  |  |  |  |  |  |  |
|  | White British | 79 | (40.9) | 88 | (45.4) | 5.00 | 5 | 0.416 |
|  | Other White | 15 | (7.8) | 10 | (5.2) |  |  |  |
|  | Black Caribbean | 60 | (31.1) | 48 | (24.7) |  |  |  |
|  | Black African | 18 | (9.3) | 27 | (13.9) |  |  |  |
|  | Asian (all) | 10 | (5.2) | 12 | (6.2) |  |  |  |
|  | Other | 11 | (5.7) | 9 | (4.6) |  |  |  |
| Centre |  |  |  |  |  |  |  |
|  | Nottingham | 60 | (31.1) | 97 | (50.0) | 14.35 | 1 | <0.001 |
|  | London | 133 | (68.9) | 97 | (50.0) |  |  |  |
| Baseline diagnosis |  |  |  |  |  |  |  |
|  | Non-affective | 136 | (70.5) | 141 | (72.7) | 0.23 | 1 | 0.629 |
|  | Affective | 57 | (29.5) | 53 | (27.3) |  |  |  |
| Baseline employment‡ |  |  |  |  |  |  |  |
|  | Employed | 45 | (23.8) | 45 | (23.4) | 0.02 | 2 | 0.992 |
|  | Economically inactive | 34 | (18.0) | 34 | (17.7) |  |  |  |
|  | Unemployed | 110 | (58.2) | 113 | (58.9) |  |  |  |
| DUP\* |  |  |  |  |  |
|  | Median (weeks) | 8.9 | 7.2 | 1.53 | - | 0.125 |
|  | IQR | 2.2-40.4 | 2.0-22.9 |  |  |  |
| Mode of onset\*\* |  |  |  |  |  |  |  |
|  | Acute | 73 | (42.2) | 84 | (50.0) | 2.09 | 1 | 0.148 |
|  | Insidious | 100 | (57.8) | 84 | (50.0) |  |  |  |
| Mode of contact |  |  |  |  |  |  |  |
|  | Community | 56 | (29.0) | 66 | (34.0) | 1.27 | 2 | 0.530 |
|  | Voluntary in-patient | 61 | (31.6) | 60 | (30.9) |  |  |  |
|  | Compulsory in-patient | 76 | (39.4) | 68 | (35.1) |  |  |  |

† All we were unable to trace or contact

\* 14 missing

‡ 6 missing

\*\* 46 missing

**Supplementary Table 5.** Core sample re-interviewed vs. not by clinical, social and hospital admissions outcomes.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Core sample (data 8+ yrs)n = 387 | F, χ²,t | df | p |
|  | Re-interview |  |  |  |
|  | Yesn = 193 | Non = 194 |  |  |  |
| Time to remission ( n 326) |  |  |  |  |  |
|  | Mean (years) | 21.1 | 12.4 | 2.81 | - | 0.005 |
|  | sd | 3.1-492.8 | 3.9-113.1 |  |  |  |
| Course (n 345) |  |  |  |  |  |  |  |
|  | No episodes | 28  | (14.9) | 15  | (9.6) | 14.80 | - | 0.002 |
|  | Episodic | 25  | (13.3) | 44  | (28.0) |  |  |  |
|  | Neither | 83  | (44.2) | 70  | (44.6) |  |  |  |
|  | Continuous | 52  | (27.4) | 28  | (17.8) |  |  |  |
| Recovered (symptoms) (n 303) |  |  |  |  |  |  |  |
|  | Yes | 85  | (47.2) | 55  | (44.7) | 0.18 | 1 | 0.667 |
|  | No | 95  | (52.8) | 68  | (55.3) |  |  |  |
| % of time employed (n 290) |  |  |  |  |  |  |  |
|  | > 75% | 24  | (12.9) | 10  | (9.6) | 3.08 | 2 | 0.214 |
|  | 25-75% | 35  | (18.8) | 13  | (12.5) |  |  |  |
|  | < 25% | 127  | (68.3) | 81  | (77.9) |  |  |  |
| Employed at follow-up (n 295) |  |  |  |  |  |  |  |
|  | Yes | 144  | (76.6) | 85  | (79.4) | 0.32 | 1 | 0.573 |
|  | No | 44  | (23.4) | 22  | (20.6) |  |  |  |
| Main relationship status (n 307) |  |  |  |  |  |  |  |
|  | In relat. | 60 | (31.9) | 29 | (24.4) | 2.02 | 1 | 0.156 |
|  | Not in relat. | 128 | (68.1) | 90 | (75.6) |  |  |  |
| In relationship at follow-up (n 300) |  |  |  |  |  |  |  |
|  | Yes | 65  | (34.6) | 30 | (26.8) |  |  | 0.161 |
|  | No | 123  | (65.4) | 82 | (73.2) |  |  |  |
| Admission to hospital (n 338) |  |  |  |  |  |  |  |
|  | Never | 21  | (11.2) | 18  | (12.0) | 0.15 | 2 | 0.927 |
|  | At first contact | 33  | (17.6) | 28  | (18.7) |  |  |  |
|  | During follow-up | 134  | (71.3) | 104  | (69.3) |  |  |  |
| Rate of admissions (n 338) |  |  |  |  |  |
|  | IRR | 1.00 | 0.90 | - | - | 0.084 |
|  | 95% CI | - | 0.80-1.01 |  |  |  |
| Length of admissions (n 293) |  |  |  |  |  |
|  | Median (weeks) | 50 | 41 | 1.61 | - | 0.108 |
|  | IQR | 27-93 | 25-79 |  |  |  |
| Compulsory (n 369) |  |  |  |  |  |  |  |
|  | Never | 59  | (31.2) | 56  | (31.1) | 0.01 | 1 | 0.982 |
|  | At some point | 130  | (68.8) | 124  | (68.9) |  |  |  |

**Supplementary Figure 1.** Survival curves for time to remission.

 a) By diagnosis (log rank test: Χ2 32.18, df 1, p < 0.001)



b) By sex (log rank test: Χ2 7.48, df 1, p = 0.006)



c) By centre (log rank test: Χ2 9.09, df 1, p = 0.003)

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