

Table 5. Interventions to reduce stigma related to schizophrenia and bipolar disorder.

Reference	Intervention Description	Analysis
Type of study		
Heim et al., 2019 / SR	Contact intervention: A 2-hour lecture addressing mental health and psychiatry (Causes of stigma associated with schizophrenia; common myths about schizophrenia and the relationship between violence, aggression, and independence); - A young person with schizophrenia then shared and discussed their experiences with the students.	Contact intervention: A 2-hour lecture addressing mental health and psychiatry (Causes of stigma associated with schizophrenia; common myths about schizophrenia and the relationship between violence, aggression, and independence); - A young person with schizophrenia then shared and discussed their experiences with the students.
Heim et al., 2018 / SR	Classroom session on the impact of stigma in schizophrenia; - Clinical case session.	Classroom session on the impact of stigma in schizophrenia; - Clinical case session.
Kaur et al., 2021 / SR	Case demonstration lectures, dramatization, mental health education workshops, and a patient transport program to specialized care. - Educational lecture with a psychiatrist on schizophrenia;	Case demonstration lectures, dramatization, mental health education workshops, and a patient transport program to specialized care. - Educational lecture with a psychiatrist on schizophrenia;
Fujii et al., 2021 / CT	- Activities: team presentation; lecture on mental disorders related to stigma; patient management with schizophrenia; discussion to clarify patient experiences; patient interviews; discussion of pharmacist learning from patient experiences.	- Activities: team presentation; lecture on mental disorders related to stigma; patient management with schizophrenia; discussion to clarify patient experiences; patient interviews; discussion of pharmacist learning from patient experiences.