

## Treatment History of Youth At-Risk for Serious Mental Illness

**Supplementary Table 1.** Sources of recruitment into the PROCAN study

<b>Recruitment Source</b>	<b>Healthy Controls (n=42)</b>	<b>Stage 0 (n=41)</b>	<b>Stage 1a (n=52)</b>	<b>Stage 1b (n=108)</b>	<b>Overall (n=243)</b>
Triage services for mental health*	0.4%	0.4%	3.7%	14.4%	18.9%
Emergency/urgent care	0	0	0	1.2%	1.2%
Physicians	0.4%	0.8%	0.4%	2.5%	4.1%
School-based counselling services	0	0	0	2%	2%
Health centers	0.8%	0.4%	0	0.8%	2%
Specialized mental health services	0	0	1.2%	5.4%	6.6%
Self/family referrals**	15.7%	15.3%	16.1%	18.1%	65.2%

\*A health care triage service that receives referrals from a wide range of other services requesting help for mental health issues.

\*\*self and family referrals were individuals who had seen an advert or poster or heard about our research from someone else.

**Supplementary Table 2.** Clinical staging model for mental illness

Stage	Definition
0	<i>No clinical symptoms</i> <ul style="list-style-type: none"> <li>Increased risk of disorder due to family history</li> </ul>
1a	<i>Distress disorder</i> <ul style="list-style-type: none"> <li>No attenuated psychotic symptoms</li> <li>Non-specific symptoms of anxiety or depression</li> <li>Mild to moderate severity of symptoms</li> <li>May include subjective/objective evidence of mild cognitive deficits.</li> <li>Evidence of only recent or mild impacts of illness on social, educational or occupational function</li> </ul>
1b	<i>Attenuated syndromes</i> <ul style="list-style-type: none"> <li>Distress disorder plus at least one moderate-severe attenuated psychotic symptom (unusual thoughts, suspiciousness, perceptual abnormalities, grandiosity, disorganization)</li> <li>Specific symptoms of anxiety or depression, brief hypomania or brief psychotic phenomena</li> <li>May include subjective/objective evidence of at least moderate cognitive change</li> <li>Moderate to severe impact of illness on social, education or employment functioning</li> </ul>
2-4	<i>Stages not relevant to this project</i> <ul style="list-style-type: none"> <li>Discrete episodes of psychosis, mania or severe depression</li> <li>Incomplete remission to multiple relapses</li> <li>Unremitting course of illness</li> </ul>

Adapted from McGorry, 2013<sup>7</sup> and Hickie et al., 2013<sup>8</sup>