

## Reporting Summary

Nature Research wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Research policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

### Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- The exact sample size ( $n$ ) for each experimental group/condition, given as a discrete number and unit of measurement
- A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- The statistical test(s) used AND whether they are one- or two-sided  
*Only common tests should be described solely by name; describe more complex techniques in the Methods section.*
- A description of all covariates tested
- A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- For null hypothesis testing, the test statistic (e.g.  $F$ ,  $t$ ,  $r$ ) with confidence intervals, effect sizes, degrees of freedom and  $P$  value noted  
*Give  $P$  values as exact values whenever suitable.*
- For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- Estimates of effect sizes (e.g. Cohen's  $d$ , Pearson's  $r$ ), indicating how they were calculated

*Our web collection on [statistics for biologists](#) contains articles on many of the points above.*

### Software and code

Policy information about [availability of computer code](#)

Data collection RiO v21, SSMS v17, MS Excel

Data analysis All data analyses were done on Python 3.6.7 using standard libraries. pandas 1.0.3, numpy 1.16.0, scipy 1.4.1, scikit-learn 0.23.2, xgboost 1.0.2, keras 2.2.4, tensorflow 2.1.0, matplotlib 3.1.2, seaborn 0.10.0, pymysql 2.1.4, jupyter 1.0.0, shap 0.35.0, hyperopt 0.2.2

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Research [guidelines for submitting code & software](#) for further information.

### Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A list of figures that have associated raw data
- A description of any restrictions on data availability

Electronic Health Records that support the findings in this study contain highly sensitive information about vulnerable populations, and therefore cannot be made publicly available. Any request to access the data will need to be reviewed and approved by the Birmingham and Solihull Mental Health NHS Foundation Trust information governance committee.

## Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

Life sciences       Behavioural & social sciences       Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://www.nature.com/documents/nr-reporting-summary-flat.pdf)

## Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

### Sample size

The retrospective study data comprised longitudinal electronic health records from the Birmingham and Solihull Mental Health NHS Foundation Trust collected during a period of 7 years. After applying the exclusion criteria, the cohort included 17,122 patients with total of 5,816,586 records, including 60,388 crisis episodes and 74 routinely captured variables related to hospital contacts, crisis events, hospitalizations, diagnosis, referrals, risk and wellbeing assessments, crisis plans and patient's demographics.

We used state-of-the-art Machine Learning algorithms to predict the onset of a crisis episode in advance. No sample size calculation was performed in advance as the sample size was determined by the availability of Electronic Health Records and the number of crises. There are no standard methods to calculate the required sample size for a Machine Learning model in Medical settings, yet the post analysis tests (including Mann-Whitney U-statistic) showed the statistical significance of the model with compared to different baseline models ( $p < 0.01$ )

For the prospective study, the sample included 1,011 reviewed predictions over a period of 6 months. Due to the qualitative and quantitative nature of the study, the sample size was limited by the resources available in the Hospital.

### Data exclusions

We established two exclusion criteria at the beginning of the study, namely:

- New patients with limited historical records - i.e. patients who had less than 3 months were excluded from this study. This decision stems from the main rationale behind the study that the risk of relapse can be predicted from the historical electronic health records. In this regard, we selected a threshold of 3 months as a minimal amount of historical data.
- Patients who had experience less than two crisis episodes in total were excluded from the study, due to the main goal of detecting relapse.

### Replication

The results were generated via jupyter notebooks executing Python functions to ensure reproducibility. The scripts were run multiple times giving always the same results.

### Randomization

Randomization was not applicable in most part of the retrospective part of the study. Given the time series nature of the data, the train/validation/test split was based on time periods instead of randomization. The datasets used for stability of interpretation were constructed completely at random.

In the prospective study, patients were allocated to individual clinicians by the team coordinators according to their best clinical judgment. The goal of the study was to evaluate how useful the system would be when put in place, thus it was designed without randomization in the allocation to the clinicians to emulate that situation.

### Blinding

The retrospective part of the study did not include allocation of subjects into different groups for comparison purposes, thus blinding was not applicable/necessary for this part of the study.

In the prospective study, patients were allocated to individual clinicians by team coordinators according to their best clinical judgment. The goal of the study was to evaluate how useful the system would be when put in place, thus it was designed without blinding on the allocation to the clinicians to emulate that situation.

## Behavioural & social sciences study design

All studies must disclose on these points even when the disclosure is negative.

### Study description

*Briefly describe the study type including whether data are quantitative, qualitative, or mixed-methods (e.g. qualitative cross-sectional, quantitative experimental, mixed-methods case study).*

### Research sample

*State the research sample (e.g. Harvard university undergraduates, villagers in rural India) and provide relevant demographic information (e.g. age, sex) and indicate whether the sample is representative. Provide a rationale for the study sample chosen. For studies involving existing datasets, please describe the dataset and source.*

### Sampling strategy

*Describe the sampling procedure (e.g. random, snowball, stratified, convenience). Describe the statistical methods that were used to predetermine sample size OR if no sample-size calculation was performed, describe how sample sizes were chosen and provide a rationale for why these sample sizes are sufficient. For qualitative data, please indicate whether data saturation was considered, and what criteria were used to decide that no further sampling was needed.*

### Data collection

*Provide details about the data collection procedure, including the instruments or devices used to record the data (e.g. pen and paper, computer, eye tracker, video or audio equipment) whether anyone was present besides the participant(s) and the researcher, and whether the researcher was blind to experimental condition and/or the study hypothesis during data collection.*

Timing	Indicate the start and stop dates of data collection. If there is a gap between collection periods, state the dates for each sample cohort.
Data exclusions	If no data were excluded from the analyses, state so OR if data were excluded, provide the exact number of exclusions and the rationale behind them, indicating whether exclusion criteria were pre-established.
Non-participation	State how many participants dropped out/declined participation and the reason(s) given OR provide response rate OR state that no participants dropped out/declined participation.
Randomization	If participants were not allocated into experimental groups, state so OR describe how participants were allocated to groups, and if allocation was not random, describe how covariates were controlled.

## Ecological, evolutionary & environmental sciences study design

All studies must disclose on these points even when the disclosure is negative.

Study description	Briefly describe the study. For quantitative data include treatment factors and interactions, design structure (e.g. factorial, nested, hierarchical), nature and number of experimental units and replicates.
Research sample	Describe the research sample (e.g. a group of tagged <i>Passer domesticus</i> , all <i>Stenocereus thurberi</i> within Organ Pipe Cactus National Monument), and provide a rationale for the sample choice. When relevant, describe the organism taxa, source, sex, age range and any manipulations. State what population the sample is meant to represent when applicable. For studies involving existing datasets, describe the data and its source.
Sampling strategy	Note the sampling procedure. Describe the statistical methods that were used to predetermine sample size OR if no sample-size calculation was performed, describe how sample sizes were chosen and provide a rationale for why these sample sizes are sufficient.
Data collection	Describe the data collection procedure, including who recorded the data and how.
Timing and spatial scale	Indicate the start and stop dates of data collection, noting the frequency and periodicity of sampling and providing a rationale for these choices. If there is a gap between collection periods, state the dates for each sample cohort. Specify the spatial scale from which the data are taken
Data exclusions	If no data were excluded from the analyses, state so OR if data were excluded, describe the exclusions and the rationale behind them, indicating whether exclusion criteria were pre-established.
Reproducibility	Describe the measures taken to verify the reproducibility of experimental findings. For each experiment, note whether any attempts to repeat the experiment failed OR state that all attempts to repeat the experiment were successful.
Randomization	Describe how samples/organisms/participants were allocated into groups. If allocation was not random, describe how covariates were controlled. If this is not relevant to your study, explain why.
Blinding	Describe the extent of blinding used during data acquisition and analysis. If blinding was not possible, describe why OR explain why blinding was not relevant to your study.

Did the study involve field work?  Yes  No

## Field work, collection and transport

Field conditions	Describe the study conditions for field work, providing relevant parameters (e.g. temperature, rainfall).
Location	State the location of the sampling or experiment, providing relevant parameters (e.g. latitude and longitude, elevation, water depth).
Access & import/export	Describe the efforts you have made to access habitats and to collect and import/export your samples in a responsible manner and in compliance with local, national and international laws, noting any permits that were obtained (give the name of the issuing authority, the date of issue, and any identifying information).
Disturbance	Describe any disturbance caused by the study and how it was minimized.

## Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

## Materials &amp; experimental systems

## Methods

- n/a  Involved in the study
- Antibodies
- Eukaryotic cell lines
- Palaeontology and archaeology
- Animals and other organisms
- Human research participants
- Clinical data
- Dual use research of concern

- n/a  Involved in the study
- ChIP-seq
- Flow cytometry
- MRI-based neuroimaging

## Antibodies

Antibodies used

Validation

## Eukaryotic cell lines

Policy information about [cell lines](#)

Cell line source(s)

Authentication

Mycoplasma contamination

Commonly misidentified lines (See [ICLAC](#) register)

## Palaeontology and Archaeology

Specimen provenance

Specimen deposition

Dating methods

Tick this box to confirm that the raw and calibrated dates are available in the paper or in Supplementary Information.

Ethics oversight

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Animals and other organisms

Policy information about [studies involving animals](#); [ARRIVE guidelines](#) recommended for reporting animal research

Laboratory animals

Wild animals

Field-collected samples

Ethics oversight

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Human research participants

Policy information about [studies involving human research participants](#)

Population characteristics	<p>The retrospective study included 17,122 patients of both genders, within the age range between 16 and 102 years with a wide range of diagnosed disorders (including mood, psychotic, organic, substance abuse, neurotic, personality disorders and not diagnosed patients). There was 51.3% of male patients and 48.6% of females. The distribution over the diagnosed disorder was 17.3% Mood affective disorders, 17.3% Schizophrenia and Psychotic disorders, 8.3% Personality disorders, 8.5% Neurotic disorders, 4.5% disorders related to Substance abuse, 2.2% Organic disorders, 3.4% Other disorders and 39.5% Not diagnosed.</p> <p>The prospective study included 60 clinicians (20 males, 40 females) from 4 different teams within the hospital. 85% were Psychiatric Nurses, 7% were doctors, 3% were Occupational Therapists, 3% Duty workers and 2% Social workers.</p>
Recruitment	<p>The cohort of the retrospective study included patients that attended the Birmingham and Solihull Mental Health NHS Foundation Trust during the 7 year period of the study. No selection was done beyond the above mentioned exclusion criteria, thus the risk of selection bias is low. The potential bias that may be present in the study is that the cohort is limited to a single Hospital. This bias might impact the transferability of the results to other mental health hospitals.</p> <p>The cohort of the prospective study included clinicians from four different teams within the Hospital. The teams were chosen based on their capacity to adopt the developed tool and ensuring that the teams covered a variety of demographic and variance in caseload.</p>
Ethics oversight	Health Research Authority approved the study.

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Clinical data

Policy information about [clinical studies](#)

All manuscripts should comply with the ICMJE [guidelines for publication of clinical research](#) and a completed [CONSORT checklist](#) must be included with all submissions.

Clinical trial registration	N/A
Study protocol	N/A
Data collection	Pseudonymised historical Electronic Health Records data originated from the Birmingham and Solihull Mental Health NHS Foundation Trust between September 2012 and May 2019.
Outcomes	<p>Primary outcomes:</p> <ul style="list-style-type: none"> <li>- Predicted Risk Score of a mental health crisis episode onset within the upcoming 28 days.</li> <li>- Usefulness of provided risk estimates to clinicians, measured as the ratings of 1) usefulness to determine state deterioration risks, 2) intention to make additional actions as a result of receiving the model output.</li> </ul>

## Dual use research of concern

Policy information about [dual use research of concern](#)

### Hazards

Could the accidental, deliberate or reckless misuse of agents or technologies generated in the work, or the application of information presented in the manuscript, pose a threat to:

No	Yes	
<input type="checkbox"/>	<input type="checkbox"/>	Public health
<input type="checkbox"/>	<input type="checkbox"/>	National security
<input type="checkbox"/>	<input type="checkbox"/>	Crops and/or livestock
<input type="checkbox"/>	<input type="checkbox"/>	Ecosystems
<input type="checkbox"/>	<input type="checkbox"/>	Any other significant area

## Experiments of concern

Does the work involve any of these experiments of concern:

- | No                       | Yes                      |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Demonstrate how to render a vaccine ineffective                             |
| <input type="checkbox"/> | <input type="checkbox"/> | Confer resistance to therapeutically useful antibiotics or antiviral agents |
| <input type="checkbox"/> | <input type="checkbox"/> | Enhance the virulence of a pathogen or render a nonpathogen virulent        |
| <input type="checkbox"/> | <input type="checkbox"/> | Increase transmissibility of a pathogen                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Alter the host range of a pathogen  |
| <input type="checkbox"/> | <input type="checkbox"/> | Enable evasion of diagnostic/detection modalities                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Enable the weaponization of a biological agent or toxin                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Any other potentially harmful combination of experiments and agents         |

## ChIP-seq

### Data deposition

- Confirm that both raw and final processed data have been deposited in a public database such as [GEO](#).
- Confirm that you have deposited or provided access to graph files (e.g. BED files) for the called peaks.

Data access links

*May remain private before publication.*

*For "Initial submission" or "Revised version" documents, provide reviewer access links. For your "Final submission" document, provide a link to the deposited data.*

Files in database submission

*Provide a list of all files available in the database submission.*

Genome browser session

(e.g. [UCSC](#))

*Provide a link to an anonymized genome browser session for "Initial submission" and "Revised version" documents only, to enable peer review. Write "no longer applicable" for "Final submission" documents.*

### Methodology

Replicates

*Describe the experimental replicates, specifying number, type and replicate agreement.*

Sequencing depth

*Describe the sequencing depth for each experiment, providing the total number of reads, uniquely mapped reads, length of reads and whether they were paired- or single-end.*

Antibodies

*Describe the antibodies used for the ChIP-seq experiments; as applicable, provide supplier name, catalog number, clone name, and lot number.*

Peak calling parameters

*Specify the command line program and parameters used for read mapping and peak calling, including the ChIP, control and index files used.*

Data quality

*Describe the methods used to ensure data quality in full detail, including how many peaks are at FDR 5% and above 5-fold enrichment.*

Software

*Describe the software used to collect and analyze the ChIP-seq data. For custom code that has been deposited into a community repository, provide accession details.*

## Flow Cytometry

### Plots

Confirm that:

- The axis labels state the marker and fluorochrome used (e.g. CD4-FITC).
- The axis scales are clearly visible. Include numbers along axes only for bottom left plot of group (a 'group' is an analysis of identical markers).
- All plots are contour plots with outliers or pseudocolor plots.
- A numerical value for number of cells or percentage (with statistics) is provided.

### Methodology

Sample preparation

*Describe the sample preparation, detailing the biological source of the cells and any tissue processing steps used.*

Instrument

*Identify the instrument used for data collection, specifying make and model number.*

- Software *Describe the software used to collect and analyze the flow cytometry data. For custom code that has been deposited into a community repository, provide accession details.*
- Cell population abundance *Describe the abundance of the relevant cell populations within post-sort fractions, providing details on the purity of the samples and how it was determined.*
- Gating strategy *Describe the gating strategy used for all relevant experiments, specifying the preliminary FSC/SSC gates of the starting cell population, indicating where boundaries between "positive" and "negative" staining cell populations are defined.*
- Tick this box to confirm that a figure exemplifying the gating strategy is provided in the Supplementary Information.

## Magnetic resonance imaging

### Experimental design

- Design type *Indicate task or resting state; event-related or block design.*
- Design specifications *Specify the number of blocks, trials or experimental units per session and/or subject, and specify the length of each trial or block (if trials are blocked) and interval between trials.*
- Behavioral performance measures *State number and/or type of variables recorded (e.g. correct button press, response time) and what statistics were used to establish that the subjects were performing the task as expected (e.g. mean, range, and/or standard deviation across subjects).*

### Acquisition

- Imaging type(s) *Specify: functional, structural, diffusion, perfusion.*
- Field strength *Specify in Tesla*
- Sequence & imaging parameters *Specify the pulse sequence type (gradient echo, spin echo, etc.), imaging type (EPI, spiral, etc.), field of view, matrix size, slice thickness, orientation and TE/TR/flip angle.*
- Area of acquisition *State whether a whole brain scan was used OR define the area of acquisition, describing how the region was determined.*
- Diffusion MRI  Used  Not used

### Preprocessing

- Preprocessing software *Provide detail on software version and revision number and on specific parameters (model/functions, brain extraction, segmentation, smoothing kernel size, etc.).*
- Normalization *If data were normalized/standardized, describe the approach(es): specify linear or non-linear and define image types used for transformation OR indicate that data were not normalized and explain rationale for lack of normalization.*
- Normalization template *Describe the template used for normalization/transformation, specifying subject space or group standardized space (e.g. original Talairach, MNI305, ICBM152) OR indicate that the data were not normalized.*
- Noise and artifact removal *Describe your procedure(s) for artifact and structured noise removal, specifying motion parameters, tissue signals and physiological signals (heart rate, respiration).*
- Volume censoring *Define your software and/or method and criteria for volume censoring, and state the extent of such censoring.*

### Statistical modeling & inference

- Model type and settings *Specify type (mass univariate, multivariate, RSA, predictive, etc.) and describe essential details of the model at the first and second levels (e.g. fixed, random or mixed effects; drift or auto-correlation).*
- Effect(s) tested *Define precise effect in terms of the task or stimulus conditions instead of psychological concepts and indicate whether ANOVA or factorial designs were used.*
- Specify type of analysis:  Whole brain  ROI-based  Both
- Statistic type for inference (See [Eklund et al. 2016](#)) *Specify voxel-wise or cluster-wise and report all relevant parameters for cluster-wise methods.*
- Correction *Describe the type of correction and how it is obtained for multiple comparisons (e.g. FWE, FDR, permutation or Monte Carlo).*

## Models & analysis

- n/a | Involved in the study
- Functional and/or effective connectivity
- Graph analysis
- Multivariate modeling or predictive analysis

Functional and/or effective connectivity

*Report the measures of dependence used and the model details (e.g. Pearson correlation, partial correlation, mutual information).*

Graph analysis

*Report the dependent variable and connectivity measure, specifying weighted graph or binarized graph, subject- or group-level, and the global and/or node summaries used (e.g. clustering coefficient, efficiency, etc.).*

Multivariate modeling and predictive analysis

*Specify independent variables, features extraction and dimension reduction, model, training and evaluation metrics.*