**Supplementary material**

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| **Table S1.** Mean z-scores and standard deviations for each cognitive domain in patients with bipolar disorder (BD), unaffected relatives (UR), and healthy controls (HC).  |
|  | BD | UR | HC | *p*-value |
| Verbal learning | -0.11 (0.81) | 0.12 (0.75) | 0.03 (0.84) | 0.15 |
| Processing speed | -0.45 (0.90) | -0.01 (0.71) | 0.02 (0.83) | < 0.001\* |
| Executive control | -0.65 (1.26) | -0.18 (1.21) | -0.00 (1.00) | < 0.001\* |
| Working memory | -0.37 (0.70) | -0.15 (0.52) | 0.00 (0.73) | < 0.001\* |
| Verbal fluency | -0.22 (0.98) | -0.31 (0.89) | -0.02 (0.87) | 0.12 |
| Sustained attention | -0.38 (0.84) | 0.01 (0.71) | 0.02 (0.86) | < 0.001\* |
| Global cognition | -0.35 (0.57) | -0.10 (0.49) | 0.02 (0.58) | < 0.001\* |
| \* BD < HC; UR = HC |  |  |  |  |