**Supplementary material 1**

Demographic and clinical characteristics of patients divided to unipolar and bipolar depression

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| --- | --- | --- | --- | --- | --- |
|  | | | Unipolar depression (n=32) | Bipolar depression (n=8) | Statistical analyses |
| Parametric measures | | | Mean ± SD | Mean ± SD |  |
| Age (years) | | | 47.63 ± 16.53 | 45.50 ± 19.98 | *t*(38)=.31, *p*=.757 |
| Age at first-episode (years) | | | 30.80 ± 17.52 | 25.25 ± 10.54 | *t*(36)=.35, *p*=.401 |
| Number of depressive episodes | | | 2.53 ± 2.27 | 4.57 ± 3.69 | *t*(35)=-1.89, *p*=.067 |
| Psychiatric medications in current episode[[1]](#footnote-1) | | | 6.59 ± 3.64 | 6.38 ± 2.20 | *t*(38)=.16, *p*=.872 |
| HDRS-21 (total score) | | T0 (baseline) | 20.97 ± 6.43 | 22.25 ± 4.68 | *t*(38)=-.53, *p*=.601 |
| T2 (visit 20) | 14.44 ± 7.22 | 12.00 ± 7.45 | *t*(38)=.85, *p*=.401 |
| Responders [no. (%)] | 9 (28%) | 4 (50%) | *X2*(1)=1.40, *p*=.237 |
| Remitters [no. (%)] | 6 (18%) | 2 (25%) | *X2*(1)=.16, *p*=.693 |
| QIDS-SR (total score) | | T0 (baseline) | 22.31 ± 7.31 | 22.63 ± 10.21 | *t*(38)=-.10, *p*=.921 |
| T1 (visit 10) | 17.22 ± 6.69 | 20.50 ± 10.45 | *t*(38)=-1.10, *p*=.277 |
| T2 (visit 20) | 14.53 ± 7.16 | 17.25 ± 11.45 | *t*(38)=-.84, *p*=.402 |
| Responders [no. (%)] | 7 (22%) | 3 (38%) | *X2*(1)=.83, *p*=.361 |
| Remitters [no. (%)] | 5 (16%) | 2 (25%) | *X2*(1)=.39, *p*=.533 |
| Non-parametric measures | | |  |  |  |
| Gender (male/female) | | | 16/16 | 3/5 | *X2*(1)=.40, *p*=.527 |
| Education level (number) | | > 12 years | 20 | 6 | *X2*(2)=.74, *p*=.692 |
| 9-12 years | 10 | 2 |
| < 9 years | 2 | 0 |
| Birth country (Israel/other) | | | 22/10 | 7/1 | *X2*(1)=1.13, *p*=.288 |
| Family status (married/divorced/single/widowed) | | | 13/4/12/2 | 3/4/1/0 | *X2*(3)=6.12, *p*=.106 |
| Occupation (working/unemployed) | | | 12/18 | 4/4 | *X2*(1)=.26, *p*=.611 |
| Co-morbid psychopathology (yes/no) | | | 10/22 | 2/6 | *X2*(1)=.12, *p*=.730 |
| General health co-morbidity (yes/no) | | | 11/21 | 1/7 | *X2*(1)=1.46, *p*=.227 |
| Past drug/alcohol abuse (yes/no) | | | 2/29 | 0/8 | *X2*(1)=.54, *p*=.461 |
| Past suicide attempt (yes/no) | | | 3/27 | 2/5 | *X2*(1)=1.68, *p*=.196 |
| Psychiatric medications [no. (%)] | Antidepressants | | 17 (53%) | 0 (0%) | *X2*(2)=11.05, *p*=.004 |
| Antidepressants and neuroleptics/mood stabilizers | | 11 (34%) | 8 (100%) |
| Others | | 4 (13%) | 0 (0%) |
| Dropouts | T1 (visit 10) | | 0 (0%) | 0 (0%) | N.A. |
| T2 (visit 20) | | 2 (6.25%) | 1 (12.50%) | *X2*(2)= 0.36, *p*=.548 |

*Notes*

HDRS=Hamilton Depression Rating Scale; QIDS-SR= Quick Inventory of Depressive Symptomatology-Self Report

1. Including medications that were discontinued. [↑](#footnote-ref-1)