

Data supplement

Please try to remember a period when you were in a “high” state (not related to recreational drug use). How did you feel then? Please answer all these statements, Yes or No.

1. I need less sleep
2. I feel more energetic and more active
3. I am more self-confident
4. I enjoy my work more
5. I am more sociable (make more phone calls, go out more)
6. I want to travel and do travel more
7. I tend to drive faster or take more risks when driving
8. I spend more/too much money
9. I take more risks in my daily life (in my work and/or other activities)
10. I am physically more active (sport etc.)
11. I plan more activities or projects
12. I have more ideas, I am more creative
13. I am less shy or inhibited
14. I want to meet or actually do meet more people
15. I am more interested in sex, and/or have increased sexual desire
16. I am more flirtatious and/or am sexually more active
17. I talk more
18. I think faster
19. I make more jokes or puns when I am talking
20. I am more easily distracted
21. I engage in lots of new things
22. My thoughts jump from topic to topic
23. I do things more quickly and/or more easily
24. I am more impatient and/or get irritable more easily
25. I can be exhausting or irritating for others
26. I get into more quarrels
27. My mood is higher, more optimistic
28. I drink more alcohol

Fig. DS1 Lifetime bipolarity assessment (28-items)¹⁸

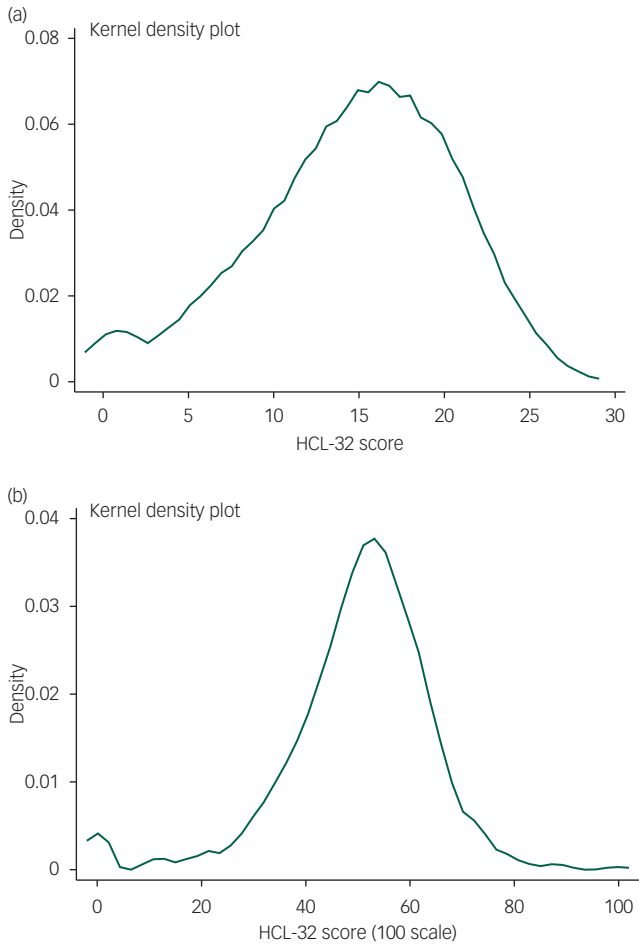


Fig. DS2 Distribution of manic features scores: (a) raw scores and (b) transformed scores.