

Supplemental Appendix

Criteria for Bipolar Spectrum Episodes

For exp-SADS-C interviews, Mania and Hypomania episodes were defined according to *DSM-IV-TR* criteria. Manic episode required an abnormally and persistently elevated, expansive, or irritable mood lasting ≥ 1 week or any duration if hospitalized, whereas Hypomanic episode required any of these moods lasting at least 4 days for *DSM-IV-TR* diagnosis. Persistence of Manic mood must be $\geq 75\%$ of waking hours in each manic day accompanied by either 3 (if euphoric) or 4 (if irritable) additional Manic symptoms, whereas persistence of Hypomanic mood must be $\geq 50\%$ of waking hours in each hypomanic day accompanied by 3 (*DSM-IV-TR*) additional Hypomanic symptoms. Consistent with *DSM-IV-TR*, Manic episode must be characterized by either the presence of psychotic symptoms, cause marked impairment in social or occupational functioning, or lead to hospitalization, whereas Hypomanic episode did not require such impairment, but must be associated with an unequivocal change in mood or functioning observable to others. The Manic or Hypomanic episode was not due to the effects of a substance or medical condition. Major Depressive (MD) episodes were also defined according to *DSM-IV-TR* criteria requiring persistence of depressed mood or pervasive loss of interest to be $\geq 90\%$ of waking hours in each depressed day and accompanied by 4 (*DSM-IV-TR*) additional MD symptoms. MD episodes had to last ≥ 2 weeks, cause clinically significant distress or impairment, and not be the result of a substance or medical condition.