**Supplementary Table 1: Overview of the Mood Disorder Questionnaire (MDQ) and mapping to the Diagnostic and Statistical Manual of Mental Disorders (DSM) 5 criteria**

The left column summarizes the domain covered in the specific MDQ question or subquestion; the right maps these items on to the DSM-5 criteria. The items are meant to identify episodes of prior mania.

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| **MDQ Item** | **DSM-5 symptom** |
| *Question 1* |  | Elevated mood or increased energy | A distinct period of abnormally and persistently elevated, expansive, or irritable mood and abnormally and persistently goal-directed behavior or energy |
|  | Irritability |
|  | Increased energy |
|  | Increased confidence | Inflated self-esteem or grandiosity |
|  | Decreased sleep | Decreased need for sleep  |
|  |  Pressured speech | More talkative than usual or pressure to keep talking |
|  | Racing thoughts | Flight of ideas or subjective experience that thoughts are racing |
|  | Distractibility or decreased concentration | Distractibility  |
|  | Increased activity | Increase in goal-directed activity (either socially, at work or school, or sexually) or psychomotor agitation |
|  | Increased sociability |
|  | Hypersexuality | Excessive involvement in activities that have a high potential for painful consequences |
|  | Increased activity |
|  | Risky behaviors |
| *Question 2* | These have occurred concurrently | During the period of mood disturbance and increased energy or activity, three (or more) of the following symptoms have persisted… |
| *Question 3* | Degree of impairment caused by these symptoms | The mood disturbance is sufficiently severe to cause marked impairment in social or occupational functioning… |
| *Question 4* | History of bipolar disorder in any blood relatives | - |
| *Question 5* | Pre-existing diagnosis of bipolar disorder by a health professional | - |