

## Supplementary information

**Online Resource 1.** Scoring scale presented in CIBD initial instructions for clinician rating of current symptom severity and interference.

Score	Severity	Interference
0	None	No impairment in any areas of life
1	Minimum Severity - may correspond to the upper limit of normal	Mild impairment in some areas of life (not all), although functioning is maintained
2	Mild Severity, but already with clinically significant suffering	Moderate impairment in more than one area of life (may already encompass all), with slight impact on functioning due to symptoms
3	Moderate Severity	Significant impairment and clear alteration in functioning due to symptoms in at least 2 significant areas of life
4	High Severity	Significant interference in most areas of life, functioning significantly affected
5	Extremely High Severity ( <i>there may be danger to oneself or others</i> )	Significant impairment in all areas of life, severely affected functioning (with difficulties in daily life activities)

Online Resource 2.

TABLE OF MOOD EPISODES AND COURSE OF DISEASE (*fictional scenario*)

*Instructions:* note down every hypomanic (HE), manic (ME), or major depressive episode (MDE) and always ask how intense it was and how long it took. You can register events that occurred previously or immediately after the observations. If they report psychotic symptoms, it might also help to write down their duration to help with differential diagnosis. In the case of mixed characteristics, ask what the lowest and highest intensity was, and add MC next to it.

