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**Supplementary Material**

**Article Title:** Precursors of Bipolar Disorders: A Systematic Literature Review of Prospective Studies

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1. [eFigure 1](#) Glossary of terms

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**eFigure 1: Glossary of terms.**

**Clinical predictors:** prospectively identified variables that increase the risk of later bipolar disorder diagnosis including precursors, clinical risk factors and environmental risk factors.

**Prodromal Phase:** the phase of illness preceding the syndromal onset of bipolar disorder, with *prospectively identified* signs, symptoms, deficits or a departure from normative development, and an observable change from a premorbid asymptomatic state (when present). The prodromal phase includes:

- Precursors: affective psychopathology preceding the full syndrome (i.e. subthreshold hypomania to mania, sadness before a major depressive episode).
- Clinical Risk Factors: non-affective psychopathology preceding the full syndrome (i.e. anxiety symptoms or disorder before mania). Clinical risk factors are phenomenologically distinct from the diagnostic outcome.
- Environmental Risk Factors: exposure to traumatic events, drugs of abuse, iatrogenic factors.

**Syndromal Phase:** the phase of illness after the diagnostic criteria for bipolar disorder (i.e. mania, hypomania, or mixed state) are met\*.

**Prodromes:** *retrospectively identified* signs, symptoms or subthreshold conditions occurring before diagnostic criteria for bipolar disorder are met.

**Homotypic illness' trajectory:** a transition from affective psychopathology (i.e. syndromal or sub-syndromal depression or mania) to bipolar disorder.

**Heterotypic illness' trajectory:** a transition from non-affective psychopathology (i.e. syndromal or sub-syndromal anxiety or conduct disorders) to bipolar disorder.

\*The diagnostic status of Major depression occurring before the onset of (hypo)mania remains controversial, as it is a syndromal onset before the diagnosis of bipolar disorder can be made according to current diagnostic criteria. Similarly, when diagnostic criteria

for bipolar disorder are not fully satisfied, the term bipolar-NOS is used, indicating an attenuated syndrome.