**Supplementary Table S3.** Modified Newcastle-Ottawa risk of bias scoring guide (based in Rotenstein et al. 2016)

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| 1. Sample representativeness:

1 point: population recruited from multiple centers.0 points: population recruited from a single center. |
| 1. Sample size:

1 point: sample size was greater than or equal to 30 participants.0 points: sample size was less than 30 participants. |
| 1. Non-participants:

1 point: the patient sample was consecutive. The characteristics of the participants and non-participants were compared.0 points: the sample was of convenience. The characteristics of the participants and non-participants were not compared, or the comparison was insufficient. |
| 1. Assessment of prodromal symptoms in patients with bipolar disorder:

1 point: the study employed a commonly used measurement tool with appropriate psychometric properties (e.g., Bipolar Prodrome Symptom Scale-Retrospective, Early Warning Signs checklists).0 points: the study only employed an ad hoc or infrequently used measurement tool without information about its appropriate psychometric properties (e.g., ad hoc interview, open-ended questions). |
| 1. Quality of descriptive statistics reporting:

1 point: the study reported descriptive statistics to describe the sociodemographic and clinical features (e.g., age, sex, education level, comorbidity, bipolar disorder subtype) with proper measures of dispersion (e.g., mean, standard deviation).0 points: the study did not report descriptive statistics, incompletely reported descriptive statistics, or did not report measures of dispersion. |
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| *Note.* The individual components listed above are summed to generate a total modified Newcastle-Ottawa risk of bias score for each study. Total scores range from 0 to 5. The quantitative selected studies were judged to be at low risk of bias (≥3 points) or high risk of bias (<3 points).  |

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