Appendix 1 Criterion used by Smith and Lin el al 2015; Relative frequencies of each bipolar spectrum disorder (BSD) criterion for patients satisfying BSD diagnostic criteria (n ¼ 21)

BSD criterion n (%)

A. At least one major depressive episode 21 (100)

B. No spontaneous DSM-IV hypomanic or manic episodes 21 (100)

C. Either of the following, plus at least two items from criterion D, or

both of the following plus one item from criterion D

C1. First-degree relative with bipolar disorder 6 (28.6)

C2. Antidepressant-induced mania or hypomania 11 (52.4)

D. If no items from criterion C are present, at least six of

D1. Hyperthymic personality (at baseline, non-depressed state) 7 (33.3)

D2. Recurrent major depressive episodes (> 3) 20 (95.2)

D3. Brief major depressive episodes (< 3 months) 21 (100)

D4. Atypical depressive symptoms (DSM-IV criteria) 9 (42.9)

D5. Psychotic major depressive episodes 0 (0)

D6. Early age of onset of major depressive episode (<age 25) 21 (100)

D7. Postpartum depression 0 (0)

Appendices 2 : According to [Akiskal and Pinto](http://www.ncbi.nlm.nih.gov/pubmed/10550853), the evolving bipolar spectrum (circa 1999) includes:

**BIPOLAR I**: FULL-BLOWN MANIA  
**BIPOLAR I½**: DEPRESSION WITH PROTRACTED HYPOMANIA  
**BIPOLAR II**: DEPRESSION WITH HYPOMANIA  
**BIPOLAR II½**: CYCLOTHYMIC DEPRESSIONS [often labeled as borderline personality disorder]  
**BIPOLAR III**: ANTIDEPRESSANT-ASSOCIATED HYPOMANIA  
**BIPOLAR III½**: BIPOLARITY MASKED—AND UNMASKED—BY STIMULANT ABUSE  
**BIPOLAR IV**: HYPERTHYMIC DEPRESSION - "patients with clinical depression that occurs later in life and superimposed on a lifelong hyperthymic temperament."