Table 1. Sociodemographic and clinical characteristics

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| --- | --- | --- | --- |
|  | Subsyndromal group | Asymptomatic group | Independent t-test |
| (n = 27) | (n = 13) |
| Mean | SD | Mean | SD | *t* | *p* |
| Age | 46.1 | 13.7 | 38.5 | 10.4 | -1.754 | 0.088 |
| Education level (years) | 15.6 | 1.7 | 16.4 | 2 | 1.351 | 0.185 |
| Premorbid IQ | 110.5 | 6.3 | 110.5 | 8.2 | -0.024 | 0.981 |
| Age of symptom onset | 21.6 | 9.9 | 17.7 | 3.3 | -1.385 | 0.174 |
| Illness chronicity (years) | 24.4 | 13.7 | 20.8 | 11.4 | -0.818 | 0.618 |
| # of depressive episodes | 7.3 | 5.2 | 9.7 | 7.1 | 1.213 | 0.233 |
| # of (hypo)manic episodes | 6.11 | 3.9 | 7 | 5.2 | 0.6 | 0.552 |
| # of total episodes | 13.3 | 7.8 | 17.4 | 11.6 | 1.327 | 0.192 |
| # of hospitalisations  | 2.9 | 3.3 | 2.2 | 1.2 | -0.910 | 0.369 |
| Current euthymia (months) | 17.7 | 22.8 | 15 | 23.5 | -0.345 | 0.732 |
| # medications ever used | 8.8 | 6 | 8.1 | 4 | -0.380 | 0.706 |
| # current medications | 2.4 | 1.4 | 1.8 | 1.4 | -1.174 | 0.248 |
| # psychological therapies | 2.1 | 1.5 | 3 | 2.2 | 1.557 | 0.128 |
| HDRS score | 6.1 | 2 | 1.5 | 0.9 |  |  |
| YMRS score | 3 | 2.9 | 1.1 | 1.1 |  |  |
|  |  | Chi-square |
| n (%) |  | n (%) |  | *χ2* | *p* |
| Gender Female | 17 (63) |  | 10 (77) |  | 0.78 | 0.377 |
| Diagnosis Bipolar Disorder Type I | 19 (70.4) |  | 12 (92.3) |  | 2.422 | 0.12 |
| Occupation Unemployed | 17 (63) |  | 4 (30.8) |  | 3.647 | 0.056 |
| Family history of affective disorders Yes | 10 (37) |  | 6 (46.2) |  | 0.304 | 0.581 |