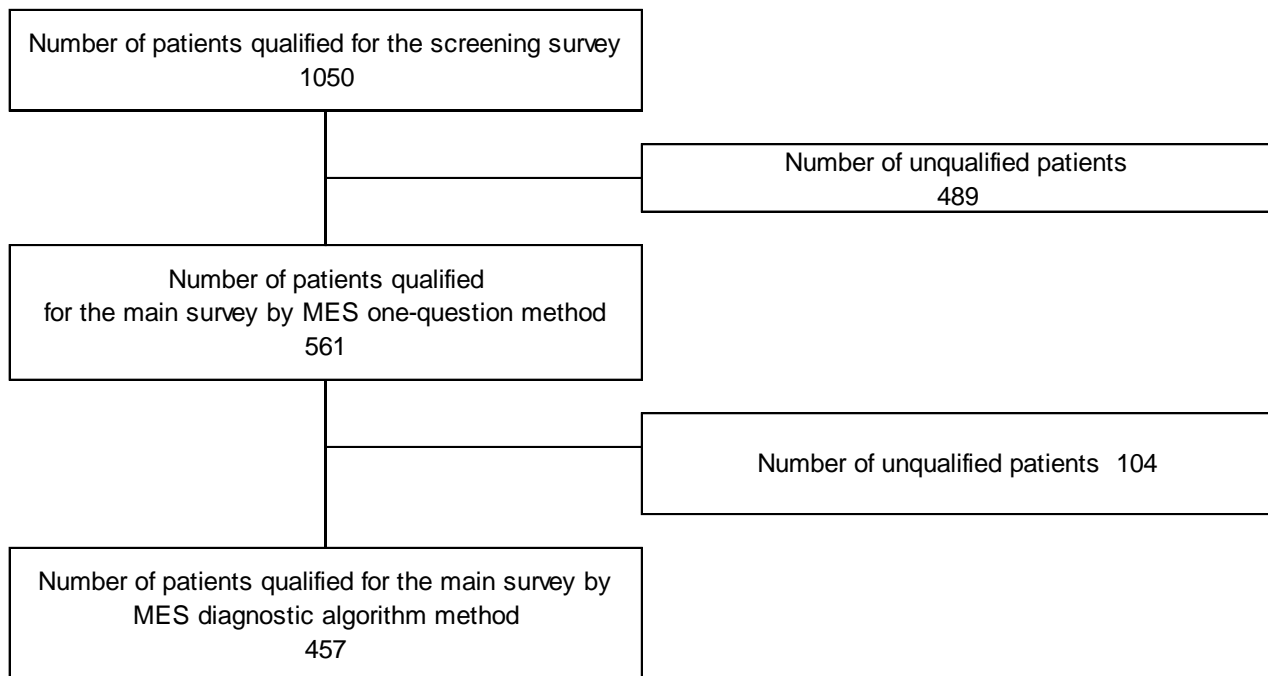


Supplementary Data**Online Resource 1 – Participant Disposition**

Abbreviation: Manic Episode Screening Questionnaire (MES)

Online Resource 2 – Survey Questionnaire

Q1. How much time elapsed from when you first exhibited signs of your illness to when you first sought professional guidance and/or treatment at a medical institution?

<Fill in the brackets below>

() year(s) and () month(s)

Q2. Who first brought you to seek help at the medical institution?

<Check one that applies>

- 1 By my own will
2 Recommended by family, friends, or colleagues at work
3 Others ()

Q3. What type of symptoms were present on your first visit to the medical institution?

<Check one that applies>

- | | | | |
|---|---------------------|---|-------------|
| 1 | Manic symptoms | 3 | Mixed state |
| 2 | Depressive symptoms | 4 | Others () |

Q4. Which department did you select when you first visited the medical institution?

<Check one that applies>

- 1 Psychiatry or psychosomatic medicine
2 General physical specialty other than above (e.g., internal medicine, gynecology, brain surgery, etc)
3 Others ()

Q5. What was the initial diagnosis on your first visit to the medical institution?

<Check all that apply>

- | | | | |
|---|------------------------------|----|--------------------------|
| 1 | Depression/depressive state | 8 | Alcohol abuse/dependence |
| 2 | Bipolar disorder | 9 | Schizoaffective disorder |
| 3 | Generalized anxiety disorder | 10 | Psychosomatic disorder |
| 4 | Panic disorder | 11 | Autonomic imbalance |
| 5 | Adjustment disorder | 12 | Atypical psychosis |
| 6 | Schizophrenia | 13 | Depressive neurosis |
| 7 | Personality disorder | 14 | Others () |

- Q9. Looking back to the time before you were diagnosed as having bipolar disorder, please indicate, using your best estimate, the age you believe you were when you first exhibited signs of bipolar disorder.

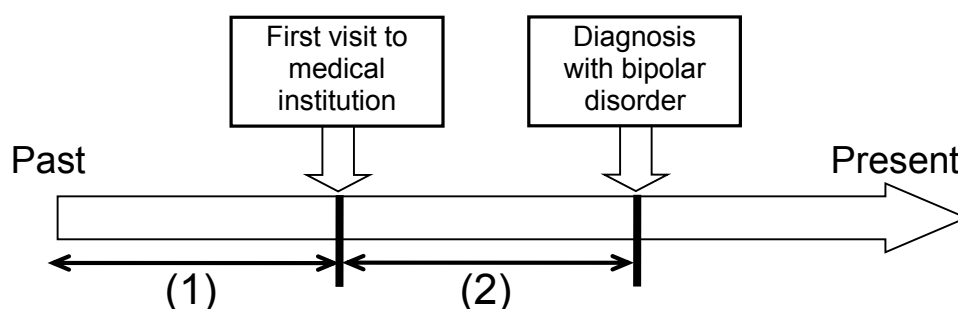
<Check one that applies>

- | | |
|-----------|---------------|
| 1 Under 5 | 6 25-29 |
| 2 5-9 | 7 30-34 |
| 3 10-14 | 8 35-39 |
| 4 15-19 | 9 40 or older |
| 5 20-24 | |

- Q10. Before being diagnosed with bipolar disorder, was the below symptom present at each phase shown in the below figure?

<Check all that apply>

Was extremely happy, energized, or irritable or have felt that my condition is much better than usual for longer than a few days.



- 1 Present in period (1) (After first exhibited signs of illness and before first visit to medical institution)
- 2 Present in period (2) (After first visited medical institution and before diagnosis as bipolar disorder)
- 3 Never been present

- Q11. For those who answered yes to numbers 1 or 2 in question Q10, have you reported to your doctor that you had the following symptoms?

<Check one that applies>

Was extremely happy, energized, or irritable or have felt that my condition is much better than usual for longer than a few days.

- 1 Reported
- 2 Did not report
- 3 Do not remember

- Q12. At which medical institution were you diagnosed as bipolar disorder?

<Check one that applies>

- 1 Department of psychiatry or psychosomatic medicine at university hospital
- 2 Psychiatric hospital

- 3 Department of psychiatry or psychosomatic medicine at other than university or psychiatric hospitals
- 4 Psychiatry or psychosomatic medicine clinic
- 5 Others ()

Q13. How many medical institutions did you visit before you were diagnosed as having bipolar disorder? Exclude the number of medical institutions that you had to change for other reasons (e.g., moving or relocation at work).

※If your first doctor diagnosed you with bipolar disorder, please indicate as “1”

<Fill in the bracket below>

() institution(s)

Q14. How many times did your diagnosis change before being diagnosed with bipolar disorder?

※If your first doctor diagnosed you with bipolar disorder, please indicate as “0”

<Fill in the bracket below>

() time(s)

Q15. What do you believe served to reach diagnosis as bipolar disorder?

<Check all that apply>

- | | |
|--|--|
| 1 In the course of treatment, my doctor suspected the possibility of bipolar disorder. | 5 My colleague at work, my acquaintance, or my friend consulted a doctor about my manic symptoms. |
| 2 When I switched my doctor, my diagnosis changed. | 6 Asked my doctor about the possibility of being bipolar disorder, after obtaining some information about the disease by myself. |
| 3 Switched to manic state. | 7 Others () |
| 4 Family consulted to doctor about manic symptom. | |

Q16. Please indicate how much you agree or disagree with each of the following statements, reflecting when you were diagnosed with bipolar disorder.

<Check one that applies>

	Agree Strongly	Agree Somewhat	Neither Agree or Disagree	Disagree Somewhat	Disagree Strongly
I did not believe in my diagnosis.	1	2	3	4	5
I was shocked for being diagnosed as serious illness.	1	2	3	4	5
I became worried and anxious about my future (e.g., work, school, daily life).	1	2	3	4	5
I felt dissatisfied with the treatment that I had received until then.	1	2	3	4	5
I felt relieved knowing that I had illness.	1	2	3	4	5
I didn't feel or think anything in particular.	1	2	3	4	5

Q17. In addition to the previous question, please describe candidly and concretely how you felt when diagnosed with bipolar disorder.

Q18. What are your complaints or difficulties in treating bipolar disorder?

<Check all that apply>

- | | | | |
|---|---|----|---|
| 1 | I feel it difficult to control the symptoms of the disease. | 8 | I cannot feel the efficacy of medication. |
| 2 | I cannot predict the change in symptoms. | 9 | I have to keep taking medication. |
| 3 | I find it difficult to communicate with a doctor. | 10 | Need to conduct blood examination periodically. |
| 4 | Hard to find sufficient information on bipolar disorder. | 11 | Effect of medicine on pregnancy and delivery. |
| 5 | Lose the sense of "one's self." | 12 | Side effects of the medicine |
| 6 | Too many administration times in a day. | 13 | Others () |
| 7 | Too many kinds and too much medication. | 14 | Currently, I do not have complaints or difficulty in treatment of bipolar disorder. |

Q19. Please indicate how much you agree or disagree with each of the following statements.

	Agree Strongly	Agree Somewhat	Neither Agree or Disagree	Disagree Somewhat	Disagree Strongly
I feel confident that I get along with this illness.	1	2	3	4	5
I have difficulty controlling the symptoms of the illness.	1	2	3	4	5
I have accepted the illness as part of my life.	1	2	3	4	5
I feel ashamed/embarrassed because of my illness.	1	2	3	4	5
I feel dissatisfied for having this illness.	1	2	3	4	5
I wonder why I had this illness.	1	2	3	4	5

Q20. How would you describe the wave in mood (mania and depression)? Please specify on the line below.

Q21. Have you communicated to anyone that you have bipolar disorder? .If there are multiple corresponding people, please consider the case of the closest person.

<Check one that applies>

		Already Communicated	Not Yet Communicated	No Corresponding Person Identified
1	Parents	1	2	3
2	Sibling	1	2	3
3	Spouse	1	2	3
4	Child	1	2	3
5	Parent-in-law	1	2	3
6	Relative	1	2	3
7	Friends	1	2	3
8	Boy-/girlfriend	1	2	3
9	Colleague at work	1	2	3
10	Neighbor	1	2	3

Q22. What is the reason you have not told your family that you have bipolar disorder?

<Check all that apply>

- 1 Telling the illness would make them feel sad.
- 2 Telling the illness would make them worry.
- 3 Telling the illness would make them angry.
- 4 Telling the illness would make them disappointed.
- 5 Thought I would be disowned by them.
- 6 Could not find the right time.
- 7 Did not think they would understand or sympathize with my illness.
- 8 It was difficult to explain the illness.
- 9 Could not predict how they would respond.
- 10 Nothing would change even if I told them.
- 11 Others ()
- 12 Did not think it was necessary to tell.

Q23. What is the reason you have not told your colleagues at work that you have bipolar disorder?

<Check all that apply>

- 1 They do not know much about bipolar disorder.
- 2 They would not accept me having bipolar disorder.
- 3 It will be the obstacle in promotion and evaluation.
- 4 I fear being laid off.
- 5 It will worsen my relationship with colleagues at work.
- 6 It will cause some trouble for my colleagues at work.
- 7 It is difficult to find a right time to do so.
- 8 I cannot predict how they would respond.
- 9 I do not know how to tell.
- 10 Others ()
- 11 I do not think it is necessary to communicate.

Q24. Do those you already told about your illness understand bipolar disorder?

If you have multiple corresponding people, please answer the case with closest person.

<Check one that applies, respectively>

	Fully Does Not Understand	Somewhat Does Not Understand	Neither Understand nor Does Not Understand	Somewhat Understands	Fully Understands
Parents	1	2	3	4	5
Sibling	1	2	3	4	5
Spouse	1	2	3	4	5
Children	1	2	3	4	5
Parents-in-law	1	2	3	4	5
Relative	1	2	3	4	5
Friends	1	2	3	4	5
Boy-/girlfriends	1	2	3	4	5
Colleagues at work	1	2	3	4	5
Neighbors	1	2	3	4	5

Q25. Who do you rely on most in your daily life?

<Check one that applies>

- | | |
|-------------------|-----------------------------------|
| 1 Parents | 9 Colleagues at work |
| 2 Sibling | 10 Other patients |
| 3 Spouse | 11 Doctors |
| 4 Children | 12 Nurse |
| 5 Parent-in-law | 13 Other healthcare professionals |
| 6 Relative | 14 Social caseworker |
| 7 Friends | 15 Others () |
| 8 Boy-/girlfriend | 16 I do not rely on anyone |

Q26. What encourages or motivates you to live positively with bipolar disorder?

<Check up to three that apply>.

- | | |
|--|--|
| 1 People around me treat me the same as before. | 9 To read articles about treatment of bipolar disorder in books, newspapers, and magazines. |
| 2 People around me understand my distress from the illness. | 10 My doctor answers any subtle questions I have on my treatment. |
| 3 People around me leave me alone. | 11 My doctor provides advice on not only pharmacological treatment but also on my life style from psycho-social-perspective. |
| 4 To have someone to consult with. | 12 My doctor explains the specific treatment plan. |
| 5 To have the pharmacological treatment I am taking feel effective. | 13 Being able to enjoy sports and other hobbies. |
| 6 To interact with patients who have same disease –bipolar disorder. | 14 Others () |
| 7 To check the Internet for information on bipolar disorder. | 15 Nothing in particular. |
| 8 My doctor encourages me toward living with bipolar disorder. | |

Q27. Where do you get most of your information about bipolar disorder?

<Check all that apply>

- | | |
|--|-----------------------|
| 1 Doctors | 11 TV |
| 2 Nurses/other healthcare professionals | 12 Radio |
| 3 Other patients | 13 Newspaper |
| 4 Patient organizations | 14 Magazine |
| 5 Web site of Japanese Association of Mood Disorders | 15 Books |
| 6 Web site of medical institutions | 16 Family |
| 7 Web site of pharmaceutical companies | 17 Friends |
| 8 Blogs, social network sites | 18 Colleagues at work |
| 9 Other Web site | 19 Others () |
| 10 Book/leaflets from pharmaceutical companies | |

Q28. Are you aware of your early relapse sign?

- | | |
|-------|------|
| 1 Yes | 2 No |
|-------|------|

Q29. For those who answered “yes” to question Q28 above, what is the sign of early relapse you are aware of?

<Check one that applies>

- 1 I am aware of early relapse sign of both mania and depression.
- 2 I am aware of early relapse sign in mania but not in depression.
- 3 I am aware of early relapse sign in depression but not in mania.

Q30. What do you make as a rule in the treatment of bipolar disorder? Please identify “what you consider most important to stabilize the mood” and “what you aim to achieve most every day,” respectively.

<Check one that applies, respectively>

<What do you consider most important to stabilize the mood?>

- | | |
|---|--|
| 1 Do not fluctuate between hope and despair. | 6 Get sufficient sleep. |
| 2 Be patient even when my mood doesn't go up. | 7 Participate in social rehabilitation programs. |
| 3 Try not to push myself too much. | 8 Keeping treatment adherence. |
| 4 Be aware of early relapse signs. | 9 Others() |
| 5 Share with people around me and not to miss my early relapse signs. | |

<What do you aim to achieve most everyday>

- | | |
|--|--|
| 1 Take care of myself and manage my daily activities. | 5 Improve relationship at work or school. |
| 2 Not to make my family worried. | 6 To become able to enjoy my hobbies. |
| 3 Improve relationship with family. | 7 I am totally fine with the way I am now. |
| 4 To become able to work outside/at home or study at school at his/her own pace. | 8 Others() |

Q31. Have you ever experienced such worsened manic/depressive symptoms that they largely affected your daily life (i.e., hospitalization, sick leave from work or school, retirement)?

1 Yes 2 No

Manic symptoms () time(s)
Depressive symptoms () time(s)

Q32. Any hospitalization due to worsened symptoms?

1 Yes 2 No

Manic symptoms () time(s)
Depressive symptoms () time(s)

Q33. What do you expect for the diagnosis and treatment of bipolar disorder in the future? Please select what you expect most and second.

<Check first and second, respectively>

	What I expect most	What I expect second
Examination that can accurately diagnose bipolar disorder.	1	2
Medication that prevents bipolar disorder.	1	2
Medication that quickly improves both manic and depressive symptoms.	1	2
Medication that prevents relapse longer.	1	2
Medication that doesn't require daily administration (oral or injections every few weeks).	1	2
Medication with fewer side effects.	1	2
Surgical operation that cures bipolar disorder.	1	2
Non-pharmacological treatment that improves manic and depressive symptoms (e.g., interview or counseling).	1	2
Non-pharmacological treatment that prevents relapse (e.g., interview or counseling).	1	2

Q34. Please record what you expect for the diagnosis and treatment of bipolar disorder, other than above. Please specify.

Q35. Please indicate gender.

1 Male 2 Female

Q36. What is your age?

<Fill in the bracket below>

() year(s) old

Q37. What is your marital status?

- | | | | |
|---|------------------------|---|--------------------|
| 1 | Single (never married) | 3 | Widowed |
| 2 | Married | 4 | Separated/divorced |

Q38. For those who answered “Married” or “Widowed” on question Q37, have you ever divorced? If yes, how many times? For those who answered “Separated/divorced” on question Q37, how many times?

<Check one that applies>

- | | | | | |
|---|-----|-------------|---|----|
| 1 | Yes | () time(s) | 2 | No |
|---|-----|-------------|---|----|

Q39. What is the highest grade completed in school?

<Check one that applies>

- | | | | |
|---|--|----|--|
| 1 | Graduated from postgraduate school | 6 | Dropped out of technical/vocational school |
| 2 | Dropped out of postgraduate school | 7 | Graduated from high school |
| 3 | Graduate from university | 8 | Dropped out of high school |
| 4 | Dropped out of university | 9 | Graduated from junior high school |
| 5 | Graduated from technical/vocational school | 10 | Others() |

Q40. What is your employment status?

* In case you are taking a sick leave, please identify where you belong.

<Check one that applies>

- | | | | |
|---|---|---|------------|
| 1 | Employed full-time(permanent employee) | 5 | Housewife |
| 2 | Employed full-time(just-in-time employee) | 6 | Student |
| 3 | Employed part-time(excluding students) | 7 | Unemployed |
| 4 | Self-employed | 8 | Others() |

Q41. How many times have you changed your career when you were employed full time or self-employed?

<Check one that applies>

- | | | | |
|---|-------------|---|---|
| 1 | Never | 5 | Four times |
| 2 | Once | 6 | Five times |
| 3 | Twice | 7 | Six times or more |
| 4 | Three times | 8 | Never worked as employed full-time or self-employed |

Q42. What is your total annual personal income before tax?

<Check one that applies, all in Japanese Yen>

- | | | | |
|---|---|----|---|
| 1 | 1 M or less | 9 | More than 8 M and equal to or less than 9 M |
| 2 | More than 1 M and equal to or less than 2 M | 10 | More than 9 M and equal to or less than 10 M |
| 3 | More than 2 M and equal to or less than 3 M | 11 | More than 10 M and equal to or less than 15 M |
| 4 | More than 3 M and equal to or less than 4 M | 12 | More than 15 M and equal to or less than 20 M |
| 5 | More than 4 M and equal to or less than 5 M | 13 | More than 20 M and equal to or less than 25 M |
| 6 | More than 5 M and equal to or less than 6 M | 14 | More than 25 M |
| 7 | More than 6 M and equal to or less than 7 M | 15 | Do not know |
| 8 | More than 7 M and equal to or less than 8 M | | |