**Table S1.** *Bivariate Correlations Between Clinical and Experience-Sampling Study Measures in Study 1 (Spring 2019)*

|  | HPS-20 | DSM5-Mania | ASRM | DSM5-  Depression | MW-All | MW-  Positive | MW-  Negative | MW-Neutral |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| HPS-20 | – |  |  |  |  |  |  |  |
| DSM5-  Mania | **0.288\*\*** | – |  |  |  |  |  |  |
| ASRM | **0.219\*** | **0.288\*\*** | – |  |  |  |  |  |
| DSM5-  Depression | **0.218\*** | **0.298\*\*** | -0.162 | – |  |  |  |  |
| MW-All | 0.122 | 0.038 | 0.131 | 0.085 | – |  |  |  |
| MW-Positive | **0.182\*** | 0.080 | **0.235\*** | -0.071 | **0.607\*\*** | – |  |  |
| MW-Negative | 0.00 | 0.025 | -0.065 | **0.284\*\*** | **0.582\*\*** | -0.082 | – |  |
| MW-Neutral | 0.039 | -0.049 | 0.028 | 0.006 | **0.694\*\*** | 0.043 | **0.359\*\*** | – |

*Note:* \*\* indicates that the correlation is significant at the 0.01 level, \* indicates the correlation is significant at the 0.05 level. HPS-20 = Hypomanic Personality Scale, 20-item version; DSM5-Mania = DSM-5 Cross Cutting Symptom Measure, mania symptom domain subscale; ASRM = Altman Self-Rating Mania Scale DSM-5 Cross Cutting Symptom Measure, depression symptom domain subscale; MW= Mind Wandering.

**Table S2.** *Bivariate**Correlations Between Clinical and Experience-Sampling Study Measures in Study 2 (Spring 2020)*

|  | HPS-20 | DSM5-Mania | ASRM | DSM5-  Depression | BDI-SF | MW-  All | MW-  Positive | MW-  Negative | MW-  Neutral |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| HPS-20 | – |  |  |  |  |  |  |  |  |
| DSM5-  Mania | **0.253\*\*** | – |  |  |  |  |  |  |  |
| ASRM | 0.100 | **0.233\*\*** | – |  |  |  |  |  |  |
| DSM5-  Depression | 0.165 | 0.169 | **-0.295\*\*** | – |  |  |  |  |  |
| BDI-SF | **0.182\*** | 0.005 | **-0.272\*\*** | 0.636\*\* | – |  |  |  |  |
| MW-All | 0.105 | 0.167 | 0.105 | **0.217\*** | **0.189\*** | – |  |  |  |
| MW-Positive | 0.083 | 0.178\* | **0.236\*\*** | 0.028 | 0.023 | **0.651\*\*** | – |  |  |
| MW-Negative | -0.024 | 0.021 | -0.077 | **0.276\*\*** | **0.267\*\*** | **0.455\*\*** | -0.014 | – |  |
| MW-Neutral | 0.108 | 0.160 | 0.005 | 0.160 | 0.125 | **0.752\*\*** | **0.169** | 0.167 | – |

*Note:* HPS-20 = Hypomanic Personality Scale, 20-item version; DSM5-Mania = DSM-5 Cross Cutting Symptom Measure, mania symptom domain subscale; ASRM = Altman Self-Rating Mania Scale DSM-5 Cross Cutting Symptom Measure, depression symptom domain subscale; BDI-SF = Beck’s Depression Inventory Short Form; MW= Mind Wandering.\*\* indicates that the correlation is significant at the 0.01 level, \* indicates the correlation is significant at the 0.05 level.

**Table S3** *Main Analyses for Study 1 (Spring 2019) Aim 1a: Associations Between MW-Frequency and BSD Trait Risk*

|  | **MW-All** | | | |
| --- | --- | --- | --- | --- |
| **Predictor** | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | 0.011 | 0.011 | - | - |
| Age | - | - | 0.006 | -0.056, 0.060 |
| Sex | - | - | 0.087 | -0.046, 0.136 |
| **Block 2: BSD Trait Risk** | 0.022 | 0.011 | - | - |
| HPS-20 | - | - | 0.111 | 0.004, 0.018 |

*Note:* HPS-20 = MW= Mind Wandering; Hypomanic Personality Scale, 20-item version;

**Table S4.** *Main Analyses for Study 1 (Spring 2019) Aim 1b: Associations Between MW-Frequency and BSD Trait Risk controlling for BSD-relevant symptoms.*

|  | **MW-All** | | | |
| --- | --- | --- | --- | --- |
| **Predictor** | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | 0.010 | 0.010 | - | - |
| Age | - | - | -0.028 | -0.155, 0.117 |
| Sex | - | - | 0.062 | 0.079, 0.147 |
| **Block 2: BSD-relevant SXS** | 0.047 | 0.037 | - | - |
| DSM5-Dep | - | - | 0.192 | -0.005, 0.090 |
| DSM5-Mania | - | - | -0.128 | -0.072,  0.020 |
| ASRM Mania | - | - | 0.092 | -0.010, 0.023 |
| **Block 3: BSD Trait Risk** | 0.058 | 0.011 | - | - |
| HPS-20 |  |  | 0.111 | -0.006, 0.020 |

*Note:* MW= Mind Wandering; DSM5-Dep = DSM-5 Cross Cutting Symptom Measure, depression symptom domain subscale; DSM5-Mania = DSM-5 Cross Cutting Symptom Measure, mania symptom domain subscale; ASRM = Altman Self-Rating Mania Scale; HPS-20 = Hypomanic Personality Scale, 20-item version.

**Table S5** *Main Analyses for Study 1 (Spring 2019) Aim 2: Associations Between MW-Frequency and BSD related symptom severity*

|  | **MW-All** | | | |
| --- | --- | --- | --- | --- |
| **Predictor** | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | 0.010 | 0.010 | **-** | **-** |
| Age | **-** | **-** | -0.026 | -0.153, 0.119 |
| Sex | **-** | **-** | 0.079 | -0.068, 0.155 |
| **Block 2: BSD-relevant SXS** | 0.047 | 0.037 | **-** | **-** |
| DSM5-Dep | **-** | **-** | 0.198 | **-**0.004,  0.091 |
| DSM5-Mania | **-** | **-** | -0.100 | -0.065,  0.025 |
| ASRM Mania | **-** | **-** | 0.107 | -0.009, 0.024 |

*Note:* MW= Mind Wandering; DSM5-Dep = DSM-5 Cross Cutting Symptom Measure, depression symptom domain subscale; DSM5-Mania = DSM-5 Cross Cutting Symptom Measure, mania symptom domain subscale; ASRM = Altman Self-Rating Mania Scale.

**Table S6** *Main Analyses for Study 1 (Spring 2019) Aim 4 : Associations Between positively-valenced MW-Frequency and BSD related symptom severity and negatively valenced MW-Frequency and BSD related symptom severity.*

|  | **MW-Positive** | | | | **MW-Negative** | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Predictor** | R2 | ∆R2 | β | CI | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | 0.001 | 0.001 | **-** | **-** | 0.010 | 0.010 | **-** | **-** |
| Age | **-** | **-** | -0.046 | -0.103, 0.066 | **-** | **-** | -0.006 | -0.057, 0.054 |
| Sex | **-** | **-** | 0.001 | -0.069, 0.070 | **-** | **-** | 0.087 | -0.026, 0.065 |
| **Block 2: BSD-relevant SXS** | 0.023 | 0.022 | **-** | **-** | 0.028 | 0.018 | **-** | **-** |
| DSM5-Dep | **-** | **-** | 0.132 | -0.012,  0.047 | **-** | **-** | 0.145 | -0.006, 0.032 |
| DSM5-Mania | **-** | **-** | -0.064 | -0.036, 0.020 | **-** | **-** | -0.037 | -0.021, 0.015 |
| ASRM Mania | **-** | **-** | 0.130 | -0.004, 0.016 | **-** | **-** | 0.047 | -0.005, 0.008 |

*Note:* MW= Mind Wandering; DSM5-Dep = DSM-5 Cross Cutting Symptom Measure, depression symptom domain subscale; BDI-SF = Beck’s Depression Inventory Short Form; DSM5-Mania = DSM-5 Cross Cutting Symptom Measure, mania symptom domain subscale; ASRM = Altman Self-Rating Mania Scale.

**Table S7.** *Main Analyses for Study 2 (Spring 2020) Aim 1a: Associations Between MW-Frequency and BSD Trait Risk*

|  | **MW-All** | | | |
| --- | --- | --- | --- | --- |
| **Predictor** | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | 0.001 | 0.001 | - | - |
| Age | - | - | -0.051 | -0.108, 0.060 |
| Sex | - | - | 0.037 | 0.000, 0.000 |
| **Block 2: BSD Trait Risk** | 0.014 | 0.013 | - | - |
| HPS-20 | - | - | 0.118 | -0.005, 0.026 |

*Note:* HPS-20 = Hypomanic Personality Scale, 20-item version; MW = Mind Wandering.

**Table S8.** *Main Analyses for Study 2 (Spring 2020) Aim 1b: Associations Between MW-Frequency and BSD Trait Risk controlling for BSD-relevant symptoms.*

|  | **MW-All** | | | |
| --- | --- | --- | --- | --- |
| **Predictor** | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | 0.003 | 0.003 | - | - |
| Age | - | - | -0.051 | -0.107, 0.060 |
| Sex | - | - | 0.028 | 0.000, 0.000 |
| **Block 2: BSD-relevant SXS** | 0.090 | 0.087 | - | - |
| DSM5-Dep | - | - | 0.177 | -0.016, 0.108 |
| BDI-SF | - | - | 0.100 | -0.007,  0.018 |
| DSM5-Mania | - | - | 0.144 | -0.028,  0.068 |
| ASRM Mania | - | - | 0.079 | -0.006, 0.035 |
| **Block 3: BSD Trait Risk** | 0.093 | 0.003 | - | - |
| HPS-20 |  |  | 0.063 | -0.011, 0.022 |

*Note:* MW= Mind Wandering; DSM5-Dep = DSM-5 Cross Cutting Symptom Measure, depression symptom domain subscale; BDI-SF = Beck’s Depression Inventory Short Form; DSM5-Mania = DSM-5 Cross Cutting Symptom Measure, mania symptom domain subscale; ASRM = Altman Self-Rating Mania Scale; HPS-20 = Hypomanic Personality Scale, 20-item version.

**Table S9** *Main Analyses for Study 2 (Spring 2020) Aim 2: Associations Between MW-Frequency and BSD related symptom severity*

|  | **MW-All** | | | |
| --- | --- | --- | --- | --- |
| **Predictor** | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | 0.003 | 0.003 | - | - |
| Age | - | - | -0.037 | -0.099, 0.064 |
| Sex | - | - | 0.018 | 0.000, 0.000 |
| **Block 2: BSD-relevant SXS** | 0.090 | 0.087 | - | - |
| DSM-Dep | - | - | 0.180 | -0.015, 0.109 |
| BDI-SF | - | - | 0.113 | -0.006,  0.018 |
| DSM-Mania | - | - | 0.091 | -0.024,  0.070 |
| ASRM Mania | - | - | 0.147 | -0.005, 0.036 |

*Note:* MW= Mind Wandering; DSM5-Dep = DSM-5 Cross Cutting Symptom Measure, depression symptom domain subscale; BDI-SF = Beck’s Depression Inventory Short Form; DSM5-Mania = DSM-5 Cross Cutting Symptom Measure, mania symptom domain subscale; ASRM = Altman Self-Rating Mania Scale.

**Table S10** *Main Analyses for Study 2 (Spring 2020) Aim 3a : Associations Between positively-valenced MW-Frequency and BSD-risk and negatively valenced MW-Frequency and BSD risk.*

|  | **MW-Positive** | | | | **MW-Negative** | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Predictor** | R2 | ∆R2 | β | CI | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | 0.002 | 0.002 | - | - | 0.005 | 0.005 | - | - |
| Age | - | - | 0.002 | -0.046,  0.047 | - | - | 0.050 | -0.008, 0.014 |
| Sex | - | - | -0.027 | 0.000, 0.000 | - | - | -0.070 | 0.000, 0.000 |
| **Block 2: BSD Trait Risk** | 0.008 | 0.006 | - | - | 0.007 | 0.001 | - | - |
| HPS-20 | - | - | 0.078 | -0.005, 0.013 | - | - | -0.036 | -0.003, 0.002 |

*Note:* MW = Mind Wandering; HPS-20 = Hypomanic Personality Scale, 20-item version.

**Table S11** *Main Analyses for Study 2 (Spring 2020) Aim 3b : Associations Between positively-valenced MW-Frequency and BSD-risk and negatively valenced MW-Frequency and BSD-risk controlling for BSD related symptom severity.*

|  | **MW-Positive** | | | | **MW-Negative** | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Predictor** | R2 | ∆R2 | β | CI | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | 0.002 | 0.002 | - | - | 0.005 | 0.005 | - | - |
| Age | - | - | 0.019 | -0.042,  0.052 | - | - | 0.046 | -0.008, 0.014 |
| Sex | - | - | -0.020 | 0.000,  0.000 | - | - | -0.091 | 0.000, 0.000 |
| **Block 2: BSD-relevant SXS** | 0.074 | 0.073 | - | - | 0.108 | 0.103 | - | - |
| DSM5-Dep | - | - | 0.035 | -0.030,  0.040 | - | - | 0.204 | -0.001, 0.015 |
| BDI-SF | - | - | 0.059 | -0.005,  0.009 |  |  | 0.173 | 0.000,  0.003 |
| DSM5-Mania | - | - | 0.104 | -0.012,  0.042 | - | - | -0.013 | -0.007, 0.006 |
| ASRM Mania | - | - | 0.224 | 0.002,  0.025 | - | - | 0.030 | 10.002, 0.003 |
| **Block 3: BSD-risk** | 0.076 | 0.001 | - | - | 0.113 | 0.006 | - | - |
| HPS-20 |  |  | 0.038 | -0.008,  0.011 |  |  | -0.081 | -0.003,  0.001 |

*Note:* MW= Mind Wandering**;** DSM5-Dep = DSM-5 Cross Cutting Symptom Measure, depression symptom domain subscale; BDI-SF = Beck’s Depression Inventory Short Form; DSM5-Mania = DSM-5 Cross Cutting Symptom Measure, mania symptom domain subscale; ASRM = Altman Self-Rating Mania Scale;HPS-20 = Hypomanic Personality Scale, 20-item version.

**Winsorized scores for Study #1**

Date 09/11/24 (file this date has winsorized values, before this date it does not)

ID Variable Z-score (orig) Raw (orig) Z-score (after) Raw (after)

606 MW-pos-mean 3.78335 0.80 2.77213 0.65

607 MW-pos-mean 3.49164 0.76 2.77213 0.65

409 MW-neg-mean 4.58897 .62 2.78815 0.42

138 MW-neg-mean 3.03995 0.45 2.78815 0.42

\*\*\*OTHER (not part of primary variables)

1985MW-neu-mean 3.08939 0.52 2.86155 0.52

**Winsorized scores for Study #2**

Date 08/08/24 (file this date has winsorized values, before this date it does not)

ID Variable Z-score (orig) Raw (orig) Z-score (after) Raw (after)

1575 BDI-SF 3.37946 27 2.67961 23

1902 MW-pos-mean 4.96161 1.00 2.68686 0.62

2537 MW-pos-mean 3.25554 0.71 2.68686 0.62

2305 MW-neg-mean 4.69868 .61 2.98235 0.42

2431 MW-neg-mean 3.80556 0.51 2.98235 0.42

2298 MW-neg-mean 3.60335 0.49 2.98235 0.42

\*\*\*OTHER (not part of primary variables)

1985MW-neu-mean 3.73881 0.89 2.63368 0.68

1866 MW-neu-mean 3.49820 0.85 2.63368 0.68

1995 MW-neu-mean 3.08412 0.77 2.63368 0.68