**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 |
| HPS-20 | – |  |  |  |  |  |  |
| DSM5-  Mania | **.303\*\*** | – |  |  |  |  |  |
| ASRM | **.219\*** | **.371\*\*** | – |  |  |  |  |
| DSM5-  Depression | .071 | .107 | **-.221\*** | – |  |  |  |
| MW-All | .122 | -.035 | .030 | .164 | – |  |  |
| MW-Positive | **.182\*** | .003 | .078 | .089 | **.607\*\*** | – |  |
| MW-Negative | .000 | -.002 | .006 | .135 | **.582\*\*** | -.082 | – |

*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 | **.253\*\*** | – |  |  |  |  |  |  |  |
| ASRM | .100 | **.233\*\*** | – |  |  |  |  |  |  |
| DSM5-  Depression | .165 | .169 | **-.295\*\*** | – |  |  |  |  |  |
| BDI-SF | **.182\*** | .005 | **-.272\*\*** | **.636\*\*** | – |  |  |  |  |
| MW-All | .105 | .167 | .105 | **.217\*** | **.189\*** | – |  |  |  |
| MW-Positive | .083 | **.178\*** | **.236\*\*** | .028 | .023 | **.651\*\*** | – |  |  |
| MW-Negative | -.024 | .021 | -.077 | **.276\*\*** | **.267\*\*** | **.443\*\*** | -.014 | – |  |

*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; BDI-SF = Beck’s Depression Inventory Short Form; MW= Mind Wandering

**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** | .011 | .011 | - | - |
| Age | - | - | .006 | -.056, .060 |
| Sex | - | - | .087 | -.046, .136 |
| **Block 2: BSD Trait Risk** | .022 | .011 | - | - |
| HPS-20 | - | - | .109 | -.004, .018 |

*Note:* MW= Mind Wandering; BSD = Bipolar Spectrum Disorder; HPS-20 = 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** | .010 | .010 | - | - |
| Age | - | - | -.028 | -.155, .117 |
| Sex | - | - | .062 | -.079, .147 |
| **Block 2: BSD-relevant SXS** | .047 | .037 | - | - |
| DSM5-Dep | - | - | .192 | -.005, .090 |
| DSM5-Mania | - | - | -.128 | -.072,  .020 |
| ASRM Mania | - | - | .092 | -.010, .023 |
| **Block 3: BSD Trait Risk** | .058 | .011 | - | - |
| HPS-20 |  |  | .111 | -.006, .020 |

*Note:* MW = Mind Wandering; BSD = Bipolar Spectrum Disorder; 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-relevant symptom severity*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **MW-All** | | | |
| **Predictor** | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | .010 | .010 | **-** | **-** |
| Age | **-** | **-** | -.026 | -.153, .119 |
| Sex | **-** | **-** | .079 | -.068, .155 |
| **Block 2: BSD-relevant SXS** | .047 | .037 | **-** | **-** |
| DSM5-Dep | **-** | **-** | .198 | **-**.004,  .091 |
| DSM5-Mania | **-** | **-** | -.100 | -.065,  .025 |
| ASRM Mania | **-** | **-** | .107 | -.009, .024 |

*Note:* MW = Mind Wandering; BSD = Bipolar Spectrum Disorder; 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 positive-valence MW-Frequency and BSD-relevant symptom severity and negative-valence MW-Frequency and BSD-relevant symptom severity*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MW-Positive** | | | | **MW-Negative** | | | |
| **Predictor** | R2 | ∆R2 | β | CI | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | .001 | .001 | **-** | **-** | .010 | .010 | **-** | **-** |
| Age | **-** | **-** | -.046 | -.103, .066 | **-** | **-** | -.006 | -.057, .054 |
| Sex | **-** | **-** | .001 | -.069, .070 | **-** | **-** | .087 | -.026, .065 |
| **Block 2: BSD-relevant SXS** | .023 | .022 | **-** | **-** | .028 | .018 | **-** | **-** |
| DSM5-Dep | **-** | **-** | .132 | -.012,  .047 | **-** | **-** | .145 | -.006, .032 |
| DSM5-Mania | **-** | **-** | -.064 | -.036, .020 | **-** | **-** | -.037 | -.021, .015 |
| ASRM Mania | **-** | **-** | .130 | -.004, .016 | **-** | **-** | .047 | -.005, .008 |

*Note:* MW = Mind Wandering; BSD = Bipolar Spectrum Disorder; 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 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** | .001 | .001 | - | - |
| Age | - | - | -.051 | -.108, .060 |
| Sex | - | - | 0.037 | .000, .000 |
| **Block 2: BSD Trait Risk** | .014 | .013 | - | - |
| HPS-20 | - | - | 0.118 | -.005, .026 |

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

**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** | .003 | .003 | - | - |
| Age | - | - | -.051 | -.107, .060 |
| Sex | - | - | .028 | .000, .000 |
| **Block 2: BSD-relevant SXS** | .090 | .087 | - | - |
| DSM5-Dep | - | - | .177 | -.016, .108 |
| BDI-SF | - | - | .100 | -.007,  .018 |
| DSM5-Mania | - | - | .079 | -.028,  .068 |
| ASRM Mania | - | - | .137 | -.006, .035 |
| **Block 3: BSD Trait Risk** | .093 | .003 | - | - |
| HPS-20 |  |  | .063 | -.011, .022 |

*Note:* MW= Mind Wandering; BSD= Bipolar Spectrum Disorder; 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-relevant symptom severity*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **MW-All** | | | |
| **Predictor** | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | .003 | .003 | - | - |
| Age | - | - | -.037 | -.099, .064 |
| Sex | - | - | .018 | .000, .000 |
| **Block 2: BSD-relevant SXS** | .090 | .087 | - | - |
| DSM-Dep | - | - | .180 | -.015, .109 |
| BDI-SF | - | - | .113 | -.006,  .018 |
| DSM-Mania | - | - | .091 | -.024,  .070 |
| ASRM Mania | - | - | .147 | -.005, .036 |

*Note:* MW = Mind Wandering; BSD = Bipolar Spectrum Disorder; 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 positive-valence MW-Frequency and BSD-risk and negative-valence MW-Frequency and BSD risk*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MW-Positive** | | | | **MW-Negative** | | | |
| **Predictor** | R2 | ∆R2 | β | CI | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | .002 | .002 | - | - | .005 | .005 | - | - |
| Age | - | - | .002 | -.046,  .047 | - | - | .050 | -.008, .014 |
| Sex | - | - | -.027 | .000, .000 | - | - | -.070 | .000, .000 |
| **Block 2: BSD Trait Risk** | .008 | .006 | - | - | .007 | .001 | - | - |
| HPS-20 | - | - | .078 | -.005, .013 | - | - | -.036 | -.003, .002 |

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

**Table S11** *Main Analyses for Study 2 (Spring 2020) Aim 3b: Associations Between positive-valence MW-Frequency and BSD-risk and negative-valence MW-Frequency and BSD-risk controlling for BSD-relevant symptom severity*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MW-Positive** | | | | **MW-Negative** | | | |
| **Predictor** | R2 | ∆R2 | β | CI | R2 | ∆R2 | β | CI |
| **Block 1: Demographics** | .002 | .002 | - | - | .005 | .005 | - | - |
| Age | - | - | .019 | -.042,  .052 | - | - | .046 | -.008, .014 |
| Sex | - | - | -.020 | .000,  .000 | - | - | -.091 | .000, .000 |
| **Block 2: BSD-relevant SXS** | .074 | .073 | - | - | .108 | .103 | - | - |
| DSM5-Dep | - | - | .035 | -.030,  .040 | - | - | .209 | -.001, .015 |
| BDI-SF | - | - | .059 | -.005,  .009 |  |  | .173 | .000,  .003 |
| DSM5-Mania | - | - | .104 | -.012,  .042 | - | - | -.013 | -.007, .006 |
| ASRM Mania | - | - | .224 | .002,  .025 | - | - | .030 | -.002, .003 |
| **Block 3: BSD-risk** | .076 | .001 | - | - | .113 | .006 | - | - |
| HPS-20 |  |  | .038 | -.008,  .011 |  |  | -.081 | -.003,  .001 |

*Note:* MW = Mind Wandering**;** BSD = Bipolar Spectrum Disorder; 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.