**bipolar**

**Variables:** X, ID, Groups, Gender, Relationship\_status, Age, Employed, Comorbidities, Conc\_med, Family\_history\_mood\_disorders, Previous\_suicide\_attempt, Previous\_Ep, Education\_years, Onset\_age, YMRS\_1 to YMRS\_11, ISEL\_1 to ISEL\_12

|  |  |  |
| --- | --- | --- |
| Training  ∑ 128 | Training (EW) | 68, 32 weiblich, 36 männlich |
| Kein Training (noEW) | 60, 37 weiblich, 23 männlich |
| Age  Range: 18-73 (6.25% > 65) | Training (EW) | MAge = 40.94, SDAge = 14.11 |
| Kein Training (noEW) | MAge = 39.40, SDAge = 15.08 |

*Anmerkung.* Daten von insgesamt 128 Proband:innen, welche anhand von 37 Variablen beschrieben werden.

**Table 1**

*Descriptive Statistics for YMRS and ISEL (Subscales) by Group (Control vs. Training)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | Control | | Training | |
| *M* | *SD* | *M* | *SD* |
| YMRS | 31.20 | 4.40 | 26.85 | 4.53 |
| ISEL | 35.20 | 6.58 | 34.84 | 6.48 |
| Appraisal Support | 11.78 | 2.41 | 11.72 | 2.11 |
| Belonging Support | 11.80 | 2.40 | 11.60 | 2.39 |
| Tangible Support | 11.62 | 2.62 | 11.51 | 2.60 |

*Note.* YMRS = Young Mania Rating Scale. ISEL = Interpersonal Support Evaluation List.