**Bipolar**

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

**Table 1**

Descriptive Statistics of the Sample

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Total | Groups | |
|  |  | Control | Training |
| Mean Age, Years (SD) |  | 40.22 (14.53) | 39.4 (15.08) | 40.94 (14.11) |
| Sex | Female | 69 | 37 | 32 |
|  | Male | 59 | 23 | 36 |
| Mean Education Years (SD) |  | 11.99 (1.99) | 12.50 (2.03) | 11.54 (1.85) |
| Employed | No | 47 | 23 | 24 |
|  | Yes | 81 | 37 | 44 |
| Relationship Status | Single | 51 | 36 | 41 |
|  | Relationship | 77 | 24 | 27 |
| Mean Onset Age (SD) |  | 19.00 (4.81) | 17.58 (4.71) | 20.25 (4.58) |
| Comorbidities | None | 106 | 48 | 58 |
|  | F32 | 12 | 6 | 6 |
|  | F40 | 6 | 5 | 1 |
|  | F45 | 2 | 1 | 1 |
|  | F60 | 2 | 0 | 2 |
| Concurrent Medication | No | 23 | 11 | 12 |
|  | Yes | 105 | 49 | 56 |
| Family History with Mood Disorders | No | 66 | 30 | 36 |
|  | Yes | 62 | 30 | 32 |
| Mean Number of Episodes (SD) |  | 3.48 (1.01) | 3.57 (1.00) | 3.41 (1.03) |
| Previous Suicide Attempt | No | 121 | 57 | 64 |
|  | Yes | 7 | 3 | 4 |

*Note.* Total Number of Variables: 37.

**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.