

Supplementary Table 1. Comparison of clinical characteristics and biological data in BD patients with and without depressive mixed state (DMX)

	DMX-negative (N=16)	DMX-positive (N=24)	p
Age at baseline (yr)	45.0 (25.8–56.3)	36.5 (25.0–53.3)	0.498*
Sex, male/female	4/12 (25/75)	4/20 (16/84)	0.690†
BMI (kg/m ²)	22.1 (20.5–30.7)	21.5 (19.7–26.9)	0.423*
Brinkman index	0 (0–45.5)	0 (0–87.5)	0.550*
Imipramine equivalence (mg)	0 (0–18.8)	0 (0–18.8)	1.000*
Chlorpromazine equivalence (mg)	75.0 (0–179.3)	6.3 (0–118.8)	0.264*
Total score of the QIDS-SR-J	14.1±3.7	19.9±3.6	<0.001‡
IL-6 (pg/mL)	2.0 (1.2–3.0)	1.0 (0.7–1.9)	0.036*
TNF- α (pg/mL)	0.9 (0.6–1.0)	0.8 (0.6–1.0)	0.262*
High-sensitivity CRP (mg/L)	0.5 (0.2–1.1)	0.3 (0.1–1.6)	0.679*
Serum BDNF concentration (ng/mL)	26.0±6.1	29.9±6.9	0.075‡

*Mann–Whitney U test (data in median and range); †chi-squared test (data in number and percentage); ‡independent sample t-test (data in mean±standard deviation). BD, bipolar disorder; BMI, body mass index; QIDS-SR-J, Quick Inventory of Depressive Symptomatology Self-Report Japanese version; IL-6, interleukin-6; TNF- α , tumor necrosis factor-alpha; CRP, C-reactive protein; BDNF, brain-derived neurotrophic factor