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## Supplementary Material

**Article Title:** Detection of Subclinical Depression in Bipolar Disorder: A Cross-Sectional, 4-Month Prospective Follow-Up Study at Community Mental Health Services (SIN-DEPRES)

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**eTable 1.** Evolution of depressive symptoms according to pharmacological therapeutic strategy

Therapeutic strategy <sup>b</sup>	<i>n</i>	Clinical Stability for Depressive Symptoms <sup>a</sup>			Variation on MADRS Scale between Baseline and Final Assessments		
		<i>n</i>	%	CI 95%	Mean	SD	CI 95%
Lithium	88	82	93.2	85.9-96.8	0.2	3.6	-0.61 0.93
Anticonvulsivant agent	90	78	86.7	86.7-92.2	0.7	5.9	-0.54 1.91
Lithium + Anticonvulsivant agent	82	73	89.0	80.4-94.1	0.2	5.9	-1.11 1.43
Lithium + Antipsychotic agent	98	86	87.8	79.8-92.9	0.0	5.2	-1.04 1.04
Lithium + Anticonvulsivant + Antipsychotic	118	97	82.2	74.3-88.1	1.5	6.2	0.31 2.55
Total <sup>c</sup>	476						

CI, Confidence Interval

<sup>a</sup> Stability on depressive symptoms has been considered as being when a patient had not suffered considerable increases in the MADRS scale between study visits, defined as increases above 50% from the baseline score, and the score at the final visit in this scale was not higher than 7.

<sup>b</sup> The pharmacological therapeutic strategies defined are mutually excluding groups and all groups exclude the use of antidepressant agents.

<sup>c</sup> Other patients were under therapeutic strategies different from those defined for this analysis.

The studied BD patients were in maintenance therapy, registering a mean of 2.8 drugs per patient. Among the psychotropic agents prescribed, the most common were lithium carbonate ( $n = 442$ , 59.8%), followed by lamotrigine ( $n = 247$ , 33.4%), olanzapine ( $n = 176$ , 23.8%) and valproic acid ( $n = 146$ , 19.8%). Compliance with the maintenance therapy, according investigator's opinion, indicated that 83.6% of cases had good compliance ( $n = 618$ ), while a 15% misses doses during a standard week ( $n = 111$ ). A 70,1% of patients was satisfied with the maintenance treatment.