

Table 3 Overview of the eCRF variables

TYPE OF DATA		
Instrument(s)		
Collection method	Variables	Visit(s)
SOCIODEMOGRAPHIC & LIFESTYLE FACTORS Clinician assessment – eCRF Participants evaluated at participating centers	Age, sex, ethnicity, education, employment status, marital status, lifestyle, smoking status, consumption of stimulants	Inclusion visit
FAMILY HISTORY Clinician assessment – eCRF Participants evaluated at participating centers	MDE, unipolar depressive disorder, bipolar disorder, SA, suicide, substance use disorders, insomnia, SAS, restless legs syndrome, parasomnias, central hypersomnia.	Inclusion visit
PERSONAL MEDICAL HISTORY Clinician assessment – eCRF Participants evaluated at participating centers	Cardiovascular, endocrine or metabolic, neurological, hepatogastroenterological, dermatological, autoimmune, cancer history, other medical history	Inclusion visit
PERSONAL HISTORY OF SLEEP DISORDERS Clinician assessment – eCRF Participants evaluated at participating centers	Insomnia, SAS, restless legs syndrome, periodic limb movements, parasomnias, central hypersomnia	Inclusion visit
PSYCHIATRIC COMORBIDITIES Clinician assessment – eCRF Participants evaluated at participating centers	Schizophrenia, schizoaffective disorder, brief psychotic episode, other psychotic disorders, autism spectrum disorder, ADHD, other neurodevelopmental disorders, substance use disorders (alcohol, cannabis, etc.), anxiety disorders, OCD, trauma-related disorders, eating disorders, personality disorders.	Inclusion visit
CHARACTERISTICS OF THE MDE AT INCLUSION Clinician assessment – eCRF Participants evaluated at participating centers	Depressed mood most of the time, marked loss of interest or pleasure in almost all activities, significant weight loss or gain without dieting or decreased appetite, insomnia, hypersomnia, psychomotor agitation, psychomotor retardation, fatigue or loss of energy, feelings of guilt or excessive guilt, decreased ability to think or concentrate or indecisiveness, recurrent thoughts of death, psychotic symptoms Duration of the episode, presence of anxious distress, mixed/melancholic/atypical/congruent or non-congruent psychotic features, catatonia, onset during the peripartum period, seasonal pattern, TR-MDE, SA, in bipolar disorder: current rapid cycling, post-manic depression	Inclusion visit & follow-up
CLINICAL HISTORY OF MDE Clinician assessment – eCRF Participants evaluated at participating centers	Age at first MDE, first manic/hypomanic episode, first psychotropic medication, and first psychiatric hospitalization; total number of hospitalizations, MDEs, and manic/hypomanic episodes; seasonal pattern of MDEs or manic/hypomanic episodes; treatment-resistant unipolar depression (number and characteristics); presence of anxious distress, mixed, melancholic, atypical, or mood-congruent/incongruent psychotic features; catatonia; peripartum onset; presence of biphasic or multiphasic episodes. SA (age at first attempt, total number), suicidal ideation (age at onset), presence of distressing dreams, nightmares, or suicidal scenarios in dreams	Inclusion visit
TREATMENTS Clinical notes - eCRF Participants evaluated at participating centers	Lifetime treatments, psychotropic medications at inclusion (antidepressants, mood stabilizers, anxiolytics, hypnotics, antipsychotics), and use of light therapy	Inclusion visit & follow-up

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Instrument(s)

Collection method

Variables

Visit(s)

SLEEP, PSYCHIATRIC, PEDIATRIC, AND SUBSTANCE USE QUESTIONNAIRES

Online self-report and hetero-questionnaires - eCRF

Formal diagnostic interviews conducted by psychiatrists

Scores of the Delphi-validated mandatory and optional questionnaires for sleep, psychiatric and circadian assessment (See Table 2 for details)

Inclusion visit and follow-up

OBJECTIVE SLEEP AND SLEEPINESS ASSESSMENT

PSG (+ sleep diary) and MSLT

Reported on eCRF following routine clinical assessment

PSG: *General sleep data* - sleep stage durations, percentage and onset latencies of sleep stages, stage transitions, intra-sleep awakenings, sleep onset latency, total sleep time, sleep efficiency, bedtime and wake-up times, sleep fragmentation index, snoring, respiratory events, oxygen saturation, parasomnias, periodic limb movements.

Sleep diary (subjective measure): patient-reported sleep habits.

MSLT: *Sleepiness assessment*: sleep onset latencies and onset of the different sleep stages.

Inclusion visit and follow-up if available

OBJECTIVE MEASURE OF THE SLEEP AND RHYTHMS

Actigraphy: *Sleep markers* - sleep latency, total sleep time, time in bed, WASO, sleep efficiency, fragmentation index.

Rhythm markers - phase markers: L5/M10 onset, relative rhythm amplitude, inter and intra-day stability, social jet-lag

Inclusion visit and follow-up

CIRCADIAN BIOMARKERS

6-sulfatoxymelatonin and cortisol assay on urine samples: global timing and amount of 6-sulfatoxymelatonin and cortisol production on a 24h period

Baseline and follow-up if available

Note: MDE: Major Depressive Episode; SAS: Sleep Apnea Syndrome; ADHD: Attention-Deficit/Hyperactivity Disorder; OCD: Obsessive-Compulsive Disorder; TR-MDE: treatment-resistant major depressive episode; SA: Suicide Attempt; PSG: Polysomnography; SWS: Slow Wave Sleep; REM: Rapid Eye Movement sleep; MSLT: Multiple Sleep Latency Test; WASO: Wake After Sleep Onset; All variables are harmonized across centers to ensure standardized phenotyping.