

## Publication

"Bright side" and "dark side" hypomania are associated with differences in psychological functioning, sleep and physical activity in a non-clinical sample of young adults

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**Author(s)** Brand, Serge; Gerber, Markus; Puehse, Uwe; Holsboer-Trachsler, Edith

**Author(s) at UniBasel** [Brand, Serge](#) ; [Holsboer-Trachsler, Edith](#) ; [Pühse, Uwe](#) ; [Gerber, Markus](#) ;

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No research has yet focused on hypomanic states in non-clinical early adult populations. The aim of the present study was therefore to assess hypomania in a large non-clinical sample of young adults.

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