

**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

**JournalArticle (Originalarbeit in einer wissenschaftlichen Zeitschrift)****ID** 1193760**Author(s)** Brand, Serge; Gerber, Markus; Puehse, Uwe; Holsboer-Trachsler, Edith**Author(s) at UniBasel** [Holsboer-Trachsler, Edith](#) ; [Pühse, Uwe](#) ; [Brand, Serge](#) ; [Gerber, Markus](#) ;**Year** 2011**Title** "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**Journal** Journal of affective disorders**Volume** 131**Number** 1-3**Pages / Article-Number** 68-78**Keywords** Hypomania, Early adulthood, Non-clinical sample, Physical activity, Bright and dark sides of hypomania

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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