|  | Pingvin (N=27) | Søløve (N=26) | Overall (N=53) |
| --- | --- | --- | --- |
| **Sex** |  |  |  |
| Female | 25 (92.6%) | 21 (80.8%) | 46 (86.8%) |
| Male | 2 (7.4%) | 5 (19.2%) | 7 (13.2%) |
| **Ethnicity** |  |  |  |
| Asian | 3 (11.1%) | 1 (3.8%) | 4 (7.5%) |
| Caucasian | 22 (81.5%) | 22 (84.6%) | 44 (83.0%) |
| Latin America | 1 (3.7%) | 0 (0%) | 1 (1.9%) |
| Middle-Eastern | 1 (3.7%) | 1 (3.8%) | 2 (3.8%) |
| African | 0 (0%) | 1 (3.8%) | 1 (1.9%) |
| **Age (Years)** | 36.0 [29.0, 43.5] | 47.0 [38.0, 59.0] | 43.0 [32.0, 53.0] |
| **Weight** | 63.0 [59.3, 77.8] | 73.0 [62.1, 77.4] | 69.3 [60.4, 78.0] |
| **Waist/Height Ratio at baseline** | 0.449 [0.425, 0.508] | 0.496 [0.448, 0.529] | 0.473 [0.439, 0.525] |
| **Body Mass Index (kg/m²)** | 23.3 [21.8, 27.5] | 24.7 [23.7, 26.4] | 24.2 [21.9, 27.0] |
| **SLE Duration (Months)** | 102 [46.0, 197] | 105 [50.0, 235] | 104 [49.8, 210] |
| **SLEDAI** | 6.00 [2.00, 8.00] | 6.00 [4.00, 8.00] | 6.00 [3.25, 8.00] |
| **SLICC-Eular/ACR-2019** | 30.0 [20.5, 35.0] | 20.0 [17.0, 27.0] | 23.0 [18.0, 34.0] |
| **Aerobic Capacity Test 1** | 29.0 (5.57) | 27.9 (8.72) | 28.5 (7.26) |
| **HRmax at Test 1** | 179 [170, 191] | 168 [155, 178] | 174 [159, 186] |
| **Borg-Scale Test 1** | 17.0 [17.0, 19.0] | 17.0 [16.3, 18.0] | 17.0 [17.0, 18.0] |
| **Maximal Wattage Test 1 (Watt)** | 184 [142, 196] | 159 [129, 212] | 172 [131, 201] |
| **Aerobic Capacity Test 2** | 27.4 (5.37) | 25.9 (6.84) | 26.7 (6.08) |
| **HRmax at Test 2** | 178 [169, 184] | 168 [155, 180] | 173 [156, 181] |
| **Borg-Scale Test 2** | 18.0 [17.0, 19.0] | 18.0 [16.0, 19.0] | 18.0 [17.0, 19.0] |
| **Maximal Wattage Test 2 (Watt)** | 181 [156, 199] | 163 [120, 221] | 173 [127, 205] |
| **FSS** | 5.22 [3.78, 5.83] | 5.11 [3.89, 6.00] | 5.17 [3.89, 5.92] |
| **VAS Fatigue - Patient (1-100)** | 50.0 [30.0, 70.0] | 33.0 [25.0, 40.0] | 40.0 [28.8, 62.5] |
| **VAS overall disease activity - patient (1-10)** | 4.00 [2.00, 5.00] | 3.00 [2.00, 6.00] | 3.00 [2.00, 5.00] |
| **VAS overall disease activity - physician (1-100)** | 15.8 [8.09, 26.2] | 20.0 [4.76, 33.7] | 17.3 [7.14, 31.0] |
| **SF-36 Physical Component Score** | 44.0 [36.3, 53.8] | 41.3 [31.0, 48.6] | 42.2 [34.0, 50.5] |
| **SF-36 Mental Component Score** | 47.0 [36.7, 53.5] | 45.6 [38.8, 56.6] | 46.3 [36.9, 54.9] |
| **Daily time in MVPA (Minutes)** | 37.7 (26.1) | 23.8 (21.5) | 30.8 (24.7) |
| **Energy Intake (kJ)** | 7100 (1860) | 8050 (2080) | 7630 (2010) |
| **Lipid intake (g)** | 74.6 [60.8, 88.1] | 67.9 [52.1, 96.7] | 74.2 [54.7, 92.4] |
| **Carbohydrate intake (g)** | 166 [140, 205] | 211 [145, 279] | 177 [142, 224] |
| **Protein intake (g)** | 72.2 [57.7, 77.1] | 81.4 [66.7, 85.9] | 77.1 [62.3, 84.2] |
| **Adipose Tissue on DXA scan (%)** | 35.2 [30.8, 41.6] | 37.3 [31.3, 41.5] | 36.3 [31.0, 41.7] |
| **Adipose Tissue on DXA scan (kg)** | 20.8 [18.9, 32.0] | 24.4 [20.2, 29.4] | 22.3 [19.0, 31.4] |
| **Android fat mass (kg)** | 1.89 [1.15, 3.34] | 2.20 [1.77, 3.00] | 2.02 [1.30, 3.21] |
| **Gynoid fat mass (kg)** | 4.51 [4.12, 6.70] | 5.01 [3.83, 5.71] | 4.65 [4.10, 5.82] |
| **Total lean mass (kg)** | 41.9 [37.3, 45.7] | 40.5 [37.8, 44.5] | 41.3 [37.6, 45.7] |
| **IFNα Z-Score (m.1.2)** | 4.75 (3.95) | 2.96 (3.77) | 3.87 (3.93) |
| **IFNβ Z-Score (m.3.4)** | 1.26 (1.01) | 0.914 (0.968) | 1.09 (0.997) |
| **IFNγ Z-Score (m.5.12)** | 0.569 (0.435) | 0.422 (0.401) | 0.497 (0.421) |
| **Hemoglobin (mmol/L)** | 7.66 (0.600) | 7.77 (0.841) | 7.72 (0.727) |
| **Thrombocytes (10^9/L)** | 244 (51.6) | 248 (79.5) | 246 (66.8) |
| **Estimated Glomerular Filtration Rate (ml/min/1.73m²)** | 79.0 [68.5, 83.5] | 79.0 [76.0, 84.0] | 79.0 [71.5, 84.3] |
| **β2 microglobuline (mg/L)** | 2.14 [1.80, 2.47] | 2.00 [1.89, 2.84] | 2.02 [1.88, 2.59] |
| Table 1 | | | |
| Categorical variables given as N(Percentage)     Variables assumed to be normally distributed given as Mean(SD)    Variables witout assumption of normality given as Median [Q1,Q3] | | | |
| Test 1 denotes the first test done on the initial visit.    Test 2 denotes the second test done following the OGTT    SLE: Systemic Lupus Erythematosus, SLEDAI: Systemic Lupus Erythematosus Disease Activity Index, SLICC EULAR/ACR 2019: Systemic Lupus International Classification Criteria point as defined by American College of Rheumatology & European League Against Rheumatism in 2019    FSS: Fatigue Severity Scale, IFN: Interferon, DXA: Dual X-ray Absorptiometry Scan, VO₂max: Maximal Oxygen Uptake, not corrected for body weight, MVPA: Moderate or Vigorous Activity | | | |