|  | control (N=27) | exercise (N=12) | Overall (N=39) |
| --- | --- | --- | --- |
| **SLICC-Eular/ACR-2019** |  |  |  |
| N | 27 | 12 | 39 |
| Median [Q1, Q3] | 30.0 [20.5, 35.0] | 24.0 [17.0, 29.5] | 27.0 [19.5, 34.5] |
| NMISS | 0 | 0 | 0 |
| **Anti-DsDNA (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 20 (74.1%) | 6 (50.0%) | 26 (66.7%) |
| No | 7 (25.9%) | 6 (50.0%) | 13 (33.3%) |
| **Anti-Smith (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 3 (11.1%) | 2 (16.7%) | 5 (12.8%) |
| No | 24 (88.9%) | 10 (83.3%) | 34 (87.2%) |
| **Fever (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 20 (74.1%) | 10 (83.3%) | 30 (76.9%) |
| No | 7 (25.9%) | 2 (16.7%) | 9 (23.1%) |
| **Acute Cutaneous Lupus (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 6 (22.2%) | 2 (16.7%) | 8 (20.5%) |
| No | 21 (77.8%) | 10 (83.3%) | 31 (79.5%) |
| **Subacute Cutaneous or Discoid Lupus (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 16 (59.3%) | 6 (50.0%) | 22 (56.4%) |
| No | 11 (40.7%) | 6 (50.0%) | 17 (43.6%) |
| **Oral Ulcers (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 5 (18.5%) | 2 (16.7%) | 7 (17.9%) |
| No | 22 (81.5%) | 10 (83.3%) | 32 (82.1%) |
| **Non-Scarring Alopecia (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 7 (25.9%) | 3 (25.0%) | 10 (25.6%) |
| No | 20 (74.1%) | 9 (75.0%) | 29 (74.4%) |
| **No Mucocutaneous Symptoms (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 3 (11.1%) | 2 (16.7%) | 5 (12.8%) |
| No | 24 (88.9%) | 10 (83.3%) | 34 (87.2%) |
| **Synovitis (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 16 (59.3%) | 5 (41.7%) | 21 (53.8%) |
| No | 11 (40.7%) | 7 (58.3%) | 18 (46.2%) |
| **Athralgias (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 19 (70.4%) | 9 (75.0%) | 28 (71.8%) |
| No | 8 (29.6%) | 3 (25.0%) | 11 (28.2%) |
| **No joint pain or swelling (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 1 (3.7%) | 1 (8.3%) | 2 (5.1%) |
| No | 26 (96.3%) | 11 (91.7%) | 37 (94.9%) |
| **Seizures (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 4 (14.8%) | 1 (8.3%) | 5 (12.8%) |
| No | 23 (85.2%) | 11 (91.7%) | 34 (87.2%) |
| **Psychosis (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 0 (0%) | 0 (0%) | 0 (0%) |
| No | 27 (100%) | 12 (100%) | 39 (100%) |
| **Delirium (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 4 (14.8%) | 0 (0%) | 4 (10.3%) |
| No | 23 (85.2%) | 12 (100%) | 35 (89.7%) |
| **No neurologic symptoms (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 19 (70.4%) | 11 (91.7%) | 30 (76.9%) |
| No | 8 (29.6%) | 1 (8.3%) | 9 (23.1%) |
| **Acute Pericarditis (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 0 (0%) | 1 (8.3%) | 1 (2.6%) |
| No | 27 (100%) | 11 (91.7%) | 38 (97.4%) |
| **Pleural or Pericardial Effusion (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 10 (37.0%) | 6 (50.0%) | 16 (41.0%) |
| No | 17 (63.0%) | 6 (50.0%) | 23 (59.0%) |
| **No serositis (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 17 (63.0%) | 5 (41.7%) | 22 (56.4%) |
| No | 10 (37.0%) | 7 (58.3%) | 17 (43.6%) |
| **Autoimmune Hemolytic Anemia (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 10 (37.0%) | 2 (16.7%) | 12 (30.8%) |
| No | 17 (63.0%) | 10 (83.3%) | 27 (69.2%) |
| **Thrombocytopenia (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 1 (3.7%) | 1 (8.3%) | 2 (5.1%) |
| No | 26 (96.3%) | 11 (91.7%) | 37 (94.9%) |
| **Leucopenia (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 1 (3.7%) | 0 (0%) | 1 (2.6%) |
| No | 26 (96.3%) | 12 (100%) | 38 (97.4%) |
| **No Hematologic Symptoms (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 16 (59.3%) | 9 (75.0%) | 25 (64.1%) |
| No | 11 (40.7%) | 3 (25.0%) | 14 (35.9%) |
| **Class III or IV Nephritis (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 10 (37.0%) | 3 (25.0%) | 13 (33.3%) |
| No | 17 (63.0%) | 9 (75.0%) | 26 (66.7%) |
| **Class II or V Nephritis (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 2 (7.4%) | 0 (0%) | 2 (5.1%) |
| No | 25 (92.6%) | 12 (100%) | 37 (94.9%) |
| **Proteinuria (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 4 (14.8%) | 2 (16.7%) | 6 (15.4%) |
| No | 23 (85.2%) | 10 (83.3%) | 33 (84.6%) |
| **No nephrologic symptoms (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 21 (77.8%) | 10 (83.3%) | 31 (79.5%) |
| No | 6 (22.2%) | 2 (16.7%) | 8 (20.5%) |
| **Anti-Beta2-Glycoprotein (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 10 (37.0%) | 3 (25.0%) | 13 (33.3%) |
| No | 17 (63.0%) | 9 (75.0%) | 26 (66.7%) |
| **Lupus Anti Coagulant (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 5 (18.5%) | 2 (16.7%) | 7 (17.9%) |
| No | 22 (81.5%) | 10 (83.3%) | 32 (82.1%) |
| **Anti Cardiolipins (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 10 (37.0%) | 4 (33.3%) | 14 (35.9%) |
| No | 17 (63.0%) | 8 (66.7%) | 25 (64.1%) |
| **No Anti Phospholipids (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 13 (48.1%) | 8 (66.7%) | 21 (53.8%) |
| No | 14 (51.9%) | 4 (33.3%) | 18 (46.2%) |
| **Low Complement C3 and C4 (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 16 (59.3%) | 5 (41.7%) | 21 (53.8%) |
| No | 11 (40.7%) | 7 (58.3%) | 18 (46.2%) |
| **Low Complement C3 or C4 (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 2 (7.4%) | 3 (25.0%) | 5 (12.8%) |
| No | 25 (92.6%) | 9 (75.0%) | 34 (87.2%) |
| **Normal Complement C3 or C4 (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 9 (33.3%) | 4 (33.3%) | 13 (33.3%) |
| No | 18 (66.7%) | 8 (66.7%) | 26 (66.7%) |