|  | control (N=27) | exercise (N=26) | Overall (N=53) |
| --- | --- | --- | --- |
| **SLICC-Eular/ACR-2019** |  |  |  |
| N | 27 | 26 | 53 |
| Median [Q1, Q3] | 30.0 [20.5, 35.0] | 20.5 [17.0, 27.0] | 23.0 [18.0, 34.0] |
| NMISS | 0 | 0 | 0 |
| **Anti-DsDNA (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 20 (74.1%) | 11 (42.3%) | 31 (58.5%) |
| No | 7 (25.9%) | 15 (57.7%) | 22 (41.5%) |
| **Anti-Smith (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 3 (11.1%) | 3 (11.5%) | 6 (11.3%) |
| No | 24 (88.9%) | 23 (88.5%) | 47 (88.7%) |
| **Fever (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 20 (74.1%) | 20 (76.9%) | 40 (75.5%) |
| No | 7 (25.9%) | 6 (23.1%) | 13 (24.5%) |
| **Acute Cutaneous Lupus (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 6 (22.2%) | 7 (26.9%) | 13 (24.5%) |
| No | 21 (77.8%) | 19 (73.1%) | 40 (75.5%) |
| **Subacute Cutaneous or Discoid Lupus (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 16 (59.3%) | 15 (57.7%) | 31 (58.5%) |
| No | 11 (40.7%) | 11 (42.3%) | 22 (41.5%) |
| **Oral Ulcers (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 5 (18.5%) | 7 (26.9%) | 12 (22.6%) |
| No | 22 (81.5%) | 19 (73.1%) | 41 (77.4%) |
| **Non-Scarring Alopecia (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 7 (25.9%) | 7 (26.9%) | 14 (26.4%) |
| No | 20 (74.1%) | 19 (73.1%) | 39 (73.6%) |
| **No Mucocutaneous Symptoms (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 3 (11.1%) | 2 (7.7%) | 5 (9.4%) |
| No | 24 (88.9%) | 24 (92.3%) | 48 (90.6%) |
| **Synovitis (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 16 (59.3%) | 14 (53.8%) | 30 (56.6%) |
| No | 11 (40.7%) | 12 (46.2%) | 23 (43.4%) |
| **Athralgias (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 19 (70.4%) | 16 (61.5%) | 35 (66.0%) |
| No | 8 (29.6%) | 10 (38.5%) | 18 (34.0%) |
| **No joint pain or swelling (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 1 (3.7%) | 1 (3.8%) | 2 (3.8%) |
| No | 26 (96.3%) | 25 (96.2%) | 51 (96.2%) |
| **Seizures (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 4 (14.8%) | 1 (3.8%) | 5 (9.4%) |
| No | 23 (85.2%) | 25 (96.2%) | 48 (90.6%) |
| **Psychosis (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 0 (0%) | 0 (0%) | 0 (0%) |
| No | 27 (100%) | 26 (100%) | 53 (100%) |
| **Delirium (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 4 (14.8%) | 0 (0%) | 4 (7.5%) |
| No | 23 (85.2%) | 26 (100%) | 49 (92.5%) |
| **No neurologic symptoms (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 19 (70.4%) | 25 (96.2%) | 44 (83.0%) |
| No | 8 (29.6%) | 1 (3.8%) | 9 (17.0%) |
| **Acute Pericarditis (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 0 (0%) | 1 (3.8%) | 1 (1.9%) |
| No | 27 (100%) | 25 (96.2%) | 52 (98.1%) |
| **Pleural or Pericardial Effusion (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 10 (37.0%) | 9 (34.6%) | 19 (35.8%) |
| No | 17 (63.0%) | 17 (65.4%) | 34 (64.2%) |
| **No serositis (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 17 (63.0%) | 16 (61.5%) | 33 (62.3%) |
| No | 10 (37.0%) | 10 (38.5%) | 20 (37.7%) |
| **Autoimmune Hemolytic Anemia (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 10 (37.0%) | 7 (26.9%) | 17 (32.1%) |
| No | 17 (63.0%) | 19 (73.1%) | 36 (67.9%) |
| **Thrombocytopenia (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 1 (3.7%) | 1 (3.8%) | 2 (3.8%) |
| No | 26 (96.3%) | 25 (96.2%) | 51 (96.2%) |
| **Leucopenia (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 1 (3.7%) | 0 (0%) | 1 (1.9%) |
| No | 26 (96.3%) | 26 (100%) | 52 (98.1%) |
| **No Hematologic Symptoms (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 16 (59.3%) | 18 (69.2%) | 34 (64.2%) |
| No | 11 (40.7%) | 8 (30.8%) | 19 (35.8%) |
| **Class III or IV Nephritis (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 10 (37.0%) | 4 (15.4%) | 14 (26.4%) |
| No | 17 (63.0%) | 22 (84.6%) | 39 (73.6%) |
| **Class II or V Nephritis (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 2 (7.4%) | 1 (3.8%) | 3 (5.7%) |
| No | 25 (92.6%) | 25 (96.2%) | 50 (94.3%) |
| **Proteinuria (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 4 (14.8%) | 6 (23.1%) | 10 (18.9%) |
| No | 23 (85.2%) | 20 (76.9%) | 43 (81.1%) |
| **No nephrologic symptoms (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 11 (40.7%) | 15 (57.7%) | 26 (49.1%) |
| No | 16 (59.3%) | 11 (42.3%) | 27 (50.9%) |
| **Anti-Beta2-Glycoprotein (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 10 (37.0%) | 4 (15.4%) | 14 (26.4%) |
| No | 17 (63.0%) | 22 (84.6%) | 39 (73.6%) |
| **Lupus Anti Coagulant (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 5 (18.5%) | 2 (7.7%) | 7 (13.2%) |
| No | 22 (81.5%) | 24 (92.3%) | 46 (86.8%) |
| **Anti Cardiolipins (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 10 (37.0%) | 4 (15.4%) | 14 (26.4%) |
| No | 17 (63.0%) | 22 (84.6%) | 39 (73.6%) |
| **No Anti Phospholipids (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 13 (48.1%) | 21 (80.8%) | 34 (64.2%) |
| No | 14 (51.9%) | 5 (19.2%) | 19 (35.8%) |
| **Low Complement C3 and C4 (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 16 (59.3%) | 7 (26.9%) | 23 (43.4%) |
| No | 11 (40.7%) | 19 (73.1%) | 30 (56.6%) |
| **Low Complement C3 or C4 (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 2 (7.4%) | 7 (26.9%) | 9 (17.0%) |
| No | 25 (92.6%) | 19 (73.1%) | 44 (83.0%) |
| **Normal Complement C3 or C4 (SLICC-Eular/ACR-2019)** |  |  |  |
| Yes | 9 (33.3%) | 12 (46.2%) | 21 (39.6%) |
| No | 18 (66.7%) | 14 (53.8%) | 32 (60.4%) |