|  | normal | | Slightly Elevated | | Highly Elevated | | Overall | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Pingvin (N=9) | Søløve (N=14) | Pingvin (N=7) | Søløve (N=7) | Pingvin (N=10) | Søløve (N=5) | Pingvin (N=26) | Søløve (N=26) |
| **Sex** |  |  |  |  |  |  |  |  |
| Female | 8 (88.9%) | 11 (78.6%) | 7 (100%) | 6 (85.7%) | 9 (90.0%) | 4 (80.0%) | 24 (92.3%) | 21 (80.8%) |
| Male | 1 (11.1%) | 3 (21.4%) | 0 (0%) | 1 (14.3%) | 1 (10.0%) | 1 (20.0%) | 2 (7.7%) | 5 (19.2%) |
| **Age (Years)** | 37.0 [30.0, 41.0] | 45.0 [33.5, 52.8] | 39.0 [35.5, 45.0] | 52.0 [47.0, 58.0] | 30.5 [24.3, 41.0] | 54.0 [36.0, 60.0] | 35.5 [29.0, 42.5] | 47.0 [38.0, 59.0] |
| **Weight** | 69.1 [62.2, 86.7] | 67.2 [60.4, 77.4] | 58.8 [54.1, 80.2] | 73.0 [62.1, 81.9] | 62.0 [58.7, 70.9] | 74.5 [72.1, 74.6] | 62.7 [59.0, 78.7] | 73.0 [62.1, 77.4] |
| **Waist/Height Ratio at baseline** | 0.441 [0.429, 0.550] | 0.474 [0.441, 0.526] | 0.451 [0.428, 0.505] | 0.495 [0.468, 0.525] | 0.457 [0.420, 0.503] | 0.519 [0.502, 0.529] | 0.446 [0.424, 0.508] | 0.496 [0.448, 0.529] |
| **Body Mass Index (kg/m²)** | 22.7 [22.1, 29.9] | 24.7 [20.8, 26.9] | 23.3 [20.3, 27.5] | 24.2 [24.0, 26.0] | 23.4 [21.5, 24.9] | 26.0 [24.5, 26.4] | 23.0 [21.8, 26.8] | 24.7 [23.7, 26.4] |
| **SLE Duration (Months)** | 102 [50.0, 133] | 97.0 [53.0, 178] | 49.0 [3.00, 159] | 111 [64.0, 235] | 110 [63.5, 204] | 166 [45.0, 249] | 100 [44.5, 183] | 105 [50.0, 235] |
| **SLEDAI** | 4.00 [2.00, 6.00] | 6.00 [4.00, 8.00] | 8.00 [8.00, 9.50] | 8.00 [5.00, 10.0] | 4.00 [3.00, 8.00] | 6.00 [6.00, 8.00] | 6.00 [2.75, 8.00] | 6.00 [4.00, 8.00] |
| **SLICC-Eular/ACR-2019** | 30.0 [18.0, 34.0] | 17.0 [16.0, 27.0] | 26.0 [21.5, 32.5] | 22.0 [19.5, 26.5] | 34.0 [24.5, 37.5] | 22.0 [14.0, 28.0] | 30.0 [20.5, 35.0] | 20.0 [17.0, 27.0] |
| **Aerobic Capacity Test 1 (ml/kg/min)** | 30.3 (4.58) | 30.7 (9.82) | 26.1 (5.53) | 26.1 (6.67) | 31.1 (5.44) | 23.2 (6.14) | 29.4 (5.38) | 28.0 (8.76) |
| **HRmax at Test 1** | 178 [173, 191] | 174 [159, 178] | 185 [169, 191] | 157 [153, 162] | 184 [178, 187] | 172 [158, 186] | 179 [172, 191] | 168 [155, 178] |
| **Borg-Scale Test 1** | 17.5 [17.0, 19.0] | 17.0 [16.3, 18.0] | 17.0 [17.0, 18.5] | 18.0 [16.5, 18.0] | 17.0 [17.0, 18.0] | 17.0 [17.0, 18.0] | 17.0 [17.0, 19.0] | 17.0 [16.3, 18.0] |
| **Maximal Wattage Test 1 (Watt)** | 186 [167, 211] | 174 [149, 224] | 166 [134, 188] | 146 [116, 152] | 187 [171, 259] | 142 [121, 165] | 185 [153, 197] | 159 [129, 212] |
| **Aerobic Capacity Test 2 (ml/kg/min)** | 29.8 (5.06) | 29.2 (9.06) | 24.5 (5.72) | 23.5 (4.21) | 27.0 (4.70) | 22.7 (8.29) | 27.2 (5.32) | 26.3 (8.15) |
| **HRmax at Test 2** | 179 [173, 191] | 171 [165, 181] | 174 [147, 183] | 158 [146, 163] | 181 [158, 183] | 174 [156, 180] | 178 [171, 185] | 168 [155, 180] |
| **Borg-Scale Test 2** | 18.5 [17.8, 19.0] | 18.0 [16.0, 19.0] | 18.5 [18.0, 19.8] | 18.0 [17.5, 18.5] | 18.0 [17.0, 18.8] | 17.0 [16.0, 18.0] | 18.0 [17.0, 19.0] | 18.0 [16.0, 19.0] |
| **Maximal Wattage Test 2 (Watt)** | 178 [173, 214] | 180 [130, 228] | 180 [129, 185] | 139 [115, 170] | 189 [146, 245] | 135 [123, 172] | 181 [160, 200] | 163 [120, 221] |
| **FSS** | 5.22 [4.22, 5.56] | 4.22 [3.89, 5.44] | 5.33 [4.28, 5.72] | 6.00 [5.44, 6.44] | 4.22 [3.19, 5.69] | 5.11 [4.44, 5.78] | 5.11 [3.67, 5.72] | 5.11 [3.89, 6.00] |
| **VAS Fatigue - Patient (1-100)** | 60.0 [30.0, 70.0] | 40.0 [30.0, 60.0] | 35.0 [30.0, 65.0] | 33.0 [27.5, 40.0] | 50.0 [24.5, 70.0] | 30.0 [20.0, 40.0] | 55.0 [30.0, 70.0] | 33.0 [25.0, 40.0] |
| **VAS overall disease activity - patient (1-10)** | 2.00 [2.00, 4.00] | 2.00 [2.00, 3.00] | 5.00 [4.25, 5.00] | 7.00 [4.50, 7.00] | 3.00 [1.00, 5.00] | 3.00 [3.00, 6.00] | 4.00 [2.00, 5.00] | 3.00 [2.00, 6.00] |
| **VAS overall disease activity - physician (1-100)** | 15.0 [9.00, 19.1] | 4.76 [2.85, 18.0] | 26.2 [19.4, 32.1] | 27.8 [23.8, 38.0] | 10.3 [7.42, 23.8] | 34.8 [27.4, 47.2] | 15.8 [8.09, 26.2] | 20.0 [4.76, 33.7] |
| **Daily time in MVPA (Minutes)** | 34.1 (25.4) | 27.5 (26.8) | 29.9 (25.6) | 16.5 (11.3) | 40.3 (24.7) | 24.7 (16.5) | 35.6 (24.4) | 23.8 (21.5) |
| **Energy Intake (kJ)** | 7260 (425) | 8100 (1620) | 6250 (2990) | 8060 (3000) | 7700 (1120) | 7890 (2130) | 7100 (1860) | 8050 (2080) |
| **Lipid intake (g)** | 78.7 [69.5, 89.6] | 67.2 [57.6, 89.2] | 51.7 [39.9, 68.1] | 81.1 [49.4, 108] | 77.5 [74.7, 89.5] | 75.6 [60.2, 76.6] | 74.6 [60.8, 88.1] | 67.9 [52.1, 96.7] |
| **Carbohydrate intake (g)** | 173 [158, 185] | 161 [145, 282] | 140 [131, 157] | 224 [141, 254] | 205 [175, 214] | 237 [192, 265] | 166 [140, 205] | 211 [145, 279] |
| **Protein intake (g)** | 73.3 [70.3, 75.2] | 81.5 [78.5, 83.4] | 56.3 [49.9, 59.1] | 70.3 [61.7, 100] | 76.5 [65.7, 88.1] | 84.5 [77.4, 85.9] | 72.2 [57.7, 77.1] | 81.4 [66.7, 85.9] |
| **Adipose Tissue on DXA scan (%)** | 36.3 [31.9, 38.8] | 36.3 [29.4, 40.1] | 40.8 [29.0, 42.6] | 37.3 [33.5, 38.9] | 31.7 [26.3, 37.0] | 41.5 [35.5, 44.7] | 34.5 [30.5, 40.3] | 37.3 [31.3, 41.5] |
| **Android fat mass (kg)** | 1.30 [1.15, 3.50] | 2.10 [1.52, 2.74] | 1.92 [0.763, 2.39] | 2.20 [1.90, 2.61] | 1.90 [1.44, 3.25] | 3.00 [2.02, 3.22] | 1.80 [1.15, 3.25] | 2.20 [1.77, 3.00] |
| **Gynoid fat mass (kg)** | 4.51 [4.36, 5.13] | 4.50 [3.70, 5.71] | 4.19 [3.08, 6.96] | 4.51 [4.08, 5.34] | 5.09 [4.11, 8.02] | 5.60 [5.14, 5.75] | 4.65 [4.12, 6.78] | 5.01 [3.83, 5.71] |
| **Total lean mass (kg)** | 42.6 [40.4, 46.0] | 40.5 [39.7, 44.1] | 36.7 [35.7, 43.2] | 42.1 [38.1, 45.7] | 43.7 [38.7, 45.6] | 39.8 [37.0, 44.5] | 42.3 [37.0, 45.7] | 40.5 [37.8, 44.5] |
| **IFNα Z-Score (m.1.2)** | 0.0376 [-0.128, 0.363] | 0.153 [-0.0492, 0.479] | 4.64 [4.03, 5.74] | 2.83 [2.46, 4.11] | 9.16 [7.07, 9.99] | 9.46 [7.83, 11.5] | 5.05 [0.457, 7.79] | 1.43 [0.153, 4.27] |
| **IFNβ Z-Score (m.3.4)** | 0.0589 [-0.0184, 0.227] | 0.248 [-0.0529, 0.457] | 1.32 [1.04, 1.53] | 0.966 [0.680, 1.32] | 2.19 [1.88, 2.60] | 2.33 [1.85, 2.63] | 1.35 [0.257, 2.06] | 0.611 [0.248, 1.53] |
| **IFNγ Z-Score (m.5.12)** | 0.156 [-0.0130, 0.238] | 0.147 [0.0519, 0.280] | 0.584 [0.373, 0.740] | 0.592 [0.441, 0.813] | 0.893 [0.807, 1.05] | 0.939 [0.723, 1.02] | 0.613 [0.219, 0.881] | 0.295 [0.147, 0.625] |
| **Hemoglobin (mmol/L)** | 7.55 (0.497) | 8.09 (0.794) | 7.70 (0.827) | 7.37 (0.923) | 7.68 (0.592) | 7.50 (0.604) | 7.63 (0.601) | 7.77 (0.841) |
| **Thrombocytes (10^9/L)** | 250 (40.8) | 249 (57.3) | 233 (53.7) | 263 (116) | 233 (80.6) | 224 (59.2) | 242 (52.9) | 248 (79.5) |
| **Estimated Glomerular Filtration Rate (ml/min/1.73m²)** | 83.5 [82.8, 84.3] | 82.0 [76.5, 85.5] | 71.0 [68.5, 75.0] | 76.0 [74.5, 77.5] | 88.0 [88.0, 88.0] | 82.5 [80.8, 84.3] | 80.5 [73.0, 84.3] | 79.0 [76.0, 84.0] |
| **β2 microglobuline (mg/L)** | 1.68 [1.66, 1.97] | 2.00 [1.91, 2.12] | 2.65 [2.61, 2.98] | 1.98 [1.88, 2.69] | 2.31 [2.19, 2.63] | 2.58 [2.18, 2.88] | 2.14 [1.74, 2.52] | 2.00 [1.89, 2.84] |
| Table 1 | | | | | | | | |
| Categorical variables given as N(Percentage)     Variables assumed to be normally distributed given as Mean(SD)    Variables with no assumption of normality given as Median [Q1,Q3] | | | | | | | | |
| 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 | | | | | | | | |