Appendix 2

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* Joint first authors
### Appendix 2. Clinical outcomes by post-traumatic stress disorder (PTSD) diagnosis

**A. Binary variables: all expressed as number of participants (percentage of group)**

<table>
<thead>
<tr>
<th>Outcome</th>
<th>No PTSD</th>
<th>PTSD</th>
<th>Odds ratio (95% CI)</th>
<th>( P )</th>
<th>False discovery rate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Number of participants</strong></td>
<td>106</td>
<td>108</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Self-reported history</strong></td>
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<tr>
<td><strong>Cardiovascular</strong></td>
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</tr>
<tr>
<td>Myocardial infarction</td>
<td>4 (4%)</td>
<td>16 (15%)</td>
<td>4.43 (1.43–13.7)</td>
<td>0.006</td>
<td>0.12</td>
</tr>
<tr>
<td>Coronary artery intervention</td>
<td>14 (13%)</td>
<td>16 (15%)</td>
<td>1.14 (0.53–2.48)</td>
<td>0.74</td>
<td>0.88</td>
</tr>
<tr>
<td>Heart valve surgery</td>
<td>0</td>
<td>3 (3%)</td>
<td>NA</td>
<td>0.085</td>
<td>0.35</td>
</tr>
<tr>
<td>Pacemaker or defibrillator implanted</td>
<td>2 (2%)</td>
<td>2 (2%)</td>
<td>0.98 (0.14–7.1)</td>
<td>0.98</td>
<td>0.99</td>
</tr>
<tr>
<td>Diagnosed heart failure</td>
<td>1 (1%)</td>
<td>3 (3%)</td>
<td>3.00 (0.31–29.3)</td>
<td>0.32</td>
<td>0.63</td>
</tr>
<tr>
<td>Irregular heart rhythm</td>
<td>17 (16%)</td>
<td>20 (18%)</td>
<td>1.19 (0.58–2.42)</td>
<td>0.63</td>
<td>0.84</td>
</tr>
<tr>
<td>Hypertension</td>
<td>57 (54%)</td>
<td>53 (49%)</td>
<td>0.83 (0.48–1.42)</td>
<td>0.49</td>
<td>0.73</td>
</tr>
<tr>
<td>High cholesterol or dyslipidaemia</td>
<td>57 (54%)</td>
<td>67 (62%)</td>
<td>1.40 (0.81–2.42)</td>
<td>0.22</td>
<td>0.54</td>
</tr>
<tr>
<td>Angina or chest pain during exercise</td>
<td>11 (10%)</td>
<td>10 (9%)</td>
<td>0.88 (0.36–2.17)</td>
<td>0.78</td>
<td>0.90</td>
</tr>
<tr>
<td>Stroke or transient ischaemic attack</td>
<td>6 (6%)</td>
<td>11 (10%)</td>
<td>1.89 (0.67–5.31)</td>
<td>0.22</td>
<td>0.54</td>
</tr>
<tr>
<td>Known abdominal aortic aneurysm</td>
<td>4 (4%)</td>
<td>1 (1%)</td>
<td>0.24 (0.03–2.17)</td>
<td>0.17</td>
<td>0.48</td>
</tr>
<tr>
<td>Diagnosed heart valve problems or heart murmur</td>
<td>5 (5%)</td>
<td>10 (9%)</td>
<td>2.04 (0.67–6.19)</td>
<td>0.20</td>
<td>0.52</td>
</tr>
<tr>
<td>Peripheral vascular disease</td>
<td>6 (6%)</td>
<td>9 (8%)</td>
<td>1.52 (0.52–4.42)</td>
<td>0.44</td>
<td>0.70</td>
</tr>
<tr>
<td>Past deep vein thrombosis or pulmonary embolus</td>
<td>8 (8%)</td>
<td>12 (11%)</td>
<td>1.53 (0.60–3.91)</td>
<td>0.37</td>
<td>0.67</td>
</tr>
<tr>
<td>Leg swelling</td>
<td>18 (17%)</td>
<td>21 (19%)</td>
<td>1.18 (0.59–2.37)</td>
<td>0.64</td>
<td>0.84</td>
</tr>
<tr>
<td><strong>Respiratory</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diagnosed asthma</td>
<td>21 (20%)</td>
<td>23 (21%)</td>
<td>1.10 (0.56–2.13)</td>
<td>0.79</td>
<td>0.90</td>
</tr>
<tr>
<td>Diagnosed chronic obstructive pulmonary disease</td>
<td>6 (6%)</td>
<td>12 (11%)</td>
<td>2.08 (0.75–5.77)</td>
<td>0.15</td>
<td>0.46</td>
</tr>
<tr>
<td>History of pneumonia</td>
<td>17 (16%)</td>
<td>26 (24%)</td>
<td>1.66 (0.84–3.28)</td>
<td>0.14</td>
<td>0.46</td>
</tr>
<tr>
<td>Pneumothorax</td>
<td>2 (2%)</td>
<td>5 (5%)</td>
<td>2.52 (0.48–13.3)</td>
<td>0.26</td>
<td>0.57</td>
</tr>
<tr>
<td>Diagnosed fibrotic lung disease</td>
<td>0</td>
<td>3 (3%)</td>
<td>NA</td>
<td>0.085</td>
<td>0.35</td>
</tr>
<tr>
<td>Condition</td>
<td>Yes (No.)</td>
<td>Yes (No.)</td>
<td>Odds Ratio (95% CI)</td>
<td>p-value</td>
<td>OR (OR)</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
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</tr>
<tr>
<td>Chronic bronchitis</td>
<td>11 (10%)</td>
<td>13 (12%)</td>
<td>1.18 (0.50–2.77)</td>
<td>0.70</td>
<td>0.88</td>
</tr>
<tr>
<td>Bronchiectasis</td>
<td>2 (2%)</td>
<td>1 (1%)</td>
<td>0.49 (0.04–5.44)</td>
<td>0.55</td>
<td>0.79</td>
</tr>
<tr>
<td>Tuberculosis</td>
<td>2 (2%)</td>
<td>0</td>
<td>NA</td>
<td>0.15</td>
<td>0.46</td>
</tr>
<tr>
<td>Pleural plaques</td>
<td>1 (1%)</td>
<td>1 (1%)</td>
<td>0.98 (0.06–15.9)</td>
<td>0.99</td>
<td>0.99</td>
</tr>
<tr>
<td>Vocal cord dysfunction</td>
<td>4 (4%)</td>
<td>5 (5%)</td>
<td>1.24 (0.32–4.74)</td>
<td>0.76</td>
<td>0.89</td>
</tr>
<tr>
<td>Cardiorespiratory</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chronic cough</td>
<td>14 (13%)</td>
<td>20 (18%)</td>
<td>1.49 (0.71–3.14)</td>
<td>0.29</td>
<td>0.61</td>
</tr>
<tr>
<td>Symptomatic wheeze</td>
<td>15 (14%)</td>
<td>27 (25%)</td>
<td>2.02 (1.01–4.07)</td>
<td>0.046</td>
<td>0.28</td>
</tr>
<tr>
<td>Shortness of breath when exercising</td>
<td>18 (17%)</td>
<td>34 (31%)</td>
<td>2.25 (1.17–4.3)</td>
<td>0.014</td>
<td>0.17</td>
</tr>
<tr>
<td>Cancer</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Gastrointestinal cancer</td>
<td>1 (1%)</td>
<td>2 (2%)</td>
<td>1.98 (0.18–22.2)</td>
<td>0.57</td>
<td>0.81</td>
</tr>
<tr>
<td>Melanoma</td>
<td>12 (11%)</td>
<td>18 (17%)</td>
<td>1.57 (0.71–3.44)</td>
<td>0.26</td>
<td>0.57</td>
</tr>
<tr>
<td>Basal cell carcinoma or squamous cell carcinoma</td>
<td>59 (56%)</td>
<td>45 (42%)</td>
<td>0.57 (0.33–0.98)</td>
<td>0.041</td>
<td>0.27</td>
</tr>
<tr>
<td>Prostate cancer</td>
<td>13 (12%)</td>
<td>6 (6%)</td>
<td>0.42 (0.15–1.15)</td>
<td>0.085</td>
<td>0.35</td>
</tr>
<tr>
<td>Bladder or kidney cancer</td>
<td>3 (3%)</td>
<td>3 (3%)</td>
<td>0.98 (0.19–4.97)</td>
<td>0.98</td>
<td>0.99</td>
</tr>
<tr>
<td>Bowel cancer</td>
<td>2 (2%)</td>
<td>2 (2%)</td>
<td>0.98 (0.14–7.1)</td>
<td>0.98</td>
<td>0.99</td>
</tr>
<tr>
<td>Any other cancer</td>
<td>3 (3%)</td>
<td>2 (2%)</td>
<td>0.65 (0.11–3.96)</td>
<td>0.64</td>
<td>0.84</td>
</tr>
<tr>
<td>Liver</td>
<td></td>
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</tr>
<tr>
<td>History of increased liver enzyme tests</td>
<td>15 (14%)</td>
<td>16 (15%)</td>
<td>1.06 (0.49–2.26)</td>
<td>0.89</td>
<td>0.97</td>
</tr>
<tr>
<td>History of jaundice</td>
<td>4 (4%)</td>
<td>8 (7%)</td>
<td>2.04 (0.60–6.99)</td>
<td>0.25</td>
<td>0.57</td>
</tr>
<tr>
<td>Known fatty liver</td>
<td>4 (4%)</td>
<td>15 (14%)</td>
<td>4.11 (1.32–12.8)</td>
<td>0.01</td>
<td>0.16</td>
</tr>
<tr>
<td>Known hemochromatosis</td>
<td>5 (5%)</td>
<td>3 (3%)</td>
<td>0.58 (0.13–2.48)</td>
<td>0.46</td>
<td>0.71</td>
</tr>
<tr>
<td>Gastrointestinal</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Diagnosed gastroesophageal reflux</td>
<td>49 (46%)</td>
<td>74 (68%)</td>
<td>2.53 (1.45–4.42)</td>
<td>0.001</td>
<td>0.048</td>
</tr>
<tr>
<td>History of peptic ulcers</td>
<td>12 (11%)</td>
<td>31 (29%)</td>
<td>3.15 (1.52–6.55)</td>
<td>0.001</td>
<td>0.048</td>
</tr>
<tr>
<td>Pancreatitis</td>
<td>3 (3%)</td>
<td>5 (5%)</td>
<td>1.67 (0.39–7.16)</td>
<td>0.49</td>
<td>0.73</td>
</tr>
<tr>
<td>Diverticular disease</td>
<td>18 (17%)</td>
<td>26 (24%)</td>
<td>1.55 (0.79–3.04)</td>
<td>0.2</td>
<td>0.52</td>
</tr>
<tr>
<td>Irritable bowel syndrome</td>
<td>12 (11%)</td>
<td>26 (24%)</td>
<td>2.48 (1.18–5.23)</td>
<td>0.015</td>
<td>0.17</td>
</tr>
<tr>
<td>Coeliac disease</td>
<td>2 (2%)</td>
<td>0</td>
<td>NA</td>
<td>0.15</td>
<td>0.46</td>
</tr>
<tr>
<td>Constipation</td>
<td>1 (1%)</td>
<td>8 (7%)</td>
<td>8.4 (1.03–68.4)</td>
<td>0.019</td>
<td>0.17</td>
</tr>
<tr>
<td>Diarrhoea</td>
<td>2 (2%)</td>
<td>6 (6%)</td>
<td>3.06 (0.60–15.5)</td>
<td>0.16</td>
<td>0.46</td>
</tr>
<tr>
<td>Endocrine</td>
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<td></td>
</tr>
<tr>
<td>Condition</td>
<td>Category 1</td>
<td>Category 2</td>
<td>Odds Ratio</td>
<td>95% CI</td>
<td>P-value</td>
</tr>
<tr>
<td>------------------------------------------------</td>
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<td>---------</td>
</tr>
<tr>
<td>History of diagnosed diabetes mellitus</td>
<td>22 (21%)</td>
<td>19 (18%)</td>
<td>0.815</td>
<td>0.41–1.61</td>
<td>0.56</td>
</tr>
<tr>
<td>Pituitary conditions</td>
<td>0</td>
<td>1 (1%)</td>
<td>NA</td>
<td>0.32</td>
<td>0.63</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>10 (9%)</td>
<td>7 (6%)</td>
<td>0.66</td>
<td>0.24–1.82</td>
<td>0.43</td>
</tr>
<tr>
<td>History of low testosterone</td>
<td>7 (7%)</td>
<td>16 (15%)</td>
<td>2.46</td>
<td>0.97–6.25</td>
<td>0.053</td>
</tr>
<tr>
<td>Kidney</td>
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</tr>
<tr>
<td>Diagnosed history of kidney disease or poor</td>
<td>22 (21%)</td>
<td>27 (25%)</td>
<td>1.26</td>
<td>0.66–2.39</td>
<td>0.48</td>
</tr>
<tr>
<td>kidney function</td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Immune</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Allergies</td>
<td>35 (33%)</td>
<td>42 (39%)</td>
<td>1.29</td>
<td>0.74–2.26</td>
<td>0.37</td>
</tr>
<tr>
<td>Hay fever</td>
<td>31 (29%)</td>
<td>33 (31%)</td>
<td>1.06</td>
<td>0.59–1.91</td>
<td>0.83</td>
</tr>
<tr>
<td>Psoriasis</td>
<td>9 (8%)</td>
<td>13 (12%)</td>
<td>1.47</td>
<td>0.60–3.61</td>
<td>0.39</td>
</tr>
<tr>
<td>Vitiligo</td>
<td>0</td>
<td>3 (3%)</td>
<td>NA</td>
<td>0.085</td>
<td>0.35</td>
</tr>
<tr>
<td>Autoimmune disease</td>
<td>8 (8%)</td>
<td>10 (9%)</td>
<td>1.25</td>
<td>0.47–3.3</td>
<td>0.65</td>
</tr>
<tr>
<td>Neurological</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>History of any seizures (including epilepsy)</td>
<td>0</td>
<td>4 (4%)</td>
<td>NA</td>
<td>0.046</td>
<td>0.28</td>
</tr>
<tr>
<td>Headaches (any type)</td>
<td>21 (20%)</td>
<td>35 (32%)</td>
<td>1.94</td>
<td>1.04–3.63</td>
<td>0.037</td>
</tr>
<tr>
<td>Migraines</td>
<td>4 (4%)</td>
<td>4 (4%)</td>
<td>0.98</td>
<td>0.24–4.03</td>
<td>0.98</td>
</tr>
<tr>
<td>Neuropathy</td>
<td>29 (27%)</td>
<td>37 (34%)</td>
<td>1.38</td>
<td>0.77–2.48</td>
<td>0.28</td>
</tr>
<tr>
<td>Other neurological condition</td>
<td>15 (14%)</td>
<td>13 (12%)</td>
<td>0.83</td>
<td>0.37–1.84</td>
<td>0.65</td>
</tr>
<tr>
<td>Sleep</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diagnosed apnoea</td>
<td>22 (21%)</td>
<td>46 (43%)</td>
<td>2.83</td>
<td>1.55–5.19</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td>High risk Berlin category for OSA</td>
<td>44 (41%)</td>
<td>72 (67%)</td>
<td>2.82</td>
<td>1.62–4.91</td>
<td>&lt; 0.001</td>
</tr>
<tr>
<td>Restless legs</td>
<td>27 (25%)</td>
<td>50 (46%)</td>
<td>2.52</td>
<td>1.42–4.50</td>
<td>0.001</td>
</tr>
<tr>
<td>Pain</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regular pain</td>
<td>46 (43%)</td>
<td>59 (55%)</td>
<td>1.57</td>
<td>0.92–2.69</td>
<td>0.10</td>
</tr>
<tr>
<td>Osteoarthritis</td>
<td>50 (47%)</td>
<td>62 (57%)</td>
<td>1.51</td>
<td>0.88–2.59</td>
<td>0.13</td>
</tr>
<tr>
<td>Skin</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eczema</td>
<td>14 (13%)</td>
<td>15 (14%)</td>
<td>1.07</td>
<td>0.49–2.35</td>
<td>0.86</td>
</tr>
<tr>
<td>Urticaria</td>
<td>10 (9%)</td>
<td>21 (19%)</td>
<td>2.32</td>
<td>1.03–5.19</td>
<td>0.038</td>
</tr>
<tr>
<td>Skin ulcers</td>
<td>10 (9%)</td>
<td>11 (10%)</td>
<td>1.09</td>
<td>0.44–2.68</td>
<td>0.85</td>
</tr>
<tr>
<td>Other skin problems</td>
<td>10 (9%)</td>
<td>14 (13%)</td>
<td>1.43</td>
<td>0.60–3.38</td>
<td>0.41</td>
</tr>
<tr>
<td>Eyes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Known cataracts</td>
<td>33 (31%)</td>
<td>40 (37%)</td>
<td>1.3</td>
<td>0.74–2.29</td>
<td>0.36</td>
</tr>
<tr>
<td>Condition</td>
<td>Study A</td>
<td>Study B</td>
<td>Odds Ratio (95% CI)</td>
<td>p-value</td>
<td>ORR</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>---------</td>
<td>---------</td>
<td>---------------------</td>
<td>---------</td>
<td>-----</td>
</tr>
<tr>
<td>Known macular degeneration</td>
<td>3 (3%)</td>
<td>6 (6%)</td>
<td>2.02 (0.49–8.29)</td>
<td>0.32</td>
<td>0.63</td>
</tr>
<tr>
<td>Known glaucoma</td>
<td>9 (8%)</td>
<td>11 (10%)</td>
<td>1.22 (0.48–3.08)</td>
<td>0.67</td>
<td>0.85</td>
</tr>
<tr>
<td>Deteriorating vision</td>
<td>17 (16%)</td>
<td>23 (21%)</td>
<td>1.42 (0.71–2.84)</td>
<td>0.32</td>
<td>0.63</td>
</tr>
<tr>
<td>Other eye problems</td>
<td>18 (17%)</td>
<td>21 (19%)</td>
<td>1.18 (0.59–2.37)</td>
<td>0.64</td>
<td>0.84</td>
</tr>
<tr>
<td>Ears/hearing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hearing loss</td>
<td>64 (60%)</td>
<td>82 (76%)</td>
<td>2.07 (1.15–3.73)</td>
<td>0.015</td>
<td>0.17</td>
</tr>
<tr>
<td>Tinnitus</td>
<td>52 (49%)</td>
<td>55 (51%)</td>
<td>1.08 (0.63–1.84)</td>
<td>0.79</td>
<td>0.90</td>
</tr>
<tr>
<td>Measured parameters</td>
<td></td>
<td></td>
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<tr>
<td>Electrocardiography</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abnormal electrocardiogram</td>
<td>70 (66%)</td>
<td>75 (69%)</td>
<td>1.17 (0.66–2.07)</td>
<td>0.59</td>
<td>0.83</td>
</tr>
<tr>
<td>Abdominal ultrasound</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abnormal liver texture</td>
<td>17 (16%)</td>
<td>34 (31%)</td>
<td>2.38 (1.23–4.60)</td>
<td>0.009</td>
<td>0.16</td>
</tr>
<tr>
<td>Splenomegaly</td>
<td>7 (7%)</td>
<td>10 (9%)</td>
<td>1.43 (0.52–3.91)</td>
<td>0.49</td>
<td>0.73</td>
</tr>
<tr>
<td>Abnormal liver echogenicity</td>
<td>57 (54%)</td>
<td>71 (66%)</td>
<td>1.62 (0.93–2.81)</td>
<td>0.089</td>
<td>0.35</td>
</tr>
<tr>
<td>Liver lesions (cyst, haemangioma, other)</td>
<td>22 (21%)</td>
<td>16 (15%)</td>
<td>0.66 (0.32–1.33)</td>
<td>0.24</td>
<td>0.57</td>
</tr>
<tr>
<td>Ascites</td>
<td>2 (2%)</td>
<td>2 (2%)</td>
<td>0.97 (0.13–7.03)</td>
<td>0.98</td>
<td>0.99</td>
</tr>
<tr>
<td>Varices</td>
<td>4 (4%)</td>
<td>2 (2%)</td>
<td>0.48 (0.08–2.66)</td>
<td>0.39</td>
<td>0.67</td>
</tr>
<tr>
<td>Pathology</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anti-nuclear antibodies (ANA) ≥ 80</td>
<td>16 (15%)</td>
<td>23 (21%)</td>
<td>1.52 (0.75–3.08)</td>
<td>0.24</td>
<td>0.57</td>
</tr>
<tr>
<td>Smooth muscle antibodies (SMA-V)</td>
<td>0</td>
<td>1 (1%)</td>
<td>NA</td>
<td>0.32</td>
<td>0.63</td>
</tr>
<tr>
<td>Smooth muscle antibodies (SMA-T)</td>
<td>1 (1%)</td>
<td>1 (1%)</td>
<td>0.98 (0.06–15.9)</td>
<td>0.99</td>
<td>0.99</td>
</tr>
</tbody>
</table>
B. Continuous variables: all expressed as mean (SD)

<table>
<thead>
<tr>
<th>Outcome</th>
<th>No PTSD</th>
<th>PTSD</th>
<th>Difference of means (95% CI)</th>
<th>P</th>
<th>False discovery rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of participants</td>
<td>106</td>
<td>108</td>
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<tr>
<td><strong>Cardiovascular</strong></td>
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<td></td>
</tr>
<tr>
<td>Systolic blood pressure (mmHg), mean (SD)</td>
<td>143 (17.8)</td>
<td>141 (17.4)</td>
<td>–2.02* (–6.65 to 2.60)</td>
<td>0.39</td>
<td>0.67</td>
</tr>
<tr>
<td>Diastolic blood pressure (mmHg), mean (SD)</td>
<td>80 (8.9)</td>
<td>80 (8.5)</td>
<td>–0.03* (–2.36 to 2.30)</td>
<td>0.98</td>
<td>0.99</td>
</tr>
<tr>
<td><strong>Respiratory system</strong></td>
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</tr>
<tr>
<td>FEV1% predicted, mean (SD)</td>
<td>87.1% (16.8)</td>
<td>81.8% (16.8)</td>
<td>–5.35 (–9.89 to –0.80)</td>
<td><strong>0.021</strong></td>
<td>0.18</td>
</tr>
<tr>
<td>FVC% predicted, mean (SD)</td>
<td>94.5% (14.3)</td>
<td>89.6% (15.8)</td>
<td>–4.93 (–8.99 to –0.87)</td>
<td><strong>0.018</strong></td>
<td>0.17</td>
</tr>
<tr>
<td>FEV1/FVC, mean (SD)</td>
<td>0.722 (0.086)</td>
<td>0.716 (0.091)</td>
<td>–0.005 (–0.029 to 0.019)</td>
<td>0.67</td>
<td>0.85</td>
</tr>
<tr>
<td><strong>Liver</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Transient elastography (kPa), mean (SD)</td>
<td>4.91 (1.48)</td>
<td>5.11 (1.69)</td>
<td>0.20 (–0.29 to 0.68)</td>
<td>0.42</td>
<td>0.68</td>
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<tr>
<td><strong>Abdominal ultrasound</strong></td>
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<td></td>
</tr>
<tr>
<td>Liver size (mm), mean (SD)</td>
<td>136 (28.5)</td>
<td>139 (25.3)</td>
<td>3.58 (–3.71 to 10.9)</td>
<td>0.33</td>
<td>0.63</td>
</tr>
<tr>
<td>Spleen size (mm), mean (SD)</td>
<td>102 (19.2)</td>
<td>102 (18.1)</td>
<td>0.47 (–4.59 to 5.53)</td>
<td>0.85</td>
<td>0.95</td>
</tr>
<tr>
<td><strong>Pathology</strong></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Sodium (mmol/L), mean (SD)</td>
<td>140 (2.25)</td>
<td>140 (2.47)</td>
<td>–0.28 (–0.91 to 0.36)</td>
<td>0.39</td>
<td>0.67</td>
</tr>
<tr>
<td>Potassium (mmol/L), mean (SD)</td>
<td>4.70 (3.67)</td>
<td>4.35 (0.33)</td>
<td>–0.35 (–1.06 to 0.36)</td>
<td>0.33</td>
<td>0.63</td>
</tr>
<tr>
<td>Chloride (mmol/L), mean (SD)</td>
<td>105 (2.31)</td>
<td>105 (2.82)</td>
<td>–0.46 (–1.16 to 0.23)</td>
<td>0.19</td>
<td>0.51</td>
</tr>
<tr>
<td>Bicarbonate (mmol/L), mean (SD)</td>
<td>26.5 (2.03)</td>
<td>26.0 (2.4)</td>
<td>–0.46 (–1.06 to 0.14)</td>
<td>0.13</td>
<td>0.46</td>
</tr>
<tr>
<td>Anion gap (mmol/L), mean (SD)</td>
<td>7.96 (1.78)</td>
<td>8.64 (2.33)</td>
<td>0.68 (0.12–1.24)</td>
<td><strong>0.018</strong></td>
<td>0.17</td>
</tr>
<tr>
<td>Calcium, corrected (mmol/L), mean (SD)</td>
<td>2.38 (0.08)</td>
<td>2.38 (0.07)</td>
<td>–0.00 (–0.02 to 0.02)</td>
<td>0.98</td>
<td>0.99</td>
</tr>
<tr>
<td>Phosphate (mmol/L), mean (SD)</td>
<td>1.05 (0.15)</td>
<td>1.01 (0.14)</td>
<td>–0.03 (–0.07 to 0.00)</td>
<td>0.078</td>
<td>0.35</td>
</tr>
<tr>
<td>Urea (mmol/L)</td>
<td>6.19 (2.46)</td>
<td>6.28 (2.03)</td>
<td>0.09 (–0.52 to –0.70)</td>
<td>0.76</td>
<td>0.89</td>
</tr>
<tr>
<td>Uric acid (mmol/L)</td>
<td>0.383 (0.0779)</td>
<td>0.386 (0.087)</td>
<td>0.003 (–0.019 to 0.026)</td>
<td>0.76</td>
<td>0.89</td>
</tr>
<tr>
<td>Creatinine (µmol/L)</td>
<td>88.8 (37.8)</td>
<td>92.9 (27)</td>
<td>4.96† (1.00–1.12†)</td>
<td><strong>0.68†</strong></td>
<td>0.33</td>
</tr>
<tr>
<td>Estimated glomerular filtration rate (mL/min/1.73m²)</td>
<td>78.3 (13.7)</td>
<td>75.0 (14.5)</td>
<td>–3.27 (–7.08 to 0.53)</td>
<td><strong>0.027†</strong></td>
<td>0.21</td>
</tr>
<tr>
<td>Fasting glucose (mmol/L)</td>
<td>5.92 (1.12)</td>
<td>6.14 (1.88)</td>
<td>0.27* (–0.09 to 0.63)</td>
<td><strong>0.14†</strong></td>
<td>0.46</td>
</tr>
<tr>
<td>Test</td>
<td>Reference Range</td>
<td>Calculation</td>
<td>Z-score</td>
<td>p-value</td>
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<tr>
<td>-------------------------------------</td>
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<td>-------------</td>
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<td>---------</td>
<td></td>
</tr>
<tr>
<td>Total protein (g/L)</td>
<td>70.8 (4.02)</td>
<td>71.3 (4.39)</td>
<td>0.57</td>
<td>0.32</td>
<td></td>
</tr>
<tr>
<td>Albumin (g/L)</td>
<td>44.0 (2.24)</td>
<td>43.9 (2.52)</td>
<td>–0.11</td>
<td>0.73</td>
<td></td>
</tr>
<tr>
<td>Globulin (g/L)</td>
<td>26.7 (3.14)</td>
<td>27.4 (3.5)</td>
<td>0.67</td>
<td>0.14</td>
<td></td>
</tr>
<tr>
<td>Bilirubin (µmol/L)</td>
<td>15.2 (5.87)</td>
<td>13.9 (7.94)</td>
<td>–1.27</td>
<td>0.18</td>
<td></td>
</tr>
<tr>
<td>Alkaline phosphatase (U/L)</td>
<td>72.5 (22.2)</td>
<td>76.2 (36.2)</td>
<td>3.63</td>
<td>0.38</td>
<td></td>
</tr>
<tr>
<td>Aspartate aminotransferase (AST) (U/L)</td>
<td>23.6 (7.66)</td>
<td>25.8 (9)</td>
<td>2.13</td>
<td>0.064</td>
<td></td>
</tr>
<tr>
<td>γ-Glutamyl transferase (ALT) (U/L)</td>
<td>26.3 (13)</td>
<td>28.6 (11.8)</td>
<td>2.30</td>
<td>0.18</td>
<td></td>
</tr>
<tr>
<td>Cholesterol (mmol/L)</td>
<td>4.93 (1.14)</td>
<td>4.77 (1.15)</td>
<td>–0.19*</td>
<td>0.16†</td>
<td></td>
</tr>
<tr>
<td>Triglycerides (mmol/L)</td>
<td>1.31 (0.34)</td>
<td>1.24 (0.46)</td>
<td>–0.08*</td>
<td>0.18†</td>
<td></td>
</tr>
<tr>
<td>Low density lipoprotein (mg/L)</td>
<td>2.81 (4.89)</td>
<td>3.43 (5.27)</td>
<td>0.44†</td>
<td>0.066†</td>
<td></td>
</tr>
<tr>
<td>Free T4 (pmol/L)</td>
<td>12.1 (1.4)</td>
<td>12.4 (1.61)</td>
<td>0.31</td>
<td>0.13</td>
<td></td>
</tr>
<tr>
<td>Thyroid-stimulating hormone (mIU/L)</td>
<td>1.75 (0.987)</td>
<td>1.69 (1.22)</td>
<td>–0.16†</td>
<td>0.22†</td>
<td></td>
</tr>
<tr>
<td>Oestradiol (pmol/L)</td>
<td>93.4 (33.3)</td>
<td>96.6 (37.7)</td>
<td>2.48†</td>
<td>0.58†</td>
<td></td>
</tr>
<tr>
<td>Prolactin (mIU/L)</td>
<td>153 (66.5)</td>
<td>187 (121)</td>
<td>18.2†</td>
<td>0.056†</td>
<td></td>
</tr>
<tr>
<td>Troponin T</td>
<td>9.57 (6.28)</td>
<td>11.4 (14.8)</td>
<td>1.83</td>
<td>0.24</td>
<td></td>
</tr>
<tr>
<td>Haemoglobin (g/L)</td>
<td>5.67 (0.783)</td>
<td>5.73 (0.993)</td>
<td>0.09*</td>
<td>0.4†</td>
<td></td>
</tr>
<tr>
<td>Testosterone (nmol/L)</td>
<td>15.7 (6.46)</td>
<td>16.2 (7.6)</td>
<td>0.07*</td>
<td>0.94†</td>
<td></td>
</tr>
<tr>
<td>Sex hormone-binding globulin (SHBG) (nmol/L)</td>
<td>47.4 (20.7)</td>
<td>48.2 (23.3)</td>
<td>–0.04†</td>
<td>0.99†</td>
<td></td>
</tr>
<tr>
<td>Cortisol am (nmol/L)</td>
<td>350 (105)</td>
<td>363 (128)</td>
<td>7.41†</td>
<td>0.64†</td>
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</tr>
<tr>
<td>International normalised ratio (INR)</td>
<td>1.09 (0.206)</td>
<td>1.11 (0.285)</td>
<td>0.007†</td>
<td>0.75†</td>
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</tr>
<tr>
<td>Activated partial thromboplasmin time (APTT) (s)</td>
<td>29.1 (3.43)</td>
<td>28.7 (3.88)</td>
<td>–0.43</td>
<td>0.39</td>
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</tr>
<tr>
<td>Fibrinogen (s)</td>
<td>3.05 (0.559)</td>
<td>3.1 (0.649)</td>
<td>0.038†</td>
<td>0.63†</td>
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<tr>
<td>Iron (µmol/L)</td>
<td>19.9 (13.7)</td>
<td>19.9 (27.8)</td>
<td>–1.41†</td>
<td>0.15†</td>
<td></td>
</tr>
<tr>
<td>Total iron binding capacity (TIBC) (µmol/L)</td>
<td>57.7 (7.28)</td>
<td>57.7 (8.47)</td>
<td>–0.02</td>
<td>0.98</td>
<td></td>
</tr>
<tr>
<td>Saturation (%)</td>
<td>32.8 (12.3)</td>
<td>31 (11.6)</td>
<td>–1.80</td>
<td>0.27</td>
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</tr>
<tr>
<td>Ferritin (µg/L)</td>
<td>231 (214)</td>
<td>247 (365)</td>
<td>–7.01†</td>
<td>0.72†</td>
<td></td>
</tr>
<tr>
<td>Haemoglobin (g/L)</td>
<td>149 (13.1)</td>
<td>147 (12.5)</td>
<td>–1.2</td>
<td>0.48</td>
<td></td>
</tr>
<tr>
<td>Haematocrit</td>
<td>0.439 (0.034)</td>
<td>0.433 (0.033)</td>
<td>–0.0055†</td>
<td>0.26†</td>
<td></td>
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</tbody>
</table>
Red cell count (10^12/L) & 4.87 (0.48) & 4.82 (0.48) & −0.05 (−0.18 to 0.08) & 0.44 & 0.7  \\
Mean cell volume (fL) & 90.5 (4.63) & 90.2 (4.82) & −0.25 (−1.52 to 1.02) & 0.7 & 0.88  \\
White cell count (10^9/L) & 6.38 (1.75) & 6.61 (1.97) & 0.205† (0.955–1.12†) & 0.41† & 0.68  \\
Neutrophils (10^9/L) & 3.75 (1.43) & 3.86 (1.47) & 0.12† (0.934–1.15†) & 0.51† & 0.75  \\
Lymphocytes (10^9/L) & 1.81 (0.50) & 1.93 (0.72) & 0.0633† (0.949–1.13†) & 0.43† & 0.68  \\
Monocytes (10^9/L) & 0.563 (0.197) & 0.56 (0.193) & 0.00474† (0.912–1.12†) & 0.86† & 0.95  \\
Eosinophils (10^9/L) & 0.21 (0.15) & 0.209 (0.14) & 0.00601† (0.848–1.27†) & 0.72† & 0.88  \\
Basophils (10^9/L) & 39.7 (25.2) & 33.5 (19.8) & −6.09† (0.988–1.00†) & 0.047† & 0.28  \\
Platelets (10^9/L) & 213 (50.4) & 213 (57.2) & 0.477 (−14.1 to 15.0) & 0.95 & 0.99  \\
α1-Antitrypsin (g/L) & 1.24 (0.20) & 1.31 (0.22) & 0.07 (0.01–0.13) & 0.016 & 0.17  \\
Caeruloplasmin (g/L) & 0.233 (0.032) & 0.248 (0.041) & 0.015 (0.005–0.025) & 0.003 & 0.072  \\

**Cognition**

Montreal Cognitive Assessment score & 26.6 (2.2) & 26.0 (2.6) & −0.61 (−1.27 to 0.04) & 0.066 & 0.33  \\

**Sleep**

Epworth sleepiness score & 7.6 (4.0) & 9.2 (5.7) & 1.6 (0.3–2.9) & 0.018 & 0.17  \\

**Coronary artery calcium score**

<table>
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<th>Category</th>
<th>(n = 105)</th>
<th>(n = 107)</th>
<th></th>
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<tbody>
<tr>
<td>0–10</td>
<td>18 (17.1%)</td>
<td>26 (24.4%)</td>
<td>0.53</td>
</tr>
<tr>
<td>&gt; 10–100</td>
<td>25 (23.8%)</td>
<td>21 (19.6%)</td>
<td></td>
</tr>
<tr>
<td>&gt; 100–300</td>
<td>23 (21.9%)</td>
<td>21 (19.6%)</td>
<td></td>
</tr>
<tr>
<td>&gt; 300</td>
<td>26 (24.8%)</td>
<td>21 (19.6%)</td>
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</tr>
</tbody>
</table>

**Known coronary artery disease**

<table>
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<th>Category</th>
<th>(n = 105)</th>
<th>(n = 107)</th>
<th></th>
</tr>
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<tbody>
<tr>
<td>13 (12.4%)</td>
<td>18 (16.8%)</td>
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</tbody>
</table>