

**Supplementary Table S1.** Classification of study participants according to disease severity

Criteria/ Severity	CD		UC	
	Mild or moderate	Severe	Mild or moderate	Severe
CDAI/ Mayo score	150 - 220	220 - 450	3 - 10	11 - 12
SES-CD/ Mayo endoscopic	3 - 15	> 16	2-6	➤ 7
Disease extension	-	-	-	Extensive/ Pancolitis
Intestinal complications	-	Abscess/ Fistula/ Strictures	-	-
IBD-related surgery	-	Yes	-	Yes
Frequent relapses	-	> 3 courses of steroids	-	> 3 courses of steroids

<sup>1</sup>CD, Crohn's disease. UC, Ulcerative colitis. CDAI, Crohn's disease activity index. SES-CD, Simple Endoscopic Score for Crohn's disease.