

Supplementary data

**Table S1.** Blood count results among study patients (N=99) and controls (N=48).

|  |                                    | Range           |            |           | Mean     |          | p      |
|--|------------------------------------|-----------------|------------|-----------|----------|----------|--------|
|  |                                    | Normal<br>range | Patients   | Controls  | Patients | Controls |        |
| Hemoglobin, g/L                              |                                    |                 |            |           |          |          |        |
|  | Women                              | 117-155         | 116-148    | 110-160   | 134      | 133      | 0.495  |
|  | Men                                | 134-167         | 132-162    | 134-171   | 151      | 150      | 0.852  |
| Hematocrit, proportion                       |                                    |                 |            |           |          |          |        |
|  | Women                              | 0.35-0.46       | 0.35-0.44  | 0.35-0.50 | 0.40     | 0.41     | 0.223  |
|  | Men                                | 0.39-0.50       | 0.39-0.47  | 0.39-0.53 | 0.43     | 0.45     | 0.347  |
| Erythrocyte count (×10 <sup>12</sup> /L)     |                                    |                 |            |           |          |          |        |
|  | Women*                             | 3.9-5.2         | 3.9-5.1    | 3.5-5.4   | 4.5      | 4.5      | 0.958  |
|  | Men*                               | 4.3-5.7         | 4.5-5.5    | 4.5-5.8   | 5.0      | 5.0      | 0.776  |
| Mean corpuscular hemoglobin, pg              |                                    | 27-33           | 27-35      | 25-33     | 30       | 30       | 0.623  |
| Mean corpuscular volume, fL                  |                                    | 82-98           | 81-100     | 82-100    | 89       | 91       | 0.001  |
| Thrombocyte count (× 10 <sup>9</sup> /L)     |                                    | 150-360         | 159-382    | 120-374   | 271      | 257      | 0.136  |
| Total leucocyte count (× 10 <sup>9</sup> /L) |                                    | 3.4-8.2         | 2.7-14.9   | 2.7-9.1   | 6.5      | 5.6      | <0.001 |
|  | Neutrophils (× 10 <sup>9</sup> /L) | 1.60-6.20       | 1.37-10.21 | 1.26-5.69 | 3.77     | 3.08     | 0.001  |
|  | Eosinophils (× 10 <sup>9</sup> /L) | 0.01-0.45       | 0.02-1.01  | 0.01-0.76 | 0.14*    | 0.14*    | 0.823  |
|  | Basophils (× 10 <sup>9</sup> /L)   | 0.01-0.09       | 0-0.15     | 0.02-0.11 | 0.03*    | 0.04*    | 0.096  |
|  | Monocytes (× 10 <sup>9</sup> /L)   | 0.20-0.80       | 0.16–1.36  | 0.23–0.83 | 0.47     | 0.45     | 0.323  |
|  | Lymphocytes (× 10 <sup>9</sup> /L) | 1.20–3.50       | 0.81–7.13  | 0.94–3.25 | 2.08     | 1.85     | 0.046  |

\* Median

**Table S2.** Perceived stress and laboratory tests among the study patients.

|                | Range     | Stress     |             | p     |
|----------------|-----------|------------|-------------|-------|
|                |           | Low (n=73) | High (n=25) |       |
| Leucocytes*    | <3.4      | 1.4%       | 0           | 0.527 |
|                | 3.4-8.2   | 83.6%      | 76%         |       |
|                | >8.2      | 15.1%      | 24%         |       |
| Neutrophils*   | <1.60     | 2.8%       | 4.0%        | 1.000 |
|                | 1.60-6.20 | 90.3%      | 88%         |       |
|                | >6.20     | 6.9%       | 8.0%        |       |
| Eosinophils*   | <0.15     | 58.4%      | 44%         | 0.610 |
|                | 0.15-0.30 | 32.9%      | 44%         |       |
|                | >0.30     | 12.3%      | 12.0%       |       |
| Lymphocytes*   | <1.20     | 5.6%       | 8.0%        | 0.368 |
|                | 1.20-3.50 | 91.7%      | 84.0%       |       |
|                | >3.50     | 2.8%       | 8.0%        |       |
| Monocytes*     | <0.20     | 0          | 4.0%        | 0.016 |
|                | 0.20-0.80 | 100%       | 88%         |       |
|                | >0.80     | 0          | 8.0%        |       |
| FeNO ppb       | <25       | 68.5%      | 76.0%       | 0.218 |
|                | 25-50     | 28.8%      | 16.0%       |       |
|                | >50       | 2.7%       | 8.0%        |       |
| ESR mm/h       | 0-30      | 98.6%      | 96.0%       | 0.447 |
|                | >30       | 1.4%       | 4.0%        |       |
| Total IgE kU/L | 0-100     | 86.3%      | 76.0%       | 0.229 |
|                | >100      | 13.7%      | 24.0%       |       |
| CRP mg/L       | 0-3       | 72.6%      | 80.0%       | 0.464 |
|                | >3        | 27.4%      | 20.0%       |       |

\* × 10<sup>9</sup>/L

**Table S3.** Laboratory test results among patients and controls with MCS.

|                | <b>Range</b> | <b>Patients (%) (n=39)</b> | <b>Controls (%) (n=5)</b> | <b>p</b> |
|----------------|--------------|----------------------------|---------------------------|----------|
| Leucocytes*    | <3.4         | 0                          | 20.0                      | 0.161    |
|                | 3.4-8.2      | 79.5                       | 60.0                      |          |
|                | >8.2         | 20.5                       | 20.0                      |          |
| Neutrophils*   | <1.60        | 0                          | 20.0                      | 0.146    |
|                | 1.60-6.20    | 92.1                       | 80.0                      |          |
|                | >6.20        | 7.9                        | 0                         |          |
| Eosinophils*   | <0.15        | 41.0                       | 60.0                      | 0.830    |
|                | 0.15-0.30    | 38.5                       | 20.0                      |          |
|                | >0.30        | 20.5                       | 20.0                      |          |
| Lymphocytes*   | <1.20        | 2.6                        | 20.0                      | 0.316    |
|                | 1.20-3.50    | 94.7                       | 80.0                      |          |
|                | >3.50        | 2.6                        | 0                         |          |
| Monocytes*     | <0.20        | 0                          | 0                         | 1.000    |
|                | 0.20-0.80    | 97.4                       | 100                       |          |
|                | >0.80        | 2.6                        | 0                         |          |
| FeNO ppb       | <25          | 69.2                       | 80.0                      | 0.135    |
|                | 25-50        | 28.2                       | 0                         |          |
|                | >50          | 2.6                        | 20.0                      |          |
| ESR mm/h       | 0-30         | 100%                       | 100%                      | N.A.     |
|                | >30          | 0                          | 0                         |          |
| Total IgE kU/L | 0-100        | 79.5                       | 60.0                      | 0.317    |
|                | >100         | 20.5                       | 40.0                      |          |

\* × 10<sup>9</sup>/L

**Table S4.** Laboratory test results among the study patients scoring high in all QEESI© subscales vs. others.

|                | Range     | All high (%)<br>(n=26) | Others (%)<br>(n=73) | p     |
|----------------|-----------|------------------------|----------------------|-------|
| Leucocytes*    | <3.4      | 0                      | 1.4                  | 0.541 |
|                | 3.4-8.2   | 76.9                   | 83.6                 |       |
|                | >8.2      | 23.1                   | 15.1                 |       |
| Neutrophils*   | <1.60     | 0                      | 4.1                  | 0.860 |
|                | 1.60-6.20 | 92.0                   | 89.0                 |       |
|                | >6.20     | 8.0                    | 6.8                  |       |
| Eosinophils*   | <0.15     | 30.8                   | 60.3                 | 0.018 |
|                | 0.15-0.30 | 46.2                   | 31.5                 |       |
|                | >0.30     | 23.1                   | 8.2                  |       |
| Lymphocytes*   | <1.20     | 4.0                    | 6.8                  | 0.713 |
|                | 1.20-3.50 | 96.0                   | 87.7                 |       |
|                | >3.50     | 0                      | 5.5                  |       |
| Monocytes*     | <0.20     | 0                      | 1.4                  | 1.000 |
|                | 0.20-0.80 | 100                    | 95.9                 |       |
|                | >0.80     | 0                      | 2.7                  |       |
| FeNO ppb       | <25       | 61.5                   | 74.0                 | 0.401 |
|                | 25-50     | 34.6                   | 21.9                 |       |
|                | >50       | 3.8                    | 4.1                  |       |
| ESR mm/h       | 0-30      | 100                    | 97.3                 | 1.000 |
|                | >30       | 0                      | 2.7                  |       |
|                | 0-100     | 76.9                   | 86.3                 |       |
| Total IgE kU/L | >100      | 23.1                   | 13.7                 | 0.351 |
|                | 0-3       | 88.5                   | 69.9                 |       |
| CRP mg/L       | >3        | 11.5                   | 30.1                 | 0.061 |
|                |           |                        |                      |       |

\* × 10<sup>9</sup>/L