Journal of Clinical Medicine

MDPI

# Supplementary Tables S1–S4. Exploratory Analyses; Denominators Reflect Available Observations.

**Supplementary Table S1.** UC versus CD.

| Clinical characteristic | UC (n = 76) | CD (n = 125) | p value |
|---|---|---|---|
| Male/female | 43/33 | 72/53 | 0.887 |
| Age at IBD-Disk completion, years | 48.6 ± 16.1 | 45.9 ± 15.3 | 0.236 |
| Age at diagnosis, years | 34.6 ± 12.4 | 30.7 ± 12.0 | 0.027 |
| Approximate disease duration, years | 14.0 ± 10.4 | 15.2 ± 10.7 | 0.418 |
| Disease location: UC E1/E2/E3; CD L1/L2/L3/L1+L4 | 9/39/28 | 44/16/59/6 | — |
| CD behavior: B1/B2/B3; perianal modifier (P) | — | 53/47/25; P = 29 | — |
| Clinical remission | 58 (76.3%) | 108 (86.4%) | 0.068 |
| Current advanced therapy | | | |
| Anti-TNF | 26 | 66 | 0.013 |
| Vedolizumab | 20 | 12 | 0.003 |
| Ustekinumab | 9 | 36 | 0.005 |
| JAK inhibitors | 15 | 5 | <0.001 |
| IL-23 inhibitors | 4 | 6 | 1.000 |
| Etrasimod | 2 | 0 | — |
| Recorded treatment-line number | | | |
| 1 | 55 | 99 | 0.304 |
| 2 | 11 | 18 | 1.000 |
| 3 | 9 | 6 | 0.095 |
| 4 | 1 | 2 | 1.000 |
| Anemia | 14/75 (18.7%) | 15/123 (12.2%) | 0.221 |
| Iron deficiency | 48/69 (69.6%) | 79/113 (69.9%) | 1.000 |
| Weight loss | 7/76 (9.2%) | 19/125 (15.2%) | 0.280 |
| Vitamin B12 deficiency | 0/57 (0.0%) | 6/112 (5.4%) | 0.098 |
| Folate deficiency | 10/54 (18.5%) | 34/112 (30.4%) | 0.134 |
| Vitamin D deficiency | 9/18 (50.0%) | 13/39 (33.3%) | 0.256 |
| Previous intestinal surgery | 1/76 (1.3%) | 53/125 (42.4%) | <0.001 |

**Supplementary Table S2.** IBD-Disk ≥40 — All patients.

| Baseline factor | n yes / no | ≥40, yes | ≥40, no | p raw | q FDR | p Bonf. |
|---|---|---|---|---|---|---|
| Anemia | 29 / 169 | 17/29 (58.6%) | 48/169 (28.4%) | 0.002 | 0.016 | 0.016 |
| Iron deficiency | 127 / 55 | 37/127 (29.1%) | 26/55 (47.3%) | 0.027 | 0.094 | 0.188 |
| Weight loss | 26 / 175 | 10/26 (38.5%) | 56/175 (32.0%) | 0.510 | 0.714 | 1.000 |
| Vitamin B12 deficiency | 6 / 163 | 4/6 (66.7%) | 50/163 (30.7%) | 0.083 | 0.162 | 0.583 |
| Folate deficiency | 44 / 122 | 19/44 (43.2%) | 35/122 (28.7%) | 0.092 | 0.162 | 0.647 |
| Vitamin D deficiency | 22 / 35 | 7/22 (31.8%) | 13/35 (37.1%) | 0.780 | 0.780 | 1.000 |
| Previous intestinal surgery | 54 / 147 | 19/54 (35.2%) | 47/147 (32.0%) | 0.735 | 0.780 | 1.000 |

Fisher exact test; Benjamini–Hochberg FDR and Bonferroni corrections within the seven baseline-factor comparisons shown in this panel (m = 7). Factor-specific complete cases.

**Supplementary Table S2.** IBD-Disk ≥40 — Clinical remission.

| Baseline factor | n yes / no | ≥40, yes | ≥40, no | p raw | q FDR | p Bonf. |
|---|---|---|---|---|---|---|
| Anemia | 18 / 145 | 8/18 (44.4%) | 32/145 (22.1%) | 0.046 | 0.162 | 0.323 |
| Iron deficiency | 108 / 41 | 24/108 (22.2%) | 15/41 (36.6%) | 0.095 | 0.166 | 0.666 |
| Weight loss | 21 / 145 | 7/21 (33.3%) | 34/145 (23.4%) | 0.416 | 0.485 | 1.000 |
| Vitamin B12 deficiency | 5 / 135 | 3/5 (60.0%) | 30/135 (22.2%) | 0.085 | 0.166 | 0.597 |
| Folate deficiency | 38 / 100 | 16/38 (42.1%) | 17/100 (17.0%) | 0.003 | 0.024 | 0.024 |
| Vitamin D deficiency | 20 / 22 | 6/20 (30.0%) | 3/22 (13.6%) | 0.269 | 0.376 | 1.000 |
| Previous intestinal surgery | 46 / 120 | 12/46 (26.1%) | 29/120 (24.2%) | 0.842 | 0.842 | 1.000 |

Fisher exact test; Benjamini–Hochberg FDR and Bonferroni corrections within the seven baseline-factor comparisons shown in this panel (m = 7). Factor-specific complete cases.

**Supplementary Table S2.** IBD-Disk ≥40 — Deep remission.

| Baseline factor | n yes / no | ≥40, yes | ≥40, no | p raw | q FDR | p Bonf. |
|---|---|---|---|---|---|---|
| Anemia | 7 / 66 | 2/7 (28.6%) | 13/66 (19.7%) | 0.627 | 1.000 | 1.000 |
| Iron deficiency | 48 / 21 | 6/48 (12.5%) | 8/21 (38.1%) | 0.023 | 0.090 | 0.161 |
| Weight loss | 6 / 70 | 1/6 (16.7%) | 15/70 (21.4%) | 1.000 | 1.000 | 1.000 |
| Vitamin B12 deficiency | 1 / 62 | 0/1 (0.0%) | 12/62 (19.4%) | 1.000 | 1.000 | 1.000 |
| Folate deficiency | 16 / 46 | 6/16 (37.5%) | 5/46 (10.9%) | 0.026 | 0.090 | 0.180 |
| Vitamin D deficiency | 10 / 12 | 2/10 (20.0%) | 1/12 (8.3%) | 0.571 | 1.000 | 1.000 |
| Previous intestinal surgery | 19 / 57 | 4/19 (21.1%) | 12/57 (21.1%) | 1.000 | 1.000 | 1.000 |

Fisher exact test; Benjamini–Hochberg FDR and Bonferroni corrections within the seven baseline-factor comparisons shown in this panel (m = 7). Factor-specific complete cases.

**Supplementary Table S3.** Energy/fatigue — All patients.

| Baseline factor | n yes / no | Energy, yes median (IQR) | Energy, no median (IQR) | p raw | q FDR | p Bonf. |
|---|---|---|---|---|---|---|
| Anemia | 29 / 169 | 6.0 (3.0–8.0) | 4.0 (1.0–6.0) | 0.009 | 0.061 | 0.061 |
| Iron deficiency | 127 / 55 | 4.0 (1.0–6.0) | 5.0 (3.0–7.0) | 0.100 | 0.220 | 0.698 |
| Weight loss | 26 / 175 | 5.0 (1.2–7.8) | 4.0 (1.0–7.0) | 0.469 | 0.548 | 1.000 |
| Vitamin B12 deficiency | 6 / 163 | 6.0 (5.0–7.0) | 4.0 (1.0–6.0) | 0.088 | 0.220 | 0.614 |
| Folate deficiency | 44 / 122 | 4.0 (2.0–8.0) | 4.0 (1.0–6.0) | 0.126 | 0.220 | 0.880 |
| Vitamin D deficiency | 22 / 35 | 5.0 (2.0–7.0) | 4.0 (0.0–6.0) | 0.336 | 0.471 | 1.000 |
| Previous intestinal surgery | 54 / 147 | 5.0 (1.0–7.0) | 4.0 (1.5–6.0) | 0.824 | 0.824 | 1.000 |

Mann–Whitney U test; Benjamini–Hochberg FDR and Bonferroni corrections within the seven baseline-factor comparisons shown in this panel (m = 7). Energy scored 0–10.

**Supplementary Table S3.** Energy/fatigue — Clinical remission.

| Baseline factor | n yes / no | Energy, yes median (IQR) | Energy, no median (IQR) | p raw | q FDR | p Bonf. |
|---|---|---|---|---|---|---|
| Anemia | 18 / 145 | 6.0 (3.0–8.0) | 3.0 (0.0–6.0) | 0.014 | 0.071 | 0.101 |
| Iron deficiency | 108 / 41 | 3.0 (0.0–6.0) | 5.0 (3.0–7.0) | 0.154 | 0.222 | 1.000 |
| Weight loss | 21 / 145 | 5.0 (1.0–8.0) | 3.0 (1.0–6.0) | 0.447 | 0.521 | 1.000 |
| Vitamin B12 deficiency | 5 / 135 | 5.0 (5.0–7.0) | 3.0 (0.0–6.0) | 0.159 | 0.222 | 1.000 |
| Folate deficiency | 38 / 100 | 4.0 (2.0–8.0) | 3.0 (0.0–5.0) | 0.047 | 0.110 | 0.331 |
| Vitamin D deficiency | 20 / 22 | 5.0 (2.0–7.0) | 2.5 (0.0–4.5) | 0.020 | 0.071 | 0.141 |
| Previous intestinal surgery | 46 / 120 | 3.0 (0.0–6.8) | 3.0 (1.0–6.0) | 0.634 | 0.634 | 1.000 |

Mann–Whitney U test; Benjamini–Hochberg FDR and Bonferroni corrections within the seven baseline-factor comparisons shown in this panel (m = 7). Energy scored 0–10.

**Supplementary Table S4.** Subsequent symptom recurrence.

| Baseline remission group | IBD-Disk ≥40: recurrence | IBD-Disk <40: recurrence | Fisher p | OR (95% CI) |
|---|---|---|---|---|
| Clinical remission | 6/41 (14.6%) | 9/125 (7.2%) | 0.206 | 2.21 (0.74–6.64) |
| **Baseline remission group** | **IBD-Disk ≥40: recurrence** | **IBD-Disk <40: recurrence** | **Fisher p** | **OR (95% CI)** |
| Deep remission | 3/16 (18.8%) | 4/60 (6.7%) | 0.157 | 3.23 (0.64–16.23) |

Follow-up was assessed in September–October 2026 at routine visits, typically every eight weeks. Time from IBD-Disk completion varies by participant; no uniform follow-up is assumed. Symptom recurrence is an exploratory subsequent outcome, not a baseline covariate. Odds ratios compare IBD-Disk ≥40 with ≤40; 95% confidence intervals are Wald log-OR intervals from the 2×2 tables. Fisher exact p values are retained. Recurrence is an exploratory outcome; no causal or validated prognostic interpretation is implied.

Statistical notes

For the exploratory association analyses, unadjusted p values, Benjamini–Hochberg false discovery rate (FDR) adjusted q values and Bonferroni-adjusted p values are shown. Each adjustment family comprises seven baseline-factor comparisons, analyzed separately by population and outcome. The IBD-Disk ≥40 versus ≤40 cut-off applies only to the exploratory subsequent recurrence analysis; the primary disability cut-off is ≥40. Odds ratios are reported with 95% confidence intervals; small numbers of events limit precision. Follow-up was assessed in September–October 2026 at routine visits, with patient-specific time elapsed since IBD-Disk completion.