Supplementary Materials

Intermittent fasting-induced amelioration of thyroid hormone sensitivity was associated with improvements in insulin sensitivity independent of weight loss in steatotic liver disease

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Supplementary Table 1. Multivariate regression analyses of thyroid hormone sensitivity indices (independent variables) with hepatic fat content, serum lipid profiles, and measures of insulin resistance (dependent variables), after adjusting for age, sex, BMI, and HbA1c in patients with fatty liver disease at baseline

	HFC		TG		TC		HDL		LDL		Insulin		HOMA-IR		Adipo-IR	
	β	*P*	β	*P*	β	*P*	β	*P*	β	*P*	β	*P*	β	*P*	β	*P*
TFQI	0.203	0.038	0.022	0.851	-0.146	0.216	-0.018	0.877	-0.131	0.276	0.144	0.126	0.213	0.024	0.158	0.101
TT4RI	0.119	0.232	0.241	0.038	-0.043	0.721	-0.097	0.403	-0.072	0.551	0.084	0.376	0.199	0.214	0.085	0.381
TSHI	0.172	0.079	0.130	0.264	-0.083	0.478	-0.043	0.708	-0.088	0.461	0.124	0.184	0.176	0.062	0.126	0.187
FT3/FT4	0.098	0.336	-0.033	0.784	-0.100	0.411	0.020	0.867	0.007	0.955	-0.034	0.726	-0.015	0.880	0.015	0.900

Data was analyzed by multiple linear regression. BMI: Body mass index; HbA1c: glycated hemoglobin A1c; HFC: hepatic fat content; TG: triglyceride; TC: total cholesterol; HDL: high-density lipoprotein cholesterol; LDL: low-density lipoprotein cholesterol; HOMA-IR: homeostatic model assessment of insulin resistance; Adipo-IR: adipose tissue insulin resistance index; TFQI: thyroid feedback quantile-based index; TT4RI: thyrotroph thyroxine resistance index; TSHI: thyroid-stimulating hormone index; FT3: free triiodothyronine; FT4: free thyroxin.