

**Supplemental Table S2.** Baseline Characteristics of Participants by Changes in Fibrosis Status Based on APRI

Characteristic	Change groups of fibrosis status (APRI)			P value
	Progression	Regression	No-change	
No. of participants (%)	669 (4.2)	515 (3.2)	14,544 (92.4)	
Male sex	571 (85.3)	474 (92.0)	12,486 (85.8)	<0.001
Age, yr	40.09±7.11	39.18±6.91	40.58±6.48	<0.001
BMI, kg/m <sup>2</sup>	26.47±2.99	27.34±3.14	25.73±2.78	<0.001
Obesity <sup>a</sup>	457 (68.3)	395 (76.7)	8,408 (57.8)	<0.001
Waist circumference, cm	90.71±7.86	93.01±7.98	89.02±7.30	<0.001
Fasting blood glucose, mmol/L	5.5±0.53	5.57±0.60	5.41±0.50	<0.001
Hemoglobin A1c, %	5.68±0.31	5.76±0.41	5.67±0.28	<0.001
SBP, mm Hg	114.97±12.47	116.88±11.40	113.39±12.01	<0.001
AST, U/L	27 (23–34)	53 (45–65)	22 (18–27)	<0.001
ALT, U/L	37 (25–52)	82 (60–112)	27 (19–38)	<0.001
Platelets, ×10 <sup>3</sup> /mm <sup>3</sup>	222 (193–255)	216 (191–245)	243 (214–275)	<0.001
Albumin, g/dL	4.65±0.25	4.68±0.24	4.62±0.23	<0.001
Total cholesterol, mmol/L	5.43±0.92	5.54±0.92	5.37±0.89	<0.001
Triglyceride, mmol/L	1.73 (1.27–2.36)	1.84 (1.28–2.52)	1.56 (1.13–2.16)	<0.001
LDL-C, mmol/L	3.53±0.84	3.63±0.84	3.52±0.81	0.009
HDL-C, mmol/L	1.24±0.29	1.21±0.28	1.26±0.29	<0.001
hs-CRP, mmol/L	0.08 (0.04–0.14)	0.1 (0.06–0.17)	0.07 (0.04–0.13)	<0.001
Alcohol intake, g/day	10 (4–31)	14 (6–29)	10 (4–23)	<0.001
Current alcohol use <sup>b</sup>				
Male	382 (57.1)	306 (59.4)	7,531 (51.7)	<0.001
Female	66 (67.3)	33 (80.4)	1,297 (63.0)	0.051
Smoking status				0.032
Never smoker	151 (22.5)	108 (20.9)	3,580 (24.6)	
Ex-smoker	224 (33.4)	197 (38.2)	5,389 (37.0)	
Current smoker	257 (38.4)	183 (35.5)	4,749 (32.6)	
Regular exercise				0.997
≥3 times/week	575 (85.9)	444 (86.2)	12,522 (86.10)	
<3 times/week	76 (11.3)	59 (11.4)	1,648 (11.3)	
NFS	-2.43±1.05	-2.32±1.02	-2.77±0.99	<0.001
APRI	0.34±0.12	0.71±0.50	0.25±0.10	<0.001
HOMA-IR	2.01 (1.44–2.85)	2.24 (1.45–3.38)	1.70 (1.18–2.39)	<0.001

Values are expressed as number (%), mean±standard deviation, or median (interquartile range).

APRI, aspartate aminotransferase to platelet ratio index; BMI, body mass index; SBP, systolic blood pressure; AST, aspartate aminotransferase; ALT, alanine aminotransferase; LDL-C, low-density lipoprotein cholesterol; HDL-C, high-density lipoprotein cholesterol; hs-CRP, high-sensitivity C-reactive protein; NFS, nonalcoholic fatty liver disease (NAFLD) fibrosis score; HOMA-IR, homeostatic model assessment of insulin resistance.

<sup>a</sup>Obesity was defined as the BMI of ≥25 kg/m<sup>2</sup>; <sup>b</sup>Participants with daily alcohol consumption above the median value (12 g/day for men and 2 g/day for women).