

Supp. Table 1. Age-adjusted analysis of relevant factors associated with the SarQoL total score

Variables	Grouping (n)	SarQoL total score*†		
		Mean (SD)	Mean difference (95% CI)	Age-adjusted p-value
Body Mass Index (kg/m ²)**	Normal (68)	71.48 (13.55)	.867 (-3.39-5.12)	.606
	Abnormal (77)	70.61 (12.39)		
Muscle strength (kg)	Good (94)	74.36 (10.57)	9.50 (5.33-13.66)	<0.001
	Low (51)	64.85 (14.56)		
Walking speed (m/s)	Normal (17)	75.39 (10.02)	4.95 (-1.6-11.51)	.264
	Low (128)	70.43 (13.17)		
Appendicular Muscle Mass Index	Good (118)	71.07 (12.86)	.28 (-5.18-5.74)	.565
	Low (27)	70.79 (13.34)		
Sarcopenia status	Non-Sarcopenic (119)	70.97 (12.85)	-0.23 (-5.77-5.30)	.734
	Sarcopenic (26)	71.21 (13.42)		
Vitamin D25OH level (ng/mL)	Normal (44)	71.03 (11.85)	0.01 (-4.60-4.64)	.757
	Deficiency (101)	71.01 (13.40)		
Daily protein intake (g/kg BW)	Sufficient (92)	72.38 (12.30)	3.74 (-0.63-8.11)	.119
	Insufficient (53)	68.64 (13.69)		
Daily PUFA intake (mg)	Sufficient (79)	71.56 (12.70)	1.20 (-3.06-5.47)	.694
	Insufficient (66)	70.36 (13.21)		
Weekly IPAQ score (minutes)	Moderate-High (95)	71.95 (12.62)	2.33 (-2.12-6.79)	.229
	Low (49)	69.62 (13.21)		
Weekly moderate-heavy physical activity (minutes)	Sufficient (46)	72.43 (10.94)	1.86 (-2.67-6.40)	.270
	Insufficient (98)	70.56 (13.64)		
Barthel's Activity of Daily Living	Independent (69)	72.42 (11.34)	2.68 (-1.50-6.87)	.166
	Dependent (76)	69.74 (14.14)		
Time diagnosed with lupus (years)	≤ 5 years (74)	70.28 (12.62)	-1.60 (-5.8-2.66)	.219
	≥ 5 years (70)	71.89 (13.31)		
30 days MEX-SLEDAI score (points)	<2 (28)	74.74 (10.43)	4.62 (-0.71-9.95)	.105
	≥2 (117)	70.12 (13.31)		
Lupus Arthritis	No (93)	73.07 (11.97)	5.72 (1.39-10.05)	<0.001
	Yes (52)	67.34 (13.80)		
Pain score (VAS)	≤ 4 (94)	74.73 (10.65)	10.57 (6.11-15.03)	<0.001
	> 4 (51)	64.16 (13.96)		
Serum CRP level (mg/dL)	Normal (59)	73.66 (12.12)	7.14 (.47-13.81)	.080
	Increased (17)	66.52 (12.30)		
Corticosteroid usage in the previous month	No (22)	70.83 (13.63)	-0.221 (-6.14-5.70)	.479
	Yes (123)	71.05 (12.83)		
Corticosteroid mean dose (mg prednisone equivalent)	Low (107)	71.20 (12.72)	.704 (-4.13-5.53)	.793
	High (38)	70.49 (13.57)		

Supp. Table 2. Age and minutes physical activity-adjusted analysis of relevant factors associated with the SarQoL total score

Variables	Grouping (n)	SarQoL total score*†		
		Mean (SD)	Mean difference (95% CI)	Age and minutes physical activity-adjusted p-value
Body Mass Index (kg/m ²)**	Normal (68)	71.48 (13.55)	.867 (-3.39-5.12)	.591
	Abnormal (77)	70.61 (12.39)		
Muscle strength (kg)	Good (94)	74.36 (10.57)	9.50 (5.33-13.66)	<0.001
	Low (51)	64.85 (14.56)		
Walking speed (m/s)	Normal (17)	75.39 (10.02)	4.95 (-1.6-11.51)	.286
	Low (128)	70.43 (13.17)		
Appendicular Muscle Mass Index	Good (118)	71.07 (12.86)	.28 (-5.18-5.74)	.612
	Low (27)	70.79 (13.34)		
Sarcopenia status	Non-Sarcopenic (119)	70.97 (12.85)	-0.23 (-5.77-5.30)	.783
	Sarcopenic (26)	71.21 (13.42)		
	Sarcopenic (26)	71.21 (13.42)		
Vitamin D25OH level (ng/mL)	Normal (44)	71.03 (11.85)	0.01 (-4.60-4.64)	.780
	Deficiency (101)	71.01 (13.40)		
Daily protein intake (g/kg BW)	Sufficient (92)	72.38 (12.30)	3.74 (-0.63-8.11)	.127
	Insufficient (53)	68.64 (13.69)		
Daily PUFA intake (mg)	Sufficient (79)	71.56 (12.70)	1.20 (-3.06-5.47)	.692
	Insufficient (66)	70.36 (13.21)		
Weekly moderate-heavy physical activity (minutes)	Sufficient (46)	72.43 (10.94)	1.86 (-2.67-6.40)	.350
	Insufficient (98)	70.56 (13.64)		
Barthel's Activity of Daily Living	Independent (69)	72.42 (11.34)	2.68 (-1.50-6.87)	.170
	Dependent (76)	69.74 (14.14)		
Time diagnosed with lupus (years)	≤ 5 years (74)	70.28 (12.62)	-1.60 (-5.8-2.66)	.203
	≥ 5 years (70)	71.89 (13.31)		
30 days MEX-SLEDAI score (points)	<2 (28)	74.74 (10.43)	4.62 (-0.71-9.95)	.113
	≥2 (117)	70.12 (13.31)		
Lupus Arthritis	No (93)	73.07 (11.97)	5.72 (1.39-10.05)	0.028
	Yes (52)	67.34 (13.80)		
Pain score (VAS)	≤ 4 (94)	74.73 (10.65)	10.57 (6.11-15.03)	<0.001
	> 4 (51)	64.16 (13.96)		
Serum CRP level (mg/dL)	Normal (59)	73.66 (12.12)	7.14 (.47-13.81)	.083
	Increased (17)	66.52 (12.30)		
Corticosteroid usage in the previous month	No (22)	70.83 (13.63)	-0.221 (-6.14-5.70)	.522
	Yes (123)	71.05 (12.83)		
Corticosteroid mean dose (mg prednisone equivalent)	Low (107)	71.20 (12.72)	.704 (-4.13-5.53)	.784
	High (38)	70.49 (13.57)		