

Supplementary Table 1: Comparison of Biochemical and Clinical Features Between Patients with Normal and Elevated Liver Stiffness

Variable	Normal Liver Stiffness (n=268)	Elevated Liver Stiffness (n=98)	P Value
Age (Years)	60.28 (16.02)	64.73 (11.52)	0.012
Male - n(%)	175 (65.3%)	71 (72.4%)	0.197
Body Mass Index (g/m ²)	27.51 (4.84)	31.16 (5.60)	<0.001
Type 2 Diabetes - n(%)	135 (50.4%)	69 (70.4%)	0.001
Hazardous Alcohol - n(%)	137 (51.1%)	31 (31.6%)	0.001
Raised ALT - n(%)	26 (9.7%)	27(27.6%)	<0.001
Multiple Risk Factors n(%)	28 (10.4%)	27 (27.6%)	<0.001
Metabolic Syndrome n(%)	63 (23.5%)	48 (49.0%)	<0.001
Ischaemic Heart Disease n(%)	31 (11.6%)	19 (19.4%)	0.054
Platelet Count (10 ⁹ /L)	245.84 (60.53)	226.78 (65.74)	0.01
Thrombocytopenia (Platelets<150x10 ⁹ /L)	7 (2.6%)	10 (10.2%)	0.002
ALT (U/L)	24.7 (12.0)	37.57 (29.25)	<0.001
Bilirubin (µmol/L)	11.78 (4.95)	12.34 (5.31)	0.356
Albumin (g/L)	37.84 (2.83)	37.81 (3.14)	0.918
AST:ALT Ratio	1.12 (0.37)	1.01 (0.33)	0.012
APRI	0.32 (0.15)	0.48 (0.45)	<0.001
APRI>1.5	0 (0%)	2 (2.0%)	0.07
FIB4	1.36 (0.61)	1.79 (1.07)	<0.001
FIB4>3.25	4 (1.5%)	10 (10.2%)	<0.001

APRI – aspartate aminotransferase/platelet count ratio; FIB4 - (Age x AST) / (Platelets x (square root (ALT))). Numerical variables are displayed as mean(SD) and compared using two sample t test. Categorical variables are displayed as n(%) and compared using chi-squared test. P values reaching statistical significance (p≤0.05) are shown in bold.

Supplementary Table 2: Laboratory, Imaging and Histopathology Findings of 11 patients diagnosed with cirrhosis during study

Liver Disease Risk Factor*	Age	Liver Stiffness (kPa)	Platelet Count (10 ⁹ /L)	Clinical Features of CLD [‡]	Ultrasound Abnormality	Histopathology	Endoscopy Abnormality
Alcohol and T2DM	64	17.1	182	No	Splenomegaly (17cm)	Not Performed	
T2DM	63	21.3	169	Yes		Cirrhosis (NASH)	
T2DM	55	21.3	260	Yes		Cirrhosis (NASH)	
T2DM	72	26.4	274	Yes	Cirrhosis	Not Performed	
Alcohol	58	27.0	123	Yes	Cirrhosis	Not Performed	
T2DM	67	27.0	131	No		Cirrhosis (NASH)	
T2DM and raised ALT	58	44.3	116	No	Cirrhosis, splenomegaly (14cm)	Cirrhosis (NASH)	Grade 1 Varices
T2DM	56	48.8	144	No	Cirrhosis, splenomegaly (13cm)	Not Performed	
T2DM	65	49.6	356	Yes		Not Performed	PHG
T2DM	75	50.5	109	Yes	Cirrhosis	Not Performed	
T2DM	73	72	260	Yes	Cirrhosis	Not Performed	

*Patients with alcohol as risk factor were assigned diagnosis of cirrhosis due to alcoholic liver disease. ‡Clinical features of chronic liver disease (CLD) defined as cutaneous signs of CLD (e.g. spider naevi), or clinical examination evidence of hepatomegaly or splenomegaly. Patients with type 2 diabetes without alcohol excess were assigned diagnosis of cirrhosis due to NASH. PHG = portal hypertensive gastropathy, T2DM = type 2 diabetes