TABLES

**Table I. Baseline demographic and clinical characteristics**

|  |  |  |
| --- | --- | --- |
|  | Original cohort | Recall cohort |
| Number of Patients | 94 | 77 |
| Male:Female | 19:75 | 14:63 |
| Caucasian, n (%) | 86 (91) | 71 (92) |
| Age (y), median (IQR) | 50 (42 - 57)\* | 63 (55 – 71) |
| Age (y) bDMARD started, median (IQR) | 56 (47 – 62) | 56 (49 – 61) |
| Disease duration (y) from time of diagnosis to first bDMARD, median (IQR) | 4 (1 - 9) | 4 (1 – 9) |
| Either or anti-CCP/RF positive, n (%) | 76 (81) | 61 (79) |
| Anti-CCP/RF negative, n (%) | 18 (19) | 16 (21) |
| **Prior to bDMARD:** |
| Prednisolone, n (%) | 62 (66) | 57 (74) |
| Prednisolone equivalent mg/day, median (IQR) | 10 (5 – 12) | 10 (5 – 10)\*\* |
| Methotrexate, n (%) | 82 (87) | 73 (95) |
| Methotrexate mg/day, median (IQR) | 20 (15 – 20) | 20 (13 – 20) |
| Pre-bDMARD DAS 28 – ESR, median (IQR)  | 5,31 (4,51 – 6,29) | 5.060 (4.500 -5.998) |
| Number of Patients for which DAS available | 75 | 62 |
| - high disease activity (HDA) > 5.1, n (%) | 52 (46) | 31 (50) |
| - moderate disease activity (MDA) ≥ 3.2 and ≤5.1, n (%) | 30 (40) | 28 (45) |
| - low disease activity (LDA) ≥ 2.6 and < 3.2, n (%) | 0 | 0 |
| - remission < 2.6, n (%) | 3 (4) | 3 (5) |
| Pre-bDMARD HAQ, median (IQR) initial n=33; recall n=27 | 2.00 (1,47 – 2,53) | 2.00 (1.44 – 2.49) |
| On bDMARD, n (%) | 94 (100) | 61 (79) |
| **bDMARD:** |  |  |
| Infliximab, n (%) | 3 (3) | 1 (1,5) |
| Etanercept, n (%) | 55 (59) | 31 (51) |
| Adalimumab, n (%) | 14 (15) | 5 (8) |
| Golimumab, n (%) | 2 (2) | 2 (3) |
| Rituximab, n (%) | 6 (6) | 6 (10) |
| Tocilizumab, n (%) | 14 (15) | 15 (25) |
| Abatacept, n (%) | 0 | 1 (1,5) |
| **Comorbidities:**  |  |  |
| Benign Tumors n (%) | 2 (1) | 0 |
| Malignancy | 6 (6) | 2 (2) |
| Active smoking, n (%) | 12 (16) | 11 (14) |
| Dyslipidemia, n (%) | 48 (51) | 41 (53) |
| Arterial hypertension, n (%) | 39 (41) | 33 (43) |
| Obesity, n (%) | 9 (10) | 8 (10) |
| Chronic anxiety/depression disorder, n (%) | 18 (19) | 14 (18) |
| Charlson Comorbidity Index at time bDMARD started, median (IQR) | 2 (2 -3) | 2 (2 -3) |
| Estimated 10-year survival at the time bDMARD started, median (IQR) | 90 (77 – 90) | 90 (77 – 90) |

\*age at diagnosis

\*\*dose not known in 6 females and 2 males

**Table II. Age distribution, professional situation, schooling, marital status and socio-economic status at recall\***

|  |  |
| --- | --- |
| **Age range (y) (n=77)** | N (%) |
| 27 - 36 y | 1 (1.3) |
| 37 – 46 y | 5 (6.5) |
| 47 – 56 y | 17 (22.1) |
| 57 – 66 y | 26 (33.8) |
| ≥ 67 y | 28 (36.3) |
| **Professional Situation\*** |  |
| Employed | 21 (27,6) |
| Unemployed | 8 (10,5) |
| Retired | 37 (48,7) |
| Student | 2 (2,6) |
| Homemaker | 6 (7,9) |
| Other | 2 (2,6) |
| **Schooling\*** |  |
| Cannot read or write | 1 (1,3) |
| Can read and write but no schooling | 3 (3,9) |
| First 4 years | 31 (40,8) |
| First 6 years  | 4 (5,3) |
| First 9 years | 15 (19,7) |
| Completed schooling (12 years)  | 9 (11,8) |
| University degree | 11 (14,5) |
| Masters or PhD | 2 (2,6) |
| **Marital status\*** |  |
| Single | 13 (17,1) |
| Married | 43 (56,6) |
| Divorced | 11 (14,5) |
| Widow | 9 (11,8) |

\*missing information in one patient

**Table III. Disease duration, therapy, disease activity, functional status and EQ-5D-3L at recall**

|  |  |
| --- | --- |
| Number of patients | 77 |
| Disease duration (y) from diagnosis to recall, median (IQR) | 12 (7 – 18) |
| Duration of follow-up from onset of bDMARD to recall, median (IQR) | 7 (4 – 9) |
| Continued bDMARD by recall, n (% of 77) | 61 (79) |
| Had discontinued bDMARD by recall, n (% of 77) | 16 (21) |
| Reason for discontinuation: |  |
| 1.     Primary failure to bDMARD, n (%16) | 2 (13) |
| 2.     Secondary failure to bDMARD, n (%16) | 2 (13) |
| 3.     Infection, n (% 16) | 6 (38) |
| 4.     Neoplastic disease, n (% 16) | 1 (6) |
| 5.     Remission, n (% 16) | 3 (19) |
| 6.     Other, n (% 16) | 2 (13) |
| Retained original bDMARD, n (% of 61) | 46 (75) |
| Switched bDMARD, n (% of 61)\*  | 22 (36) |
| 1.    Once, n (% 22) | 14 (64) |
| 2.    Twice, n (% 22) | 6 (27) |
| 3.    Thrice, n (% 22) | 1 (5) |
| 4.    Fourth, n (% 22) | 1 (5) |
| \*5 patients switched and then stopped |  |
| Compliance with bDMARD over the past year (n=56) | 45 (80) |
| Methotrexate, n (% of 77) | 17 (22) |
| Metotrexate dose mg/week, median (IQR) | 15 (10 – 20) |
| Steroids, n (% of 77) | 23 (30) |
| Prednisolone equivalent mg/day, median (IQR) | 5 (5 – 10) |
| Steroids plus bDMARD, n (% of 61) | 16 (26) |
| Steroids having discontinued bDMARD, n (% of 16) | 7 (43) |
| Deformities, n (%) – 54 patients evaluated | 22 (41) |
| Deformities/patient, median (IQR)\*\*  | 0.5 (0 – 2.25) |
| Recall HAQ, median (IQR) n=77 | 1.310 (0.500 – 1.810) |
| Recall DAS 28 – ESR, median (IQR) n=72 | 3.200 (2.390 – 3.950) |
| - high disease activity (HDA) > 5.1, n (%) | 8 (11) |
| - moderate disease activity (MDA) ≥ 3.2 and ≤5.1, n (%) | 27 (37) |
| - low disease activity (LDA) ≥ 2.6 and < 3.2, n (%) | 18 (25) |
| - remission < 2.6, n (%) | 19 (26) |
| **EQ-5D 3L (n=76)** |  |
| Mobility, mean (SD) | 1,72 (0.51) |
| Personal Care, mean (SD) | 1,65 (0.58) |
| Usual Activities, mean (SD) | 1,76 (0.59) |
| Pain and Unwell, mean (SD) | 1,97 (0.57) |
| Anxiety and Depression, mean (SD)  | 1,72 (0.72) |
| EQ-5D 3L Visual Analogue Scale (VAS), mean (SD) | 60,64 (22.07) |
| EQ-5D 3L score –Portuguese tariff, mean (SD) | 0,45 (0.3) |

**SD= standard deviation,**

**Table IV. Demographic and clinical characterization of patients who died or were lost to follow-up**

|  |  |
| --- | --- |
| **Characteristics** |  |
| **Alive but lost to follow-up, n (% of 94)** | 7 (7) |
| - Female: Male | 5:2 |
| - Went to live abroad, n | 4 |
| - Followed at another hospital in Portugal, n | 3 |
| - Age (y) bDMARD started, median (IQR) | 44 (36 – 54.5) |
| - Patient age (y) at the time lost to follow-up, median (IQR) | 47 (39 – 60) |
| - Disease duration (y) from time of diagnosis to first bDMARD (median ± IQR) | 2 (1 – 4) |
| - Disease duration (y) at the time lost to follow-up, median (IQR) | 4 (3 – 5) |
| - Either or anti-CCP/RF positive | 5 |
| - Anti-CCP and RF negative | 2 |
| - Charlson comorbidity index at the time bDMARD started, median (IQR) | 1 (1 – 2) |
| - % Estimated 10 year survival at the time bDMARD started, median (IQR) | 96 (86.5 – 96) |
| - bDMARD: |  |
|  - Etanercept, n; later switch to rituximab, n | 4 ; 1 |
|  - Tocilizumab, n | 1 |
|  - Infliximab switched to abatacept, n | 1 |
| **Death, n (% of 94)** | 6 (6) |
| - Female: Male | 3:3 |
| - Cause of death unknown | 3 |
| - Cause of death known:  |  |
|  - Pneumocystis pneumonia | 1 |
|  - Pulmonary tuberculosis | 1 |
|  - Stroke | 1 |
| - Age (y) bDMARD started, median (IQR) | 60 (57 – 63) |
| - Age (y) at time of death, median (IQR) | 66 (61 – 67) |
| - Disease duration (y) from time of diagnosis to first bDMARD (median ± IQR) | 7 (3 – 11) |
| - Disease duration (y) at time of death (median ± IQR) | 16 (8 – 21) |
| - Either or anti-CCP/RF positive, n (%) | 7 (100) |
| - Charlson comorbidity index at time bDMARD started, median (IQR) | 3.5 (3 – 4.75) |
| - % Estimated 10 year survival at time bDMARD started, median (IQR) | 65 (29 – 77) |
| On methotrexate and bDMARD at time of death (n=2): |  |
|  - Etanercept, n | 1 |
|  - Adalimumab, n | 1 |
| Off bDMARD at time of death (n=4): |  |
| - Previous etanercept, n | 2 |
| - Previous adalimumab | 1 |
| - Previous rituximab | 1 |

Figure 1. Health-related quality of life using SF-36 health survey. Values are shown for each dimension: physical functioning (PF), role limited by physical problems (RP), bodily pain (BP), general health (GH), vitality (VT), social functioning (SF), role limited by emotional problems (RE), and mental health (MH).