

Table 1. Clinical, biochemical, and liver histology characteristics of participants with biopsy-proven NAFLD.

Variables	Fibrosis stages 0-1 (N = 457)	Fibrosis stages ≥ 2 (N = 111)	P value
Demographics			
Age, years	40.9 \pm 12.0	42.6 \pm 15.6	0.211
Men, n (%)	348 (76.2%)	66 (59.5%)	<0.001
Body measurements			
BMI, kg/m ²	26.6 \pm 3.1	28.3 \pm 4.7	<0.001
WHR	0.9 \pm 0.1	0.9 \pm 0.2	<0.001
Concomitant diseases			
Hyperlipidemia (%)	205 (44.8%)	57 (51.4%)	0.277
Hypertension (%)	105 (23.0%)	25 (22.6%)	0.126
T2DM (%)	110 (24.2%)	40 (36.5%)	0.453
Drugs			
Hypoglycemic drugs (%)	45(9.8%)	15 (13.5%)	0.193
Antihypertensive drugs (%)	37 (8.1%)	12(10.8%)	0.885
Laboratory parameters			
ALT, IU/L	48.9 \pm 20.7	49.2 \pm 20.6	0.315
AST, IU/L	45.9 \pm 34.2	45.9 \pm 32.3	0.856
GGT, IU/L	57.0 \pm 10.2	60.3 \pm 17.8	0.724
Albumin, g/L	46.14 \pm 3.9	45.2 \pm 4.7	0.029
Fasting glucose, mmol/L	6.2 \pm 1.3	6.6 \pm 2.2	0.118
HbA1c, %	6.2 \pm 1.5	6.5 \pm 1.4	0.008
HOMA-IR score	3.1 \pm 1.0	4.9 \pm 1.4	0.398
Platelet count, $\times 10^9/L$	246.5 \pm 62.7	252.8 \pm 59.9	0.549
TC, mmol/l	5.11 \pm 1.12	5.19 \pm 1.32	0.509
TG, mmol/l	2.36 \pm 2.02	2.13 \pm 1.05	0.239
HDL-C, mmol/l	1.01 \pm 0.22	1.02 \pm 0.29	0.502
LDL-C, mmol/l	3.04 \pm 0.86	3.11 \pm 1.05	0.44
Liver histology			
Steatosis			<0.001
1	216 (47.26%)	28 (25.23%)	
2	166 (36.32%)	39 (35.14%)	
3	75 (16.42%)	44 (39.64%)	
Ballooning			<0.001
0	79 (17.29%)	6 (5.41%)	
1	277 (60.61%)	42 (37.84%)	
2	101 (22.10%)	63 (56.75%)	
Lobular inflammation			<0.001
0	63 (13.79%)	6 (5.41%)	
1	296 (64.77%)	40 (36.04%)	
2	90 (19.69%)	59 (53.15%)	

3	8 (1.75%)	6 (5.41%)	
NAS	3.8 ± 1.7	4.3 ± 1.5	<0.001

Abbreviations: ALT, alanine aminotransferase; AST, aspartate aminotransferase; BMI, body mass index; GGT, gamma-glutamyltranspeptidase; HbA1c, glycated hemoglobin; HDL-C, high-density lipoprotein cholesterol; HOMA-IR, homeostatic model assessment of insulin resistance; LDL-C, low-density lipoprotein cholesterol; TG, triglyceride; TC, total cholesterol; T2DM, type 2 diabetes; WHR, waist-to-hip ratio.