

Table S1. The main demographic and laboratory characteristics per group of each study included in the systematic review and meta-analysis.

First author, Year, Origin Reference *	Group	N	Females (n)	DM (n)	Hyper tensio n (n)	Age (years)	BMI (kg/m2)	Waist circumference (cm)	AST (IU/L)	ALT (IU/L)	GGT (IU/L)	HOMA-IR	Retinopathy (n)
Afarideh, 2019, Iran ¹⁸	Control	687	485 [†]	687	na	57.64 ± 9.38 [†]	29.00 ± 4.71 [†]	98.68 ± 10.43 [†]	na	na	na	3.94 ± 2.76	131
	NAFLD	248		248	na				na	na	na		10
Ciardullo, 2020, Italy ¹⁹	Control	344	242 [†]	344	na	67.00 ± 11.00 [†]	30.56 ± 6.00 [†]	106.00 ± 14.00 [†]	22.00 ± 14.00 [†]	26.00 ± 20.00 [†]	47.00 ± 70.00 [†]	na	48
	NAFLD	590		590	na							na	111
Ekpanyapong, 2018, Thailand ²⁰	Control	31	118 [†]	31	129 [†]	58.50 ± 12.00 [†]	26.80 ± 4.80 [†]	90.10 ± 11.20 [†]	20.40 ± 5.70 [†]	20.70 ± 7.50 [†]	na	na	2
	NAFLD	149		149							na	na	24
Feng, 2019, China ²¹	Control	26	34 [†]	26	45 [†]	46.61 ± 3.35 [†]	32.73 ± 0.90 [†]	108.26 ± 1.80 [†]	na	na	na	na	7

	NAFLD	50		50					na	na	na	na	6
Gunaid, 2018, Yemen ²²	Control	117	na	117	na	na	na	na	na	na	na	na	2
	NAFLD	308	na	308	na	na	na	na	na	na	na	na	5
Hashimoto, 2020, Japan ²³	Control	228	171 [†]	228	na	66.40 ± 10.60 [†]	24.30 ± 4.10 [†]	na	24.00 ± 1.71 [†]	20.00 ± 2.39 [†]	na	na	56
	NAFLD	134		134	na			na			na	na	22
Hermans, 2017, Belgium ²⁴	Control	117	na	117	na	na	na	na	na	na	na	na	56
	NAFLD	296	na	296	na	na	na	na	na	na	na	na	47
Hermans, 2022, Belgium ²⁵	Control	237	102	237	206	70.00 ± 13.00 [†]	29.10 ± 5.80 [†]	103.00 ± 14.00 [†]	27.00 ± 15.00 [†]	30.00 ± 24.00 [†]	47.00 ± 58.00 [†]	na	90
	NAFLD	507	188	507	454							na	118
Kim, 2014, Korea ²⁶	Control	341	175	341	205	59.30 ± 11.90	23.30 ± 3.40	na	25.10 ± 43.70	30.10 ± 80.90	49.20 ± 52.50	3.30 ± 2.80	239

	NAFLD	588	264	588	406	56.70 ± 11.70	25.80 ± 3.50	na	29.20 ± 37.50	37.90 ± 68.80	67.50 ± 138.60	5.00 ± 4.80	194
Leite, 2009, Brazil ²⁷	Control	55	38	55	43	54.30 ± 8.10	27.00 ± 3.60	95.30 ± 7.70	21.5 ± 2.19	35.75 ± 1.97	36.25 ± 5.48	na	25
	NAFLD	125	88	125	106	55.60 ± 7.10	31.30 ± 5.40	104.60 ± 12.20	20.75 ± 1.75	40.00 ± 3.11	42.00 ± 5.82	na	40
Lin, 2016, Taiwan ²⁸	Control	429 3	2418	486	na	$54.03 \pm 0.32^\dagger$	na	$95.74 \pm 0.33^\dagger$	na	na	na	na	243
	NAFLD	167 0	784	459	na		na		na	na	na	na	130
Lombardi, 2020, Italy ²⁹	Control	43	189 [†]	43	306 [†]	$68.00 \pm 10.00^\dagger$	$29.00 \pm 5.00^\dagger$	$101.00 \pm 12.00^\dagger$	$39.50 \pm 17.62^\dagger$	$73.75 \pm 41.85^\dagger$	$182.25 \pm 114.38^\dagger$	na	6
	NAFLD	351		351								na	57
Lv, 2013, China ³⁰	Control	475	287	475	na	65.11 ± 11.70	24.33 ± 2.87	88.75 ± 8.72	18.23 ± 6.74	17.16 ± 8.19	19.47 ± 16.32	na	249
	NAFLD	742	470	742	na	62.29 ± 12.52	27.49 ± 3.37	96.76 ± 10.32	22.34 ± 9.00	25.72 ± 13.01	25.05 ± 17.94	na	304

[illegible]

Study	Group	n		n		ALT (U/L)		AST (U/L)		ALP (U/L)		GGT (U/L)		P value
		Control	NAFLD	Control	NAFLD	Control	NAFLD	Control	NAFLD	Control	NAFLD	Control	NAFLD	
Popa, 2020, Romania ¹²	Control	105	58	105	48	38.50 ± 13.00	23.40 ± 3.60	83.60 ± 10.90	20.00 ± 11.50	21.00 ± 14.00	18.00 ± 14.50	na	na	55
	NAFLD	46	16	46	24	44.90 ± 12.10	25.60 ± 4.50	93.80 ± 13.50	25.00 ± 17.00	26.00 ± 16.70	24.00 ± 22.50	na	na	32
Ren, 2023, China ³⁵	Control	40	21	40	na	56.90 ± 9.80	23.90 ± 3.90	na	19.20 ± 7.40	21.70 ± 14.70	28.90 ± 24.80	2.10 ± 1.00	na	23
	NAFLD	41	18	41	na	53.90 ± 10.60	26.20 ± 4.00	na	31.50 ± 26.10	49.90 ± 60.90	39.90 ± 30.20	3.40 ± 1.90	na	29
Rivera-Esteban, 2022, Spain ³⁶	Control	88	na	62	na	na	na	na	na	na	na	na	na	20
	NAFLD	155	na	124	na	na	na	na	na	na	na	na	na	30
Romero-Ibarguengoitia, 2017, USA ¹³	Control	112	106 [†]	0	0	28.36 ± 8.11	24.50 ± 5.10	na	22.54 ± 7.00	21.48 ± 13.50	na	na	na	21
	NAFLD	40		0	0	35.50 ± 7.46	35.50 ± 7.80	na	26.30 ± 1.12	32.90 ± 13.95	na	na	na	29
Sawadjaan, 2020, Philippines ³⁷	Control	45	35 [†]	45	na	56.12 ± 13.04 [†]	29.01 ± 5.88 [†]	na	na	na	na	na	na	2

Study	Group	N	Age (yr)	Male (%)	HBsAg (+)	ALT (U/L)	AST (U/L)	Platelets (10 ⁹ /L)	APRI	APRI (F)	APRI (M)	APRI (F+M)	N
Targher, 2010, Italy ⁴²	Control	91	55	91	na	37.00 ± 12.00	22.50 ± 3.00	na	20.00 ± 6.00	20.00 ± 8.00	17.00 ± 9.00	na	18
	NAFLD	111	41	111	na	47.00 ± 12.00	26.60 ± 5.00	na	25.00 ± 11.00	29.00 ± 17.00	29.00 ± 20.00	na	59
Tripolino, 2019, Italy ⁴³	Control	75	54 [†]	75	14 [†]	37.00 ± 11.30 [†]	24.57 ± 3.85 [†]	na	na	na	na	na	16
	NAFLD	47		47				na	na	na	na	na	18
Vendhan, 2014, India ⁴⁴	Control	225	na	na	na	na	na	na	na	na	na	na	122
	NAFLD	130	na	na	na	na	na	na	na	na	na	na	77
Viswanathan, 2010, India ⁴⁵	Control	142	52	142	58	49.00 ± 11.00	26.40 ± 4.00	na	27.60 ± 17.30	22.40 ± 15.40	na	na	14
	NAFLD	156	55	156	101	50.00 ± 10.00	29.70 ± 7.00	na	37.60 ± 24.90	29.30 ± 17.90	na	na	46
Wen, 2022, China ⁴⁶	Control	747	364	747	393	60.00 ± 13.00	24.07 ± 3.15	89.30 ± 9.60	16.50 ± 0.95	14.75 ± 1.43	na	1.20 ± 0.13	218

	NAFLD	118	548	118	642	55.00 ± 14.00	27.31 ± 3.80	97.60 ± 10.50	19.75 ± 1.68	23.25 ± 2.90	na	1.83 ± 0.17	229
		1		1									
Yan, 2016, China ⁴⁷	Control	69	31	69	28	56.74 ± 11.51	23.75 ± 3.78	na	16.74 ± 5.08	17.20 ± 8.01	21.35 ± 18.75	na	26
	NAFLD	143	61	143	76	52.20 ± 10.07	28.41 ± 3.58	na	23.70 ± 17.76	20.23 ± 10.75	43.32 ± 34.54	na	54
Yang, 2015, China ⁴⁸	Control	158	224	167	406	61.94 ± 9.95	24.31 ± 2.90	na	na	na	na	na	463
		2											
	NAFLD	872	87	114	304	63.06 ± 10.13	26.19 ± 3.14	na	na	na	na	na	427
Yoneda, 2012, Japan ⁴⁹	Control	119	65	119	na	47.90 ± 1.40	21.90 ± 0.20	na	20.80 ± 0.70	18.60 ± 0.90	26.50 ± 5.10	na	11
	NAFLD	25	17	25	na	54.00 ± 3.00	26.80 ± 0.60	na	26.70 ± 2.70	27.30 ± 3.40	63.20 ± 19.70	na	7
Zhang, 2019, China ⁵⁰	Control	161	70	161	32	58.04 ± 10.68	24.08 ± 3.03	88.80 ± 8.87	21.50 ± 1.88	20.12 ± 18.61	20.75 ± 2.63	na	75
	NAFLD	250	145	250	48	58.44 ± 11.80	26.69 ± 3.69	95.16 ± 11.80	24.00 ± 2.49	29.10 ± 3.35	27.50 ± 3.56	na	93

*References are classified according to the first author's surname.

†Data referring to the whole population instead of per group for each study.

Abbreviations: ALT, alanine aminotransaminase; AST, aspartate aminotransaminase; BMI, body mass index; DM, diabetes mellitus; GGT, gamma-glutamyltranspeptidase; na, not available; HOMA-IR, homeostasis model assessment insulin resistance.

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Somalwar, 2014, India ³⁸	1	1	0	1	0	1	1	1	1	7
Takeuchi, 2012, Japan ³⁹	1	1	0	1	0	0	1	1	1	6
Tanabe, 2020, Japan ⁴⁰	1	0	0	1	0	0	1	1	1	5
Targher, 2008, Italy ⁴¹	1	1	0	1	0	0	1	1	1	6
Targher, 2010, Italy ⁴²	1	1	0	1	0	0	1	1	1	6
Tripolino, 2019, Italy ⁴³	1	1	0	1	0	0	1	1	1	6
Vendhan, 2014, India ⁴⁴	1	1	0	1	0	0	1	1	1	6
Viswanathan, 2010, India ⁴⁵	1	1	0	1	0	1	1	1	1	7
Wen, 2022, China ⁴⁶	1	1	0	1	0	0	1	1	1	6
Yan, 2016, China ⁴⁷	1	0	0	1	0	0	1	1	1	5
Yang, 2015, China ⁴⁸	1	1	1	1	0	0	1	1	1	7
Yoneda, 2012, Japan ⁴⁹	1	0	0	1	0	1	0	1	1	5
Zhang, 2019, China ⁵⁰	1	0	0	1	0	1	1	1	1	6

* References are classified according to the first author's surname.

Abbreviations: BMI, body mass index; na, not available; NOS, Newcastle-Ottawa Scale