**Supplementary Table 2. Baseline characteristics of the study population**

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| **Variable** | **Training, *n*=154** | **Testing, *n*=39** | ***t/χ***2***/U*** | ***p*** |
| Age in years, mean (SD) | 48.9 (13.2) | 49.7 (11.2) | -0.346 | 0.730 |
| Male gender, *n* (%) | 110 (71.4%) | 33 (84.6%) | 2.819 | 0.093 |
| BMI in kg/m2, mean (SD) | 23.3 (3.8) | 23.8 (3.0) | -0.806 | 0.421 |
| Hypertension, *n* (%) | 18 (11.7%) | 4 (10.3%) | 0.063 | 0.802 |
| Diabetes, *n* (%) | 16 (10.4%) | 9 (23.1%) | 4.443 | 0.035 |
| Drinking, *n* (%) | 49 (31.8%) | 17 (43.6%) | 1.916 | 0.166 |
| Smoking, *n* (%) | 65 (42.2%) | 26 (66.7%) | 7.471 | 0.006 |
| Acropachy, *n* (%) | 108 (70.1%) | 29 (74.4%) | 0.270 | 0.603 |
| Liver palm, *n* (%) | 118 (76.6%) | 32 (82.1%) | 0.529 | 0.467 |
| Spider angioma, median (IQR) | 1 (0-3) | 2 (0-3) | 2639.5 | 0.220 |
| Dyspnea, *n* (%) | 70 (45.5%) | 19 (48.7%) | 0.133 | 0.715 |
| Ascites, *n* (%) | 91 (59.1%) | 27 (69.2%) | 1.347 | 0.246 |
| Encephalopathy, *n* (%) | 12 (7.8%) | 4 (10.3%) | 0.249 | 0.618 |
| SpO2 (seated) in %, median (IQR) | 98 (97-98) | 98 (96-98) | 2791 | 0.473 |
| SpO2 (supine) in %, median (IQR) | 98 (97-98) | 98 (97-98) | 2764 | 0.398 |
| pH, median (IQR) | 7.44 (7.42-7.47) | 7.44 (7.41-7.48) | 2972.5 | 0.922 |
| PaCO2 in mmHg, mean (SD) | 36.6 (4.2) | 37.1 (4.7) | -0.661 | 0.509 |
| PaO2 in mmHg, median (IQR) | 83.8 (74.9-96.4) | 81.4 (70.9-89.8) | 2616.5 | 0.215 |
| A-a gradient in mmHg, median (IQR) | 20.1 (6.2-29.2) | 22.4 (12.8-31.2) | 3318.5 | 0.311 |
| Hemoglobin in g/L, mean (SD) | 109.0 (94.8-124.3) | 118.0 (90.0-127.0) | 3245.5 | 0.436 |
| ALT in U/L, median (IQR) | 49.9 (28.0-104.2) | 65.5 (28.4-138.0) | 3260.0 | 0.409 |
| AST in U/L, median (IQR) | 63.1 (40.5-111.3) | 72.2 (41.7-138.5) | 3141.0 | 0.658 |
| Albumin in g/L, median (IQR) | 31.8 (28.8-35.5) | 33.7 (30.4-37.5) | 3493.5 | 0.115 |
| Globin in g/L, median (IQR) | 30.6 (25.7-36.0) | 29.8 (25.2-36.5) | 2760.0 | 0.435 |
| TBIL in μmol/L, median (IQR) | 62.8 (26.1-162.1) | 67.1 (19.6-151.9) | 2900.5 | 0.742 |
| DBIL in μmol/L, median (IQR) | 40.7 (12.9-118.7) | 30.5 (8.4-107.4) | 2891.5 | 0.720 |
| IBIL in μmol/L, median (IQR) | 24.0 (14.0-46.0) | 23.9 (11.2-52.5) | 2935.0 | 0.827 |
| PT in s, median (IQR) | 15.5 (12.7-18.4) | 14.7 (12.2-18.6) | 2971.0 | 0.918 |
| INR in median (IQR) | 1.3 (1.1-1.6) | 1.2 (1.0-1.6) | 2899.5 | 0.740 |
| Creatinine in μmol/L, median (IQR) | 66.7 (54.0-76.8) | 69.7 (51.0-78.8) | 3153.0 | 0.630 |
| IPVD, *n* (%) | 93 (60.4%) | 24 (61.5%) | 0.017 | 0.896 |

Mean (SD) presented for normally distributed continuous variables, while median (IQR) was given to those with non-normally distributed continuous variables. Unless otherwise stated, *n* is as indicated in the column headings.