

**Table 1 Sociodemographic, clinical and other relevant characteristics of study participants with autoimmune hypothyroidism (AIH) (n = 914)**

Variable	No.	%
Age (years)		
20–40	199	21.8
41–60	472	51.6
61–82	243	26.6
Sex		
Female	806	88.2
Male	108	11.8
BMI (kg/m <sup>2</sup> )		
Normal (< 27)	114	12.5
Overweight (27–29)	245	26.8
Obese (30+)	555	60.7
Duration of AIH (years)		
≤ 5	597	65.3
6–10	210	23.0
> 10	107	11.7
Anaemia		
Yes <sup>a</sup>	260	28.4
No	654	71.6
Thyroxine dose (µg/week)		
350–650	311	34.0
651–1000	504	55.1
> 1000	99	10.8
Diabetes		
Yes	386	42.2
No	528	57.8
Vitamin B12		
Deficiency <sup>b</sup>	202	22.1
Normal	712	77.9
Vitamin D deficiency		
Yes <sup>c</sup>	621	67.9
No	293	32.1
Other autoimmune diseases		
Present	34	3.7
Absent	880	96.3

<sup>a</sup>Haemoglobin level < 13 g/dL for males and < 12 g/dL for females [16]; <sup>b</sup>Vitamin B12 level < 208 pg/mL; <sup>c</sup>25-hydroxy vitamin D level < 30 ng/mL.