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Table 1. Classification of thyroid status based upon TSH and FT4 concentration

Thyroid status	Serum thyrotrophin (TSH) mIU/L	Serum thyroxine (FT4) pmol/L
Overt hyperthyroidism	<0.30	>10
Subclinical hyperthyroidism	< 0.30	10-22
Euthyroid	0.3 – 4.5	10-22
Subclinical hypothyroidism	>4.50	10-22
Overt hypothyroidism	>4.50	<22

**Table 2. Prevalence of hypothyroid symptoms and risk factors for subclinical hypothyroidism**

Symptoms	Euthyroid n=2703 % (95% CI)	Subclinical hypothyroidism n=138 % (95% CI)	Unadjusted OR (95% CI) p value	Adjusted OR <sup>a</sup> (95% CI) p value
<b>9 symptoms typically associated with overt hypothyroidism</b>				
Hoarse voice	6.0 (5.2-7.0)	8.0 (4.5-13.8)	1.3 (0.7-2.6) 0.35	1.4 (0.7-2.8) 0.24
Deep voice	6.4 (5.5-7.4)	9.5 (5.6-15.6)	1.5 (0.9-2.8) 0.15	1.5 (0.8-2.7) 0.23
Dry skin	32.2 (30.4-34.0)	33.3 (26.0-41.6)	1.1 (0.7-1.5) 0.78	1.0 (0.7-1.5) 0.87
Puffy eyes	13.3 (12.1-14.7)	15.9 (10.8-23.0)	1.2 (0.8-2.0) 0.38	1.2 (0.7-1.9) 0.48
Muscle cramps	15.1 (13.8-16.5)	15.2 (10.2-22.1)	1.0 (0.6-1.6) 0.97	0.9 (0.6-1.5) 0.80
Constipation	13.2 (11.9-14.5)	14.5 (9.6 -21.3)	1.1 (0.7-1.8) 0.65	1.0 (0.6-1.7) 0.99
Sensitivity to cold	34.8 (33.0-36.7)	37.2 (29.6-45.6)	1.1 (0.8-1.6) 0.56	1.1 (0.8-1.6) 0.64
Slow thinking	7.9 (6.9-8.9)	11.6 (7.3-18.9)	1.5 (0.9-2.6) 0.12	1.5 (0.9-2.7) 0.13
Weight gain	48.5 (46.7-50.4)	53.6 (45.3-61.7)	1.2 (0.9-1.7) 0.24	1.2 (0.9-1.8) 0.25
<b>3 symptoms which can be associated with overt hyper or hypothyroidism</b>				
Poor memory	9.7 (8.6-10.9)	8.0 (4.5-13.7)	0.8 (0.4-1.5) 0.50	0.8 (0.4-1.6) 0.56
Weak muscles	14.3 (13.0-15.7)	14.5 (9.6-21.3)	1.0 (0.6-1.7) 0.95	01.0 (0.6-1.7) 0.90
Lethargy	16.4 (15.0-17.8)	10.9 (6.7-17.3)	0.6 (0.4-1.1) 0.10	0.6 (0.4-1.1) 0.12
<b>Multiple symptoms</b>				
Total number of symptoms reported	Median (IQR) 2.0 (2.0)	Median (IQR) 2.0 (2.0)	1.0 (0.95-1.1) 0.33	1.0 (0.9-1.1) 0.44

<sup>a</sup> adjusted odds of subclinical hypothyroidism after controlling for sociodemographic factors (age, gender, deprivation score, smoking status) and concomitant disease and prescription medication.  
Bonferroni adjusted alpha value to control for type 1 error resulting from multiple comparisons = 0.004

**Table 3. Prevalence of hyperthyroid symptoms and risk factors for subclinical hyperthyroidism**

Symptoms	Euthyroid n= 2703 % (95% CI)	Subclinical hyperthyroidism n=29 % (95% CI)	Unadjusted OR (95% CI) p value	Adjusted OR <sup>a</sup> (95% CI) p value
<b>6 symptoms typically associated with hyperthyroidism</b>				
Heavy perspiration	3.1 (2.5-3.8)	3.4 (0.6-17.2)	1.1 (0.2-8.3) 0.92	1.4 (0.2-10.9) 0.73
Trembling hands	4.3 (3.6-5.1)	3.4 (0.6-17.2)	0.8 (0.1-6.0) 0.83	0.6 (0.8-5.0) 0.66
Frequent palpitation	6.0 (5.2-7.0)	6.9 (1.9-22.0)	1.2 (0.3-4.9) 0.85	1.3 (0.3-5.9) 0.72
Sensitivity to heat	10.7 (9.6-11.9)	13.8 (5.5-30.4)	1.3 (0.5-3.9) 0.59	1.6 (0.5-4.7) 0.42
Fast thinking	22.7 (21.1-24.3)	31.0 (17.3-49.2)	1.5 (0.7-3.4) 0.29	1.4 (0.6-3.2) 0.42
Weight loss	7.4 (7.0-9.1)	3.4 (0.6-17.2)	0.4 (0.1-3.3) 0.43	0.4 (0.05-2.8) 0.33
<b>3 symptoms which can be associated with overt hyper or hypothyroidism</b>				
Poor memory	9.7 (8.6-10.9)	0	0 1.0	0 0.99
Weak muscles	14.3 (13.0-15.7)	6.9 (1.9-22.0)	0.4 (0.1-1.9) 0.27	0.4 (0.1-1.9) 0.27
Lethargy	16.4 (15.0-17.8)	10.3 (3.6-26.4)	0.6 (0.2-2.0) 0.39	0.6 (0.2-2.0) 0.41
<b>Multiple symptoms</b>				
Total number of symptoms reported	Median (IQR) 1.0 (1.0)	Median (IQR) 1.0 (1.0)	0.9 (0.6-1.3) 0.44	0.8 (0.6-1.3) 0.41

<sup>a</sup> adjusted odds of subclinical hyperthyroidism after controlling for sociodemographic factors (age, gender, deprivation score, smoking status) and concomitant disease and prescription medication.  
Bonferroni adjusted alpha value to control for type 1 error resulting from multiple comparisons = 0.005