

# Supporting Information

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## SI Methods

**Local Frustration Definitions.** Localizing energetic frustration requires the evaluation of the energy of a protein in its native state and comparison to the energies of a set of “decoy” states. The algorithm we use requires as input a high-resolution structure and an accurate energy function (1). We chose to base our energy function on the associative memory Hamiltonian optimized with water-mediated interactions (2, 3). A contact is defined as “minimally frustrated” if its native energy is at the lower end of the distribution of decoy energies, having a frustration index as measured with a Z score of 0.78 or higher magnitude, that is, the majority of other amino acid pair in that position would be unfavorable (1). Conversely, a contact is defined as “highly frustrated” if the native energy is at the other end of the distribution with a local frustration index lower than  $-1$ , that is, unlike for a minimally frustrated pair, most other amino acid pairs at that location would be more favorable for folding than

the native ones by more than one standard deviation of that distribution. If the native energy is in between these limits we define the contact as “neutral.”

**Projecting Local Frustration Information in Sequence Space.** A virtual particle was defined at the geometrical center of each contact considering only the positions of the interacting  $C\alpha$ . The virtual particles within  $5\text{\AA}$  of a given  $C\alpha$  were counted and classified as minimally frustrated, neutral, or highly frustrated by their frustration index as described above.

**Visualization and Numerical Tools.** All the visual representations of the proteins were done using the program VMD (4). The contacts were drawn between the  $C\alpha$  atoms of each amino acid. Pair distribution functions were calculated using Matlab (The MathWorks, Inc.) and the plots generated with ProFit (Quantum Soft).

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2. Papoian GA, Ulander J, Wolynes PG (2003) Role of water mediated interactions in protein–protein recognition landscapes. *J Am Chem Soc* 125:9170–9178.
3. Papoian GA, Wolynes PG (2003) The physics and bioinformatics of binding and folding—an energy landscape perspective. *Biopolymers* 68:333–349.
4. Humphrey W, Dalke A, Schulten K (1996) VMD: Visual molecular dynamics. *J Mol Graph* 14:33–38.













