

See “Is fasting beneficial for hospitalized patients with inflammatory bowel diseases?” on page 85-95.

Supplementary Table 1. Factors Involved in Reducing the CRP Levels (Cox Regression Analysis)

Variable	Univariate analysis		Multivariate analysis	
	P-value	HR (95% CI)	P-value	Adjusted HR (95% CI)
Male sex	0.856	0.972 (0.713–1.325)	0.656	1.091 (0.743–1.601)
Age at admission (yr)	0.558	1.003 (0.993–1.013)	0.018	0.982 (0.968–0.997)
Hospital stay (day)	0.007	1.013 (1.003–1.022)	0.520	1.004 (0.991–1.018)
Diet prescription				
Dietary group		1 (reference)		1 (reference)
Fasting group	0.469	0.893 (0.657–1.213)	0.213	0.793 (0.551–1.142)
Body weight (kg) at admission	0.363	0.992 (0.976–1.009)	0.503	1.007 (0.987–1.027)
BMI (kg/m ²)	0.830	0.995 (0.948–1.043)		
Process of admission				
Outpatient clinic		1 (reference)		1 (reference)
Emergency room	0.895	0.980 (0.722–1.329)	0.386	1.175 (0.816–1.691)
Type of IBD				
UC		1 (reference)		1 (reference)
CD	0.311	0.821 (0.560–1.202)	0.325	0.757 (0.434–1.318)
Intestinal Behçet's disease	0.289	1.231 (0.839–1.806)	0.726	1.091 (0.671–1.772)
Underlying disease				
Hypertension	0.140	1.495 (0.876–2.549)		
Diabetes	0.392	0.714 (0.330–1.545)		
Hematologic disorder	0.039	1.490 (1.020–2.176)	0.378	1.232 (0.775–1.959)
Laboratory findings				
Hemoglobin (g/dL)	0.005	0.917 (0.863–0.975)	0.971	1.002 (0.919–1.092)
Albumin (g/dL)	<0.001	0.639 (0.510–0.800)	0.017	0.686 (0.503–0.936)
ESR (mm/hr)	<0.001	1.009 (1.004–1.013)	0.004	1.009 (1.003–1.014)
Medications				
5-ASA	0.995	1.001 (0.642–1.562)	0.598	1.158 (0.671–1.998)
Corticosteroids	0.036	1.394 (1.021–1.902)	0.855	1.041 (0.675–1.606)
Immunomodulators	0.024	0.695 (0.507–0.954)	0.259	0.796 (0.536–1.183)
Anti-TNF agents	0.801	1.047 (0.731–1.501)	0.712	0.921 (0.594–1.428)
Others ^a	0.181	1.378 (0.861–2.204)	0.047	1.906 (1.010–3.598)
Nutritional support			-	-
TPN	0.057	1.578 (0.986–2.524)		
EN	0.737	1.086 (0.672–1.753)		

^aOthers: methotrexate, 6-mercaptopurine.

5-ASA, 5-aminosalicylic acid; TPN, total parenteral nutrition; EN, enteral nutrition.