

## Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

### Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

- |                                     |  |
|-------------------------------------|--|
| n/a                                 | Confirmed  |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> The exact sample size ( $n$ ) for each experimental group/condition, given as a discrete number and unit of measurement  |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly  |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> The statistical test(s) used AND whether they are one- or two-sided<br><i>Only common tests should be described solely by name; describe more complex techniques in the Methods section.</i>   |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> A description of all covariates tested   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons   |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals) |
| <input type="checkbox"/>            | <input checked="" type="checkbox"/> For null hypothesis testing, the test statistic (e.g. $F$ , $t$ , $r$ ) with confidence intervals, effect sizes, degrees of freedom and $P$ value noted<br><i>Give <math>P</math> values as exact values whenever suitable.</i>                            |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Estimates of effect sizes (e.g. Cohen's $d$ , Pearson's $r$ ), indicating how they were calculated  |

*Our web collection on [statistics for biologists](#) contains articles on many of the points above.*

### Software and code

Policy information about [availability of computer code](#)

- |                 |  |
|-----------------|--|
| Data collection | no software was used for data collection   |
| Data analysis   | Spearman rank correlation coefficient between IVD signal intensity and grading score has been calculated via SPSS (version 26, IBM, USA). Multiple regression analysis was performed on IVD quantitative parameters ( $\Delta SI$ , DH, DHI, HDR) and baseline information (including gender, age, segment) to describe some characters in larger population via Stata (version 15.1, USA). Use LabelMe (version 3.3.6, CSAIL, Massachusetts Institute of Technology) to produce segmentation datasets, use PyTorch (version 1.4.0, Facebook, USA) to complete the training and inference of segmentation models, and use NumPy (version 1.19.5) and OpenCV-Python (version 4.5.3.56) to extract and calculate image features. |

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [guidelines for submitting code & software](#) for further information.

### Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

The datasets generated during and/or analysed during the current study are available from the corresponding author on reasonable request

## Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

Life sciences  Behavioural & social sciences  Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://www.nature.com/documents/nr-reporting-summary-flat.pdf)

## Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size	316 MR images for model training (233 images in Data Set A; 93 images in Data Set B) 104 MR images for model test (80 images in Data Set A; 24 images in Data Set B) 80 MR images for segmentation accuracy test among different sites (20 images randomly selected from each site) 46 MR images for quantitation consistency in different data sets 15 MR images for consistency test between machine calculation and manual measurement 1508 MR images for population baseline characteristic establishment 92 MR images for validity evaluation in IVD degeneration quantitation (46 images randomly selected from two data sets in longhua hospital respectively) All of sample size meet the demand of all the process in model training, model test, consistency test and validity evaluation.
Data exclusions	Among 1508 MRI images screened in 4 sites around China, 73 excluded for unaligned outlines (diagnosed as lumbar spondylolisthesis), 45 excluded for abnormal signal intensity distribution (diagnosed as spine tumors), 364 excluded for irregular structures (diagnosed as IVD herniation or vertebral body ossification), 144 excluded for imaging quality (segmentation results and corner detection did not meet the requirements of parameter calculation).
Replication	The intraobserver agreement between the two residents' measurements on the 75 IVDs in 15 MR images present ICC value of: 0.944 for DH (95% CI: 0.912, 0.964); 0.913 for DHI (95% CI: 0.862, 0.945); 0.881 for HDR (95% CI: 0.730, 0.939). The model performance in segmentation and subsequent quantitation always present consistent in same MR images with ICC value of 1.
Randomization	MR images were randomly selected for model test, consistency test, and validity evaluation.
Blinding	A research team who conducted measurement and evaluation were all blinded to the automatic quantitative measures

## Behavioural & social sciences study design

All studies must disclose on these points even when the disclosure is negative.

Study description	<i>Briefly describe the study type including whether data are quantitative, qualitative, or mixed-methods (e.g. qualitative cross-sectional, quantitative experimental, mixed-methods case study).</i>
Research sample	<i>State the research sample (e.g. Harvard university undergraduates, villagers in rural India) and provide relevant demographic information (e.g. age, sex) and indicate whether the sample is representative. Provide a rationale for the study sample chosen. For studies involving existing datasets, please describe the dataset and source.</i>
Sampling strategy	<i>Describe the sampling procedure (e.g. random, snowball, stratified, convenience). Describe the statistical methods that were used to predetermine sample size OR if no sample-size calculation was performed, describe how sample sizes were chosen and provide a rationale for why these sample sizes are sufficient. For qualitative data, please indicate whether data saturation was considered, and what criteria were used to decide that no further sampling was needed.</i>
Data collection	<i>Provide details about the data collection procedure, including the instruments or devices used to record the data (e.g. pen and paper, computer, eye tracker, video or audio equipment) whether anyone was present besides the participant(s) and the researcher, and whether the researcher was blind to experimental condition and/or the study hypothesis during data collection.</i>
Timing	<i>Indicate the start and stop dates of data collection. If there is a gap between collection periods, state the dates for each sample cohort.</i>
Data exclusions	<i>If no data were excluded from the analyses, state so OR if data were excluded, provide the exact number of exclusions and the rationale behind them, indicating whether exclusion criteria were pre-established.</i>
Non-participation	<i>State how many participants dropped out/declined participation and the reason(s) given OR provide response rate OR state that no participants dropped out/declined participation.</i>

## Randomization

If participants were not allocated into experimental groups, state so OR describe how participants were allocated to groups, and if allocation was not random, describe how covariates were controlled.

## Ecological, evolutionary & environmental sciences study design

All studies must disclose on these points even when the disclosure is negative.

## Study description

Briefly describe the study. For quantitative data include treatment factors and interactions, design structure (e.g. factorial, nested, hierarchical), nature and number of experimental units and replicates.

## Research sample

Describe the research sample (e.g. a group of tagged *Passer domesticus*, all *Stenocereus thurberi* within Organ Pipe Cactus National Monument), and provide a rationale for the sample choice. When relevant, describe the organism taxa, source, sex, age range and any manipulations. State what population the sample is meant to represent when applicable. For studies involving existing datasets, describe the data and its source.

## Sampling strategy

Note the sampling procedure. Describe the statistical methods that were used to predetermine sample size OR if no sample-size calculation was performed, describe how sample sizes were chosen and provide a rationale for why these sample sizes are sufficient.

## Data collection

Describe the data collection procedure, including who recorded the data and how.

## Timing and spatial scale

Indicate the start and stop dates of data collection, noting the frequency and periodicity of sampling and providing a rationale for these choices. If there is a gap between collection periods, state the dates for each sample cohort. Specify the spatial scale from which the data are taken

## Data exclusions

If no data were excluded from the analyses, state so OR if data were excluded, describe the exclusions and the rationale behind them, indicating whether exclusion criteria were pre-established.

## Reproducibility

Describe the measures taken to verify the reproducibility of experimental findings. For each experiment, note whether any attempts to repeat the experiment failed OR state that all attempts to repeat the experiment were successful.

## Randomization

Describe how samples/organisms/participants were allocated into groups. If allocation was not random, describe how covariates were controlled. If this is not relevant to your study, explain why.

## Blinding

Describe the extent of blinding used during data acquisition and analysis. If blinding was not possible, describe why OR explain why blinding was not relevant to your study.

Did the study involve field work?  Yes  No

## Field work, collection and transport

## Field conditions

Describe the study conditions for field work, providing relevant parameters (e.g. temperature, rainfall).

## Location

State the location of the sampling or experiment, providing relevant parameters (e.g. latitude and longitude, elevation, water depth).

## Access &amp; import/export

Describe the efforts you have made to access habitats and to collect and import/export your samples in a responsible manner and in compliance with local, national and international laws, noting any permits that were obtained (give the name of the issuing authority, the date of issue, and any identifying information).

## Disturbance

Describe any disturbance caused by the study and how it was minimized.

## Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

### Materials & experimental systems

n/a	Involvement in the study
<input checked="" type="checkbox"/>	<input type="checkbox"/> Antibodies
<input checked="" type="checkbox"/>	<input type="checkbox"/> Eukaryotic cell lines
<input checked="" type="checkbox"/>	<input type="checkbox"/> Palaeontology and archaeology
<input checked="" type="checkbox"/>	<input type="checkbox"/> Animals and other organisms
<input checked="" type="checkbox"/>	<input type="checkbox"/> Human research participants
<input type="checkbox"/>	<input checked="" type="checkbox"/> Clinical data
<input checked="" type="checkbox"/>	<input type="checkbox"/> Dual use research of concern

### Methods

n/a	Involvement in the study
<input checked="" type="checkbox"/>	<input type="checkbox"/> ChIP-seq
<input checked="" type="checkbox"/>	<input type="checkbox"/> Flow cytometry
<input type="checkbox"/>	<input checked="" type="checkbox"/> MRI-based neuroimaging

## Antibodies

Antibodies used	None
Validation	Describe the validation of each primary antibody for the species and application, noting any validation statements on the manufacturer's website, relevant citations, antibody profiles in online databases, or data provided in the manuscript.

## Eukaryotic cell lines

Policy information about [cell lines](#)

Cell line source(s)	State the source of each cell line used.
Authentication	Describe the authentication procedures for each cell line used OR declare that none of the cell lines used were authenticated.
Mycoplasma contamination	Confirm that all cell lines tested negative for mycoplasma contamination OR describe the results of the testing for mycoplasma contamination OR declare that the cell lines were not tested for mycoplasma contamination.
Commonly misidentified lines (See <a href="#">ICLAC</a> register)	Name any commonly misidentified cell lines used in the study and provide a rationale for their use.

## Palaeontology and Archaeology

Specimen provenance	Provide provenance information for specimens and describe permits that were obtained for the work (including the name of the issuing authority, the date of issue, and any identifying information). Permits should encompass collection and, where applicable, export.
Specimen deposition	Indicate where the specimens have been deposited to permit free access by other researchers.
Dating methods	If new dates are provided, describe how they were obtained (e.g. collection, storage, sample pretreatment and measurement), where they were obtained (i.e. lab name), the calibration program and the protocol for quality assurance OR state that no new dates are provided.
<input type="checkbox"/> Tick this box to confirm that the raw and calibrated dates are available in the paper or in Supplementary Information.	
Ethics oversight	Identify the organization(s) that approved or provided guidance on the study protocol, OR state that no ethical approval or guidance was required and explain why not.

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Animals and other organisms

Policy information about [studies involving animals](#); [ARRIVE guidelines](#) recommended for reporting animal research

Laboratory animals	For laboratory animals, report species, strain, sex and age OR state that the study did not involve laboratory animals.
Wild animals	Provide details on animals observed in or captured in the field; report species, sex and age where possible. Describe how animals were caught and transported and what happened to captive animals after the study (if killed, explain why and describe method; if released, say where and when) OR state that the study did not involve wild animals.
Field-collected samples	For laboratory work with field-collected samples, describe all relevant parameters such as housing, maintenance, temperature, photoperiod and end-of-experiment protocol OR state that the study did not involve samples collected from the field.
Ethics oversight	Identify the organization(s) that approved or provided guidance on the study protocol, OR state that no ethical approval or guidance was required and explain why not.

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Human research participants

Policy information about [studies involving human research participants](#)

Population characteristics	1051 MR images have been included for baseline characteristic establishment, after excluding IVD herniation, lumbar spondylolisthesis, spine tumors, and severe ossification in vertebral bodies. Among these population, different age and gender distribution is shown in supplement table 3 (age(female/male): 20-29 (74/71);30-39(105/104);40-49(112/99);50-59(87/81);60-69(96/88);70-89(51/83))
Recruitment	N/A
Ethics oversight	This multicenter retrospective study was approved by the institutional review board of Longhua Hospital, Shanghai University of TCM (No.2020LCSY069).

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Clinical data

Policy information about [clinical studies](#)

All manuscripts should comply with the ICMJE [guidelines for publication of clinical research](#) and a completed [CONSORT checklist](#) must be included with all submissions.

Clinical trial registration	N/A
Study protocol	N/A
Data collection	Data Set C composed of 1051 mid-sagittal T2 lumbar spine images with different age (20-90) and gender was used to extract data by segmentation model and quantitative method among four hospitals around China, including Longhua Hospital, Shanghai University of TCM, Guangdong Provincial Hospital of Chinese Medicine, Shenzhen Pingle Orthopedics Hospital, and Dongzhimen Hospital, Beijing University of Chinese Medicine between January 1, 2019, and March 30, 2021. All retrospective subject data were obtained with a waiver of consent under IRB approval. The data were anonymized before being shared.
Outcomes	N/A

## Dual use research of concern

Policy information about [dual use research of concern](#)

### Hazards

Could the accidental, deliberate or reckless misuse of agents or technologies generated in the work, or the application of information presented in the manuscript, pose a threat to:

No	Yes
<input type="checkbox"/>	<input type="checkbox"/> Public health
<input type="checkbox"/>	<input type="checkbox"/> National security
<input type="checkbox"/>	<input type="checkbox"/> Crops and/or livestock
<input type="checkbox"/>	<input type="checkbox"/> Ecosystems
<input type="checkbox"/>	<input type="checkbox"/> Any other significant area

### Experiments of concern

Does the work involve any of these experiments of concern:

No	Yes
<input type="checkbox"/>	<input type="checkbox"/> Demonstrate how to render a vaccine ineffective
<input type="checkbox"/>	<input type="checkbox"/> Confer resistance to therapeutically useful antibiotics or antiviral agents
<input type="checkbox"/>	<input type="checkbox"/> Enhance the virulence of a pathogen or render a nonpathogen virulent
<input type="checkbox"/>	<input type="checkbox"/> Increase transmissibility of a pathogen
<input type="checkbox"/>	<input type="checkbox"/> Alter the host range of a pathogen
<input type="checkbox"/>	<input type="checkbox"/> Enable evasion of diagnostic/detection modalities
<input type="checkbox"/>	<input type="checkbox"/> Enable the weaponization of a biological agent or toxin
<input type="checkbox"/>	<input type="checkbox"/> Any other potentially harmful combination of experiments and agents

## ChIP-seq

### Data deposition

- Confirm that both raw and final processed data have been deposited in a public database such as [GEO](#).
- Confirm that you have deposited or provided access to graph files (e.g. BED files) for the called peaks.

Data access links <i>May remain private before publication.</i>	<i>For "Initial submission" or "Revised version" documents, provide reviewer access links. For your "Final submission" document, provide a link to the deposited data.</i>
Files in database submission	<i>Provide a list of all files available in the database submission.</i>
Genome browser session (e.g. <a href="#">UCSC</a> )	<i>Provide a link to an anonymized genome browser session for "Initial submission" and "Revised version" documents only, to enable peer review. Write "no longer applicable" for "Final submission" documents.</i>

## Methodology

Replicates	<i>Describe the experimental replicates, specifying number, type and replicate agreement.</i>
Sequencing depth	<i>Describe the sequencing depth for each experiment, providing the total number of reads, uniquely mapped reads, length of reads and whether they were paired- or single-end.</i>
Antibodies	<i>Describe the antibodies used for the ChIP-seq experiments; as applicable, provide supplier name, catalog number, clone name, and lot number.</i>
Peak calling parameters	<i>Specify the command line program and parameters used for read mapping and peak calling, including the ChIP, control and index files used.</i>
Data quality	<i>Describe the methods used to ensure data quality in full detail, including how many peaks are at FDR 5% and above 5-fold enrichment.</i>
Software	<i>Describe the software used to collect and analyze the ChIP-seq data. For custom code that has been deposited into a community repository, provide accession details.</i>

## Flow Cytometry

### Plots

Confirm that:

- The axis labels state the marker and fluorochrome used (e.g. CD4-FITC).
- The axis scales are clearly visible. Include numbers along axes only for bottom left plot of group (a 'group' is an analysis of identical markers).
- All plots are contour plots with outliers or pseudocolor plots.
- A numerical value for number of cells or percentage (with statistics) is provided.

### Methodology

Sample preparation	<i>Describe the sample preparation, detailing the biological source of the cells and any tissue processing steps used.</i>
Instrument	<i>Identify the instrument used for data collection, specifying make and model number.</i>
Software	<i>Describe the software used to collect and analyze the flow cytometry data. For custom code that has been deposited into a community repository, provide accession details.</i>
Cell population abundance	<i>Describe the abundance of the relevant cell populations within post-sort fractions, providing details on the purity of the samples and how it was determined.</i>
Gating strategy	<i>Describe the gating strategy used for all relevant experiments, specifying the preliminary FSC/SSC gates of the starting cell population, indicating where boundaries between "positive" and "negative" staining cell populations are defined.</i>
<input type="checkbox"/> Tick this box to confirm that a figure exemplifying the gating strategy is provided in the Supplementary Information.	

## Magnetic resonance imaging

### Experimental design

Design type	retrospective cross-sectional study
Design specifications	N/A
Behavioral performance measures	N/A

## Acquisition

Imaging type(s)	structural
Field strength	1.5-Tesla in Longhua hospital, Shenzhen Pingle Orthopedics Hospital and Dongzhimen Hospital, while 3-Tesla in Guangdong Provincial Hospital of Chinese Medicine
Sequence & imaging parameters	T2 weighted MR imaging Different coils were used for MR imaging in different sites (18-channel Spine Tim 4G coil in Longhua Hospital; 32-channel Spine Tim coil in Guangdong Provincial Hospital of Chinese Medicine; 8-channel quadrature body coil in Shenzhen Pingle Orthopedics Hospital; 24-channel quadrature body coil in Dongzhimen Hospital)
Area of acquisition	mid-sagittal lumbar spine
Diffusion MRI	<input type="checkbox"/> Used <input checked="" type="checkbox"/> Not used

## Preprocessing

Preprocessing software	All images in the segmentation data set were labeled by LabelMe (version 3.3.6, CSAIL, Massachusetts Institute of Technology)
Normalization	N/A
Normalization template	N/A
Noise and artifact removal	N/A
Volume censoring	N/A

## Statistical modeling & inference

Model type and settings	N/A
Effect(s) tested	N/A
Specify type of analysis:	<input type="checkbox"/> Whole brain <input type="checkbox"/> ROI-based <input type="checkbox"/> Both
Statistic type for inference (See <a href="#">Eklund et al. 2016</a> )	N/A
Correction	N/A

## Models & analysis

n/a	Involvement in the study
<input checked="" type="checkbox"/>	<input type="checkbox"/> Functional and/or effective connectivity
<input checked="" type="checkbox"/>	<input type="checkbox"/> Graph analysis
<input checked="" type="checkbox"/>	<input type="checkbox"/> Multivariate modeling or predictive analysis
Functional and/or effective connectivity	<i>Report the measures of dependence used and the model details (e.g. Pearson correlation, partial correlation, mutual information).</i>
Graph analysis	<i>Report the dependent variable and connectivity measure, specifying weighted graph or binarized graph, subject- or group-level, and the global and/or node summaries used (e.g. clustering coefficient, efficiency, etc.).</i>
Multivariate modeling and predictive analysis	<i>Specify independent variables, features extraction and dimension reduction, model, training and evaluation metrics.</i>