1 **Table 1. Prevalence of Alcohol and cannabis consumption in the SIBDCS and the general**
2 **Swiss population**

Substance	Prevalence of Alcohol and cannabis consumption in the Swiss IBD cohort and the general Swiss population	
	Swiss IBD cohort	General population
Alcohol (at least 1x weekly)	43.1%	50.9%
- per 100'000 inhabitants	43'090	50'900
- Gender distribution men women	549%	61.0%
	31.8%	41.2%
- according to IBD subtypes		
Crohn's disease	39.8%	
Ulcerative colitis	47.5%	
Cannabis (at least once consumed)	19.5%	30%
- per 100'000 inhabitants	19'446	30'000
- active users	6.1 %	
- previous users subgroups	13.4 %	
- active users, according to IBD subtypes	7%	
- Crohn's disease	5%	

ulcerative colitis

Other drugs :

- cocaine   0.08 %

- heroin   0.08 %

- methadone   0.08 %

- amphetamines   0.92 %

- crystal meth   0.17 %

- LSD, PCP, 2-CB, 2-CI   0.84 %

- Ecstasy, MDMA   1.93 %

- Ketamine (Special K)   0.17 %

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5 **Table 2: Patient characteristics according to alcohol drinking pattern and cannabis**
6 **consumption.**

	Non drinkers (N=390)	Low to moderate drinkers (N=314)	Heavy drinkers (N=18)	Cannabis user (N=133)	Whole Swiss IBD cohort (N=722)	Comparison among groups
Age (median + IQR)	50 (40-60)	54 (45-65)	72 (62-75)	43 (35-52)	51 (40-61)	<0.001
Female (%)	258 (66%)	129 (41%)	5 (28%)	65 (49%)	392 (54%)	0.001
Male (%)	132 (34%)	185 (59%)	13 (72%)	68 (51%)	330 (46%)	
BMI [kg/m²] (median + IQR)	23 (20.7-26.2)	23 (21.1-25.5)	26 (25-28.7)	23 (20.8-24.8)	23 (20.9-25.8)	0.0063
Associated addiction						

Current smoking (%)	78 (20%)	64 (20%)	4 (22%)	61 (46%)	146 (20%)	**0·001**
Ethnicity Caucasian (%)	307 (79%)	252 (80%)	15 (83%)	115 (86%)	574 (80%)	0.178
Non-caucasian (%)	70 (18%)	50 (16%)	3 (17%)	13 (10%)	123 (17%)	
Marital status Single (%)	130 (33%)	91 (30%)	0	71 (53%)	221 (31%)	**0·001**
Married (%)	203 (52%)	172 (55%)	13 (72%)	40 (30%)	388 (54%)	**0·001**
Widowed(%)	8 (2%)	6 (2%)	1 (6%)	0	15 (2%)	0.248
Divorced (%)	25 (6%)	26 (8%)	4 (22%)	13 (10%)	55 (8%)	0.074
Separated (%)	6 (2%)	3 (1%)	0	2 (2%)	9 (1%)	0.861
Professional status Disability (%)	34 (9%)	16 (5%)	2 (11%)	9 (7%)	52 (7%)	0.282
Fulltime job (%)	142 (36%)	168 (54%)	4 (22%)	54 (41%)	314 (43%)	**0·001**
Part-time job (%)	117 (30%)	72 (23%)	3 (17%)	34 (26%)	192 (27%)	0·138
Several partial-time jobs (%)	13 (3%)	10 (3%)	0 (0%)	5 (4%)	23 (3%)	0·863
Jobless (%)	9 (2%)	3 (1%)	2 (11%)	3 (2%)	14 (2%)	**0·026**
Student (%)	40 (10%)	26 (8%)	1 (6%)	26 (20%)	67 (9%)	**0·004**
Housewife (%)	76 (20 %)	39 (12%)	2 (11%)	13 (10%)	117 (16%)	**0·014**
Retired (%)	50 (13%)	40 (13%)	8 (45%)	9 (7%)	98 (13%)	**0·001**

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17 **Table 1: IBD patients' disease characteristics according to alcohol drinking pattern and**
18 **cannabis consumption**

	Non drinkers N=390	Low to moderate drinkers N=314	Heavy drinkers N=18	Cannabis user N=133	Control group N=722	~~Comparison among groups~~
Type of IBD Crohn's disease (%)	212 (54%)	164 (52%)	6 (33%)	80 (60%)	382 (53%)	~~0·136~~
Colitis ulcerosa (%)	178 (46%)	150 (45%)	12 (67%)	53 (40%)	340 (47%)	
Disease Activity (Median + IQR) Crohn's Disease Activity Index	66 (31-111)	54 (26-98)	99 (34-197)	70 (42-105)	63 (31-107)	~~0·288~~
Modified Truelove & Witts activity index	2(1-6)	2(1-4)	2(1.5-3.5)	3(1-5)	2(1-5)	~~0·199~~
Disease Location Crohn's disease L1	63 (30%)	42 (26%)	2 (33%)	27 (34%)	106 (28%)	~~0·016~~
L2	66 (31%)	58 (35%)	2 (33%)	3 (4%)	125 (31%)	
L3	71 (33%)	51 (31%)	2 (33%)	29 (36%)	126 (33%)	
L4 (in total)	12 (6%)	13 (8%)	0 (0)	8 (10%)	27 (8%)	
Disease behavior (CD) B1	96 (45%)	83 (51%)	2(33%)	45 (56%)	181 (48%)	~~0·465~~
B2	48 (23%)	29 (18%)	0 (0)	13 (16%)	77 (20%)	
B3	68 (32%)	52 (32%)	4(66%)	22 (28%)	124 (32%)	
Disease location Ulcerative colitis Pancolitis	68 (32%)	41 (25%)	6 (50%)	20 (38%)	115 (34%)	~~0·57~~
Left-sided colitis	69 (43%)	75 (50%)	4 (33%)	22 (41%)	148 (44%)	
Proctitis	34 (16%)	30 (20%)	2 (17%)	11 (21%)	66 (20%)	
Anemia (%) Crohn's disease	54 (27%)	33 (22 %)	1 (20%)	18 (23%)	106 (24%)	~~0·748~~
Ulcerative colitis	42 (26%)	24 (18 %)	1 (9%)	15 (32%)	82 (23%)	~~0·107~~
Extraintestinal manifestations All IBD patients	250 (64%)	167 (53%)	13 (72%)	103 (55%)	407 (56%)	~~0·020~~
Crohn's disease	152 (72%)	94 (57%)	5 (83%)	80 (60%)	228 (60%)	~~0·016~~
Ulcerative colitis	98 (55%)	73 (49%)	8(67%)	23 (43%)	179 (53%)	~~0·275~~

Current Therapy						5
Crohn disease						
Oral 5-ASA	47 (22%)	21 (13%)	3 (50%)	18 (23%)	71 (19%)	0·021
Topical 5-ASA	3 (1%)	4 (2%)	1 (17%)	3 (4%)	8 (2%)	0·08
Immunomodulators	118 (56%)	81 (49%)	0	35 (44%)	199 (52%)	0·019
Anti-TNF Agents	70 (33%)	40 (24%)	0	28 (35%)	110 (29%)	0·075
Systemic Steroids	20 (9%)	21 (13%)	0	12 (15%)	41 (11%)	0·405
Budesonide	23 (11%)	11 (7%)	0	8 (10%)	34 (9%)	0·457
Ulcerative colitis						
Oral 5-ASA	83 (47%)	92 (61%)	10 (83%)	32 (60%)	185 (54%)	0·007
Topical 5-ASA	47 (26%)	43 (29%)	2 (17%)	15 (28%)	92 (27%)	0·820
ImmunomodulatorsAnti-	66 (37%)	46 (31%)	3 (25%)	21 (40%)	115 (34%)	0·460
TNF Agents	21 (12%)	9 (6%)	0	5 (9%)	30 (9%)	0·205
Systemic Steroids	31 (17%)	26 (17%)	2 (17%)	6 (11%)	59 (17%)	0·750
Topical Steroids	8 (4.5%)	8 (6%)	0	2(4%)	17 (5%)	0·747
Fistulas, abscesses or stenosis in CD						
Perianal fistula	0	1 (1%)	0	0	1 (0.5%)	0·654
Other Fistula	2 (1%)	1 (1%)	0	0	3 (1%)	0·844
Stenosis	12 (7%)	12 (8%)	0	4(8%)	24 (6%)	0·765
Need for surgery						
Crohn disease						
Overall	141 (67%)	107 (65%)	4 (67%)	52 (65%)	252 (66%)	0·992
Small bowel surgery	106 (27%)	66 (21%)	5 (28%)	27(20%)	177 (46%)	0·184
Colon surgery	31 (15%)	22 (13%)	1 (17%)	10 (13%)	54 (14%)	0·961
Ulcerative colitis	43 (24%)	29 (19%)	2 (17%)	8 (15%)	74 (21%)	0·461
At least one hospitalization during last 12 months related to IBD						
All IBD	76 (20%)	50 (16%)	2 (13%)	25 (19%)	128 (18%)	0·604
Crohn disease	42 (20%)	34 (21%)	1 (20%)	16 (20%)	77 (20%)	0·996
Ulcerative colitis	34 (19%)	16 (11%)	1 (9%)	9 (18%)	51 (15%)	0·181

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Table 4: Factors associated with (A) alcohol, (B) heavy drinking and (C) cannabis consumption based on a multivariate logistic regression

(A)

Outcome: alcohol consumption	Odds ratio	95% Confidence interval	p-value
Diagnosis (UC)	0·73	0·49-1·07	0·110
Gender (female)	0·403	0·30 – 0·55	**0·001**
Age			
0-29 years	0·68	0·30-1·55	0·360
>50 years	2·1	1·43-3·09	**0·001**
Smoker (active)	1·33	0·92 – 1·91	0·123
Current immunosuppressants	0·80	0·59 – 1·1	0·172
Current anti-TNF agents	0·54	0·35 – 0·81	**0·003**
Disease duration	0·99	0·98-1·1	0·667
Hospitalization related to IBD	0·75	0·5-1·13	0·170
Stenosis	0·72	0·5-1·05	0·09
Location L1	0·76	0·5-1·22	0·257
Location E3	1·08	0·62-1·88	0·795
EIM peripheral	0·75	0·55-1·03	0·074
Employed	1·62	1·04-2·53	**0·034**
Retired	1·60	0·84-3·02	0·149
Disability	0·58	0·28-1·19	0·138
Single	1·24	0·70-2·2	0·46
Married	0·88	0·53-1·46	0·63
Divorced	0·90	0·27-3·01	0·87
Remission	0·99	0·73-1·34	0·955

(B)

Outcome: Heavy drinker	Odds ratio	95% Confidence interval	p-value
Gender (female)	0·243	0·119 – 0·497	< 0·001
Age (per year, linear)	1·086	1·063 – 1·111	< 0·001
Smoker (active)	2·010	1·056 – 3·826	0·033
Current immunosuppressants	0·357	0·174 – 0·732	0·005
Currently unemployed	4·364	1·356 – 14·039	0·013

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(C)

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Outcome: use of cannabis	Odds ratio	95% Confidence interval	p-value
Diagnosis(UC)	1·1	0·63-1·92	0·737
Gender (female)	0.50	0·32 – 0·77	0·002
Age			
0-29	1·03	0·42-2·55	0·940
>50	0·61	0·35-1·06	0·082
Smoker (active)	3·55	2·24 – 5·6	0·001
Current immunosuppressants	0·85	0·55 – 1·32	0·477
Currently anti-TNF agents	0·94	0·54 – 1·61	0·811
Disease duration	0·98	0·95-1·01	0·259
Hospitalisation related to IBD	0·95	0·55-1·64	0·854
Stenosis	1·13	0·68-1·9	0·631
Location L1	1·31	0·72-2·4	0·37
Location E3	1·20	0·53-2·75	0·657
EIM peripheral	1·40	0·90-2·16	0·133
Employed	0·57	0·32-1·03	0·062
Retired	0·305	0·103-0·91	0·033
Disability	1·30	0·46-3·7	0·620
Single	0·81	0·39-1·71	0·589
Married	0·40	0·20-0·82	0·012
Divorced	na	na	
Remission	0·87	0·6-1·33	0·518

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Supplementary Tables

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54   <u>**Suppl. Table 1**</u>

	Non drinkers (N=390)	Low to moderate drinkers (N=314)	Heavy drinkers (N=18)	Cannabis user (N=133)	Whole Swiss IBD cohort (N=722)
Age (median + IQR)	50 (40-60)	54 (45-65)	72 (62-75)	43 (35-52)	51 (40-61)
Female (%)	258 (66%)	129 (41%)	5 (28%)	65 (49%)	392 (54%)
Male (%)	132 (34%)	185 (59%)	13 (72%)	68 (51%)	330 (46%)
BMI [kg/m^2] (median + IQR)	23 (20.7-26.2)	23 (21.1-25.5)	26 (25-28.7)	23 (20.8-24.8)	23 (20.9-25.8)
Associated addiction Current smoking (%)	78 (20%)	64 (20%)	4 (22%)	61 (46%)	146 (20%)
Ethnicity Caucasian (%)					

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Non-caucasian (%)	307 (79%)	252 (80%)	15 (83%)	115 (86%)	574 (80%)
	70 (18%)	50 (16%)	3 (17%)	13 (10%)	123 (17%)
Marital status					
Single (%)	130 (33%)	91 (30%)	0	71 (53%)	221 (31%)
Married (%)	203 (52%)	172 (55%)	13 (72%)	40 (30%)	388 (54%)
Widowed(%)	8 (2%)	6 (2%)	1 (6%)	0	15 (2%)
Divorced (%)	25 (6%)	26 (8%)	4 (22%)	13 (10%)	55 (8%)
Separated (%)	6 (2%)	3 (1%)	0	2 (2%)	9 (1%)
Professional status					
Disability (%)	34 (9%)	16 (5%)	2 (11%)	9 (7%)	52 (7%)
Fulltime job (%)	142 (36%)	168 (54%)	4 (22%)	54 (41%)	314 (43%)
Part-time job (%)	117 (30%)	72 (23%)	3 (17%)	34 (26%)	192 (27%)
Several partial-time jobs (%)	13 (3%)	10 (3%)	0 (0%)	5 (4%)	23 (3%)
Jobless (%)	9 (2%)	3 (1%)	2 (11%)	3 (2%)	14 (2%)
Student (%)	40 (10%)	26 (8%)	1 (6%)	26 (20%)	67 (9%)
	76 (20 %)	39 (12%)	2 (11%)	13 (10%)	117 (16%)

					55
Housewife (%)	50 (13%)	40 (13%)	8 (45%)	9 (7%)	98 (13%)
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Retired (%)					

Suppl.

59 **Table 2**

60 Drinking Habits: modification since IBD diagnosis

	Drink same	Stopped completely	Drink less	Drink more
Gender Male (175) Female (172)	110 (63%) 102 (59%)	9 (5%) 11 (6%)	48 (27%) 52 (30%)	8 (5%) 7 (4%)
Age (y) **[median, IQR, range]**	48 38-59 20-79	51 42-63 25-81	46 37-57 21-88	42 34-51 26-59
Diagnosis CD (196) UC/IC (151)	125 (64%) 87 (58%)	13 (7%) 7 (5%)	53 (27%) 47 (31%)	5 (3%) 10 (7%)
Smoking status Non-smoker (111) Past (130) Current (99)	61 (56%)	10 (9%)	32 (29%)	8 (7%) 3 (2%)

		4 (4%)
85 (65%)	5 (4%)	37 (29%)	
61 (62%)	5 (5%)	29 (29%)	

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Suppl. Table 3

63 Evaluation of binge drinking frequency in the reassessment questionnaire

64 <u>Based on the question: How often do you have six or more drinks on one occasion?</u>

	Never	Less than monthly	Monthly	Weekly	Daily or almost
Gender Male (178) Female (197)	73 (41%) 128 (65%)	60 (34%) 53 (27%)	31 (17%) 13 (7%)	10 (6%) 3 (2%)	4 (2%) 0
Age (y) [median, IQR, range]	50 41-61 20-88	47 40-55 20-83	39 31-50 23-72	37 28-59 25-77	64 56-69 53-69
Diagnosis CD (212) UC/IC (162)	111 (52%) 90 (56%)	64 (30.2%) 49 (30.2%)	27 (13%) 17 (11%)	7 (3%) 6 (4%)	3 (1%) 1 (1%)
Smoking status Non-smoker (121) Past (142) Current (103)	71 (59%) 73 (51%) 52 (51%)	38 (31%) 47 (33%) 26 (25%)	8 (7%) 15 (11%) 20 (19%)	4 (3%) 5 (4%) 3 (3%)	0 2 (1%) 2 (2%)

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