TABLE 2 Correlations among plasma irisin, leptin, adiponectin, ghrelin and TNF-alpha at baseline (T0) and at follow-up (T2) with risk factors of insulin resistance at baseline (T0) and at follow-up (T2) in the cohort 2 (n=73) [¶]

Insulin resistance risk factors		Spearman's Rho correlation coefficients									
		Baseline (T0)					Follow-up (T2)				
		Irisin (ng/mL)	Leptin (ng/mL)	Adiponectin (ng/mL)	Ghrelin (pg/mL)	TNFalpha (pg/mL)	Irisin (ng/mL)	Leptin (ng/mL)	Adiponectin (ng/mL)	Ghrelin (pg/mL)	TNFalpha (pg/mL)
Body weight (kg)	T0	-0.01	-0.12	**-0.38**[†]	-0.13	0.15	-0.03	0.09	**-0.45**[†]	**-0.24***	**0.24***
	T2	-0.01	-0.12	**-0.35***	-0.12	0.11	0.05	0.18	**-0.43**[†]	**-0.29***	0.17
BMI	T0	-0.08	**0.39***	-0.01	-0.05	0.09	-0.05	**0.53**[†]	-0.16	**-0.28***	**0.25***
	T2	-0.05	**0.35***	-0.01	-0.08	0.07	0.07	**0.62**[†]	-0.16	**-0.33***	**0.20**[‡]
Waist circumference (cm)	T0	0.09	-0.02	**-0.25***	**-0.27***	**0.20**[‡]	0.08	0.10	**-0.34**[†]	**-0.40**[†]	0.18
	T2	0.10	-0.02	**-0.22**[‡]	-0.22	0.14	0.15	**0.24***	**-0.30**[†]	**-0.46**[†]	0.09
Fat mass (kg)	T0	-0.03	**0.42**[†]	-0.02	-0.07	0.11	-0.03	**0.54**[†]	-0.18	**-0.26***	0.19
	T2	-0.04	**0.48**[†]	0.06	-0.07	0.11	0.08	**0.70**[†]	-0.12	**-0.25***	0.16
Fat free mass (kg)	T0	0.02	**-0.50**[†]	**-0.53**[†]	-0.18	0.11	-0.01	**-0.30***	**-0.50**[†]	-0.18	0.11
	T2	0.04	**-0.50**[†]	**-0.53**[†]	-0.15	0.11	0.01	**-0.23***	**-0.50**[†]	-0.20	0.11
Fat mass (%)	T0	-0.08	**0.72**[†]	**0.32**[†]	0.07	0.01	-0.02	**0.70**[†]	0.17	-0.08	0.08
	T2	-0.05	**0.75**[†]	**0.37**[†]	0.01	0.04	0.08	**0.77**[†]	**0.19**[‡]	-0.13	0.07
Fat free mass (%)	T0	0.08	**-0.71**[†]	**-0.32**[†]	-0.07	0.00	0.02	**-0.70**[†]	-0.17	0.08	-0.08
	T2	0.05	**-0.75**[†]	**-0.38**[†]	-0.01	-0.04	-0.07	**-0.77**[†]	**-0.21**[‡]	0.12	-0.07

(Continued)

Table 2 (continued)

Insulin resistance risk factors		Baseline (T0)					Follow-up (T2)				
		Irisin (ng/mL)	Leptin (ng/mL)	Adiponectin (ng/mL)	Ghrelin (pg/mL)	TNFalpha (pg/mL)	Irisin (ng/mL)	Leptin (ng/mL)	Adiponectin (ng/mL)	Ghrelin (pg/mL)	TNFalpha (pg/mL)
Glucose (mg/dL)	T0	0.12	0.03	-0.17	-0.11	-0.04	0.04	0.10	-0.15	-0.20	-0.08
	T2	0.09	0.08	-0.19	-0.02	0.02	0.11	0.12	-0.09	-0.02	**-0.26***
Insulin (µU/mL)	T0	**0.20‡**	0.01	**-0.49†**	-0.09	0.12	0.19	0.09	**-0.45†**	-0.03	0.10
	T2	**0.24***	0.19	-0.22	-0.03	0.04	**0.26†**	**0.47†**	**-0.30†**	-0.17	-0.02
Triacylglicerides (mg/dL)	T0	**0.32†**	0.02	**-0.39†**	-0.10	**0.29***	**0.36†**	0.05	**-0.44†**	0.17	0.16
	T2	**0.29***	0.05	**-0.28***	-0.02	0.17	**0.42†**	**0.25†**	**-0.31†**	0.11	0.13
HOMA-IR	T0	**0.24***	0.04	**-0.47†**	-0.08	0.06	**0.22***	0.12	**-0.45†**	-0.06	0.06
	T2	**0.23***	0.16	-0.23	0.03	0.04	**0.26†**	**0.45†**	**-0.28†**	-0.14	-0.05
Irisin (ng/mL)	T0	1.00	-0.08	-0.02	**-0.28***	-0.08	**0.77†**	-0.10	-0.05	-0.18	**-0.22‡**
	T2	**0.77†**	0.08	0.03	-0.18	0.01	1.00	0.09	-0.05	-0.20	-0.12
Leptin (ng/mL)	T0	-0.08	1.00	0.16	0.17	0.09	0.08	**0.79†**	0.02	0.20	0.11
	T2	-0.10	**0.79†**	0.04	0.19	0.16	0.09	1.00	-0.08	0.05	0.18
Adiponectin (ng/mL)	T0	-0.02	0.16	1.00	**-0.23‡**	-0.06	0.03	0.04	**0.78†**	**-0.31***	-0.03
	T2	-0.05	0.02	**0.78†**	**-0.24‡**	-0.06	-0.05	-0.08	1.00	**-0.36†**	-0.17
Ghrelin (pg/mL)	T0	**-0.28***	0.17	**-0.23‡**	1.00	-0.20	-0.18	0.19	**-0.24‡**	**0.68†**	-0.08
	T2	-0.18	0.20	**-0.31***	**0.68†**	-0.15	-0.20	0.05	**-0.36†**	1.00	-0.12
TNFalpha (pg/mL)	T0	-0.08	0.09	-0.06	-0.20	1.00	0.01	0.16	-0.06	-0.15	**0.62†**
	T2	**-0.22‡**	0.11	-0.03	-0.08	**0.62†**	-0.12	0.18	-0.17	-0.12	**1.00**
Weight loss (%)		-0.06	**0.21‡**	0.06	-0.14	0.08	0.18	**0.38†**	0.03	-0.22	0.04
Weight regain (%)		-0.02	-0.09	-0.16	0.09	0.06	0.19	**0.29†**	**-0.21‡**	-0.08	-0.05

(¶) Data denote the Spearman's rho correlation coefficient. Statistically significant correlations are shown in bold. (*) $p<0.05$, (†) $p<0.01$ and (‡) $p<0.10$, statistically significant associations.