

**Table 2.** Age- and multivariate\*-adjusted geometric mean aMT6s levels (ng/mg) by selected characteristics

| Characteristic                             | Category<br>Definition          | N <sup>†</sup> | Age-adjusted                                     | Fully adjusted                                   |
|--|---------------------------------|----------------|--|--|
|  |                                 |                | Geometric mean aMT6s,<br>95% confidence interval | Geometric mean aMT6s,<br>95% confidence interval |
| Age, years**                               | 14                              | 20             | 43.3 (31.8, 60.0)                                | 42.7 (30.3, 60.3)                                |
|  | 15                              | 27             | 40.0 (30.8-50.9)                                 | 44.9 (36.5, 55.2)                                |
|  | 16                              | 28             | 35.5 (30.0, 43.5)                                | 34.3 (27.7, 43.4)                                |
|  | 17                              | 17             | 46.0 (38.2, 55.3)                                | 50.0 (41.3, 60.6)                                |
|  | 18                              | 8              | 47.6 (31.2, 71.5)                                | 46.4 (31.4, 68.4)                                |
|  | <i>P for trend</i> <sup>‡</sup> |                | 0.743  | 0.809  |
| Gender                                     | Male                            | 44             | 37.2 (30.2, 45.9)                                | 39.3 (32.4, 47.8)                                |
|  | Female                          | 55             | 43.8 (38.7, 49.7)                                | 44.7 (39.1, 51.1)                                |
|  | <i>P for difference</i>         |                | 0.182  | 0.283  |
| BMI, kg/m <sup>2</sup>                     | <20                             | 39             | 43.9 (36.3, 53.0)                                | 43.3 (35.4, 53.0)                                |
|  | 20-25                           | 48             | 38.1 (32.1, 45.1)                                | 40.5 (35.2, 46.5)                                |
|  | >25                             | 13             | 43.7 (32.7, 58.5)                                | 42.7 (31.2, 58.4)                                |
|  | <i>P for trend</i> <sup>‡</sup> |                | 0.487  | 0.563  |
| Ethnicity                                  | Caucasian                       | 67             | 43.0 (37.0, 50.0)                                | 42.9 (37.1, 49.7)                                |
|  | Non-Caucasian                   | 32             | 36.9 (30.7, 44.4)                                | 40.8 (34.6, 48.1)                                |
|  | <i>P for difference</i>         |                | 0.214  | 0.648  |
| Age at menarche, years <sup>§</sup>        | 9                               | 1              | 39.8 (36.8, 43.1)                                | -  |
|  | 10                              | 4              | 20.4 (12.7, 33.0)                                | 18.3 (12.2, 29.1)                                |
|  | 11                              | 7              | 32.5 (24.1, 43.6)                                | 33.5 (25.0, 44.9)                                |
|  | 12                              | 16             | 51.3 (42.7, 61.6)                                | 51.9 (43.7, 61.4)                                |
|  | 13                              | 18             | 50.7 (42.0, 61.2)                                | 50.3 (41.6, 60.8)                                |
|  | 14                              | 7              | 50.9 (38.7, 66.9)                                | 52.9 (38.0, 73.6)                                |
|  | <i>P for trend</i> <sup>‡</sup> |                | 0.002  | 0.001  |
| Time since menarche, years**, <sup>§</sup> | 1                               | 5              | 61.2 (36.9, 101.4)                               | 58.9 (34.6, 100.3)                               |
|  | 2                               | 12             | 55.5 (42.0, 73.3)                                | 58.1 (40.5, 83.4)                                |
|  | 3                               | 11             | 49.6 (39.7, 61.9)                                | 50.7 (41.5, 61.9)                                |
|  | 4                               | 10             | 38.3 (30.4, 48.2)                                | 39.8 (32.7, 48.4)                                |
|  | ≥5                              | 15             | 34.6 (26.2, 45.7)                                | 32.5 (23.2, 45.5)                                |
|  | <i>P for trend</i> <sup>‡</sup> |                | 0.017  | 0.024  |
| Oral contraceptive use <sup>§</sup>        | Yes                             | 5              | 65.0 (46.7, 90.5)                                | 65.6 (46.7, 92.3)                                |
|  | No                              | 50             | 43.1 (38.0, 49.0)                                | 43.6 (38.2, 49.7)                                |
|  | <i>P for difference</i>         |                | 0.025  | 0.032  |
| Tobacco use                                | Yes                             | 2              | 27.6 (19.3, 39.5)                                | 51.7 (37.4, 71.5)                                |
|  | No                              | 96             | 42.4 (37.87, 47.5)                               | 42.2 (37.5, 47.4)                                |
|  | <i>P for difference</i>         |                | 0.026  | 0.266  |
| Alcohol use, past 30 days                  | Yes                             | 18             | 33.4 (23.9, 46.7)                                | 33.2 (24.0, 50.3)                                |
|  | No                              | 70             | 44.7 (40.2, 49.8)                                | 44.9 (40.1, 50.3)                                |
|  | <i>P for difference</i>         |                | 0.096  | 0.072  |
| Physical activity, hours/week              | <4                              | 30             | 43.7 (35.2, 54.2)                                | 44.4 (35.1, 56.1)                                |
|  | ≥4                              | 67             | 40.5 (35.6, 46.1)                                | 41.5 (36.5, 47.1)                                |
|  | <i>P for difference</i>         |                | 0.545  | 0.614  |
| Use of sleep aids                          | Yes                             | 8              | 48.2 (33.3, 69.9)                                | 50.4 (36.1, 70.4)                                |
|  | No                              | 92             | 40.4 (35.7, 45.6)                                | 41.7 (36.9, 47.1)                                |
|  | <i>P for difference</i>         |                | 0.366  | 0.290  |

\*Adjusted for: age, gender, ethnicity, BMI, smoking status (yes/no), alcohol consumption (yes/no), physical activity for 4 h/wk or more (yes/no). <sup>†</sup>Actual numbers of participants in analyses may vary due to missing covariates; \*\*Not age-adjusted; <sup>‡</sup>*P* trend calculated by modeling variables continuously; <sup>§</sup>Females only.