

Supplemental Table 1 The optimal cut-off points, sensitivity and specificity in the receiver operating characteristic curve of each insulin resistance index for incident metabolic syndrome in military young adults

	Cut off points	Sensitivity	Specificity
METS-IR index	2.03	0.74	0.71
TyG index	8.37	0.68	0.70
ALT/AST	0.95	0.66	0.62
TC/HDL-C	3.55	0.72	0.64
TG/HDL-C	1.88	0.74	0.66
ZJU index	125.71	0.73	0.66

Abbreviations: ALT, alanine aminotransferase; AST, aspartate aminotransferase; CI, confidence interval; HDL-C, high-density lipoprotein cholesterol; METS-IR, metabolic score for insulin resistance; TC, total cholesterol; TG, triglycerides; TyG, triglyceride glucose; ZJU, Zhejiang University

Supplemental Table 2 The optimal cut-off points, sensitivity and specificity in the receiver operating characteristic curve of each insulin resistance index for incident metabolic syndrome in military young male adults

	Cut off points	Sensitivity	Specificity
METS-IR index	2.03	0.74	0.71
TyG index	8.37	0.68	0.70
ALT/AST	0.95	0.66	0.62
TC/HDL-C	3.55	0.72	0.64
TG/HDL-C	1.88	0.74	0.66
ZJU index	125.71	0.73	0.66

Abbreviations: ALT, alanine aminotransferase; AST, aspartate aminotransferase; CI, confidence interval; HDL-C, high-density lipoprotein cholesterol; METS-IR, metabolic score for insulin resistance; TC, total cholesterol; TG, triglycerides; TyG, triglyceride glucose; ZJU, Zhejiang

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Supplemental Table 3 The optimal cut-off points, sensitivity and specificity in the receiver operating characteristic curve of each insulin resistance index for incident metabolic syndrome in military young female adults

	Cut off points	Sensitivity	Specificity
METS-IR index	2.03	0.74	0.71
TyG index	8.37	0.68	0.70
ALT/AST	0.95	0.66	0.62
TC/HDL-C	3.55	0.72	0.64
TG/HDL-C	1.88	0.74	0.66
ZJU index	125.71	0.73	0.66

Abbreviations: ALT, alanine aminotransferase; AST, aspartate aminotransferase; CI, confidence interval; HDL-C, high-density lipoprotein cholesterol; METS-IR, metabolic score for insulin resistance; TC, total cholesterol; TG, triglycerides; TyG, triglyceride glucose; ZJU, Zhejiang University