

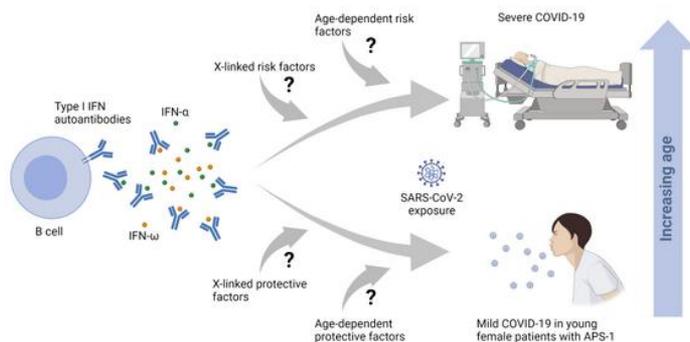
Mild COVID-19 despite autoantibodies to type I IFNs in Autoimmune-Polyendocrine-Syndrome Type 1 (APS-1)

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1 **Mild COVID-19 despite autoantibodies to type I IFNs in Autoimmune-Polyendocrine-**
2 **Syndrome Type 1 (APS-1)**

3

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32 Disclosure of conflict of interests

33 VMC together with Euroimmun GmbH holds a patent regarding SARS-CoV-2 diagnostics via
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64 CoV-2) – COVID-19

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72 **Abstract**

73 Autoantibodies to interferon (IFN)- α and IFN- ω (type-I-IFNs) were recently reported as
74 causative for severe COVID-19 in the general population. Autoantibodies against IFN- α and
75 IFN- ω are present in almost all patients with Autoimmune-Polyendocrine-Syndrome Type 1
76 (APS-1) caused by biallelic deleterious or heterozygous dominant mutations in *AIRE*. We
77 therefore hypothesized that autoantibodies against type-I-IFNs also predispose patients with
78 APS-1 to severe COVID-19. We prospectively studied six patients with APS-1 between April
79 1st, 2020 and April 1st, 2021. Biobanked pre-COVID-19 sera of APS-1 subjects were tested
80 for neutralizing autoantibodies to IFN- α and IFN- ω . The patients' sera ability to block
81 recombinant human IFN- α and IFN- ω was assessed by assays quantifying phosphorylation of
82 signal transducer and activator of transcription 1 (STAT1) as well as infection-based IFN-
83 neutralization assays. We describe four patients with APS-1 and pre-existing high titers of
84 neutralizing autoantibodies to IFN- α and IFN- ω who contracted SARS-CoV-2, yet developed
85 only mild symptoms of COVID-19. None of the patients developed dyspnoea, oxygen
86 requirement or high temperature. All infected patients with APS-1 shared female sex and age
87 younger than 26 years. Clinical penetrance of neutralizing autoantibodies against type I IFNs
88 for severe COVID-19 is not complete.

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105 **Introduction**

106 Mutations in *AIRE* (gene for the Autoimmune Regulator) cause Autoimmune-Polyendocrine-
107 Syndrome-Type-1 (APS-1) (1-3). *AIRE* is expressed in thymic epithelium and secondary
108 lymphoid organs (4). *AIRE* regulates promiscuous gene expression of tissue-specific self-
109 antigens in the thymus, a prerequisite for central negative selection of autoreactive T cells.
110 Further, *AIRE* contributes to the generation of naturally occurring, CD4⁺CD25⁺CD127^{low/-}
111 FOXP3⁺, regulatory T cells (5). Patients with APS-1 develop autoimmunity in endocrine and
112 non-endocrine organs, chronic mucocutaneous candidiasis (CMC) and enamel hypoplasia (6,
113 7). Patients with APS-1 build autoantibodies against TH-17 cytokines, IFN- α and IFN- ω (type-
114 I-IFNs) (8). The role of autoantibodies against IL-17 for CMC in patients with APS-1 is well-
115 defined (9). In contrast, a role of autoantibodies against type-I-IFNs for infectious diseases has
116 only recently been suspected as patients with APS-1 developed severe coronavirus disease 2019
117 (COVID-19) caused by infection with Severe Acute Respiratory Syndrome Coronavirus 2
118 (SARS-CoV-2) (10-12). However, to date there is no prospective follow-up of patients with
119 APS-1 who contracted SARS-CoV-2.

120 By blocking the cytokine's biological function, patients with neutralizing anti-cytokine
121 autoantibodies may present with a clinical phenotype resembling corresponding genetic
122 disorders (13). Autoantibodies against type-I-IFNs were reported in patients with severe
123 COVID-19 (11), among whom a strong bias towards males (95%) and patients elder than 65
124 y/a (>50%) was also noted (11). Autoantibodies against type-I-IFNs in severe COVID-19 were
125 confirmed in additional cohorts (14-17). However, to date only cohorts collected for severe
126 COVID-19 had been analysed (11, 15-18). We are not aware of a prospective follow-up of
127 patients with pre-existing autoantibodies against type-I-IFNs. Even if pre-existing
128 autoantibodies against type-I-IFNs are a strong risk factor for severe COVID-19 in pre-selected
129 cohorts, the clinical penetrance of pre-existing neutralizing autoantibodies against type-I-IFNs
130 for severe COVID-19 is unknown on the individual, as well as on the population level.

131 As >95% of patients with APS-1 develop high titers of neutralizing autoantibodies against type-
132 I-IFN (8), APS-1 is a model disease to prospectively study the role of pre-existing
133 autoantibodies to type I IFNs for severe COVID-19. To date three patients with APS-1 and
134 severe COVID-19 (10, 12, 19), as well as severe COVID-19 in 15 of 22 patients in a series of
135 APS-1-patients have been described (18). We therefore hypothesized that autoantibodies
136 against type-I-IFNs predispose patients with APS-1 to severe COVID-19. Here, we report on
137 six patients with APS-1 and high titers of pre-existing neutralizing autoantibodies against IFN-

138 α and IFN- ω , of whom four contracted SARS-CoV-2, yet developed mild COVID-19. Our
139 study comprises only patients in regular follow-up for APS-1 who were not recruited due to
140 COVID-19.

141

142 **Results and Discussion**

143 *Patients with APS-1 develop autoimmunity*

144 Already prior to the COVID-19 pandemic all patients were followed up at Charité-
145 Universitätsmedizin Berlin for > 70 patient years (Table 1). Patient 1 is a 13 years old Caucasian
146 girl who developed hypoparathyroidism at 1 ⁴/₁₂ and adrenal insufficiency at 4 y/a. Compound
147 heterozygous mutations in *AIRE* were diagnosed. She further developed CMC, retinal
148 degeneration with optical atrophy, hypergonadotropic hypogonadism. She is treated with
149 hydrocortisone, fludrocortisone, recombinant parathyroid hormone (rPTH), calcium,
150 magnesium and sex hormone substitution. She irregularly takes liposomal amphotericin B.
151 Patient 2 is a 13 years old girl of Arabic origin who presented with hypoparathyroidism at 2
152 y/a. She experienced an enteroviral meningoencephalitis at 3 y/a, followed by autoimmune
153 encephalitis at 7 y/a (20). Upon encephalitis, she was treated with plasmapheresis and receiving
154 mycophenolat-mofetil for months. Compound heterozygous mutations in *AIRE* were diagnosed
155 at 11 y/a. She also developed atrophic gastritis, growth hormone deficiency and
156 hypergonadotropic hypogonadism. She is treated with rPTH, calcium, vitamin D and
157 recombinant human growth hormone. Patient 3 is a 15 years old Caucasian boy of who
158 presented with hypoparathyroidism at 8 y/a, when adrenal insufficiency was also noticed and a
159 homozygous mutation in *AIRE* was identified. At 10 y/a he developed alopecia totalis. He is
160 treated with calcium, calcitriol, hydrocortisone and fludrocortisone. Patient 4 is a 25 years old
161 woman of Arabic origin who had been treated for systemic onset juvenile idiopathic arthritis
162 before being diagnosed with hypoparathyroidism at 11 y/a and adrenal insufficiency at 13 y/a.
163 The diagnosis of APS-1 became evident at 22 y/a. APS-1 is most likely caused by the same
164 homozygous mutation in *AIRE* as in her younger sister (Patient 5). Patient 4 is treated with
165 calcitriol, calcium, hydrocortisone, fludrocortisone and estradiol for ovarian insufficiency.
166 Patient 5, the younger sister of patient 4, is a 14 years old girl. At 2 ¹/₂ y/a she presented with
167 unilateral parotitis and adrenal insufficiency at 8 y/a. A homozygous mutation in *AIRE* was
168 found at 11 y/a. She is treated with hydrocortisone and fludrocortisone. Patient 6 is a 22 years
169 old woman of Turkish origin who developed hypoparathyroidism at 4 y/a. Compound
170 heterozygous mutations in *AIRE* were diagnosed at 4 y/a. She receives calcitriol. All patients
171 show enamel hypoplasia.

172 *Infections with SARS-CoV-2 caused mild COVID-19 in four patients with APS-1*

173 Patient 2 presented with vomiting, headache and rhinitis. SARS-CoV-2 smear was positive.
174 Three days later smell and taste sense were absent. Fatigue, temperatures up to 38.5 °C, slight
175 pain in both knees, as well as headaches for 10 days were reported. Smell and taste returned 10
176 days after onset of symptoms. Patient 4 presented with up to 39°C, “flue like symptoms” and
177 cough. SARS-CoV-2 smear was positive. Symptoms resolved after seven days. Patient 5, living
178 in the same household as patient 4, reported mild rhinitis, cough for 5 days and normal body
179 temperature. In patient 6 SARS-CoV-2 was suspected because of a positive test in the
180 household. The patient reported cough, rhinitis, headaches, myalgia, a sore throat, normal body
181 temperature and loss of taste for 4 days. After 7 days all symptoms resolved apart from fatigue
182 for one more week. As patients developed neither high fever, nor dyspnoea, all were seen by
183 their local physician and adhered to quarantine measures. None of the patients was admitted to
184 the hospital. When quarantine measures were lifted, serology for SARS-CoV-2 was performed.
185 All patients who reported SARS-CoV-2 infection-compatible symptoms proved seropositive
186 for antibodies specific to SARS-CoV-2 (Table 2). In summary, four patients with APS-1
187 contracted SARS-CoV-2 but all presented with mild COVID-19.

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189 *Patients with APS-1 have high titers of preexisting neutralizing autoantibodies against type I*
190 *IFNs*

191 We assessed pre-existing sera of all APS-1 patients for autoantibodies against IFN- α , IFN- ω ,
192 IFN- β , IL-6, IFN- γ and GM-CSF. All were positive for autoantibodies against IFN- α and IFN-
193 ω , none for autoantibodies against IFN- β , IL-6, IFN- γ or GM-CSF (Figure 1A). Dilution
194 experiments showed high titers of autoantibodies against IFN- α and IFN- ω , as a serum dilution
195 of up to 1:100 000 was necessary to reach background levels of healthy, autoantibody-negative
196 controls (Figure 1B-C). Titers of autoantibodies against type-I-IFNs rose slightly in APS-1
197 patients upon infection with SARS-CoV-2 (sup Figure 1). Neutralizing activity of
198 autoantibodies against IFN- α was assessed by comparing STAT1-phosphorylation in
199 monocytes upon *ex vivo*-stimulation with recombinant IFN- α 2 in whole blood of a healthy
200 control and in patients. While 1 ng/ml IFN- α 2 was sufficient to induce maximum STAT1-
201 phosphorylation in monocytes in whole blood from a healthy donor, the phospho-STAT1 signal
202 in samples from APS-1 patients was suppressed even after stimulation with 10 ng/ml IFN- α 2.
203 In contrast, IFN- γ induced STAT1-phosphorylation was similar between patients and control
204 sample (Figure 1D).

205

206 *Type I IFN-mediated inhibition of SARS-CoV-2 replication is abolished by autoantibodies in*
207 *patients' plasma in vitro*

208 Neutralizing activity of autoantibodies against IFN- α and IFN- ω was further assessed by
209 quantifying their ability to nullify the antiviral effect of exogenous IFN in a SARS-CoV-2
210 infection model of respiratory epithelial Calu-3 cells. As expected, treatment of cells with
211 recombinant IFN- α 2a and IFN- ω in the absence of serum or in the presence of a healthy
212 individual's serum reduced their susceptibility to SARS-CoV-2 infection, as assessed by
213 quantification of viral RNA in culture supernatant (Figure 2 A-B). In contrast, SARS-CoV-2
214 efficiently infected Calu-3 cells that were inoculated with the patients' sera, even in the
215 presence of fixed doses of IFN- α 2a (Figure 2A) and IFN- ω (Figure 2B), respectively. In
216 general, IFN-neutralization was serum concentration-dependent. Specifically, for most sera,
217 virus replication in the presence of a fixed dose of type-I-IFN was strongest when Calu-3 cells
218 were incubated with 1% and weakest when incubated with 0.001% of patients' sera (sup Figure
219 2A-B). Interestingly, we failed to out-titrate serum of patient 1 in the presence of IFN- α 2a,
220 indicating high anti-IFN- α 2a neutralization capacity, which is in line with the highest titer of
221 autoantibodies in this serum (Figure 1). The neutralizing activity of autoantibodies against IFN
222 was further confirmed by assessing the infectivity of released virions (Figure 2D-F, sup Figure
223 3). In the absence of IFNs and serum, inoculation of cells with SARS-CoV-2 gave rise to
224 abundant *de novo* virus production. Addition of exogenous IFNs efficiently prevented virus
225 production both, in the absence of serum and in the presence of serum of an auto-antibody
226 negative individual. However, incubation of cells with the individual patients' sera allowed
227 efficient production of infectious virions even in the presence of IFN- α 2a (Figure 2D) and IFN-
228 ω (Figure 2E), confirming efficient neutralization of antiviral IFNs, mirroring our results
229 obtained by RT-PCR (Figure 2A-B). IFN-neutralization was generally serum concentration-
230 dependent, again with exception of serum of patient 1 in the presence of IFN- α 2a (sup Figure
231 2C-D). Importantly, in the absence of IFNs, healthy individuals' and patients' sera did not
232 modulate infection efficiency as compared to the condition without serum addition (Figure 2C
233 and 2F), arguing for a specific proviral effect exerted by the patients' sera that manifests itself
234 specifically in the presence of IFNs. In summary, all patients with APS-1 in our cohort exhibit
235 autoantibodies at titers that are sufficient for functional neutralization of type I IFNs in an IFN-
236 sensitive SARS-CoV-2 infection assay.

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238 *Mild COVID-19 despite high titers of neutralizing autoantibodies to type I IFNs in four*
239 *patients with APS-1*

240 Here, we describe four patients with APS-1 and high titers of pre-existing, neutralizing
241 autoantibodies against type-I-IFNs, who experienced only mild COVID-19. Our observation
242 may seem difficult to be reconciled with reports of three patients with APS-1 who developed
243 severe COVID-19 (10, 12, 19). Further, autoantibodies against type I IFNs were described as a
244 risk factor for severe COVID-19 in at least 10% of patients with severe COVID-19 (11). Lately,
245 a study described severe COVID-19 in 15 of 22 patients in a cross-sectional case series of
246 patients with APS-1, however also 7 patients of the same 22 developed mild to moderate
247 COVID-19, of whom three were not even hospitalized (18). SARS-CoV-2 is sensitive to the
248 antiviral properties of type-I-IFNs, as shown extensively *in vitro*, *ex vivo* and *in vivo* (21).
249 Therefore, it appears intuitive that interference with these cytokines results in a worsened
250 outcome of SARS-CoV-2 infection. Strikingly, all individuals with high titers of pre-existing
251 and neutralizing autoantibodies against type-I-IFNs, yet mild COVID-19 in our study were
252 young females (13, 14, 22 and 25 y/a), whereas a pronounced excess of males older than 65 y/a
253 was noted among most patients with autoantibodies against type-I-IFNs and severe COVID-19
254 (11). We are not able to verify to what extent autoantibodies against IFN- α and IFN- ω block
255 the respective IFNs in our patients *in vivo*. So, our surprising observation of mild COVID-19
256 despite high titers of neutralizing autoantibodies against both, IFN- α and IFN- ω , in young
257 females may be explained by the assumption that these autoantibodies do not fully neutralize
258 either type-I-IFN *in vivo*. Consequently, if autoantibodies against IFN- α and IFN- ω do not
259 completely block, but only dampen the biological activity of IFN- α and IFN- ω *in vivo*, elder
260 males may exhibit additional risk factors for severe COVID-19 that are yet absent or less
261 frequent/ less present in most young patients and/or females.

262

263 *Rescue treatment in patients with APS-1 only in severe COVID-19*

264 In conclusion, even if pre-existing autoantibodies against type-I-IFNs increase the risk for
265 severe COVID-19, penetrance for severe COVID-19 is not complete. Importantly, and in
266 contrast to previous studies (10, 12, 18, 19), our report is the first based on a prospective follow-
267 up of patients with pre-existing autoantibodies against type-I-IFNs. Large prospective studies
268 may help to estimate the true risk of patients with pre-existing autoantibodies against type-I-
269 IFNs, such as in patients with APS-1 for severe COVID-19. As clinical penetrance for severe
270 COVID-19 in the presence of pre-existing autoantibodies against type-I-IFNs is neither clear
271 on the population, nor on the individual level, we do not advise to admit all patients with APS-
272 1 who contracted SARS-CoV-2 to the hospital for upfront therapies (e.g. monoclonal
273 antibodies, IFN- β , plasmapheresis). Nevertheless, we strongly advise to inform all patients with

274 autoantibodies against type-I-IFNs about their increased risk for severe COVID-19. As severe
275 COVID-19 has been described also in young and in female patients with APS-1, all patients
276 with APS-1 who contracted SARS-CoV-2 must be followed-up closely.

277

278 **Study approval**

279 All procedures performed in studies involving human participants were in accordance with the
280 ethical standards of the institutional and/or national research committee (Charité -
281 Universitätsmedizin Berlin, Germany, EA2/132/11) and with the 1964 Helsinki declaration and
282 its later amendments or comparable ethical standards. Written informed consent was obtained
283 from all individual participants included in the study.

284

285 **Authorship Contributions**

286 CM, CG, HVB planed the study. TM, OS assessed autoantibodies and STAT1-phosphorylation.
287 BA assessed IFN-neutralization in Calu-3cells. TK, EL, DS recruited patients. CD provided
288 SARS-CoV-2 isolate. VMC generated serology data. MAM, UK, NU critically discussed the
289 manuscript. HVB wrote the initial version, CM, CG, HVB the final version of the manuscript.
290 All authors read and approved the final version of the manuscript.

291

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Tables

Basic Characteristics					Clinical Phenotype			Immunological Phenotype				
Patient	Family	Age	Sex	Mutations in <i>AIRE</i>	AI in endocrine organs	AI in non-endocrine organs	Enamel Hypoplasia	anti-IFN α auto-antibody titer (pre/post infection)	anti-IFN ω auto-antibody titer (pre/post infection)	Inhibition of STAT1-phosphorylation upon IFN α 2	Neutralization of the ability of IFN α 2 to block replication of SARS-CoV-2	Neutralization of the ability of IFN ω to block replication of SARS-CoV-2
1	1	13 ^{11/12}	f	c.967_979del13/ c.784delC	parathyroid adrenal cortex gonads	retina	+	1:100.000	1:1000	+	+	+
2	2	13 ^{8/12}	f	c.62C>T/ c.1096-1G>A	parathyroid gonads pituitary gland	gastritis anti-GABA- receptor encephalitis	+	1:1000 / 1:1000	1:1000 / 1:1000	+	+	+
3	3	15 ^{6/12}	m	c.769 C>T homozygous	parathyroid adrenal cortex	alopecia totalis	+	1:1000	1:10.000	+	+	+
4	4	25 ^{9/12}	f	c.1096-1G>A homozygous	parathyroid adrenal cortex gonads	systemic onset juvenile idiopathic arthritis	+	1:10.000 / 1:10.000	1:10.000 / 1:10.000	not done	+	+
5		14 ^{2/12}	f	c.1096-1G>A homozygous	adrenal cortex	parotitis	+	1:1000 / 1:10.000	1:1000 / 1:10.000	+	+	+
6	5	22 ^{2/12}	f	c.247A>G/ c.607C>T	parathyroid	calcification of basal ganglia	+	1:10.000	1:10.000 / 1:10.000	not done	+	+

Table 1: Basic characteristics, clinical and immunological phenotype of patients with APS-1. "AI" = AutoImmunity.

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Mild COVID-19 in APS-1

		S1-IgG ELISA		S1-IgA ELISA		SARS-CoV-2 IgG SeraSpot				
Patient	Time Point Relative to SARS-CoV-2 Infection	S1-IgG Ratio	S1-IgG Result	S1-IgA Ratio	S1-IgA Result	N	RBD	S1	Complete spike	Result
1	No infection reported	0,1	neg	0,6	neg	0	0	0	0	neg
2	pre	0,13	neg	0,31	neg	0	0	0	0	neg
2	post	3,89	pos	5,6	pos	0,6	2,6	1,1	1,5	pos
3	No infection reported	0,07	neg	0,55	neg	0	0	0	0	neg
4	pre	0,07	neg	0,54	neg	0	0	0	0	neg
4	post	4,2	pos	2,43	pos	1,3	2,7	1,4	1,9	pos
5	pre	0,09	neg	0,36	neg	0,1	0	0,1	0	neg
5	post	8,24	pos	>12	pos	3,1	5,9	4,6	5,1	pos
6	pre	0,06	neg	0,37	neg	0	0	0	0	neg
6	post	3,08	pos	1,7	pos	0,3	2,0	0,6	1,0	pos

397 Table 2: Serology for SARS-CoV-2 in patients with APS-1.

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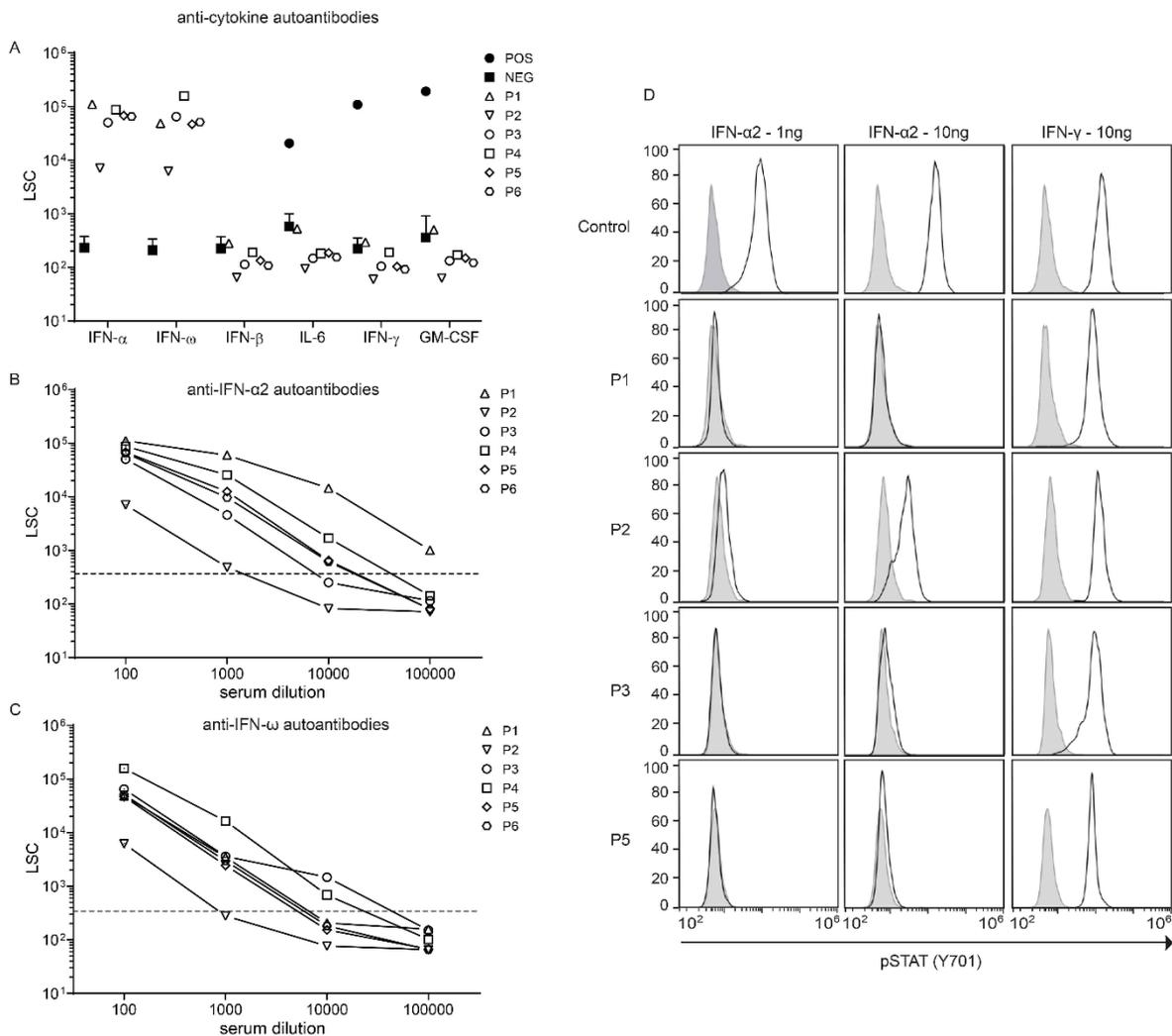


Figure 1. Neutralizing auto-Abs against IFN- α 2 and IFN- ω in patients with APS-1: (A) ECLIA based assay for detection of IgG auto-Abs against IFN- α 2, IFN- ω , IFN- β , IFN- γ , IL-6 and GM-CSF in sera (1:100 dilution) from patients with APS-1 (P1-P6), healthy controls (n=17, NEG), and patients with known auto-Abs against IFN- γ , IL-6 and GM-CSF (n=1, POS). Detection of auto-Abs against (B) IFN- α 2 and (C) IFN- ω in serial serum dilutions of patients P1-P6. Dotted lines indicate the maximum LSC signal in the anti-IFN- α 2 and anti-IFN- ω assay in the cohort of healthy controls (D) FACS histograms depicting STAT1 phosphorylation (pSTAT1) in whole blood monocytes from a healthy control and four APS-1 patients stimulated with IFN- α 2 (1 and 10 ng/ml) or IFN- γ (10 ng/ml).

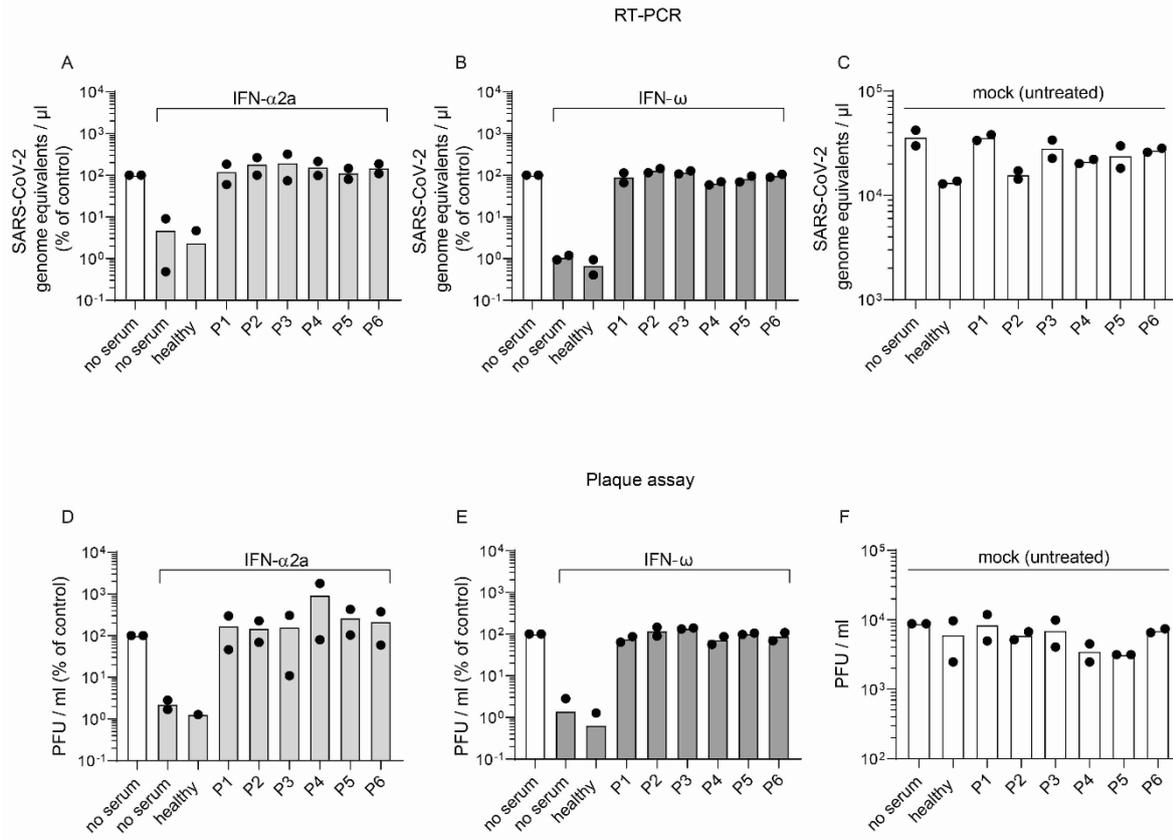


Figure 2. Auto-Abs in patients with APS-1 neutralize the ability of type I IFNs to inhibit SARS-CoV-2 infection: Calu-3 cells were mock-treated (no serum) or pretreated with indicated concentrations of human serum in the presence or absence of 200 IU/ml IFN- α 2a (**A, D**) or 5 ng/ml IFN ω (**B, E**) for 16 hours before infection. IFN and serum were removed, and cells were then infected with SARS-CoV-2 at MOI 0.01 for one hour, washed and fresh medium was applied to the cells. 24 hours post-infection, supernatant was harvested for viral RNA extraction and plaque assays. **A-C** Viral RNA was extracted from supernatant and SARS-CoV-2 genome equivalents/ μ l were quantified by Q-RT-PCR using primers targeting the E gene region. **D-F** Supernatants were titrated on Vero E6 cells and incubated for plaque formation for 3 days. Plaques were counted and PFU/ml were determined. Data were generated in two independent assays. Values obtained in the absence of serum and IFN were set to 100%.