**Table, Supplemental Digital Content 2. De-escalation Strategies.**

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| Study | Biologic Used | | De-escalation Strategy |
| Allegretti et al. | | IFX | Dose reduction from 10 mg/kg to 5 mg/kg, 7.5 mg/kg to 5 mg/kg or from 5 mg/kg to 3 mg/kg |
| Amiot et al. | | IFX | Dose reduction or interval lengthening from a dose of 5-10 mg/kg every 6-10 weeks |
| Baert et al. | | ADA | Interval lengthening from 40 mg weekly to every other week |
| Bossuyt et al. | | ADA | Interval lengthening from 40 mg weekly to every other week or 40 mg every week plus AZA 2.5 mg/kg/d to 40 mg every other week plus AZA 2.5 mg/kg/d |
| Buda et al. | | IFX | Dose reduction from 5 mg/kg to 3 mg/kg |
| Buisson et al. | | Anti-TNF | Dose reduction or interval lengthening (not defined further) |
| Chan et al. | | VDZ | Interval lengthening from 300 mg every 4 weeks to every 8 weeks |
| Chaparro et al. | | Anti-TNF | De-escalated to IFX 5 mg/kg every 8 weeks or ADA 40 mg every other week |
| Chu et al. | | Anti-TNF | De-escalated to IFX 5 mg/kg every 8 weeks or 10 mg/kg every 6 weeks, or ADA 40 mg every other week or weekly |
| Dufour et al. | | IFX | Interval lengthening (not defined further) |
| Lucidarme et al. | | IFX | Dose reduction from 10 mg/kg to 5 mg/kg or 10 mg/kg to 7.5 mg/kg, and/or interval lengthening by 1, 2, or 4 weeks |
| Mantzaris et al. | | IFX | Interval lengthening from 5 mg/kg every 8 weeks to every 10 weeks |
| Olivares et al. | | ADA | Interval lengthening from 40 mg weekly to every other week |
| Paul et al. | | IFX | Dose reduction by 1 mg/kg at each infusion to 5 mg/kg or a trough level 3-7 mg/L |
| Petitcollin et al. | | IFX | Dose reduction to a minimum of 5 mg/kg and/or interval lengthening by 1 to 4 weeks to a maximum interval of 12 weeks |
| Pouillon et al. | | ADA | Interval lengthening from 40 mg every other week to every 3 weeks |
| Van de Vondel et al. | | ADA | Interval lengthening from 40 mg weekly to every other week |
| Van Steenbergen et al. | | ADA | Interval lengthening from 40 mg every other week to every 3 weeks |
| Vázquez-Morón et al. | | IFX | Interval lengthening from every 8 weeks to every 12 weeks |
| Viazis et al. | | Anti-TNF | De-escalated to IFX 5 mg/kg every 8 weeks or ADA 40 mg every other week |

ADA adalimumab, AZA azathioprine, IFX infliximab, TNF tumour necrosis factor, VDZ vedolizumab