Table S1. The baseline demographics and clinical characteristics of enrolled subjects.

Variables	Testing set			Validation set		
	HT（n=10）	Normal（n=10）	P value	HT（n=30）	Normal（n=30）	P value
Age (years)	47.5 ± 11.6	47.1 ± 11.9	0.532	47.1 ± 11.2	46.4 ± 12.1	0.127
Sex (male/female)	4/6	4/6	-	9/21	9/21	-
BMI（kg/m^2）	23.1 ± 2.8	22.9 ± 2.1	0.216	23.4 ± 3.4	23.1 ± 2.7	0.178
TSH（mIU/L）	2.8（0.7-3.8）	2.4（1.2-3.6）	0.187	2.2（0.1-6.6）	2.0（0.2-5.4）	0.467
FT3（pmol/L）	4.2（3.7-4.5）	4.3（3.5-4.3）	0.623	4.7（3.4-7.5）	4.5（3.2-5.3）	0.381
FT4（pmol/L）	15.1（14.2-17.1）	15.4（13.9-18.4）	0.327	15.2（12.8-33.0）	15.2（10.9-23.4）	0.169
TgAb（IU/mL）	209.5（58.1-4000）	38.9（11.2-112）	***<0.001***	253（115-2298）	13.5（10.1-73.4）	***<0.001***
TPOAb（IU/mL）	187.5（60.2-600）	17.6（9.0-32）	***<0.001***	204（44-600）	9（9-16.2）	***<0.001***

HT: Hashimoto thyroiditis; BMI: body mass index; TSH: thyroid stimulating hormone; FT3: free T3; FT4: free T4; TgAb: thyroglobulin antibody; TPOAb:thyroperoxidase antibody.

Table S2. Univariate and multiple analysis for difference miRNAs.

miRNAs	Univariate		Multivariate	
	OR (95%CI)	P value	OR (95%CI)	P value
miR-142-3p	1.613 (1.185-2.195)	***0.002****	1.437 (1.016-2.032)	***0.040****
miR-146a-5p	1.649 (1.176-2.311)	***0.004****	1.372 (0.965-1.951)	0.078

CI: confidence interval; OR: Odds ratio; *statistically significant difference.

Figure S1. The uncropped original western blots from main figures.

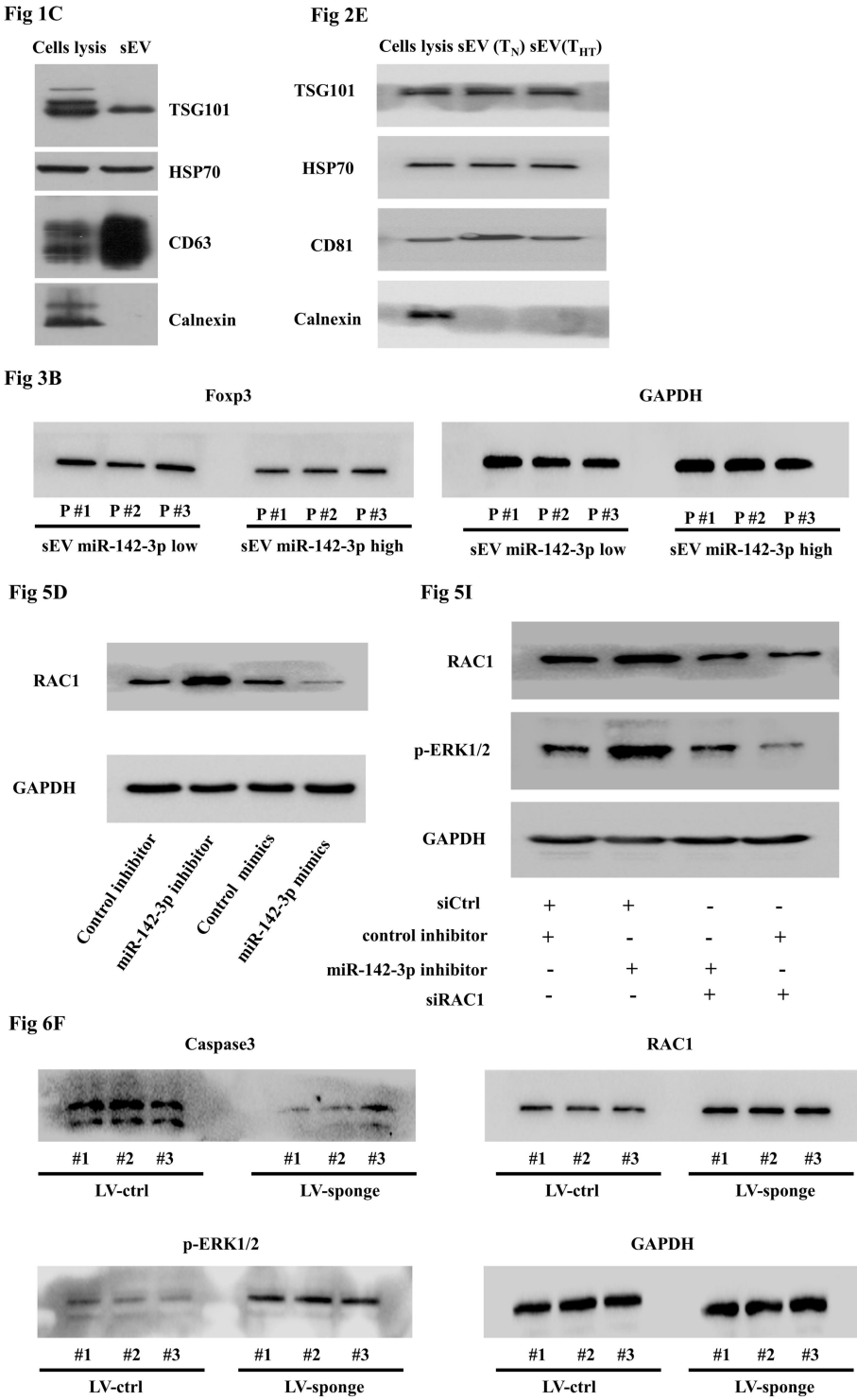

Figure S2. The lowest RNA concentration of tissue sEV total RNA and levels of tissue sEV miR-103a-3p

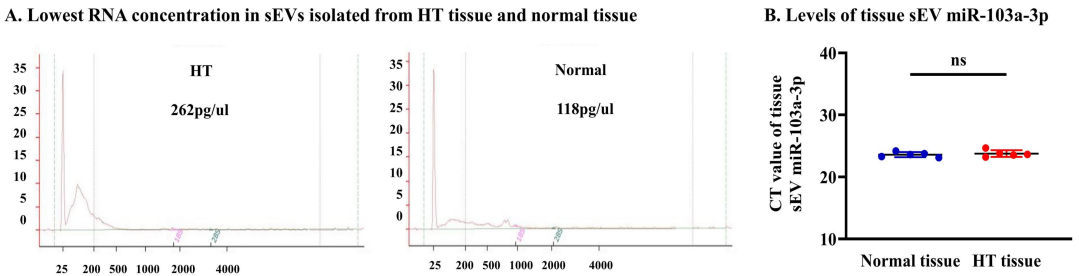

Figure S3. Tissue sEVs isolated from HT patients promotes apoptosis of thyrocyte cells which can be prevented by miR-142-3p inhibitor

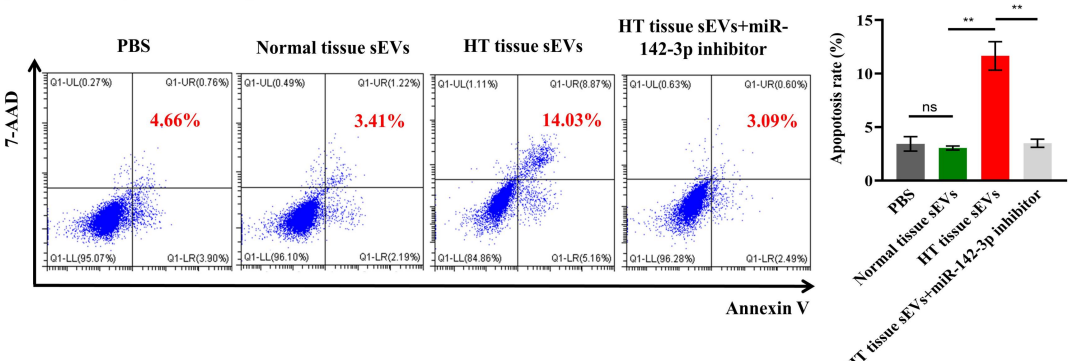

Figure S4. Biological function enrichment analysis and validation of tissue sEV miRNAs

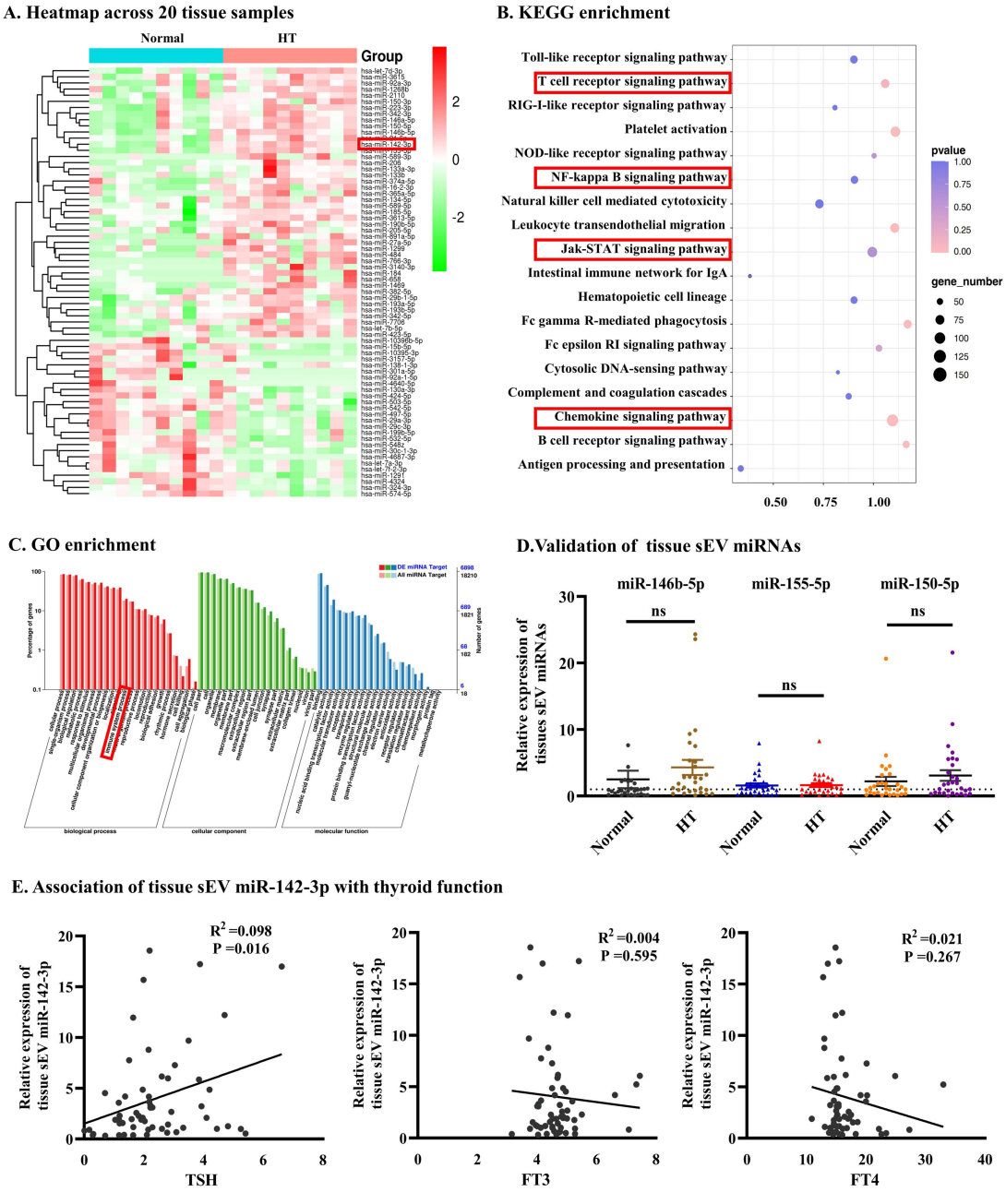

Figure S5. The levels of miR-142-3p in specific immune cell types and T lymphocyte-derived sEV

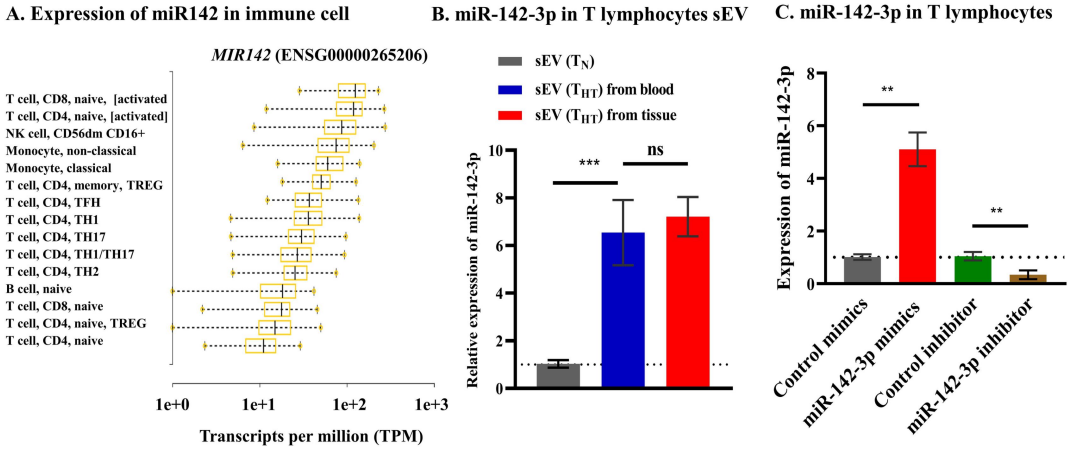

Figure S6. The miR-142-3p levels after transfection with mimics or inhibitor in thyrocyte cells, T lymphocyte migration and the effect of miR-142-3p on CXCL10 secretion

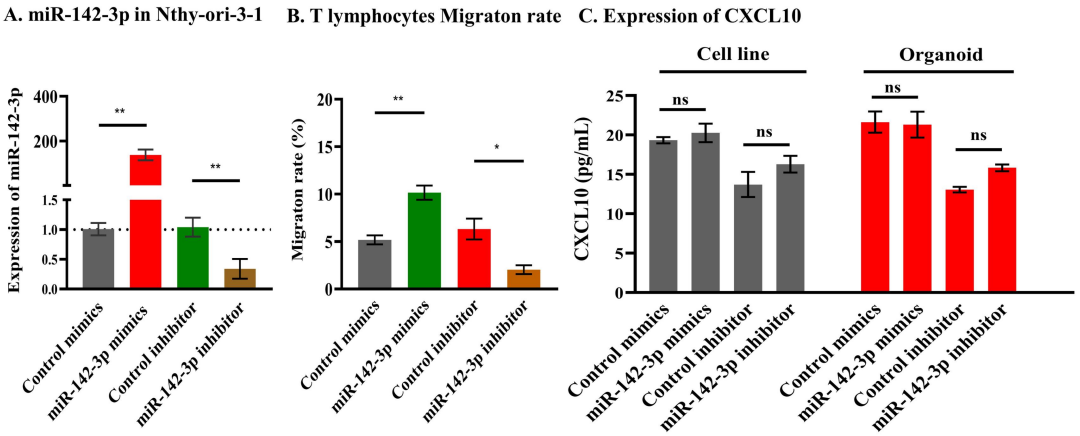

Figure S7. Predicted target and inhibition efficiency of siRNA for RAC1