



Newsletter

APRIL 2026

Dear colleagues,

Thank you all for your hard effort in wrapping up the second MISTRAL visit in December 2025 as well as for organising the last shipment of samples. Thank you for your dedication and hard work in MISTRAL – your efforts are truly appreciated.

Given that the MISTRAL EU-funded project closed in December 2025, we will now refer to the cohort as 'EuroSIDA-MISTRAL cohort', showing how MISTRAL is embedded within EuroSIDA and no longer a EU-funded consortium project.

In this eighth EuroSIDA-MISTRAL Study Newsletter, we share final numbers on visit 2, provide information on MISTRAL clinical follow-up 4 in Autumn 2026, and share updates on upcoming publications. We hope these updates keep you informed and engaged with the exciting progress in our work.

As always, we welcome your feedback, insights, or any good ideas you'd like to share – just reach out, and we'll be happy to include them in future updates to benefit the wider network.

Warm regards,

The EuroSIDA-MISTRAL Team at CHIP

Study updates



Visit 2 update

As of 31 December 2025, 795 participants returned to their clinic and completed their second visit. Due to funding from the EU ending at the end of 2025, any study visits not completed before this date were considered *lost to follow-up*.



Status of visit 2 per clinical site

MISTRAL Follow-up (FU4 Autumn 2026)

Good news! We will continue clinical follow-up in 2026 of all EuroSIDA-MISTRAL participants. This means that MISTRAL Follow-up 4 will open in Autumn 2026 for those EuroSIDA-MISTRAL participants that were not in EuroSIDA at the beginning of the MISTRAL study. Fundraising continues to support additional data collection (from 2027 and beyond).

Upcoming publications

With a substantial body of data now collected and analysed, we are actively advancing the development of EuroSIDA-MISTRAL publications. Our teams are currently focused on the following manuscripts:

- **Real-time monitoring of REDCap data using R Markdown to increase data quality and ease quality assurance.** As part of the MISTRAL study, we set up R code to create an HTML-based, interactive data quality report that can be used to monitor real-time incoming data across multiple REDCap projects and additional data sources. **Status: submitted to BMC Medical Research Methodology.**
- **EuroSIDA-MISTRAL Cohort Profile.** A descriptive manuscript describing the EuroSIDA-MISTRAL cohort and the set-up of the study. **Status: producing first draft.**
- **Gut dysbiosis is associated with elevated systemic inflammation and cardiovascular risk in ageing people with HIV.** A manuscript presenting clinical and microbiome findings from baseline analyses. **Status: producing first draft.**

Data catalogue

We're currently developing a data catalogue to give researchers a clearer overview of the types of data being collected within the MISTRAL study. This resource will support external researchers in preparing and submitting study proposals. The catalogue will be available on our website very soon.

The MISTRAL consortium



MISTRAL was a large international consortium funded by EU from January 2020 until December 2025. Research groups from all over Europe were engaged in the work, which was split into several work packages each with their own aim. Information about all the work packages included in MISTRAL can be found at www.mistral-hiv.eu.

The primary objective of the work led by CHIP was to strengthen and evaluate the understanding of the association between the gut microbiome composition and the risk of developing serious AIDS and non-AIDS events (SNAEs), including cardiovascular events.

EuroSIDA-MISTRAL cohort characteristics

Twenty-two sites from countries in Europe are part of our MISTRAL work package. A total of 991 participants completed their first visit, of which 334 were already part of EuroSIDA.

The group consists predominantly of white men who have sex with men (MSM). Their diet is mainly omnivorous, and the stool samples collected have mostly been of Type 4 of the Bristol Stool Chart.

We have a richly characterised cohort in relation to factors that may influence the microbiome and the risk of serious non-AIDS events. Preliminary assessments also highlight the need to treat these variables carefully given the observed correlations and small numbers of certain subgroups (e.g., women and non-white ethnicities).



Countries in Europe and Israel part of the MISTRAL cohort

Learn more about MISTRAL

Previous MISTRAL newsletters can be found at:

<https://chip.dk/Research/Studies/MISTRAL/MISTRAL-Newsletters>

You can find all the study documents related to the MISTRAL project at

<https://chip.dk/Research/Studies/MISTRAL/Study-documents>

General information about MISTRAL can be found on this website

<https://chip.dk/Research/Studies/MISTRAL>

Information about all the work packages included in MISTRAL can be found at

www.mistral-hiv.eu

Finally, you can follow the MISTRAL consortium on X: <https://x.com/mistralhiv>

This was all we had for now. Even though the MISTRAL funding from the European Commission came to an end in December 2025, we will continue to bring you updates to keep engaged in the upcoming work in the EuroSIDA-MISTRAL cohort. We look forward to sharing more updates with you in half a year.

Sincerely,

The EuroSIDA-MISTRAL staff at CHIP



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