

Blood-Based Biomarkers and Novel Technologies for the Diagnosis of Colorectal Cancer and Adenomas. A Narrative Review.

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Abstract

Introduction

Faecal tests are most commonly used in triage and screening for colorectal cancer (CRC), however there is a high false positive rate and poor sensitivity for colorectal adenomas (CRA). Blood-based biomarkers for CRC and CRA have recently shown great promise but none are in common use. This review aims to summarise the recent studies in this area and to describe their potential use in CRC and CRA diagnosis.

Methods

A systematic literature search regarding blood-based biomarkers in CRC and CRA was undertaken in line with the PRISMA 2020 guidelines. Medline and Embase were searched for eligible English language studies between 01/01/2017 - 01/03/2023. Conference abstracts and duplicates were removed. Key criteria included a range of terms describing CRC, CRA, liquid biopsy, blood-based tests, and diagnosis.

Results

12378 studies were found by the initial literature searches and reduced to 178 for data extraction after title, abstract and full text reviews. 60 focussed on proteomics, 53 on RNA species, 30 on cfDNA methylation, 7 on antigens and autoantibodies, and 28 on other novel techniques. There were 169 case-control studies and 9 cohort studies. Number of participants ranged from 100 to 54297, with a mean age of 58.26. CRC diagnostic sensitivity and specificity ranged from 9.10 to 100% and 20.40 to 100% respectively. CRA vs control diagnostic sensitivity and specificity ranged from 8.00 to 95.70% and 4.00 to 97.00% respectively.

Conclusion

There is a growing field of acceptably sensitive and specific blood-based tests for CRC and CRA. However, current studies demonstrate a broad range of heterogenous techniques and reporting quality which makes selecting the best candidates difficult. Further work should concentrate on larger validation studies and high-quality meta-analyses to determine which tests may realistically be worth progressing into clinical use.

Main Body

Introduction

Background and Aims

Colorectal cancer (CRC) is the third commonest cancer world-wide, accounting for 11% of global cancer diagnoses with approximately 1.8 million new cases each year.[1] CRC is the second most deadly cancer globally, leading to approximately 16,800 deaths per year in the UK, or 10% of all cancer deaths.[2] Most CRC is known to develop from benign neoplasms derived from over-proliferation of mucosal epithelial cells, known as “polyps”, which may grow slowly for 5 to 10 years or more before completing transformation into CRC.[3] The most common benign neoplasm of the colon and rectum at risk of causing CRC is a colorectal “adenoma” (CRA), a polyp originating from glandular cells whose function is to produce mucus which lines the colorectal mucosa.[4] Only a small number of all CRAs progress to become invasive cancers but this likelihood rises with time, increasing polyp size and differs by subtype of adenoma.[3, 5] CRC arising from CRAs is known as adenocarcinoma and represents 96% of CRC cases.[6] For this reason, diagnosis at the polyp stage or as an early CRC is obviously preferable and confers a survival benefit.[7]

CRC and CRAs are most commonly diagnosed because of symptoms which prompt further investigation or via CRC screening programmes.[8] Diagnosis is confirmed by direct tissue biopsy and histopathology, which is normally obtained by endoscopic examination of the colon and rectum. However, there have been efforts in recent years to reduce the burden placed on endoscopy resources by developing adequately sensitive and specific tests which help stratify a patient’s risk of CRC and polyps. Presently, faecal tests which detect the presence of trace blood in stool samples are most commonly used, with the faecal immunochemical test (FIT) superseding the faecal occult blood (FOB) test in recent years.[9] Particularly in symptomatic populations, FIT is a useful “rule-out” test, with a negative predictive value of up to 99.8%.[10] However, FIT still has a high false positive rate and is less useful in identifying high-risk colorectal polyps, with a sensitivity of approximately 40% even at low FIT positivity thresholds.[11]

Blood-based biomarkers for CRC have been available for many years, with protein antigen biomarkers such as carcinoembryonic antigen (CEA) and carbohydrate antigen 19-9 (CA19-9) utilised as adjuncts in diagnosis and follow-up.[12, 13] None currently in common use have been shown to have sufficient accuracy to replace faecal-based tests. However, research in recent years has identified several classes of blood-based biomarkers and related technologies for the diagnosis of CRC and CRAs which show great promise. This narrative review aims to provide an updated summary of the broad range of recent studies in this area and to describe their potential use in the future of CRC diagnosis and screening.

The groups of biomarkers involved are explained below and can broadly be classified under proteomics, antigens and auto-antibodies, circulating tumour cells (CTCs), circulating (cell-free) DNA (cfDNA), ribonucleic acid (RNA) tests, and other technologies such as Raman spectroscopy and fluorescence spectroscopy.

Proteomics

Proteomics simply describes the study of proteins, a field which has expanded rapidly with widespread access to enzyme-linked immunosorbent assay (ELISA) and other rapid protein-assay technologies.[14] Myriad protein biomarkers for CRC and colorectal polyps have been described which are often associated with pathways involved in inflammation, tissue growth, invasion, migration, metastasis, vascular development, cell adhesion and cell death.[15-18] This wide breadth of protein biomarker studies has yielded some promising results, particularly where multiple protein biomarkers are combined in panels, which have been shown to result in sensitivity and specificity as high as 90%.[16] However, no individual protein biomarkers have been shown to consistently outperform CEA or FIT sufficiently to enter common use.

Antigens and Auto-Antibodies

Antigens and auto-antibodies can be considered as an important subset of proteomics. Antigens are proteins presented on the surface of all human cells, which are able to bind with antibodies - proteins essential to the adaptive immune system by identifying “non-self” antigens which may represent foreign cells. Auto-antibodies are those antibodies which bind with “self” or “non-foreign” antigens. In CRC, the two most commonly used antigen biomarkers are CEA and CA19-9, as described above,

which are aberrantly expressed by CRC tissue.[19] CEA comprises a set of related glycosyl-phosphatidyl-inositol cell-surface glycoprotein antigens, which are highly expressed during embryonic development but are not produced normally by the time of birth. CA19-9 is a sialylated tetrasaccharide antigen normally involved in cell-cell recognition processes. Both show relatively poor overall sensitivity (though this increases with advancing tumour stage), confer a poor survival rate if significantly raised, and are most commonly utilised in monitoring for recurrence.[12, 20] CEA is more specific for CRC, with CA19-9 more commonly used for pancreaticobiliary cancers. CEA sensitivity in the diagnosis of CRC is known to be 30-80% depending on cut-off and tumour stage, and specificity is >90%, though it has also been shown to be raised in benign colorectal conditions.[12] Many studies have examined both “tumour-associated” and “tumour-specific” antigens, as well as auto-antibodies against these antigens such as p53, c-myc, p62 and koc. However, the same pattern of low sensitivity and high specificity remains prevalent.[21]

Circulating tumour cells (CTCs)

CTCs are shed from the primary tumour and/or metastases and are detectable in peripheral blood samples.[22] This process appears to begin much earlier than previously thought, from oncogenesis onwards, and can be used to diagnose even early-stage cancers.[23] However, their presence in peripheral blood indicates an increased risk of distant spread and has been shown to confer poorer rates of long-term disease-free survival.[24] It has been suggested that this is because their presence in peripheral blood is indicative of readily-shed, circulating cancer cells which are therefore more likely to result in metastases. Detection of CTCs can be challenging due to their very low concentration and involves enrichment (isolation of CTCs) before detection, normally by staining and microscopy or polymerase chain reaction (PCR) techniques.[25] CTCs have previously been shown to have good diagnostic accuracy for CRC, with sensitivity and specificity of 82% and 97% respectively in one recent meta-analysis.[26] Specificity is high by the very nature of CTCs, however false positives do occur (in benign colorectal disease, for example) and have been attributed to circulating epithelial cells with borderline phenotype. The addition of further genomic analysis, such as fluorescence in-situ hybridisation (FISH), or single-cell analysis has been suggested to avoid this but at the cost of increased time and resources.[27]

Circulating (cell-free) DNA (cfDNA)

cfDNA has been detected in peripheral blood since the 1940s, even before the double-helix structure of DNA was described.[28] cfDNA is released frequently from apoptotic or necrotic cancer cells, and infrequently from living cells.[29] In recent years its use as a biomarker for CRC has been explored by investigating properties such as overall cfDNA level, methylation, integrity, microsatellite instability and somatic mutations of known oncogenes or tumour-suppressor genes (e.g. APC, KRAS, p53).[30] As for CTCs, cfDNA can be difficult to isolate and detect in blood owing to issues such as variable levels in plasma versus serum and a half-life ranging from minutes to hours, making detectable concentrations inconsistent.[31] However, reasonable sensitivity and specificity have previously been reported at 71-78% and 87-94% respectively, depending on the characteristic studied.[26] DNA methylation in particular has been highly studied because of its early and frequent occurrence in cancer, relatively easy detection via established techniques, stability in fixed samples, and cell-type specificity. Studies have tended to focus on hypermethylation of “promoter CpG islands”, which are DNA regions which regulate gene expression through transcriptional silencing. When hypermethylation of these areas occurs in association with tumour-suppressor genes their expression is downregulated and this has been shown to be common amongst the myriad genetic changes present in early cancer formation.[32] Two of the only FDA-approved tests commercially available for the diagnosis of CRC which do not involve the detection of blood utilise cfDNA methylation: Cologuard (genes NDRG4 and BMP3 in faecal DNA) and Epi-pro-Colon (gene SEPT9 in peripheral blood).

Ribonucleic Acid (RNA)

Many varieties have been investigated in recent years including RNA, messenger-RNA (mRNA), micro-RNA (miRNA), long non-coding RNA (lncRNA), circular RNA (circRNA), piwi-interacting RNA (piRNA) and other “small RNAs”. These may be isolated from serum, plasma, exosomes or other extracellular vesicles and are involved in regulating gene expression.[33]

RNA species comprise a single chain of nucleotides derived from a corresponding length of source DNA, however their size and function varies:

- mRNA (variable length) is created by direct transcription from DNA and codes for the formation of specific proteins by ribosomal translation. This is the first and main pathway by which genes are expressed – how genotype becomes phenotype.
- Small RNAs are short lengths of RNA comprising fewer than 200 nucleotides, of which most are thought to be non-coding.
- miRNAs (21-24 nucleotides in length) and piRNA (26-31 nucleotides) are short non-coding lengths of RNA which are known to act to silence RNA or regulate post-transcriptional gene expression.
- lncRNAs (>200 nucleotides in length) are thought to be mostly non-functional or biologically irrelevant but may be involved in transcriptional regulation.
- circRNAs are simply RNAs in a circular (rather than linear) structure and whose function may be as for any other RNA.

Most methods examining RNA species in clinical practice involve amplification by real-time reverse transcriptase quantitative polymerase chain reaction (RT-qPCR) which remains comparatively costly, time-consuming and prone to issues with sample exclusion due to the relative lability of RNA species.[34] In RT-qPCR, the extracted target RNA of interest is first converted into a complementary DNA (cDNA) strand by adding a specific RNA primer and the enzyme “reverse transcriptase”. This cDNA template is then used to create exponential amplification of the original target RNA by use of further targeted primers and the enzyme “DNA polymerase” in repeated cycles. Diagnostic accuracy is improving with isolation of the most reliable markers and grouping into panels, however prior meta-analyses have continued to show overall sensitivity and specificity ranging between 70-80%.[35-38]

Other tests

Several other areas of research including metabolomics, lipidomics and specific analysis of standard clinical blood tests have also yielded promising results.[39-41] However, highly accurate peripheral blood-based tests are now emerging which involve novel technologies such as mass spectroscopy, Raman spectroscopy and fluorescence spectroscopy, often in conjunction with machine learning techniques due to the high dimensionality and scalability of data analysis required.

Metabolomics involves the study of metabolites: small molecules involved in – and produced by – cell physiology and metabolic processes, whilst lipidomics can be considered as a subset of metabolomics. Lipidomics involves the identification of pathological lipid profiles where metabolic processes such as fatty acid synthesis, desaturation, elongation and mitochondrial oxidation have been disrupted in cancer cells.[42]

Spectroscopic tests involve the interaction of electromagnetic radiation (EMR) with the sample being studied. EMR spectra are produced which can be used to measure how the received frequency or wavelength of the detected EMR has been altered compared with the emitted EMR due to interaction with a sample. Known molecules and other particles have been shown to alter EMR in specific patterns using these methods, revealing a constituent molecular fingerprint. Mass spectroscopy involves ionising a sample, accelerating the charged molecules by exposure to an appropriate electromagnetic field, then detecting the constituent molecular components by measuring their mass-to-charge ratio.[43] Fluorescence spectroscopy involves exposing a sample to a given wavelength of EMR as light, normally ultraviolet light, which excites electrons. The movement of electrons between energy levels causes them to emit light (i.e photons), and the comparison of detected vs emitted light EMR is used to infer the molecular constituents of a sample.[44] Raman spectroscopy employs similar basic principles, normally involving a laser light source.

Spectroscopic tests produce versions of what could be considered a sample's molecular fingerprint, which involves large amounts of data and may encompass multiple individual biomarkers of cancer and other pathologies. These tests have been shown to give sensitivity and specificity of greater than 90%, however, there remain issues with data analysis and interpretation, cost, stability, hardware inter-reliability and scalability of these technologies.[45-47]

Methods

A systematic literature search regarding blood-based biomarkers in CRC and CRA was undertaken in line with the PRISMA 2020 guidelines.[48] Medline and Embase were searched for eligible English language studies between 1st January 2017 and 1st March 2023. Conference abstracts and duplicates were removed. A detailed PRISMA flowchart can be seen in Figure 1 and the full search strategy with included

terms can be seen in Appendix 1. Key criteria included a range of terms describing CRC, CRA, liquid biopsy, blood-based tests, and diagnosis.

Three reviewers then undertook a title and abstract review. The inclusion criteria were: adult patients aged 18 and over, both sexes, diagnosis of colorectal carcinoma and/or adenoma, blood collected prior to cancer or adenoma treatment, blood-based biomarker methodology explained in detail, non-cancer controls included, at least 100 subjects, all study types except review articles. Exclusion criteria were: no diagnosis of colorectal carcinoma or adenoma, non-colorectal carcinoma neoplasms, less than 100 subjects, non-blood-based biomarkers, multi-cancer detection studies where colorectal-specific subgroups were not reported separately, non-English language, published prior to 2017, review articles, in-vitro or animal models, test sensitivity and/or uptake not recorded or could not be calculated. A specific reference standard test was not specified because histopathology is obligatory for the diagnosis of CRC and CRA. Single reviewer sign-off was used at this stage, with eligible studies progressing to full text review.

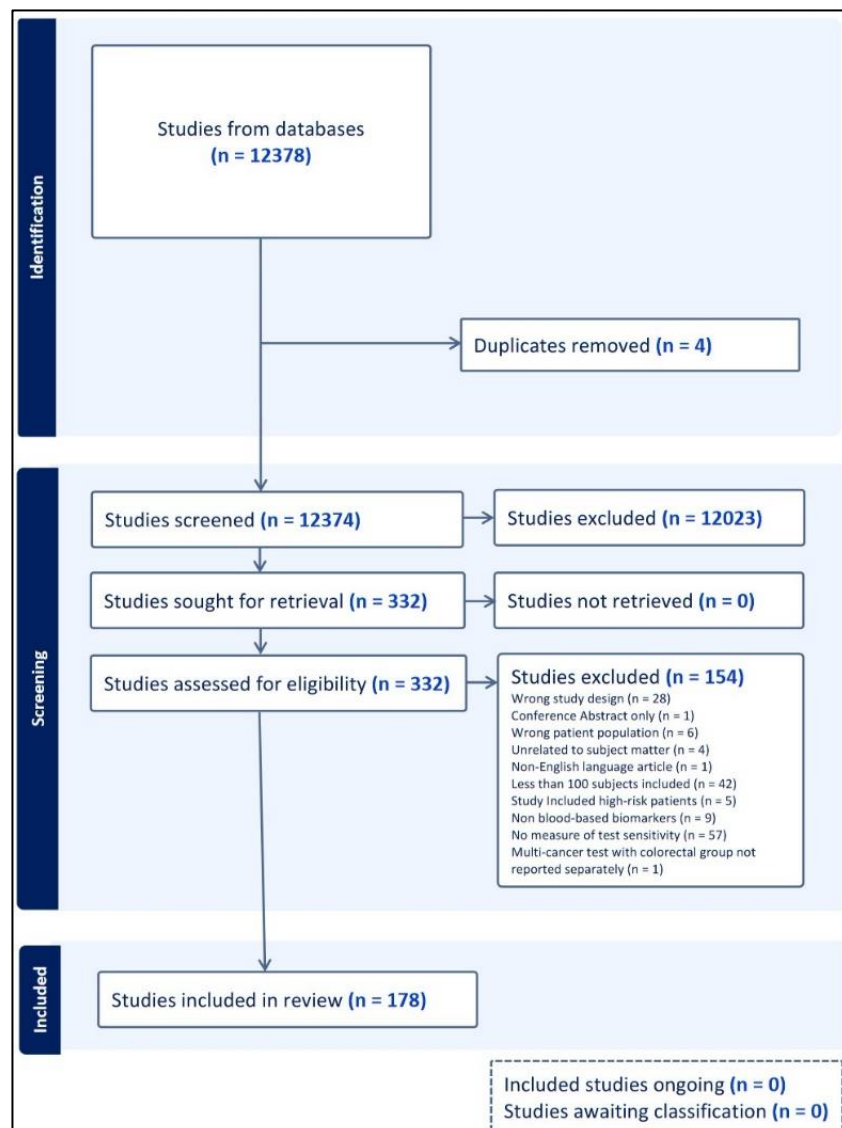
Three reviewers undertook full text review using identical criteria, as above. Dual reviewer sign-off was required, with all conflicts discussed and resolved prior to a final decision. Two rounds of blinded data extraction from eligible studies were then undertaken between three reviewers including: study design, biomarker type, specific biomarker(s), blood component (plasma vs serum vs other), processing method, inclusion and exclusion criteria, sample size, population characteristics, follow-up period, and test diagnostic performance for CRC +/- CRA. Sensitivity, specificity and AUC were recorded with 95% confidence intervals (95% CI), p-value, positive predictive value (PPV), negative predictive value (NPV), true positives (TP), false positives (FP), true negatives (TN), false negatives (FN) and test cut-off value where these were available. Risk of bias was assessed for each paper using the relevant Newcastle-Ottawa scale (NOS) for case-control and cohort studies. All data conflicts were then discussed and resolved before being entered into the final results. Detailed statistical meta-analysis was not undertaken due to the markedly heterogeneous nature of the biomarkers, technologies, study types and reporting quality involved. Instead, a narrative review has been favoured with the aim of describing current literature in the field of blood-based biomarkers and novel techniques for the diagnosis of CRC and CRA. Where diagnostic statistics have

been provided, results from standard blood-based biomarker comparators (CEA and CA19-9) have been removed beforehand to reflect the true performance of test(s) described.

Results

A total of 12378 eligible studies were found by the initial literature searches and 4 duplicates were removed, leaving 12374 studies included in title and abstract review. 12042 studies were excluded at this stage, leaving 332 studies included in full text review. 154 papers were excluded at this stage, leaving 178 for data extraction. The review process is outlined in Figure 1.

Figure 1 – PRISMA Flowchart



Overall

Data were extracted from a total of 178 papers, comprising 60 focussed on proteomics, 53 on RNA species, 30 on cfDNA methylation, 7 on antigens and autoantibodies, and 28 on other novel techniques. 142 papers included data for CRC diagnosis alone, 2 for CRA alone, and 34 for both. There were 169 case-control studies and 9 cohort studies. 108 studies were obtained from China, 28 from Europe, 7 from Iran, 7 from Japan, 4 from the USA, 3 from multiple geographical areas, and 21 from other individual countries.

There were 23 studies involving symptomatic participants, 13 involving asymptomatic participants, 5 involving both populations, and 137 in which this was not stated. 112 studies used serum, 54 used plasma, 10 used whole blood and 2 used multiple blood sample types.

Number of participants ranged from 100 to 54297, with a mean age of 58.26 (95% CI 57.46 to 59.06) and male:female ratio of 1.34:1. CRC participants were distributed reasonably evenly between stages I+II (10732) and stages III+IV (11024) where this was recorded. CRC vs control diagnostic sensitivity, specificity and AUC ranged from 9.10 to 100%, 20.40 to 100% and 0.353 to 0.996 respectively. CRA vs control diagnostic sensitivity, specificity and AUC ranged from 8.00 to 95.70%, 4.00 to 97.00%, and 0.430 to 0.983 respectively.

Measures of uncertainty were poorly reported. 20 papers stated 95% CI for both sensitivity and specificity; 106 stated 95% CI for AUC; 58 stated p-values; 40 stated both PPV and NPV; and 4 stated TP, FP, TN and/or FN.

NOS score ranged from 4 to 8, with median 6 and interquartile range 6 to 7.

A breakdown of study characteristics, diagnostic results and risk of bias NOS for each blood-based biomarker subtype is provided below.

Proteomics

60 papers were obtained comprising 42856 participants (range 100 to 8415, mean 714.27). Mean age was 59.49, male:female ratio was 1.32:1 and CRC stage ratio was 0.86(I+II):1(III+IV). 48 papers involved CRC diagnosis, 12 papers involved both CRC and CRA diagnosis, and no papers involved CRA diagnosis alone. 7 papers

involved asymptomatic participants, 6 involved symptomatic participants, 1 involved both, and 46 did not record this information. 46 papers used serum, 13 used plasma and 1 used both. Study characteristics are summarised in Table 1.

CRC sensitivity, specificity and AUC ranged from 11.00 to 100%, 30.00 to 100%, and 0.530 to 0.990 respectively. CRC diagnostic data can be seen in Table 2.

CRA sensitivity, specificity and AUC ranged from 17.00 to 86.49%, 27.93 to 90.00%, and 0.532 to 0.790 respectively. CRA diagnostic data can be seen in Table 3.

NOS score ranged from 5 to 8, with median 6 and interquartile range 5 to 7. NOS data can be seen in Table 4.

An example of a paper reporting high AUC from this group is Liu et al (2020).[49] 313 participants were included, detailed population characteristics were given and results included sensitivity, specificity, AUC (with 95% CI), PPV, NPV, test cut-off value and p-value for CRC. They reported CRC diagnostic sensitivity, specificity and AUC of 86.76%, 97.76% and 0.968 (95% CI 0.949 to 0.986, $p < 0.0001$) respectively for combined serum SYPL1 + CEA + CA19-9. NOS was 7. Sensitivity and specificity 95% CIs, TP/FP/TN/FN, and CRA diagnostic results were not directly reported.

An example of a paper reporting low AUC from this group is Jeun et al (2019).[50] 155 participants were included, detailed population characteristics were given and results included sensitivity, specificity and AUC (with 95% CI) for both CRC and CRA. They reported CRC diagnostic sensitivity, specificity and AUC of 44.4%, 86.7% and 0.670 (95% CI 0.570 to 0.770) respectively for plasma CCSP-2. They reported CRA diagnostic sensitivity, specificity and AUC of 43.3%, 86.7% and 0.670 (95% CI 0.530 to 0.800) respectively for plasma CCSP-2. NOS was 7. Sensitivity and specificity 95% CIs, test cut-off value, p-value, PPV/NPV and TP/FP/TN/FN were not directly reported.

RNA Species

53 papers were obtained (35 miRNA, 5 piRNA, 3 circRNA, 3 lncRNA, 3 mRNA, 2 other small RNA species, 1 RNA and 1 other long RNA species) comprising 15116 participants (range 100 to 1899, mean 285.21). Mean age was 56.54, male:female ratio was 1.35:1 and CRC stage ratio was 1.14(I+II):1(III+IV). 42 papers involved CRC diagnosis, 9 papers involved both CRC and CRA diagnosis, and 2 papers

involved CRA diagnosis alone. 1 paper involved asymptomatic participants, 6 involved symptomatic participants, 2 involved both, and 44 did not record this information. 39 papers used serum, 12 used plasma and 2 used whole blood. Study characteristics are summarised in Table 5.

CRC sensitivity, specificity and AUC ranged from 45.20 to 100%, 34.00 to 100%, and 0.580 to 0.994 respectively. CRC diagnostic data can be seen in Table 6.

CRA sensitivity, specificity and AUC ranged from 63.20 to 95.00%, 27.30 to 97.00%, and 0.600 to 0.978 respectively. CRA diagnostic data can be seen in Table 7.

NOS score ranged from 4 to 8, with median 6 and interquartile range 6 to 7. NOS data can be seen in Table 8.

An example of a paper reporting high AUC from this group is Herreros-Villanueva et al (2019).[51] 297 participants were included, detailed population characteristics were given and results included sensitivity, specificity, AUC (with 95% CI), PPV and NPV for both CRC and CRA. They reported CRC diagnostic sensitivity, specificity and AUC of 91.00%, 90.00% and 0.950 (95% CI 0.903 to 0.991) respectively for combined plasma miRNA19a, miRNA19b, miRNA15b, miRNA29a, miRNA335, and miRNA1. They reported CRA diagnostic sensitivity, specificity and AUC of 95.00%, 90.00% and 0.920 (95% CI 0.868 to 0.959) respectively for combined plasma miRNA19a, miRNA19b, miRNA15b, miRNA29a, miRNA335, and miRNA1. NOS was 6. Sensitivity and specificity 95% CIs, TP/FP/TN/FN, test cut-off value and p-value were not directly reported.

An example of a paper reporting low AUC from this group is Zhou et al (2021).[52] 237 participants were included, detailed population characteristics were given and results included sensitivity, specificity, AUC (with 95% CI), test cut-off value and p-value for CRC. They reported CRC diagnostic sensitivity, specificity and AUC of 69.05%, 67.50% and 0.716 (95% CI 0.636 to 0.798) respectively for serum miRNA-135a. NOS was 6. Sensitivity and specificity 95% CIs, PPV/NPV and TP/FP/TN/FN were not directly reported.

Aberrant cfDNA Methylation

30 papers were obtained (13 involving mSEPT9, 17 other), comprising 16305 participants (range 100 to 4077, mean 543.5). Mean age was 61.44, male:female

ratio was 1.22:1 and CRC stage ratio was 0.99(I+II):1(III+IV). 20 papers involved CRC diagnosis, 10 papers involved both CRC and CRA diagnosis, and no papers involved CRA diagnosis alone. 2 papers involved asymptomatic participants, 2 involved symptomatic participants, 3 involved both, and 23 did not record this information. 7 papers used serum, 22 used plasma and 1 used whole blood. Study characteristics are summarised in Table 9.

CRC sensitivity, specificity and AUC ranged from 39.90 to 96.80%, 50.00 to 99.50%, and 0.670 to 0.989 respectively. CRC diagnostic data can be seen in Table 10.

CRA sensitivity, specificity and AUC ranged from 12.20 to 64.30%, 45.50 to 95.60%, and 0.510 to 0.840 respectively. CRA diagnostic data can be seen in Table 11.

NOS score ranged from 5 to 8, with median 7 and interquartile range 6 to 7. NOS data can be seen in Table 12.

An example of a paper reporting high AUC from this group is Zhang et al (2021).[53] 268 participants were included, detailed population characteristics were given and results included sensitivity (with 95% CI), specificity (with 95% CI), and AUC (with 95% CI) for both CRC and CRA. They reported CRC diagnostic sensitivity, specificity and AUC of 80.00% (95% CI 66.70 to 93.30%), 97.10% (95% CI 91.40 to 100%) and 0.911 (95% CI 0.834 to 0.988) respectively for a 4-marker plasma DNA methylation panel. They reported CRA diagnostic sensitivity, specificity and AUC of 54.40% (95% CI 41.50 to 67.30%), 45.50% (95% CI 22.70 to 68.20%) and 0.614 (95% CI 0.457 to 0.770) respectively for a 4-marker plasma DNA methylation panel. NOS was 7. PPV and NPV, TP/FP/TN/FN, test cut-off value and p-value were not directly reported.

An example of a paper reporting low AUC from this group is Ma et al (2021).[54] 135 participants were included, detailed population characteristics were given and results included sensitivity, specificity, AUC (with 95% CI) and test cut-off value for CRC. They reported CRC diagnostic sensitivity, specificity and AUC of 74.00%, 50.00% and 0.710 (95% CI 0.620 to 0.800) respectively for plasma methylated SEPT9. NOS was 6. Sensitivity and specificity 95% CIs, PPV and NPV, TP/FP/TN/FN and p-value were not directly reported.

Antigens and Autoantibodies

7 papers were obtained, comprising 3873 participants (range 110 to 2283, mean 553.29). Mean age was 60.87, male:female ratio was 1.54:1 and CRC stage ratio was 0.69(I+II):1(III+IV). 7 papers involved CRC diagnosis, no papers involved both CRC and CRA diagnosis, and no papers involved CRA diagnosis alone. No papers involved asymptomatic participants, 2 involved symptomatic participants and 5 did not record this information. 7 papers used serum and none used plasma or whole blood. Study characteristics are summarised in Table 13.

CRC sensitivity, specificity and AUC ranged from 25.00 to 95.00%, 39.3 to 100%, and 0.542 to 0.940 respectively. CRC diagnostic data can be seen in Table 14.

NOS score ranged from 5 to 8, with median 7 and interquartile range 6.5 to 7. NOS data can be seen in Table 15.

An example of a paper reporting high AUC from this group is Cai et al (2022).[55] 288 participants were included, detailed population characteristics were given and results included sensitivity, specificity, AUC (with 95% CI), PPV, NPV and p-value for CRC. They reported CRC diagnostic sensitivity, specificity and AUC of 71.9%, 89.9% and 0.940 (95% CI 0.896 to 0.985) respectively for combined serum CST4 and DR-70. NOS was 7. Sensitivity and specificity 95% CIs, TP/FP/TN/FN and test cut-off value were not directly reported.

An example of a paper reporting low AUC from this group is Rao et al (2021).[56] 2283 participants were included, detailed population characteristics were given and results included sensitivity, specificity, AUC (with 95% CI), test cut-off value and p-value for CRC. They reported CRC diagnostic sensitivity, specificity and AUC of 74.1%, 39.3% and 0.580 (95% CI 0.556 to 0.604) respectively for serum CA24. NOS was 6. Sensitivity and specificity 95% CIs, PPV, NPV and TP/FP/TN/FN were not directly reported.

Other – Including Novel Techniques

28 papers were obtained, comprising 72105 participants (range 100 to 54297, mean 2575.18). Mean age was 57.94, male:female ratio was 1.43:1 and CRC stage ratio was 1.12(I+II):1(III+IV). 7 papers involved mixed methods utilising standard blood tests, 5 Raman spectroscopy, 5 metabolomics, 3 fluorescence spectroscopy, 3 novel cfDNA or nucleosome analysis, 2 CTCs, 1 lipidomics and 2 mixed standard serum

biomarkers. 26 papers involved CRC diagnosis, 2 papers involved both CRC and CRA diagnosis, and no papers focussed on CRA diagnosis alone. 1 paper involved asymptomatic participants, 7 involved symptomatic participants and 20 did not record this information. 12 papers used serum, 7 used plasma, 7 used whole blood and 2 used both serum and plasma. Study characteristics are summarised in Table 16.

Raman spectroscopy CRC sensitivity, specificity and AUC ranged from 51.00 to 95.70%, 30.50 to 100%, and 0.402 to 0.996 respectively.

Fluorescence spectroscopy CRC sensitivity, specificity and AUC ranged from 82.00 to 88.00%, 81.00 to 95.20% and 0.820 to 0.940 respectively.

Metabolomics CRC sensitivity, specificity and AUC ranged from 57.00 to 99.30%, 42.30 to 100%, and 0.742 to 0.996 respectively.

CTCs CRC sensitivity, specificity and AUC ranged from 39.10 to 95.20, 86.00 to 100%, and 0.695 to 0.940 respectively.

Novel cfDNA and nucleosome analysis CRC sensitivity, specificity and AUC ranged from 85.80 to 97.40%, 86.20 to 94.80%, and 0.940 to 0.988 respectively.

Remaining papers involved mixed methods of utilising standard blood tests and biomarkers. CRC sensitivity, specificity and AUC ranged from 41.00 to 100%, 20.40 to 95.60, and 0.571 to 0.992 respectively.

CRC diagnostic data is summarised in Table 17.

Two papers involved CRA diagnosis. A CTCs paper found CRA sensitivity 79.2%, specificity 84.70% and AUC 0.868. A cfDNA fragment analysis paper found CRA sensitivity 95.7%, specificity 94.8% and AUC 0.983. CRA diagnostic data is summarised in Table 18.

NOS score ranged from 5 to 8, with median 6 and interquartile range 6 to 7. NOS data can be seen in Table 19.

An example of a paper reporting high AUC from this group is Nishiumi et al (2017).[46] 573 participants were included, detailed population characteristics were given and results included sensitivity, specificity, AUC test cut-off value and p-value for CRC. They reported CRC diagnostic sensitivity, specificity and AUC of 99.3%,

93.8% and 0.996 respectively for a multiple logistic regression model based on 8 selected metabolites analysed by plasma gas chromatography/triple-quadrupole mass spectrometry. NOS was 7. Sensitivity, specificity and AUC 95% CIs, PPV, NPV, TP/FP/TN/FN and test cut-off value were not directly reported.

An example of a paper reporting low AUC from this group is Huang et al (2019).[57] 332 participants were included, detailed population characteristics were given and results included sensitivity, specificity, AUC (with 95% CI) and test cut-off value for CRC. They reported CRC diagnostic sensitivity, specificity and AUC of 41.00%, 72.00% and 0.571 (95% CI 0.730 to 0.828) respectively for whole blood red cell distribution width to lymphocyte ratio. NOS was 6. Sensitivity and specificity 95% CIs, PPV, NPV, TP/FP/TN/FN and p-value were not directly reported.

CEA + CA19-9

CEA was included as an isolated test for the diagnosis of CRC in 63 studies. Sensitivity, specificity and AUC ranged from 13.00 to 100%, 29.90 to 100%, and 0.469 to 0.869 respectively.

CA19-9 was included as an isolated test for the diagnosis of CRC in 34 studies. Sensitivity, specificity and AUC ranged from 9.10 to 81.20%, 30.00 to 100%, and 0.353 to 0.777 respectively.

Table 1 – Proteomics – Study Characteristics

Paper	Area	Study Design	Biomarker type	Specific Biomarker(s)	Specimen	Sample size	Population	Age CRC	Age CRA	Age Control	Male CRC	Male CRA	Male Control	Female CRC	Female CRA	Female Control	CRC stage I	CRC stage II	CRC stage III	CRC stage IV
Chen 2017	Germany	Case control	Proteomics	GDF-15, AREG, FasL, Flt3L, TP53	Plasma	598	Asymptomatic	67	64	62	29	56	44	12	50	62	14	3	21	3
Croner 2017	USA	Case control	Proteomics	A1AG, CEA, CO9, DPPiV, MIF, PKM2, SAA, TFRC	Plasma	4435	Symptomatic	70		63	92		539	55		650	25	50	45	27
Fei 2017	China	Case control	Proteomics	RBP4, THBS2	Serum	618	Symptomatic				248		108	154		108				
Li 2017	China	Case control	Proteomics	TFF3	Serum	204	Not stated	66	62	60	58	23	17	69	12	25	26	101 (II+III+IV)		
Song 2017	China	Case control	Proteomics	Cyr61	Serum	382	Not stated	59	57	57	82	46	102	55	27	70	29	43	45	20
Wang 2017	China	Case control	Proteomics	Five peptides - m/z peaks 1895.3, 2020.9, 2080.7, 2656.8, 3238.5	Serum	382	Not stated	63		62	107		107	84		84	8	21	87	75
Wang 2017	China	Case control	Proteomics	MIC-1/GDF15	Serum	987	Not stated				295	11	265	178	14	224	51	153	201	68
Wilhelmsen 2017	Denmark	Cohort	Proteomics	AFP, CA19-9, CEA, hs-CRP, CyFra21-1, Ferritin, Galectin-3, TIMP-1	Serum, Plasma	4698	Symptomatic													
Xie 2017	China	Case control	Proteomics	TFF3	Serum	870	Not stated	59	57	54	212	169	117	134	133	105	82 (I+II)		132 (III+IV)	
Yu 2017	China	Case control	Proteomics	MST1	Serum	324	Not stated	61		61	108		66	90		60	38	59	71	30
Chen 2018	China	Case control	Proteomics	TRIM72	Serum	100	Symptomatic				43			17			16 (I+II)		44 (III+IV)	
Ding 2018	China	Case control	Proteomics	MR, CD163	Serum	253	Not stated	65		62	84		45	82		42				
Duan 2018	China	Case control	Proteomics	SETD7	Serum	191	Symptomatic	69	60	58	65	21	19	50	17	19	26	45	18	26
Kasanga 2018	China	Case control	Proteomics	HSP90 α	Plasma	153	Not stated	-		-	45		55	32		21				
Peng 2018	China	Case control	Proteomics	CNPY2	Serum	631	Not stated	59		35	249		107	181		94	107	107	108	108
Rho 2018	USA + Japan	Case control	Proteomics	BAG4, IL6ST, VWF, EGFR, CD44	Plasma	900	Screening													
Shinozaki 2018	Japan	Case control	Proteomics	LRG-FTG	Serum	130	Not stated	63		39	43		25	37		25	2	11	18	46
Uchiyama 2018	Japan	Case control	Proteomics	PDA018, PDA052, PDA066, PDB001, PDB007	Serum	176	Not stated	70	70	68	28	30	30	28	30	30	14	14	14	14
Wang 2018	China	Case control	Proteomics	MACC1	Serum	347	Not stated	60		58	141			65			98 (I+II)		108 (III+IV)	
Aiyao 2019	China	Case control	Proteomics	IL-33	Serum	217	Not stated	46		48	46		60	50		54	71 (I+II)		50 (III+IV)	
Bhardwaj 2019	Germany	Case control	Proteomics	AREG, MASP1, OPN, PON3, TR	Plasma	259	Asymptomatic	66	66	65	36	65	66	20	36	36	17	6	26	7
Cao 2019	China	Case control	Proteomics	IQGAP3, B7-H4, COX	Serum	203	Asymptomatic				69			49			22	32	34	30
Hou 2019	China	Case control	Proteomics	IGFBP-3	Serum	120	Not stated	62		62	34		25	36		25	28 (I+II)		15 (III+IV)	
Jeun 2019	Rep. of Korea	Case control	Proteomics	CCSP-2	Plasma	155	Not stated	60	61	60	47	17	20	41	13	17	26	22	18	22
Jiang 2019	China	Case control	Proteomics	ITIH3, ITIH4, TIMP-1	Plasma	257	Not stated	61		59	57		79	44		77	10	15	19	57
Li 2019	China	Case control	Proteomics	CXCL7	Serum	560	Not stated	62		61	166		178	114		102	50	95	106	29
Li 2019	China	Case control	Proteomics	β -catenin	Serum	327	Not stated				86	53	39	74	50	25	81 (I+II)		79 (III+IV)	
Sun 2019	China	Case control	Proteomics	CNP3	Plasma	124	Not stated				61			31			41 (I+II)		51 (III+IV)	
Sun 2019	China	Case control	Proteomics	fibrinogen: pre-albumin ratio	Serum	1365	Not stated	58	57	55	252	252	252	203	203	203	49	164	177	65
Ucuncu 2019	Turkey	Case control	Proteomics	CCRS, CCL5, PDGF, EphA7	Serum	110	Not stated	56		52	46		22	24		18				
Wang 2019	China	Case control	Proteomics	CCL20, IL-17A	Serum	347	Not stated													
Yamaguchi 2019	Japan	Case control	Proteomics	IL-9, Eotaxin, G-CSF, TNF-alpha, IL-4, IL-8, IP-10	Plasma	153	Not stated	61		61	36		51	30		36				
Bhardwaj 2020	Germany	Case control	Proteomics	275 protein biomarkers	Plasma	259	Asymptomatic	66	66	65	36	65	66	20	36	36	17	6	26	7
Bhardwaj 2020	Germany	Case control	Proteomics	A1AT, APOA1, HP, LRG1, PON3	Plasma	454	Asymptomatic	66	65	65	36	64	63	20	35	36	17	6	26	7
Hu 2020	China	Case control	Proteomics	ANXA2	Serum	103	Not stated				41			18			36 (I+II)		23 (III+IV)	
Li 2020	China	Case control	Proteomics	Netrin-1	Serum	430	Mixed	56	52	54	129	37	203	36	13	62	26	65	55	19
Liu 2020	China	Case control	Proteomics	SYPL1	Serum	313	Not stated	61	57	60	94	45	53	57	28	36	57 (I+II)		94 (III+IV)	
Paczek 2020	Poland	Case control	Proteomics	CXCL-8	Serum	105	Not stated				30		25	29		21	25 (I+II)		23	
Qiu 2020	China	Case control	Proteomics	IGFBP-7	Serum	222	Not stated	63		56	68		75	47		32	12	54	39	6
Rasmussen 2020	Denmark	Case control	Proteomics	AFP, CA19-9, CEA, CyFra21-1, Ferritin, Galectin-3, hs-CRP, TIMP-1	Plasma	4698	Symptomatic				306	384		206	305					
Saridemir 2020	Turkey	Case control	Proteomics	AMD1 DR-70	Serum	146	Not stated	59		55	53		21	42		30	40	19	36	
Wang 2020	China	Case control	Proteomics	ALDH1B1, UQCRC1, CTAG1, CENPF	Serum	315	Not stated	56	59	59	80	43	65	50	32	45	22	37	48	12
Wang 2020	China	Case control	Proteomics	B7-H1, IL-10	Serum	153	Not stated				61			28			29 (I+II)		60 (III+IV)	
Xu 2020	China	Case control	Proteomics	HE4, MASP-2, DKK-1	Serum	129	Not stated	54		54	48		42	21		18	36 (I+II)		33 (III+IV)	
Acevedo-Leon 2021	Spain	Case control	Proteomics	GSH, GSSG	Serum	140	Not stated	68		64	52		36	28		24	44	26	9	
Huang 2021	China	Case control	Proteomics	MMP-7, MMP-9, MMP-11, TIMP-1, TIMP-2, CEA, CA19-9	Serum	227	Not stated	61		60	79		68	33		47	5	34	37	36

Jiang 2021	China	Case control	Proteomics	ITGB4	Serum	2145	Not stated	67	59	55	85	338	618	62	194	848	82 (I+II)	32 (III+IV)		
Pan 2021	China	Case control	Proteomics	N-glycans	Serum	362	Not stated	62	60	58	105	66	64	58	32	37	24	46	47	46
Sebzda 2021	Poland	Case control	Proteomics	CB, ATA, TSA	Serum	220	Not stated	63	61	98	19	87	16	22	52	72	39			
Wang 2021	China	Case control	Proteomics	GOLPH3	Serum	186	Not stated			66		70		29 (I+II)		73 (III+IV)				
Wang 2021	China	Case control	Proteomics	EphA2, VEGF	Serum	175	Not stated	61	45	62	39	44	30							
Wang 2021	China	Case control	Proteomics	BDNF	Serum	173	Not stated			49		32		3	11	25	42			
Yu 2021	China	Case control	Proteomics	ANG	Serum	781	Not stated	60	56	54	228	98	165	141	35	114				
Kleif 2022	Denmark	Cohort	Proteomics	CEA, hsCRP, HE4, ferritin	Plasma	8415	Asymptomatic										112	48	65	17
Li 2022	China	Case control	Proteomics	CXCL5, STC2, CHI3L1	Serum	887	Not stated	64	52	45	217	184	80	175	158	73				
Ma 2022	China	Case control	Proteomics	CEA, IL-10, IL-17A, TNF-alpha, IFN-gamma, TGF-beta	Serum	182	Not stated			33	12	28	20	15	22	23 (I-II)	30 (III-IV)			
Shi 2022	China	Case control	Proteomics	ATPase, AMPase	Serum	135	Not stated			58		29				40 (I+II)	47 (III+IV)			
Wang 2022	China	Case control	Proteomics	proteins with mass:charge 2899.38 - 877.3	Serum	246	Not stated	60	58	51	92	48	9	14						
Chu 2020	China	Case control	Proteomics	L1CAM	Serum	374	Not stated	60	58	133	113	96	32	27	89	90	22			
Voronova 2020	Russia	Case control	Proteomics	ApoA1, ApoA2, ApoB, AFP, B2M, CA 19-9, CA 15-3, CA 125, CEA, CYFRA 21-1, HE4, hsCRP, D-dimer, LRG 1, PSA, RANTES, sVCAM 1, TTR, VEGFR 1	Serum	305	Not stated	63	48	46	99	56	104	16 (I+II)	86 (III+IV)					

Table 2 – Proteomics – CRC Diagnostic Tests

Paper	Test 1	Sens (%)	Spec (%)	AUC	95% CI	Test 2	Sens (%)	Spec (%)	AUC	95% CI	Test 3	Sens (%)	Spec (%)	AUC	95% CI	Test 4	Sens (%)	Spec (%)	AUC	95% CI	Test 5	Sens (%)	Spec (%)	AUC	95% CI	Test 6	Sens (%)	Spec (%)	AUC	95% CI	
Chen 2017	GDF-15, AREG, FasL, Flt3L	63.4	80	0.81	0.73-0.88	GDF-15, AREG, FasL, Flt3L and TP53	66.7	80	0.82	0.74-0.90																					
Croner 2017	ITT CRC classifier panel	80	83	0.86	0.82-0.90																										
Fei 2017	RBP4	74.9	81.7	0.853	0.822-0.883	THBS2	64.6	87.1	0.794	0.759-0.828	CEA	68.3	85.5	0.817	0.784-0.851	CA19-9	45.6	75.6	0.634	0.587-0.678	RBP4+THBS2	83.3	84.3	0.911	0.888-0.933	RBP4 + THBS2 + CA19-9 + CEA	87.1	92.7	0.961	0.947-0.975	
Li 2017	TFP3	74.2	94.8	0.889	0.846-0.933	CEA	62.2	72.7	0.715	0.643-0.787																					
Song 2017	Cyr61	83	97	0.935	0.902-0.968	CEA	43	96	0.772	0.718-0.827	CA19-9	20	98	0.668	0.604-0.732																
Wang 2017	Diagnostic panel	95.6	87.9	0.932																											
Wang 2017	MIC-1	43.8	96.7	0.866	0.843-0.887	CEA	36.6	95.9	0.728	0.699-0.756																					
Wilhelmsen 2017	CA19-9			0.52		CEA			0.65		hs-CRP			0.65		TIMP-1			0.630		AFP, CA19-9, CEA, hs-CRP, CyFra21-1, Ferritin, Galectin-3 and TIMP-1	0.76			CEA, CyFra21-1, Ferritin and hs-CRP + age + gender	80	66	0.83			
Xie 2017	TFP3 + CEA	89.39	87.85	0.941	0.912-0.970																										
Yu 2017	MST1	82.4	93.8	0.934	0.871-0.997	CEA	37.3	93.8	0.773	0.647-0.899																					
Chen 2018	TRIM72	81.7	75	0.829	0.745-0.912	CEA	56.7	100	0.707	0.605-0.810	CA19-9	40	100	0.75	0.657-0.843	TRIM72 + CEA + CA19-9	88.3	82.5	0.928	0.858-0.970											
Ding 2018	MR	54.82	80.46	0.721		CD163	62.65	80.46	0.611		MR + CD163	69.28	77.01	0.797		CEA	60.24	79.31	0.716		CA19-9	86.75	88.51	0.6276							
Duan 2018	SETD7	92.17	81.08	0.9477	0.912-0.983																										
Kasanga 2018	HSP90it	64.9	92.1	0.872		CEA	38.9	97.4	0.764		CA19-9	9.1	94.7	0.585		HSP90it + CEA	85.6	-	0.968												
Peng 2018	CNPY2 isoform 2	72.6	58.5	0.687	0.625-0.749	CEA	40.8	93.6	0.714	0.666-0.762	CA19-9	19.8	98.9	0.638	0.584-0.693	CNPY2 isoform 2 + CEA + CA19-9	62.7	81.8	0.786	0.740-0.832											
Rho 2018	BAG4, IL6ST, VWF, EGFR and CD44	73	90	0.86																											
Shinozaki 2018	LRG-FTG	80	74	0.86		CA19-9			0.68		CEA			0.85		CEA + LRG-FTG	84	90	0.91												
Uchiyama 2018	5 peptide panel (BLOTCHIP)	82	93	0.888																											
Wang 2018	MACC1	66.9	88.7	0.859	0.817-0.902																										
Aiyao 2019	IL-33	80.45	80.93	0.844	0.793 - 0.895	CEA	57.39	98.48	0.839	0.788-0.890	CA19-9	43.29	99.36	0.739	0.673-0.804																
Bhardwaj 2019	AREG + MASP1 + OPN + PON3 +TR	71	80	0.82	0.74-0.89																										
Cao 2019	IQGAP3	89.8	58.8	0.799	0.736-0.861	B7-H4	88.1	62.4	0.795	0.731-0.858	COX-2	79.2	69.4	0.796	0.737-0.856	IQGAP3 + B7-H4 + COX-2	94.1	74.5	0.926	0.887-0.966	CEA	60.3	71.8	0.786	0.725-0.847	CA19-9	50.2	81.2	0.777	0.714-0.840	
Hou 2019	IGFBP-3	70	85.5	0.826	0.721-0.931	CEA	60	80	0.757	0.633-0.881	IGFBP-3 + CEA	75	90	0.842																	
Jeun 2019	CCSP-2	44.4	86.7	0.67	0.57-0.77																										
Jiang 2019	ITIH3	67.9	52.5	0.638	0.571-0.704	ITIH4	78.2	76.3	0.801	0.745-0.857	CEA	63.3	89.7	0.816	0.754-0.878	TIMP-1	72.3	87.8	0.832	0.776-0.888	ITIH3 + ITIH4	76.3	85.1	0.827	0.776-0.877	ITIH3 + ITIH 4 + CEA + TIMP-1	91.7	90.8	0.962	0.940-0.985	
Li 2019	CXCL7	85	80.71	0.862	0.831-0.890	CEA	71.07	82.14	0.834	0.800-0.863	CA125	85.71	61.79	0.749	0.711-0.785	CA19-9	46.43	92.5	0.697	0.657-0.735	Combination	87.14	87.5	0.933	0.909-0.952						

Table 4 – Proteomics – Risk of Bias NOS

Paper	NOS - Selection	NOS - Comparability	NOS - Exposure	NOS - Overall score
Chen 2017	3	1	3	7
Croner 2017	3	1	3	7
Fei 2017	3	1	2	6
Li 2017	3	0	3	6
Song 2017	3	1	2	6
Wang 2017	3	2	2	7
Wang 2017	3	1	2	6
Wilhelmsen 2017	3	2	3	8
Xie 2017	3	1	2	6
Yu 2017	3	2	2	7
Chen 2018	3	1	2	6
Ding 2018	3	1	2	6
Duan 2018	3	1	2	6
Kasanga 2018	3	1	2	6
Peng 2018	3	0	2	5
Rho 2018	3	0	3	6
Shinozaki 2018	3	0	2	5
Uchiyama 2018	3	2	3	8
Wang 2018	2	1	2	5
Aiyao 2019	2	1	2	5
Bhardwaj 2019	3	1	3	7
Cao 2019	3	1	3	7
Hou 2019	3	2	2	7
Jeun 2019	3	1	3	7
Jiang 2019	3	1	2	6
Li 2019	3	1	2	6
Li 2019	3	0	2	5
Sun 2019	3	0	2	5
Sun 2019	3	1	2	6
Ucuncu 2019	3	0	2	5
Wang 2019	3	0	2	5
Yamaguchi 2019	3	2	2	7
Bhardwaj 2020	3	1	3	7
Bhardwaj 2020	3	1	3	7
Hu 2020	3	1	2	6
Li 2020	3	1	2	6
Liu 2020	3	1	3	7
Paczek 2020	3	1	2	6
Qiu 2020	3	0	2	5
Rasmussen 2020	3	1	3	7
Saridemir 2020	3	1	3	7
Wang 2020	3	1	3	7
Wang 2020	3	2	2	7
Xu 2020	3	2	2	7
Acevedo-Leon 2021	3	1	2	6
Huang 2021	3	1	3	7
Jiang 2021	3	1	3	7
Pan 2021	3	1	3	7
Sebzda 2021	3	1	2	6
Wang 2021	3	0	2	5
Wang 2021	3	1	3	7
Wang 2021	2	1	2	5
Yu 2021	3	1	2	6
Kleif 2022	4	1	3	8
Li 2022	3	1	3	7
Ma 2022	2	1	2	5
Shi 2022	3	0	2	5
Wang 2022	3	0	2	5
Chu 2020	2	1	2	5
Voronova 2020	3	0	2	5

Table 8 – RNA Species – Risk of Bias NOS

Paper	NOS - Selection	NOS - Comparability	NOS - Exposure	NOS - Overall score
Krawczyk 2017	3	0	2	5
Liu 2017	2	0	2	4
Ng 2017	3	0	3	6
Wang 2017	3	2	2	7
Wang 2017	3	1	2	6
Bilegsaikhan 2018	3	1	3	7
He 2018	4	1	2	7
Liu 2018	3	1	2	6
Tan 2018	3	0	2	5
Herreros-Villanueva 2019	3	1	2	6
Huang 2019	2	1	2	5
Marcuello 2019	3	1	3	7
Sabry 2019	3	1	3	7
Sahami-Fard 2019	3	1	2	6
Sun 2019	3	2	2	7
Tan 2019	3	2	2	7
Wang 2019	2	2	2	6
Zhang 2022	3	0	2	5
Zhao 2022	3	2	3	8
Wang 2022	3	1	2	6
Shaker 2022	3	1	2	6
Nakamura 2022	3	1	2	6
Du 2022	3	1	2	6
Shi 2021	3	1	2	6
Elaguizy 2020	3	1	2	6
BaderElDin 2020	3	1	2	6
Han 2021	3	1	3	7
Zhou 2021	3	2	2	6
Abdul-Maksoud 2021	2	1	3	6
Wang 2020	3	1	3	7
Wu 2020	3	1	2	6
Shi 2020	3	2	2	7
Jin 2020	3	1	3	7
Huang 2020	4	1	2	7
Cui 2020	3	1	2	6
Li 2020	3	1	2	6
Pan 2019	3	1	2	6
Lin 2019	3	1	2	6
Ding 2020	2	1	2	5
Ismail 2019	3	1	3	7
Xu 2021	3	0	2	5
Vychytilova-Faltejskova 2018	3	0	2	5
Qu 2019	3	0	2	5
Mai 2020	3	0	3	6
Wang 2020	3	2	2	7
Sabbah 2021	3	1	3	7
AbdelGhafar 2020	2	1	3	6
Rodriguez-Cobos 2021	3	0	3	6
Rodia 2018	2	1	2	5
Xie 2021	3	0	2	5
Roberts 2018	3	1	3	7
Wu 2021	3	1	2	6
Guo 2022	3	2	2	7

Table 9 – DNA Methylation – Study Characteristics

Paper	Area	Study Design	Biomarker type	Specific Biomarker(s)	Specimen	Sample size	Population	Age CRC	Age CRA	Age Control	Male CRC	Male CRA	Male Control	Female CRC	Female CRA	Female Control	CRC stage I	CRC stage II	CRC stage III	CRC stage IV
Siri 2022	Iran	Case control	DNA methylation	SDC2	Whole blood	130	Not stated	56		54	38		31	27		34	19	24	13	9
Nguyen 2022	Vietnam	Case control	DNA methylation	Multiple	Plasma	317	Not stated	60		48	99		64	60		94	12	42	53	5
Klein 2021	USA	Case control	DNA methylation	Multiple	Plasma	4077	Not stated													
Nagai 2017	Japan	Case control	DNA methylation	L1NE-1	Plasma	167	Not stated	63		51	65		34	49		19	57 (I+II)		57 (III+IV)	
Rasmussen 2017	Denmark	Case control	DNA methylation	ALX4, BMP3, NPTX2, RARB, SDC2, SEPT9, VIM	Plasma	295	Symptomatic	68		65	119		55	74		47	27	54	72	34
Fu 2018	China	Case control	DNA methylation	mSEPT9	Plasma	558	Not stated				61	71	139	37	30	114	26	31	31	8
Rokni 2018	Iran	Case control	DNA methylation	BMP3	Plasma	100	Not stated	59	59	50			25			25				
Suehiro 2018	Japan	Case control	DNA methylation	TWIST1, SEPT9	Serum	138	Asymptomatic	71	68	55	13	48	10	5	22	15	14	1	3	
Xie 2018	China	Case control	DNA methylation	mSEPT9	Plasma	248	Not stated	66		66	74		65	49		60	5	36	58	4
Chen 2019	China	Case control	DNA methylation	SEPT9, SDC2	Serum	225	Asymptomatic	61		33	75			36		13	49	39	7	
Jensen 2019	Denmark	Case control	DNA methylation	C9orf50, KCNQ5, CLIP4	Plasma	434	Symptomatic	73		67	81		46	62		45	25	75	33	10
Leung 2019	Hong Kong	Cohort	DNA methylation	mSEPT9	Plasma	282	Symptomatic													
Li 2019	China	Case control	DNA methylation	SFRP2	Serum	117	Not stated				44			18			13	27	17	5
Pasha 2019	Egypt	Case control	DNA methylation	RUNX3, SFRP1	Serum	165	Not stated				52	28	26	33	12	14	9	39	34	3
Sun 2019	China	Case control	DNA methylation	mSEPT9	Plasma	650	Asymptomatic				30		285	20		315	3	24	22	8
Bagheri 2020	Iran	Case control	DNA methylation	TFPI2, NDRG4, FAM123A, GLI3, PPP1R16B, SLIT3, TMEM90B	Serum	100	Not stated	56		54	26		22	24		28	16	19	9	6
Cho 2020	Korea	Case control	DNA methylation	mSEPT9, CA724, SNCG, AFP	Plasma	157	Not stated										17	24	33	23
Song 2020	China	Case control	DNA methylation	SFRP2, SDC2	Plasma	750	Not stated				183	104	177	108	60	118	45	90	109	47
Zhao 2020	China	Case control	DNA methylation	ColonAiQ	Plasma	318	Not stated	62	58	40	64	71	56	58	34	36	19	38	44	8
Cai 2021	China	Case control	DNA methylation	mSEPT9	Plasma	507	Not stated										23	50	72	16
Ma 2021	China	Case control	DNA methylation	BCAT1, IKZF1, IRF4	Plasma	135	Mixed	67		63	63		12	40		20	27	37	33	3
Young 2021	Australia	Case control	DNA methylation	SEPT9, SDC2	Plasma	1620	Mixed	67	64	60	97	387	418	87	229	402	41	57	51	33
Zhang 2021	China	Case control	DNA methylation	twist1, fbn1, c9orf50, sfmbt2, kcnq5, fam72c, itga4, kcnj12, znf1	Serum	187	Not stated	57	56	37	79	41	32	46	29	60	22	38	28	37
Zhang 2021	China	Case control	DNA methylation	FBN1, SPG20, ITF2, RUNX3, SNCA, MLH1, mSEPT9	Plasma	268	Not stated	60	57	46	81	15	29	94	16	33	26	44	21	84
Alizadeh-Sedigh 2022	Iran	Case control	DNA methylation	ITGA4	Plasma	120	Not stated	56		54	37		28	33		22				
Jafarpour 2022	Iran	Case control	DNA methylation	mSEPT9	Serum	396	Not stated	57		47	119		77	79		121				
Lu 2022	China	Case control	DNA methylation	mSept9	Plasma	326	Not stated	60		58	113		98	67		48	20	33	57	27
Lu 2022	China	Case control	DNA methylation	5hmC	Plasma	738	Not stated	61		61	397		69	219		53	91	170	267	88
Walker 2022	UK, USA	Case control	DNA methylation	MYO1-G	Plasma	2106	Not stated	66		62	391		255	406		318	161	319	222	95
Lin 2021	China	Case control	DNA methylation		Plasma	674	Not stated	56		45	149		189	123		213	18	53	140	60

Table 12 – DNA Methylation – Risk of Bias NOS

Paper	NOS - Selection	NOS - Comparability	NOS - Exposure	NOS - Overall score
Siri 2022	3	2	3	8
Nguyen 2022	3	0	2	5
Klein 2021	4	1	3	8
Nagai 2017	3	0	3	6
Rasmussen 2017	4	1	3	8
Fu 2018	3	1	3	7
Rokni 2018	3	0	3	6
Suehiro 2018	3	1	3	6
Xie 2018	3	2	2	7
Chen 2019	3	1	3	7
Jensen 2019	3	1	3	7
Leung 2019	3	0	3	6
Li 2019	3	1	2	5
Pasha 2019	3	1	3	7
Sun 2019	3	1	3	7
Bagheri 2020	3	1	3	7
Cho 2020	3	1	2	6
Song 2020	3	1	2	6
Zhao 2020	3	1	3	7
Cai 2021	3	1	3	7
Ma 2021	3	0	3	6
Young 2021	3	1	3	7
Zhang 2021	3	1	3	7
Zhang 2021	3	1	3	7
Alizadeh-Sedigh 2022	3	1	2	6
Jafarpour 2022	3	1	3	7
Lu 2022	3	1	3	7
Lu 2022	3	1	3	7
Walker 2022	3	2	3	8
Lin 2021	3	0	3	6

Table 13 – Antigens and Autoantibodies – Study Characteristics

Paper	Area	Study Design	Biomarker type	Specific Biomarker(s)	Specimen	Sample size	Population	Age CRC	Age Control	Male CRC	Male Control	Female CRC	Female Control	CRC stage I	CRC stage II	CRC stage III	CRC stage IV
Huajun 2018	China	Case control	Antigen	APE1-Aabs, CEACAM-1	Serum	110	Not stated	63	60	41	26	19	24				
Fitzgerald 2019	Republic of Ireland	Case control	Antigen	CADM1, HMGB1, ICLN, p53, SEC 16, ZNF 700, ZNF768	Serum	114	Symptomatic	67	67	12	20	12	17	2	5	12	5
Rao 2021	China	Case control	Antigen	CEA, CA24-2, and CA19-9	Serum	2283	Not stated	61	57	1004	416	574	287	604 (I+II)		541	405
Luo 2020	China	Case control	Antigen	NSE, CEA, CA19-9, CA125, CA242	Serum	656	Not stated	61	56	218	158	140	140				
Zhao 2020	China	Case control	Autoantibodies	anti-TOPO48 anti-SLP2, anti-p53, anti-SEC61B,	Serum	230	Not stated	56		61		34		30	20	30	15
Fan 2017	Taiwan	Case control	Autoantibodies	anti-PLSCR1	Serum	192	Not stated	66	66	51	60	41	40	3	39	35	15
Cai 2022	China	Case control	Autoantibodies	CST4, goat anti-DR-70	Serum	288	Symptomatic	57	55	15	13	17	19	11	21		

Table 14 – Antigens and Autoantibodies – CRC Diagnostic Tests

Paper	Test 1	Sens (%)	Spec (%)	AUC	95% CI	Test 2	Sens (%)	Spec (%)	AUC	95% CI	Test 3	Sens (%)	Spec (%)	AUC	95% CI	Test 4	Sens (%)	Spec (%)	AUC	95% CI	Test 5	Sens (%)	Spec (%)	AUC	95% CI	Test 6	Sens (%)	Spec (%)	AUC	95% CI
Huajun 2018	APE1-AAbs	62.7	85.4			CEACAM-1	51	98.1			CEA	47	97.48			APE1-AAbs + CEACAM-1	82.2	82.38			APE1-AAbs + CEA	70.9	83.01							
Fitzgerald 2019	SEC 16 IgM	25	97.3			ZNF 768 IgM	33.3	94.6			ZNF 700 IgG	25	91.9			CADM1, HMGB1, ICLN, p53, SEC 16, ZNF 700, and ZNF768	70.8	86.5												
Rao 2021	CEA	71.7	50	0.637	0.660-0.732	CA24-2	74.1	39.3	0.58	0.604-0.644	CA19-9	81.2	30	0.565	0.590-0.521	CEA + CA24-2 + CA19-9	88.3	35.6	0.641	0.664-0.552										
Luo 2020	NSE	63.41	79.53	0.766	0.798-0.747	CEA	37.71	90.6	0.682	0.717-0.614	CA19-9	34.92	78.19	0.56	0.599-0.504	CA125	25.14	88.93	0.59	0.688-0.863	CA242	66.2	59.73	0.651	0.688-0.762	NSE + CEA + CA19-9 + CA125 + CA242	69.3	84.6	0.827	0.855-0.796
Zhao 2020	anti-TOPO48	72.3	100	0.835	0.924-0.597	anti-P53	41.2	76.2	0.766	0.919-0.614	CEA (I+II)	86.2	75.8	0.663	0.822-0.619	anti-TOPO48 + anti-P53 (I+II)	95		0.925	0.987-0.457	anti-TOPO48 + CEA (I+II)	82		0.862	0.965-0.762					
Fan 2017	anti-SLP2	51.1	80	0.675	0.753-0.886	anti-p53	41.3	80	0.638	0.718-0.660	anti-SEC61B	30.4	80	0.696	0.774-0.896	anti-PLSCR1	35.9	80	0.542	0.627-0.896	anti-SLP2, anti-p53, anti-SEC61B, anti-PLSCR1,CEA	64.1	80							
Cai 2022	CST4	53.1	96.9	0.933	0.980	CR-70	28.1	92.2	0.76	0.860	CST4 + DR-70	71.9	89.9	0.94	0.985															

Table 15 – Antigens and Autoantibodies – Risk of Bias NOS

Paper	NOS - Selection	NOS - Comparability	NOS - Exposure	NOS - Overall score
Huajun 2018	4	1	2	7
Fitzgerald 2019	3	1	3	7
Rao 2021	3	1	2	6
Luo 2020	3	0	2	5
Zhao 2020	3	2	3	8
Fan 2017	3	1	3	7
Cai 2022	3	1	3	7

Table 16 – Other – Study Characteristics

Paper	Area	Study Design	Biomarker type	Specific Biomarker(s)	Specimen	Sample size	Population	Age CRC	Age CRA	Age Control	Male CRC	Male CRA	Male Control	Female CRC	Female CRA	Female Control	CRC stage I	CRC stage II	CRC stage III	CRC stage IV
Peng 2023	China	Case control	Raman Spectroscopy	SERS	Serum	100	Not stated													
Hong 2020	China	Case control	Raman Spectroscopy	SERS	Serum	150	Not stated				68	28	41			12	25	34	47	3
Jenkins 2022	UK	Cohort	Raman Spectroscopy	SERS	Serum	705	Symptomatic	67		64	84	69	66			81	79 (I+II)		72 (III-IV)	
Moisoiu 2019	Romania	Case control	Raman Spectroscopy	SERS	Serum	148	Not stated				55	25	43			14	5	13	55	22
Woods 2022	UK	Cohort	Raman Spectroscopy	SERS	Serum	541	Symptomatic													
Gayer 2023	Russia	Case control	Fluorescence spectroscopy	UV/Vis protein fluorescence	Plasma	289	Symptomatic													
Soares 2017	Brazil	Case control	Fluorescence spectroscopy	Blood fluorescence spectroscopy + machine learning	Plasma	299	Symptomatic													
Yin 2021	China	Case control	Fluorescence spectroscopy	3D fluorescence + TM-PLS-DA classification model	Plasma	225	Not stated													
Nishiumi 2017	Japan	Case control	Metabolomics - gas chromatography / mass spectrometry	29 metabolites by gas chromatography/triple-quadrupole mass spectrometry	Plasma	573	Not stated	68		68	170	178	112			113	159	123		
Hata 2017	Japan	Case control	Metabolomics	GTA-446	Serum	1141	Not stated				136	567	89			349	91	49	71	13
Jaberie 2020	Iran	Case control	Metabolomics	A1AT + A1AT activity	Plasma	163	Not stated	58		60	59	28	54			22	31	36	26	8
Pan 2022	China	Case control	Metabolomics	Sphingolipids: TGs,TC, LDL and HD	Serum	126	Not stated	58	53	55	42	6	31	23	5	20	8	23	18	11
Zhang 2020	China	Case control	Metabolomics	PON1	Plasma	374	Not stated	61		57	180	48	104			42	103 (I+II)		181 (III+IV)	
Liu 2020	China	Case control	Lipidomics	11 lipid species	Serum	103	Not stated	58		56	31	32	20			20	51 (I+II)			
Tsai 2019	Taiwan	Cohort	CTCs	CTC count	Whole blood	667	Asymptomatic	64	62	48							65	93	115	39
Luo 2021	China	Case control	CTCs	CTC, CTEC	Whole blood	135	Not stated	58		52	69	15	46			5	25 (I-II)		90 (III-IV)	
Rasmussen 2018	Denmark	Cohort	Circulating cf nucleosomes	CCFNs + multiple epigenetic signals	Serum	4105	Not stated													
Salem 2020	Egypt	Case control	cfDNA integrity index	DNA integrity index	Serum	150	Not stated	52	50	51	48	12	21	42	18	9	6	21	30	33
Ma 2021	China	Case control	cfDNA fragment analysis	cfDNA	Plasma	621	not stated													
Choi 2018	Korea	Case control	Immune antibodies and cells	Multiple	Whole blood	305	Symptomatic	63		43	73	61	58			112	30	20	47	11
Savage 2022	UK	Cohort	Standard blood tests	FBC, biochem, tumour markers, age, sex + machine learning	Multiple	54297	Symptomatic	69		69										
Li 2021	China	Case control	Standard blood tests	FBC, CEA and AFP	Whole blood + Serum	1164	Not stated	52		52	355	355	227			227				
StojkovicLalosevic 2019	Serbia	Case control	FBC cell ratios	NLR, PLR, MPV	Whole blood	600	Not stated	62		60	160	150	140			150	82	74	92	52
Li 2019	China	Case control	FBC cell ratios	Inflammatory Cell Ratios + CEA	Whole blood	1502	Not stated	64			423	423	328			328	84	301	287	79
Huang 2019	China	Case control	FBC cell ratios	RLR	Whole blood	332	Not stated	54	53	53	97	58	51	65	34	27	75 (I+II)		87 (III+IV)	
Zhu 2018	China	Case control	Platelet indices	PC, MPV, PDW, PCT	Whole blood	1935	Not stated	61	59	60	467	312	383	316	151	316	136	247	322	78
Song 2020	China	Case control	Mixed serum biomarkers	36 serum biomarkers + machine learning	Serum	1010	Not stated				217	200	212	133	100	148	56	108	106	30
Battista 2021	Italy	Case control	Mixed serum biomarkers	17 serum biomarkers	Serum	345	Not stated	70		69	159	58	89			39	74	61	76	37

Table 17 – Other – CRC Diagnostic Tests

Paper	Test 1	Sens (%)	Spec (%)	AUC	95% CI	Test 2	Sens (%)	Spec (%)	AUC	95% CI	Test 3	Sens (%)	Spec (%)	AUC	95% CI	Test 4	Sens (%)	Spec (%)	AUC	95% CI	Test 5	Sens (%)	Spec (%)	AUC	95% CI	Test 6	Sens (%)	Spec (%)	AUC	95% CI	
Peng 2023	Random Forest Algorithm	86.7	100	0.996																											
Hong 2020	SERS/SVM	87.5	100			SERS/SVM + CEA	90	100			CEA	49	77.1																		
Jenkins 2022	Raman-CRC	95.7	69.3	0.842		FIT	90.9	83.5	0.93																						
Moisolu 2019	PCA-LDA model	83.3	64.1																												
Woods 2022	EMSC-3	89.6	55.7	0.754		EMSC-4	54.2	70.2	0.667		POL-8-norm_vec	75	48.8	0.671		NO_EMSC	51	30.5	0.402		Raw spectra	65.6	42.1	0.543							
Gayer 2023	Classifier - test	82	81	0.82	0.68-0.96																										
Soares 2017	Complete hierarchical classifier	86.4	95.2	0.901																											
Yin 2021	TM-PLS-DA model	88	95	0.94																											
Nishiumi 2017	Model 1	99.3	93.8	0.996		CEA	18.1	96			CA19-9	9.3	95.6																		
Hata 2017	GTA-446	83.3	84.8	0.91																											
Jaberie 2020	A1AT	75.2	90	0.86	0.80-0.91	CEA	70.8	70	0.74	0.67-0.81	A1AT activity	84.1	100	0.94	0.89-0.97																
Pan 2022	ST(d18:1/18:0)	81.5	81.5	0.817	0.910	CerP(d18:1/17:0)			0.811	0.896	ST(d18:1/16:0)			0.776	0.867																
Zhang 2020	CEA	78.2	60	0.818		CA12-5	58.5	50	0.581		CA19-9	53.5	78	0.593		PON1	91.1	42.3	0.742		PON1 + CEA + CA12-5	57	100	0.861		PON1 + CEA + CA12-5 + CA19-9	76.1	82.4	0.867		
Liu 2020	11 lipid panel	100	88.5	0.952-1.000																											
Tsai 2019	CTC assay	95.2	86	0.94																											
Luo 2021	CTC	87.8	90	0.889		CTEC	89.1	100	0.695		CEA	28.7	100	0.696		CA19-9	26.1	95	0.695		CTC, CTEC, CEA, CA19-9			0.935							
Rasmussen 2018	ccfn, 5-methylcytosine DNA, CEA, age and gender	57	90	0.84																											
Salem 2020	DII	93.3	90	0.95	0.89-1																										
Ma 2021	cfDNA stacked model	97.4	94.8	0.988																											
Choi 2018	Binary logistic regression analysis	85.8	86.2	0.94																											
Savage 2022	Machine learning model (LGI)	97.8	20.4																												
Li 2021	Logistic regression model	89.5	83.5	0.865	0.877	SVM model	86.5	83	0.865	0.874																					
Stojkovic-Lalosevic 2019	NLR	74.1	73	0.79	0.884	PLR	74	80	0.846	0.891	MPV	74	88	0.816	0.869	NLR + PLR + MPV	96	70	0.904	0.938											
Li 2019	NLR	69.13	65.21	0.723	0.747	PLR	57.23	85.39	0.779	0.802	LMR	72.89	73.8	0.8	0.821	CEA	58.28	85.54	0.792	0.813	PLR + LMR + CEA	76.81	85.69	0.892	0.874-0.908						
Huang 2019	RLR	41	72	0.571	0.828	CEA	87	97	0.779	0.619	CEA + RLR	56	90	0.782	0.831																
Zhu 2018	PC	62	72	0.706	0.735	MPV	69	59	0.663	0.964	PCT	64	80	0.765	0.791	CEA	41	90	0.74	0.767	CA19-9	16	94	0.612	0.580-0.643	CEA + PCT	70	83	0.835	0.812-0.857	
Song 2020	Artificial neural network	98.9	95.6	0.992	0.997																										
Battista 2021	Combined SVM, XGB, MLP models	100	92.3																												

Table 18 – Other – CRA Diagnostic Tests

Paper	Test 1	Sensitivity (%)	Specificity (%)	AUC	95% CI
Tsai 2019	CTC assay	79.2	84.7	0.868	
Ma 2021	cfDNA stacked model	95.7	94.8	0.983	0.968-0.999

Table 19 – Other – Risk of Bias NOS

Paper	NOS - Selection	NOS - Comparability	NOS - Exposure	NOS - Overall score
Peng 2023	3	0	2	5
Hong 2020	3	1	2	6
Jenkins 2022	4	1	3	8
Moisoiu 2019	3	0	2	5
Woods 2022	3	0	3	6
Gayer 2023	3	1	3	7
Soares 2017	3	0	3	6
Yin 2021	3	0	2	5
Nishiumi 2017	3	1	3	7
Hata 2017	3	1	2	6
Jaberie 2020	3	1	2	6
Pan 2022	3	0	2	5
Zhang 2020	3	2	2	7
Liu 2020	3	1	2	6
Tsai 2019	3	1	3	7
Luo 2021	3	1	2	6
Rasmussen 2018	4	0	3	7
Salem 2020	3	1	2	6
Ma 2021	3	0	2	5
Choi 2018	3	1	2	6
Savage 2022	4	2	2	8
Li 2021	3	1	2	6
StojkovicLalosevic 2019	3	2	2	7
Li 2019	3	1	2	6
Huang 2019	3	1	2	6
Zhu 2018	3	2	2	7
Song 2020	3	1	2	6
Battista 2021	3	1	3	7

Discussion

This review describes recent progress in the field of blood-based testing for CRC and CRA over more than 6 years, including both isolated biomarkers and novel approaches such as spectroscopic techniques. The aim was to provide an update regarding the potential accuracy of these tests and consider how they may be utilised in the diagnosis of CRC and CRA at a time when faecal-based testing remains prevalent and a heavy burden is being placed on services providing radiological imaging and direct visualisation by colonoscopy.

This review found the largest area of research remains in the traditional biomarker field of proteomics. However, this was closely followed by papers involving RNA species (particularly small/microRNAs) and aberrant DNA methylation. Some studies are also now concentrating on the detection of multiple biomarkers and/or multiple cancers by spectroscopic techniques, including Raman and fluorescence spectroscopy, or through highly dimensional and scalable data analysis by machine learning. Though most papers concentrated on CRC detection alone (142 papers), many also included data for both CRC and CRA detection (34 papers), and a small number for CRA detection alone (2 papers). The large number of studies obtained (178 papers) suggests an expanding area of research when compared with similar reviews such as Nikolaou et al in 2018, who described 51 papers over 5 years.[58]

Reported diagnostic accuracy was shown to vary widely and should be considered in context, derived from a broad range of population sizes, biomarker types and reporting quality. Reported test sensitivity, specificity and AUC ranged between 9.10 to 100%, 20.40 to 100%, and 0.353 to 0.996 respectively for CRC vs controls. For comparison, several recent meta-analyses focussing solely on specific blood-based protein biomarkers, small RNA species and aberrant DNA methylation have found pooled AUC values of 0.760 to 0.890, 0.730 to 0.780, and 0.880 to 0.960 respectively.[26, 37, 59-70] Likewise, across 63 papers which included isolated CEA and CA19-9 tests for the diagnosis of CRC vs controls, reported AUC ranged from 0.469 to 0.869, and 0.353 to 0.777 respectively. This compares with previous studies which have reported AUC values for CEA and CA19-9 of 0.700 to 0.856, and 0.580 to 0.650 respectively for the diagnosis of CRC.[12, 20, 71, 72]

This review found that reported test sensitivity, specificity and AUC for CRA vs controls ranged between 8.00 to 95.70%, 4.00 to 97.00%, 0.430 to 0.983 and respectively. Data regarding CRA detection is more difficult to contextualise, with few studies regarding blood-based biomarkers having previously examined this specific population in detail. However, both CRC and CRA detection rates are reasonably well described for FIT, the most common faecal test currently in use for both screening and as an adjunct to triage symptomatic patients. In large meta-analyses FIT sensitivity for CRC of 79% (95% CI 69 to 86%) and specificity 94% (95% CI 92 to 95%) has been described in asymptomatic adults and sensitivity of 91% (95% CI 88 to 92%), specificity 75% (95% CI 69 to 80%) in symptomatic adults.[73, 74] However, FIT is significantly less useful in identifying high-risk CRA. Even at low positive detection thresholds, sensitivity of 40% (95% CI 33 to 47%) and specificity 90% (95% CI 87 to 93%) has been described in asymptomatic populations.[11] The optimal threshold for a positive FIT result is unclear and low thresholds (around 20ug/g) produce high false positive rates resulting in the increased use of colonoscopy. Furthermore, very little has been published regarding true FIT sensitivity at higher screening thresholds (around 80 to 120ug/g), which may be as low as 47% and 25% for CRC and high risk CRA respectively.[75-77]

Several limitations must be taken into consideration regarding the range of papers obtained in this review. The REMARK criteria for structuring studies describing clinical biomarkers were generally followed with correct layout, description of biomarker subtype, reporting of testing methods and statistical analysis.[78] However, marked test and population heterogeneity resulted in a broad range of diagnostic results for both CRC and CRA. This broad heterogeneity, along with overall poor reporting of complete data such as detailed population characteristics, specific inclusion/exclusion criteria and measures of uncertainty (such as 95% CIs and p-values) in particular meant a reliable and meaningful meta-analysis would be impractical. Test heterogeneity was demonstrated not only in the broad classification of biomarker types but also in the wide range of specific biomarker subtypes and myriad individual biomarkers within each subtype. Incomplete population characteristics, inclusion/exclusion criteria and different populations are also troublesome as they may all influence the diagnostic accuracy of a test.[79, 80] Furthermore, several studies demonstrated reporting bias by including CRA

populations but failing to report their outcomes, potentially due to poor or statistically insignificant results, which was also reflected in the poor reporting of measures of uncertainty. It is also interesting to note that several of the best diagnostic results relied on combination of their primary biomarker with CEA and/or CA19-9.

However, this narrative review represents a useful large-scale overview of recent studies regarding blood-based testing for CRC and CRA. It suggests a growing area of research with diagnostic accuracies being reported which are commonly equivalent or superior to current faecal-based tests at a time when blood-based testing is not widespread.[81, 82] Though a wide range of diagnostic sensitivities are reported - both in the literature regarding FIT and in our data - this review does tentatively suggest that several blood-based biomarkers and novel technologies report comparable or superior results for both CRC and CRA detection when compared with FIT. These results are particularly encouraging for the detection of CRA, which is important in screening as a precursor lesion to CRC and for which FIT has been shown to have poor diagnostic accuracy.[11]

Individual studies with promising results are not uncommon and clearly (given the lack of common blood-based testing for CRC) it has been the case for many years in biomarker research that exceedingly few tests progress to clinical use. One reason for this is a lack of reliable systematic reviews and meta-analyses of promising tests. For example, this review found and excluded only 18 high quality meta-analyses from the original 12374 papers returned. Low participant numbers, a lack of large validation studies, uncertain inter-reliability and reproducibility between labs, bias in reporting of subgroup results and inconsistent or unclear diagnostic thresholds are also issues, some of which were encountered in this review.[83, 84] It is also known that independent external validation, increased study population size and focussed meta-analysis are all shown to decrease reported detection rates.[85-87]

Further work should concentrate on larger collaborative studies with rigorous methodology, independent external validation and clear test positivity thresholds. Inclusion/exclusion criteria should be well defined, with adequate description of both CRC/CRA groups (symptomatic vs asymptomatic) and controls (confirmed clean colon at endoscopy vs healthy community controls). High-quality systematic reviews and meta-analyses should be prioritised, aiming to ameliorate the influence of bias

demonstrated in smaller studies and provide a more accurate picture of a biomarker's potential.

Compared with running initial case-control studies, there is a significant increase in resources required to then progress potential biomarkers through to clinical use.[81] This review demonstrates the breadth of current research in blood-based biomarkers and novel technologies for the detection of CRC / CRA, and it may be inefficient to progress any test to clinical use without properly considering its competitors. Therefore, once there are sufficient numbers, it would also be beneficial to consider umbrella reviews of high-quality systematic reviews and meta-analyses, comparing the best available evidence for each test to reveal the most promising candidates.[88] Cost-effectiveness analysis would then need to be done before considering the use of any new test within the NHS.

Real-world feasibility is important not only where there is potential for increased diagnostic accuracy in symptomatic patients but also because there may be significant benefits for CRC screening uptake. Despite the benefits of early diagnosis, faecal-based tests remain unpopular and only 63% of adults in England and Wales who receive bowel screening kits complete them, with 12% of all CRC diagnoses via bowel screening overall.[89] It has been suggested that 97% of screening participants who refuse colonoscopy would be receptive to a non-invasive test and of these 83% would prefer a blood test.[90] If an acceptably accurate blood-based test were clinically available it may improve bowel screening uptake and rates of early diagnosis.

Conclusion

In summary, blood-based testing continues to show great promise and may eventually be feasible to replace or complement FIT both for screening and in the diagnosis of CRC/CRA in symptomatic patients. This review suggests a growing field of acceptably sensitive and specific tests which may be comparable or superior to current faecal-based testing. However, current studies demonstrate a broad range of heterogeneous tests, techniques and reporting quality which makes selecting the best candidates difficult. Further work should concentrate on larger validation studies and high-quality meta-analyses to determine which tests may realistically be worth progressing into clinical use.

Appendix 1

Initial searches run 26/10/2022 – Repeated at monthly intervals until 01/03/2023

The searches below were run in OVID Medline Ovid MEDLINE(R) Epub Ahead of Print and In-Process, In-Data-Review & Other Non-Indexed Citations <October 25, 2022> AND Embase <1996 to 2022 October 24> Limits on both databases were English language only and date range of 2017 -2023 as requested. Conference abstracts were removed from EMBASE. Both sets of references were exported into ENDNOTE and reviewed for duplicates which were removed.

A total of 15888 references were found in the searches and 3561 duplicates were removed leaving 123 exported to Covidence. Covidence also checks for duplicates when references are imported but did not identify any duplicates.

Ovid MEDLINE 2017-2023, English language only

Ovid MEDLINE(R) Epub Ahead of Print and In-Process, In-Data-Review & Other Non-Indexed Citations <October 25, 2022>

Ovid MEDLINE(R) <1996 to October 25, 2022>

<https://ovidsp.ovid.com/athens/ovidweb.cgi?T=JS&NEWS=N&PAGE=main&SHAREDSEARCHID=3HCldg0ZhiM4wD6KHOVIQ6XQk2M7wdTyNkjoO7ApBxOU4HGIZmp8az7WfllpHrVQ8>

1	exp Colorectal Neoplasms/	179579
2	colon.ti,ab.	142365
3	colorect*.ti,ab.	164141
4	bowel*.ti,ab.	143177
5	caec*.ti,ab.	7618
6	(rectal or rectum).ti,ab.	90875
7	2 or 3 or 4 or 5 or 6	460310
8	cancer*.ti,ab.	1844565

9	carcino*.ti,ab.	667234
10	adenocarcinoma*.ti,ab.	139649
11	adenoma*.ti,ab.	64669
12	((Sessile or serrated) adj polyp*).ti,ab.	1282
13	tumo?r*.ti,ab.	1561351
14	pre-malignan*.ti,ab.	2118
15	8 or 9 or 10 or 11 or 12 or 13 or 14	2894233
16	7 and 15	268324
17	1 or 16	298947
18	exp Liquid Biopsy/	2834
19	"liquid biops*".ti,ab.	5891
20	"blood test*".ti,ab.	21751
21	exp Biomarkers, Tumor/bl [Blood]	48957
22	"blood serum".ti,ab.	11137
23	"peripheral blood*".ti,ab.	149363
24	"blood sample*".ti,ab.	138085
25	"blood plasma".ti,ab.	13071
26	(Blood-based adj4 screen*).ti,ab.	128
27	(Blood-based adj4 test*).ti,ab.	483
28	(Blood-based adj2 biomarker*).ti,ab.	1583
29	(Blood-based adj4 detect*).ti,ab.	257
30	Epi Procolon.ti,ab.	34
31	Cellmax.ti,ab.	15
32	Galleri.ti,ab.	6

33	Guardant.ti,ab.	34
34	exp Spectrum Analysis, Raman/	23945
35	"raman spectroscop*".ti,ab.	30124
36	"Vibrational spectroscop*".ti,ab.	4567
37	"raman scat*".ti,ab.	13909
38	18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37	421914
39	17 and 38	13996
40	limit 39 to yr="2017 - 2023"	4337
41	remove duplicates from 40	4324
42	limit 41 to english language	4171

Exported to Endnote for deduplication with EMBASE

Embase <1996 to 2022 October 24>

https://ovidsp.ovid.com/athens/ovidweb.cgi?T=JS&NEWS=N&PAGE=main&SHARE_DSEARCHID=3awRrJds8HJhQtFsSJeyUI31Vlb86XWGFeygXHc57LE6CebB6wDCkggDxtVJRma8

1	exp colorectal tumor/	32359
2	colon.ti,ab.	221078
3	colorect*.ti,ab.	257074
4	bowel*.ti,ab.	246945
5	caec*.ti,ab.	10055
6	(rectal or rectum).ti,ab.	153975

7	2 or 3 or 4 or 5 or 6	727684
8	cancer*.ti,ab.	2715295
9	carcino*.ti,ab.	942809
10	adenocarcinoma*.ti,ab.	224290
11	adenoma*.ti,ab.	97962
12	((Sessile or serrated) adj polyp*).ti,ab.	3130
13	tumo?r*.ti,ab.	2244016
14	pre-malignan*.ti,ab.	3823
15	8 or 9 or 10 or 11 or 12 or 13 or 14	4138413
16	7 and 15	422822
17	1 or 16	427552
18	exp liquid biopsy/	9029
19	"liquid biops*".ti,ab.	10100
20	"blood test*".ti,ab.	41978
21	exp tumor marker/	330994
22	"blood serum".ti,ab.	16117
23	"peripheral blood*".ti,ab.	241685
24	"blood sample*".ti,ab.	221180
25	"blood plasma".ti,ab.	17786
26	(Blood-based adj4 screen*).ti,ab.	257
27	(Blood-based adj4 test*).ti,ab.	939
28	(Blood-based adj2 biomarker*).ti,ab.	2552
29	(Blood-based adj4 detect*).ti,ab.	467
30	Epi Procolon.ti,ab.	59

31	Cellmax.ti,ab.	39
32	Galleri.ti,ab.	9
33	Guardant.ti,ab.	956
34	exp Spectrum Analysis, Raman/	48547
35	"raman spectroscop*".ti,ab.	25375
36	"Vibrational spectroscop*".ti,ab.	3875
37	"raman scat*".ti,ab.	9790
38	18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37	892624
39	17 and 38	43724
40	limit 39 to yr="2017 - 2023"	17573
41	limit 40 to english language	17106
42	limit 41 to conference abstracts	5390
43	41 not 42	11716
	Total combined:	15,888
	De-Duplicated (MEDLINE record preferred)	
	Duplicates removed:	3,561
	Total initially export to COVIDENCE:	12,327
	Additional papers exported by March 2023:	51
	Total exported to COVIDENCE:	12,378

Bibliography

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