

1 Functionally distinct T-helper cell phenotypes predict resistance to 2 different types of parasites in a wild mammal

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25

26 **Data availability statement:** All data used in this manuscript will be made available on on-line upon
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39

40 **ABSTRACT**

41

- 42 1. The adaptive immune system is critical to an effective, long-lasting ability to respond to
43 infection in vertebrates and T-helper (Th) cells play a key role in orchestrating the adaptive
44 immune response. Laboratory studies show that functionally distinct Th responses provide
45 protection against different kinds of parasites (i.e., Th1 responses against microparasites
46 and Th2 against macroparasites).
- 47 2. Natural populations must deal with challenges from a wide range of infectious agents and
48 co-infection with different types of parasite is the norm, so different Th responses are likely
49 to play an important and dynamic role in maintaining host health and fitness. However, the
50 relationship between T helper immune phenotypes and infection with different types of
51 parasites remains poorly understood in wild animals.
- 52 3. In this study, we characterised variation in functionally distinct Th responses (Th1, Th2,
53 Th17 and regulatory responses) in a wild population of Soay sheep using flow cytometry to
54 detect Th-subset specific transcription factors, and *ex vivo* lymphocyte stimulation to
55 quantify release of Th-associated cytokines. We specifically tested the prediction that
56 raised Th1 and Th2 responses should predict reduced apicomplexan (coccidian) and
57 helminth (nematode) parasite burdens, respectively.
- 58 4. Cell counts of different Th subsets measured by flow cytometry did not vary with age or
59 sex. However, all measures of Th-associated *ex vivo* cytokine production increased with
60 age, and Th17- and regulatory Th-associated cytokine production increased more rapidly
61 with age in males than females.
- 62 5. Independent of age and sex, Th2-associated immune measures negatively predicted
63 gastro-intestinal strongyle nematode faecal egg count, while production of the Th1-
64 associated cytokine IFN- γ negatively predicted coccidian faecal oocyst count.
- 65 6. Our results provide important support from outside the laboratory that Th1 and Th2
66 responses confer resistance to different kinds of parasites (micro- and macro-parasites,
67 respectively). They also add to mounting evidence from wild populations that Th1/Th2
68 trade-offs often observed in controlled laboratory experiments may not readily translate to
69 more complex natural systems.
- 70 7. Our study illustrates that harnessing more specific reagents and tools from laboratory
71 immunology has the potential to illuminate our understanding of epidemiology and host-
72 parasite co-evolution in the wild.

73

74

- 75 • **Keywords** – coccidia, cytokines, flow cytometry, host-parasite interaction, Soay sheep, Strongyle
76 nematode, T helper cells, transcription factor.

77

78 INTRODUCTION

79

80 Research in cellular, medical and veterinary immunology shows us that the vertebrate immune
81 system is highly complex and composed of many different cell types with different functional roles
82 in any particular response to infection (Cox 2001; Coughlan & Lambe 2015; McRae *et al.* 2015;
83 Abolins *et al.* 2017). Variation in the relative abundance of different immune cell types and their
84 responsiveness to stimulation is thought to have major implications for infection risk and disease
85 outcomes (Segerstrom & Miller 2004; Seder, Darrah & Roederer 2008; Albert-Vega *et al.* 2018).
86 The immune system is thought to play an important role in the evolutionary and ecological
87 dynamics of natural vertebrate populations, protecting individuals from infection by a diverse array
88 of parasites and pathogens. Despite this, a shortcoming of many field studies of immunity to date
89 has been the inability to quantify variation in these functionally different cell types, relying often
90 instead on general and generic measures of immune response, such as skin swelling or natural
91 antibody responses to a challenge with a novel antigen (Demas *et al.* 2011; Pedersen & Babayan
92 2011). In large part this has been due to a lack of a suitable immunological tool kit in non-model
93 systems that would allow the abundance and functionality of important classes of immune cells to
94 be quantified. Recent studies applying tools developed for laboratory rodents to their wild
95 counterparts illustrate striking differences between the immune phenotypes of wild and captive
96 animals (Abolins *et al.* 2011; Abolins *et al.* 2017), as well as variation in diverse aspects of
97 immunity among and within natural populations (Abolins *et al.* 2018). At the same time, studies in
98 wild rodents, rabbits and ungulates highlight the potential for functional constraints on immune-
99 mediated resistance to different types of parasites to influence patterns of infection and disease
100 dynamics in nature (Ezenwa 2016). In order to determine how natural selection has shaped
101 immune responses in wild populations, we first need to characterise variation in functionally-
102 relevant aspects of the immune response, in a way that begins to reflect some of its complexity.
103 Here, we utilise expertise and reagents from veterinary immunology to examine variation in
104 functionally distinct arms of the adaptive immune response and test how this variation predicts
105 abundance of gastrointestinal parasites in wild Soay sheep (*Ovis aries*).
106

107

108 The immune system in vertebrates broadly consists of the innate and adaptive arms (Murphy *et al.*
109 2012). Innate immune responses are generally non-specific and are rapidly activated immediately
110 after parasite antigens are encountered. In contrast, adaptive immune responses are slower to
111 develop but are highly antigen-specific due to the recognition of specific epitopes within antigens
112 by surface-expressed receptors on B and T lymphocytes. Following antigen-specific activation, B
113 and T cells undergo clonal expansion to generate effector cells that control the immediate infection,
114 and memory cells that provide long-lasting immune protection (Parkin & Cohen 2001; Murphy *et al.*
2012). The adaptive immune system is further divided based on effector functions into humoral

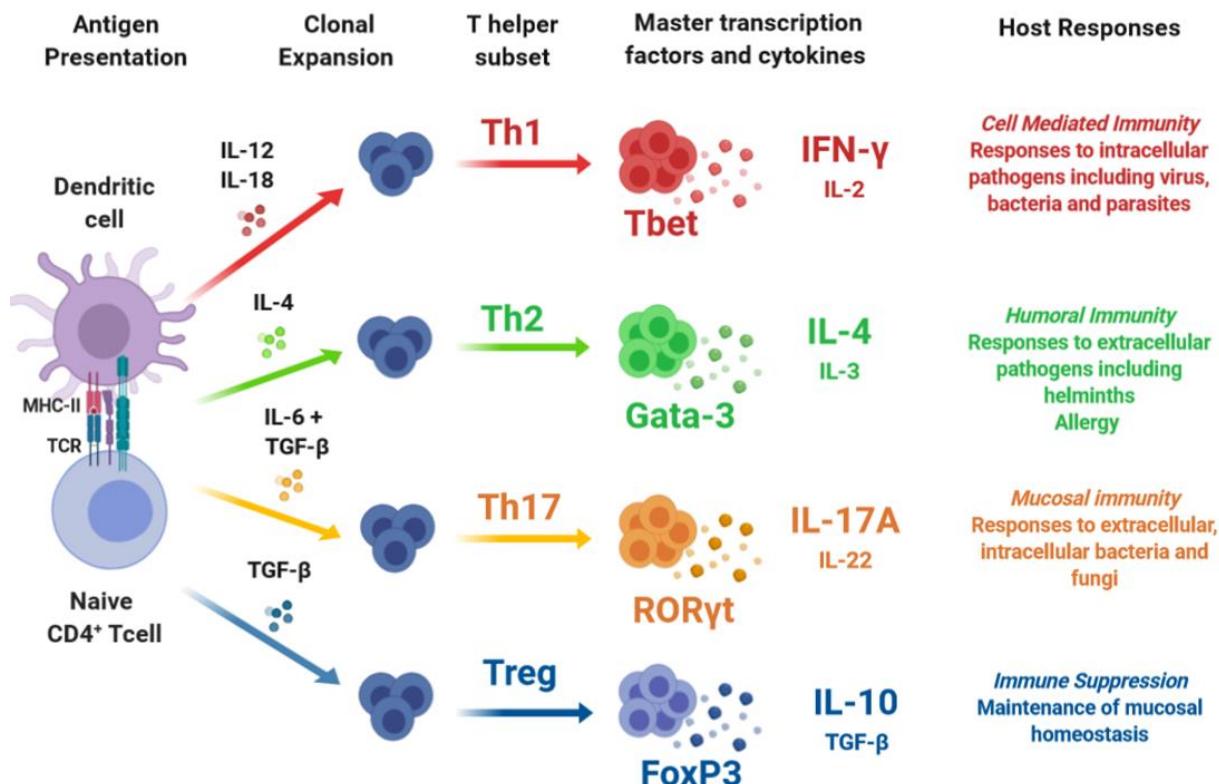
115 immunity, mediated by antibodies produced by B cells, and cellular immunity such as that
116 mediated by cytotoxic T cells and phagocytes (Parkin & Cohen 2001; Murphy *et al.* 2012).
117 Functional diversity of the adaptive immune system is coordinated by CD4⁺ T helper (Th) cells,
118 which can elicit functionally-distinct types of response which support protection of the host against
119 different kinds of challenges (Mosmann & Coffman 1989; Nakayamada *et al.* 2012).
120
121 The different types and functions of T helper-mediated immune responses are illustrated in Figure
122 1. T helper type 1 (Th1) cells promote cellular immune responses to control intracellular pathogens
123 such as viruses and bacteria (Mosmann & Coffman 1989; O'Garra & Robinson 2004). T helper
124 type 2 (Th2) cells promote humoral immunity and are important for controlling large extracellular
125 pathogens including parasitic helminths (Mosmann & Coffman 1989; Romagnani 2000; Grencis
126 2015). The more recently discovered T helper type (Th17) cells play a role in controlling
127 extracellular bacterial and fungal infections, and are particularly important at mucosal barriers
128 (Stockinger & Omenetti 2017; Sandquist & Kolls 2018). In addition to these effector subsets, CD4⁺
129 T cells can also differentiate into regulatory T (Treg) cells which play a key role in immune
130 homeostasis and prevention of immunopathology (Pereira *et al.* 2017). Th polarisation is largely
131 decided during the early stages of activation of naïve CD4⁺ T cells, when dendritic cells
132 (specialised antigen presenting cells) and other innate cells 'sense' specific pathogen molecules
133 and, through cytokine and other signalling events, trigger unique 'master' transcription factors that
134 become lineage-specific markers for the different Th subsets (Figure 1; (Schmitt & Ueno 2015;
135 Gerbe *et al.* 2016; Jain & Pasare 2017)). Each Th subset then secretes a specific group of
136 cytokines that promotes different types of adaptive immune responses, whilst also inhibiting the
137 development of other Th subsets (Seder & Paul 1994; Abbas, Murphy & Sher 1996). Thus, a broad
138 understanding of adaptive immune response function can be obtained by quantifying the master
139 transcription factors expressed by Th cells and the cytokines they release upon activation (Figure
140 1).
141
142 In the wild, vertebrates must deal with challenges from a wide range of infectious agents, and co-
143 infection with many parasites is the norm (Wilson, Fenton & Tompkins 2019). As such, there is
144 good reason to expect that variation in the T helper responses plays a very important role in
145 maintaining host health and fitness under natural conditions. In particular, co-infection with
146 intracellular microparasites (e.g. viruses, bacteria, apicomplexans) and macroparasites (e.g.
147 helminths) are expected to elicit trade-offs between host investment and commitment to Th1 vs.
148 Th2 immune responses (Cox 2001). For example, in experimental helminth infection studies, the
149 greater the suppressive effect of worm infection on Th1 cytokines, the greater the associated
150 increase in microparasite density (Graham 2008). Furthermore, recent studies of wild buffalo show
151 that experimental removal of helminths promotes a Th1 response, with downstream consequences
152 for host resistance to intracellular parasites (Ezenwa *et al.* 2010; Ezenwa & Jolles 2015). However,

153 measurement of functional T cell responses in wild vertebrates is challenging and has rarely been
154 undertaken. As Figure 1 illustrates, measuring an individual's Th phenotype requires quantification
155 of the number of T cells of different functional types and their functional cytokine response to
156 stimulation. This demands both the immunological tools for T cell phenotyping, which are lacking
157 for most non-model systems, and protocols for either immediate deployment of assays on live cells
158 in the field or careful preservation of cells in the field for later assays (Demas *et al.* 2011). Despite
159 these difficulties, a number of recent studies have begun to explore variation in T cell immunity in
160 wild mammals, by measuring expression of Th master regulator genes in blood samples (Jackson
161 *et al.* 2014; Arriero *et al.* 2017) or by monitoring production of Th1-associated cytokines following
162 *ex vivo* stimulation of lymphocytes derived from blood samples (Beirne, Delahay & Young 2015;
163 Ezenwa & Jolles 2015; Young *et al.* 2020). However, to date, no study in the wild has quantified
164 patterns of variation in the full range of Th phenotypes illustrated in Figure 1 or tested how they
165 predict levels of natural infection with different parasites.

166

167 Here, we characterise Th responses in wild Soay sheep (*Ovis aries*) on St Kilda, in which we have
168 previously identified variation in helper T cell and cytotoxic T cell proportions in relation to age and
169 sex (Nussey *et al.* 2012; Watson *et al.* 2016). We use immunological reagents developed for use in
170 domestic sheep to specifically quantify different Th responses (Th1, Th2, Th17 and Treg) through
171 activation-specific cytokine release and expression of Th-associated transcription factors. The
172 Soay sheep on St Kilda are principally infected with two groups of gastrointestinal parasites,
173 nematode worms and coccidian apicomplexans (Craig *et al.* 2006; Craig *et al.* 2008). It is generally
174 accepted that resistance to these parasites groups is broadly associated with different Th
175 responses: Th2 for worms, and Th1 for coccidian parasites (Ovington, Alleva & Kerr 1995;
176 Finkelman *et al.* 2004; Maizels, Hewitson & Smith 2012; Ozmen, Adanir & Haligur 2012; Kim,
177 Chaudhari & Lillehoj 2019), and that, in laboratory settings at least, Th1 and Th2 responses are
178 antagonistic (Seder & Paul 1994; Abbas, Murphy & Sher 1996). We examine the associations
179 among different measures of the four main Th response types and their relationship with age and
180 sex for the first time in the wild. We go on to test the predictions that: (1) worm burdens should be
181 reduced in animals with stronger Th2 responses, (2) coccidia burdens should be reduced in
182 animals with stronger Th1 responses, and (3) Th1 and Th2 responsiveness should trade-off and be
183 negatively correlated.

184



185

186

187 **Figure 1. Overview of T helper subsets.** Upon encountering foreign antigens, dendritic cells
188 (highly specialised antigen presenting cells) process and present fragments of antigen to naïve
189 CD4⁺ T cells via major histocompatibility complex (MHC) class II molecules. During this process,
190 specific cytokines drive differentiation and clonal expansion of CD4⁺ T cells into functionally distinct
191 T helper (Th) subsets. Each Th subset is associated with a master transcription factor, and
192 secretes specific cytokines involved in coordinating different types of host immune response.

193

194

195 MATERIALS AND METHODS

196

197 Study Population

198

199 Soay sheep are an ancient breed of domestic sheep that have lived under unmanaged conditions
200 for the last few thousand years in the St Kilda archipelago, 65km west of the Outer Hebrides,
201 Scotland (57°49'N, 08°34'W). In 1932, following the evacuation of the human population from Hirta,
202 the largest island in the archipelago, 107 sheep were moved from the smaller island of Soay onto
203 Hirta (Pemberton & Clutton-Brock 2004). Without human intervention, the population on Hirta has
204 grown to cover the whole island, with numbers only limited by the availability of resources in the
205 grazing grounds. Since 1985, sheep resident to the Village Bay area of Hirta (around a third of the
206 sheep on the island) have been the subject of an intensive individual-based study. Every year,

207 >95% of lambs born in the study area are captured within a week of birth (March-May), given an
208 individual identifying ear tag, weighed and blood- and tissue-sampled for genetic analysis. Each
209 August, as many sheep as possible (~50% on average) are captured using temporary traps in
210 order to collect data on numerous variables including weight and morphometrics, and faecal and
211 blood samples are also collected following Home Office Guidelines (under project license number
212 PPL 70/8818). Samples used in this study were collected from 238 animals captured in August
213 2019. Blood was collected from sheep by jugular venepuncture into lithium heparin vacutainers
214 (Greiner Bio-One International GmbH) and stored at 4°C prior to being processed. Rectally
215 collected faecal samples were used to estimate strongyle faecal egg counts (FEC) and coccidian
216 faecal oocyst count (FOC) using a modified salt-flotation method (Jackson 1974) as detailed
217 below.

218

219 **Whole blood stimulation assays**

220

221 Within 24h of collection, to examine the cytokine secretion induced by a mitogen by leuocytes,
222 whole blood stimulations were carried out using samples from 208 animals by mixing 1ml of whole
223 blood with 1ml of tissue culture media [RPMI-1640 supplemented with 10% FBS and 50 µM 2-
224 mercaptoethanol, 2 mM L-glutamine, 100 U/ml Penicillin and 100 µg/ml Streptomycin, 5µg/ml
225 Gentamicin (all from Sigma-Aldrich, UK)] containing 10µg/ml final concentration of poke weed
226 mitogen (PWM, Sigma-Aldrich, UK) or the same volume of PBS into 15ml sterile tissue culture
227 tubes (Fisher). Following incubation at 37°C for 48 hours, samples were centrifuged at 300 x g for
228 5min. Supernatants were collected and stored at -20°C until assayed for cytokine production.

229

230 Capture ELISAs were performed to quantify the secretion of selected cytokines representing
231 different Th subsets: interferon (IFN)- γ (Th1), interleukin (IL)-4 (Th2), IL-17A (Th17) and IL-10
232 (Treg), following stimulation with PWM. All incubations were carried out at room temperature
233 unless stated otherwise. IL-4 and IFN- γ were quantified using commercial ELISA kits according to
234 the manufacturer's instructions (MABTECH AB, Augustendalsvägen, SE, Sweden). For the
235 quantification of IL-17A, polyclonal rabbit anti-bovine IL-17A antibodies were used alongside
236 bovine recombinant protein (Kingfisher Biotech, Inc., St. Paul, MN). Mouse monoclonal anti-bovine
237 IL-10 capture and detection antibodies (clones CC318 and CC320b respectively, BioRad) and
238 standard curves produced using supernatants from COS-7 cells transfected with bovine IL-10
239 (Kwong *et al.* 2002; Corripi-Miyar *et al.* 2015) were used to quantify IL-10 secretion. Washing
240 steps for all ELISAs were performed 6 times with 350µl washing buffer (Phosphate Buffered Saline
241 (PBS) + 0.05% Tween 20) using a Thermo Scientific Wellwash™ Versa (ThermoFisher). High-
242 binding capacity ELISA plates (Immunolon™ 2HB 96-well microtiter plates, ThermoFisher) were
243 incubated with coating antibodies overnight at 4°C. Plates were then washed and blocked for 1h
244 with PBS containing 0.05% Tween 20 (Sigma, UK) and 0.1% BSA Bovine Serum Albumin (BSA,

245 Sigma, UK) for IL-4, IFN- γ and IL-17A or PBS containing 3% of BSA for IL-10. Following a further
246 washing step, 50 μ l of supernatants or standards were added in duplicate for 1h. Subsequently,
247 plates were washed and detection antibodies added for 1 h. This was followed by washing and
248 addition of Streptavidin-HRP (Dako, Agilent, Santa Clara, US) for 45 min. After the final washing
249 step, SureBlue TMB substrate (Insight Biotechnology, London, UK) was added and the reaction
250 was stopped by the addition of TMB stop solution (Insight Biotechnology, London, UK).
251 Absorbance values were read at O.D. 450nm. In order to quantify the cytokines of interest,
252 samples were analysed 1:20, 1:4, neat or 1:4 for IFN- γ , IL-4, IL-17A and IL-10 respectively.
253 Standard curves were included in all plates and were constructed using 7 serial dilutions of
254 recombinant cytokines ranging from 6.25 to 400 pg/ml for IFN- γ (MABTECH AB); 31.25 to 2,000
255 pg/ml for IL-4 (MABTECH AB); 23.43 to 1,500 pg/ml for IL-17A (Kingfisher) and 0.206 to 13.2
256 BU/ml for IL-10 (Kwong *et al.* 2002). Finally, and in order to remove for the non-specific, natural
257 cytokine release in all samples, results from the PWM stimulated samples were expressed as the
258 corrected value of the cytokine release by subtracting the value obtained from PBS samples
259 (background control) and multiplying by their corresponding dilution factor.
260

261 **Flow cytometry analysis**

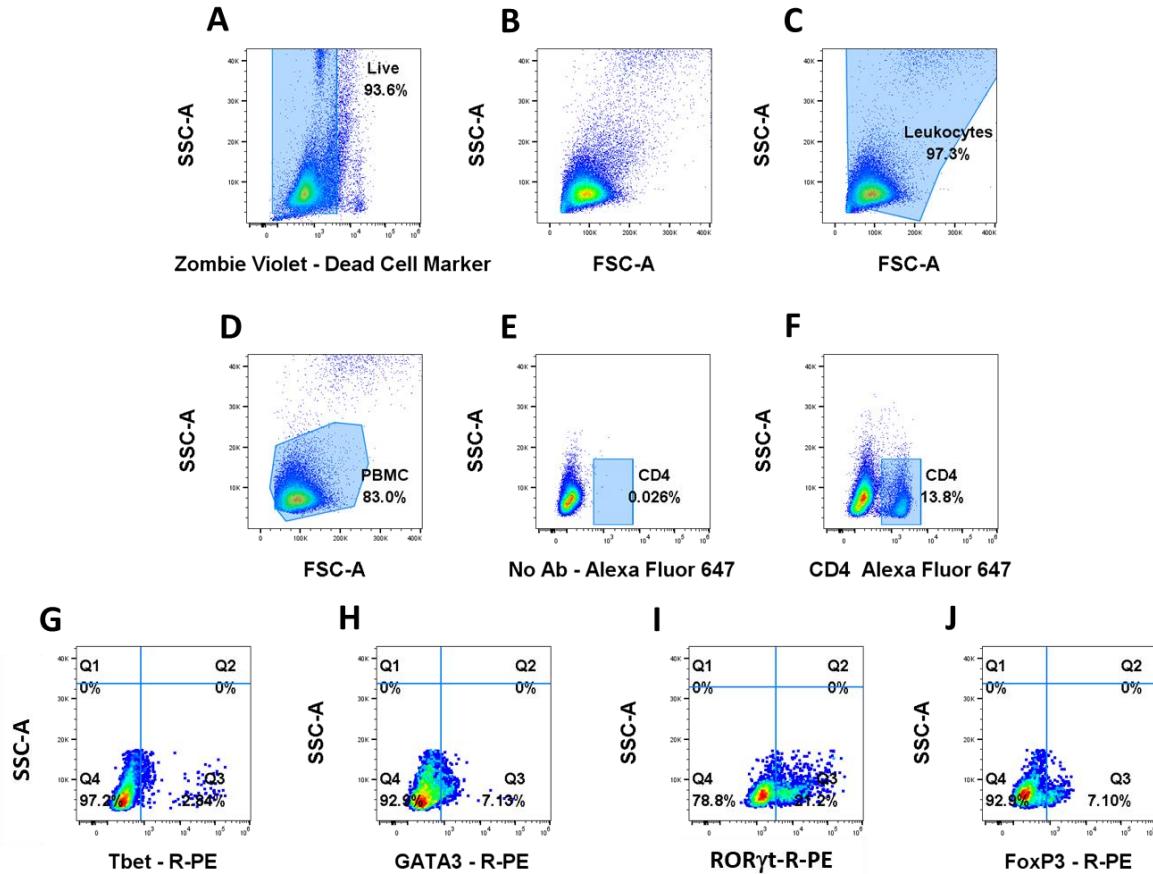
262

263 To quantify the leukocytes present in each blood sample, following gentle mixing of heparinised
264 blood, leukocytes were enumerated using a Nucleocounter NC-200 (ChemoMetec, Denmark).
265 Briefly, 20 μ l of heparinised blood were mixed with 180 μ l of Solution 17 (ChemoMetec) and heated
266 at 37°C for 10min. The sample was then mixed to obtain a homogenous suspension and loaded
267 into a Via1-Cassette™ (ChemoMetec) prior to counting on a Nucleocounter NC-200 cell counter.
268 Total leukocyte counts per ml blood were recorded for each blood sample and used for the
269 calculation of total cell counts expressing each of the transcription factors investigated.
270

271 Multiple colour flow cytometric analysis was carried out on blood samples from 188 individuals in
272 order to identify and quantify the CD4 T helper cells expressing each the four master transcription
273 factors (i.e., Tbet for Th1, Gata3 for Th2, ROR γ t for Th17, and FoxP3 for Treg). . Briefly, an aliquot
274 of 2ml of blood was incubated with 10ml of warm red blood cell (RBC) lysis buffer (1.5M NH₄Cl,
275 100mM NaHCO₃, 10mM N₂ EDTA in ddH₂O) for 2min or until lysis was complete. Following two
276 washes with PBS, Zombie Violet™ Fixable dead cell stain (Biolegend, US) was added to all
277 samples and incubated for 15min at RT in the dark. Cells were then washed with PBS at 300 x g
278 for 5min and stained with the cell surface antibody CD4 labelled to Alexa Fluor® 647 at pre-
279 optimised concentrations for 20min at RT in the dark (see Table S1 for antibody details). Cells
280 were then washed twice with FACS buffer (PBS + 5%FBS + 0.05%NaN₃) and fixed with Fix/Perm
281 buffer for 30min at 4°C (FoxP3 Staining Buffer Set buffer, Miltenyi Biotec, Bergisch Gladbach,
282 Germany) according to manufacturer's protocol. Following two washes with FACS buffer, cells

283 were re-suspended in 1ml of PBS and stored at 4°C. Samples were then transferred to Moredun
284 Research Institute (MRI) and analysed for the expression of Th-specific transcription factors within
285 a month of sample collection. Briefly, following permeabilisation, monoclonal antibodies specific for
286 the following Th-associated transcription factors Tbet (Th1), Gata3 (Th2), ROR γ t (Th17), and
287 FoxP3 (Treg) alongside Isotype control antibody, all conjugated to phycoerythrin (PE), were added
288 to samples and incubated for 30min in the dark at 4°C (see Table S1 for antibody details).
289 Following staining, cells were washed twice with Permeabilization buffer and analysed
290 immediately. A minimum of 100,000 events were acquired using a Sony SA3800 Spectral Analyzer
291 (Sony Biotechnology, Ltd) and analysed using FlowJo vX for Windows 7.
292

293 In order to calculate the percentage of CD4 $^{+}$ and T cells expressing each of the hallmark Th-
294 associated transcription factors (Figure 1), the following gating strategy was carried out. Following
295 dead cell and doublet discrimination (Figure 2A&B), a leukocyte gate was created which included
296 all white blood cells present (peripheral blood mononuclear cells (PBMC), granulocytes and
297 neutrophils, Figure 2C). PBMC were then gated based on the forward scatter (FSC-A) and side
298 scatter (SSC-A) (Figure 2D) and a CD4 gate created based on the fluorescence minus one (FMO)
299 controls (Figure 2E). Threshold levels which determined positivity of each of the transcription
300 factors in CD4 $^{+}$ T cells were also set using FMO controls. Consequently, the data obtained
301 represented the percentage of CD4 $^{+}$ T cells in PBMC (Figure 2F) and the percentage of CD4 $^{+}$ T
302 cells expressing Tbet, Gata3, ROR γ t or FoxP3 (Figure 2G-J). These were then expressed as a
303 percentage of the total leukocyte population, and total blood leukocyte count data collected in the
304 field was used to calculate the total numbers of CD4 $^{+}$ cells expressing each transcription factor per
305 ml of blood.



306
307

308 **Figure 2. Gating strategy in flow cytometry analysis.** The expression of CD4 and the
309 transcription factors expressed by CD4⁺ T cells was studied by multi-colour flow cytometry.
310 Cells were gated to eliminate dead cells (A) and doublets (B). Leukocytes were gated (C)
311 followed by PBMC (D). Expression of CD4 conjugated to Alexa Fluor® 647 (F) in PBMC was
312 determined by the gates set on no antibody controls (E). Gates for expression of
313 transcription factors Tbet (G), Gata3 (H), ROR γ t (I) and FoxP3 (J) all conjugated to R-PE by
314 CD4 were set using FMO controls. Data shown is from one representative individual with
315 plots G-J corresponding to the expression of transcription factors by CD4⁺ T cells. A
316 minimum of 100,000 events were acquired.

317

318 **Faecal egg/oocyst counts**

319

320 Faecal samples were collected rectally and faecal egg counts (FEC) for strongyle
321 nematodes and faecal oocyst counts (FOC) for coccidia were conducted on 2g samples
322 using a modified salt-flotation technique (Jackson 1974) which is able to estimate FEC/FOC
323 down to a resolution of 1 egg/oocyst per gram of faeces. These counts represent the most
324 common parasites found in the Soay sheep in St Kilda, with strongyles comprising

325 gastrointestinal nematode species (*Teladorsagia circumcincta*, *Trichostrongylus axei*,
326 *Trichostrongylus vitrinus*, *Chabertia ovina*, *Bunostomum trigonocephalum* and *Strongyloides*
327 *papillosus*) and coccidia comprising 11 *Eimeria* species (Wilson *et al.* 2004; Craig *et al.*
328 2006). Samples were stored anaerobically at 4°C until processed in our laboratory at MRI,
329 around 2 weeks post collection. Briefly, 2g of faecal material was homogenised with 20ml of
330 tap water. A subsample of 10ml was filtered through a sieve into a beaker and washed with
331 5ml of fresh water. Following transferring of the filtrate to a 15ml tube, samples were
332 centrifuged at 200 x g for 2min. Supernatant was discarded, pellets resuspended into 10ml
333 of saturated NaCl solution and centrifuged at 200 x g for 2min. Subsequently, tubes were
334 clamped below the meniscus using forceps and parasite eggs/oocysts present in the surface
335 of the saturated NaCl solution were transferred into a cuvette, filled with NaCl solution and
336 parasite eggs/oocysts counted under a microscope.

337

338 **Statistical analysis**

339

340 Although we collected blood samples from 238 sheep in total, due to time constraints in the
341 field we were only able to prepare samples for 211 cytokine assays (IFN- γ , IL-4, IL-17A and
342 IL-10) and 188 flow cytometry assays (total PBMCs, CD4 $^{+}$, CD4 $^{+}$ Tbet $^{+}$, CD4 $^{+}$ Gata3 $^{+}$,
343 CD4 $^{+}$ RORyt $^{+}$ and CD4 $^{+}$ FoxP3 $^{+}$ cells). Of the 188 flow cytometry-prepared samples, 2 were
344 not prepared for cytokine assays, leaving a total of 186 samples with all ten immune
345 measures available. Faecal samples for parasite counts (FEC and FOC) were obtained for
346 229 of the 238 sampled sheep. Of the 186 fully immunologically sampled sheep, five were
347 not faecal sampled, leaving 181 sheep with full immunological and parasitological data
348 available (Table S2).

349

350 All analyses were conducted in R ver 3.6.3 (R Development Core Team 2019). First, we
351 assessed the correlations among each of the 10 immune parameters that we measured. To
352 ensure that any observed correlations were not due to common age- and sex-related
353 variation among variables, we corrected for age and sex by fitting (Generalised) Linear
354 Models (GLMs) for each variable with sex and age as an 11-level factor (ages 0-10) and
355 their interaction. We assessed the best error distribution for each of the 10 parameters: we
356 fitted linear models to IFN- γ , IL-10 and IL-17A; we fitted linear models to log-transformed IL-
357 4; and fitted negative binomial generalised linear models (GLM) using the “MASS” package
358 (Venables & Ripley 2002) for the other variables. We used the residuals from these models
359 in our correlation analysis to present age- and sex- corrected results. We estimated
360 Spearman’s rank correlations among all immune measures, assessing statistical significance
361 using the “cor.mtest” function in the R package “corrplot” (Wei & Simko 2017).

362

363 We also explored the dimensionality of the raw (uncorrected) data using principal
364 components analysis (PCA) with the function “prcomp”. Finally, we used the “adonis”
365 function in the package “vegan” (Oksanen et al 2019) to run a PERMANOVA analysis in
366 order to test for variation between sexes and age categories in distance matrices of the 10
367 uncorrected immune variables. Age was fitted as a four-level categorical variable, with lambs
368 (aged ~4 months), yearlings (aged ~16 months), adults (aged 2-6 years) and geriatrics
369 (aged 7+).

370

371 We next explored variation in each of the 10 immunological variables in relation to sex and
372 age (see Table S2 for sample sizes per immune measure). Since there were very few
373 animals of very old age, females aged 10 and over were assigned age 10 and males aged 7
374 and over were assigned age 7. For cell phenotype traits (PBMC, CD4⁺, Tbet⁺, Gata3⁺,
375 RORyt⁺ and FoxP3⁺ cells) we used a data set of 188 animals where information on all these
376 traits, plus age and sex were available (Table S2); for the cytokines, we used a data set of
377 208 animals (of the 211 animals with cytokine data, 3 were of unknown age; Table S2). For
378 each trait, we ran 14 different models with age categorised in different ways in order to best
379 capture age- and sex-specific variation. Error structures were as given above, and as shown
380 in Table S4. As well as a null model (0) and a model with sex only (1), we ran models (2-5)
381 with linear age, quadratic age, age as a two-level factor (lambs versus others) and age as a
382 four level factor (as described above), respectively. We also ran models 2-5 with the added
383 effect of sex (models 6-9) and models 6-9 with the interaction between age and sex (models
384 10-13). Models for each trait were compared with Akaike Information Criterion (AIC) values,
385 where the lowest value was considered to best fit the data, unless a simpler model had $\Delta AIC \leq 2$,
386 in which case we selected the simpler model.

387

388 Finally, we tested for associations of each of the 10 immune parameters with strongyle FEC
389 and coccidian FOC using negative binomial GLMs. For cell phenotype traits we used a data
390 set of 183 animals and for the cytokines, we used the data set of 203 animals – these are
391 the same as the data sets used for the analysis with regard to age and sex, minus five
392 animals with missing parasitology data (Table S2). We included sex, age as a two-level
393 factor (lambs v others), and their interaction in all models. We first fitted each of the 10
394 immune parameters in turn to models of FEC and FOC, and assessed their statistical
395 significance against a model omitting the immune variables using likelihood ratio tests
396 (LRTs). Next, we fitted interactions between the immune parameters and our two-level age
397 category and assessed significance with LRTs, in order to test for differences between
398 lambs and adults in how immune responses were associated with FEC. Finally, where more

399 than one term was shown to be supported, we fitted all supported immune variables and
400 their interactions into the same GLM in order to determine their independent associations
401 with FEC or FOC.

402

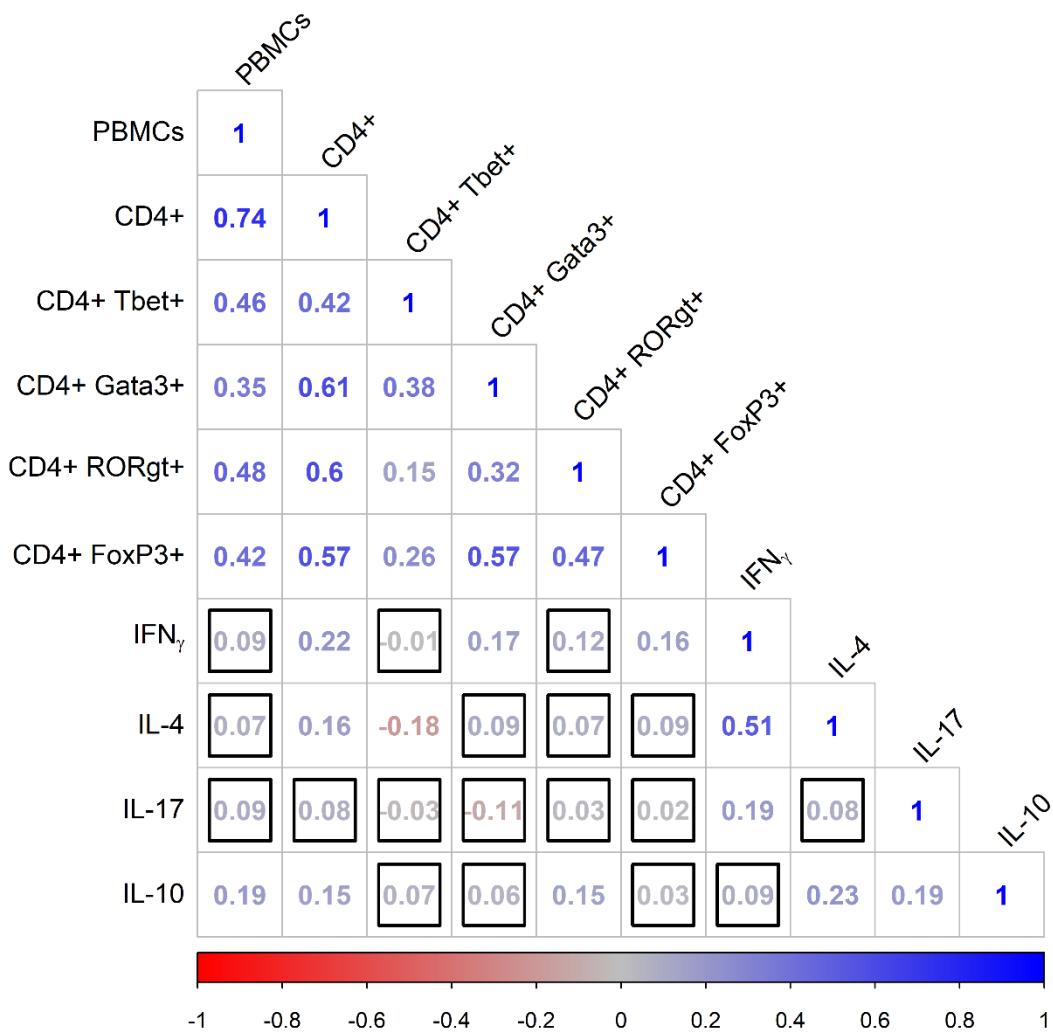
403 RESULTS

404

405 The correlations between the ten immune variables, after accounting for age and sex
406 differences, are summarised in Figure 3. The correlations were mostly positive, with the
407 strongest associations observed between the different cell counts and between IFN- γ and IL-
408 4. In general, cytokines were only weakly associated with cell counts. To explore the
409 possibility that the strong positive associations between cell phenotypes was driven by
410 variation in total PBMC numbers, we re-ran the correlation analysis with the proportion of
411 cells of each type within the total leukocyte population rather than the absolute numbers of
412 cells. Since some cells don't express any of the measured markers, these proportions would
413 not necessarily be negatively associated. We found that, in general, associations between
414 cell phenotypes expressed as proportions were relatively weak, suggesting that indeed the
415 strong positive associations were driven by variation in cell numbers (Figure S1).

416

417 The first principal component of our immune variables explained 32% of the variation and
418 the second explained 25%; the subsequent axes explained 11% or less (Table S3). The first
419 axis had strong negative loadings with all of the cell count variables, while the second axis
420 had strong negative loadings with all four cytokines (Figure S2). Plotting our data on the first
421 two principal components (PCs) revealed little evidence of differentiation between the sexes
422 based on the first two PCs, but small differences with age were apparent (Figure S2).
423 Specifically, older animals had lower values of PC2, suggesting stronger cytokine responses
424 with age. This multivariate variation with age but not sex was supported by PERMANOVA
425 analysis: while there was no evidence for an interaction between age category and sex
426 ($F_{DF=3} = 0.34$, $P = 0.901$) or the main effect of sex ($F_{DF=1} = 0.47$, $P = 0.592$), there was some
427 evidence for variation with age category ($F_{DF=3} = 3.54$, $P = 0.006$). Age category, however,
428 only explained a small proportion of the overall variation ($R^2 = 0.06$).



429

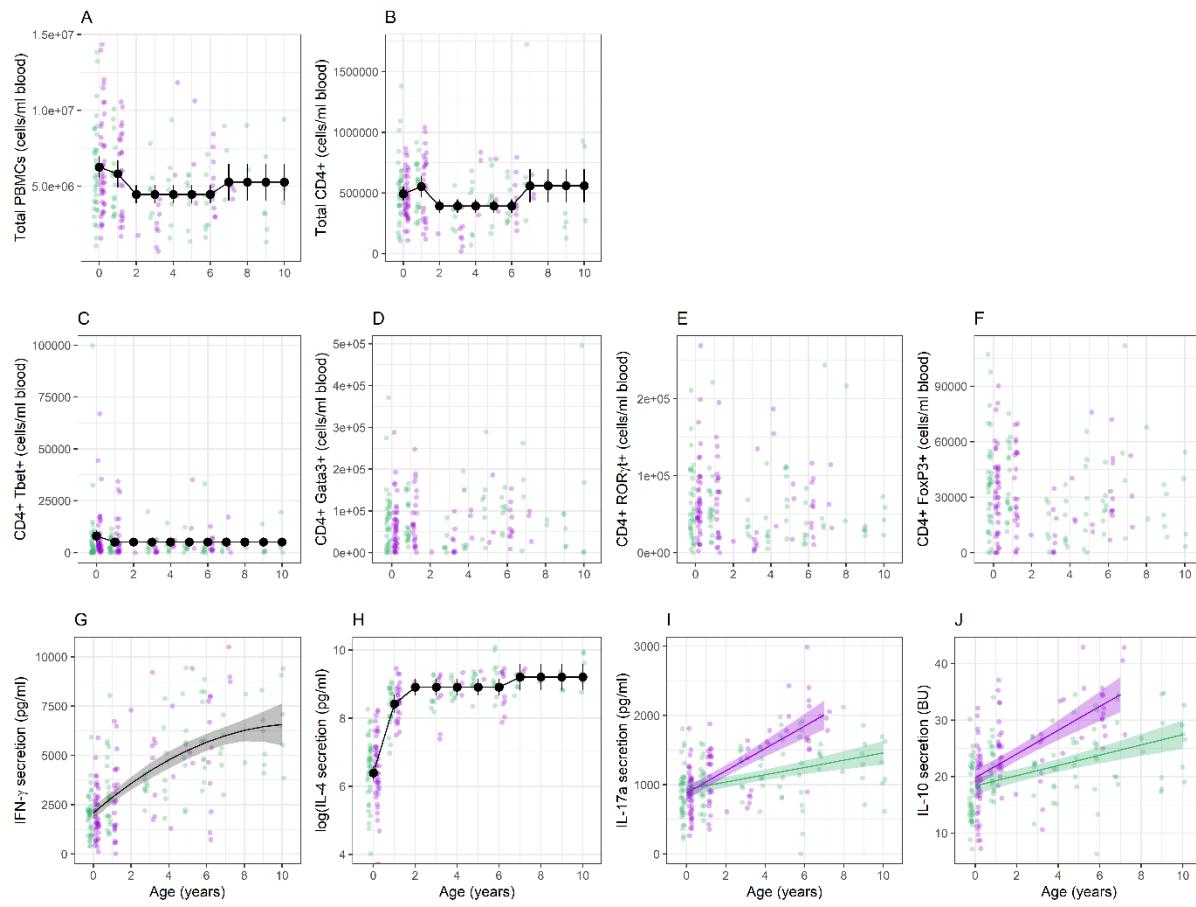
430 **Figure 3.** Correlation matrix showing Spearman's rank correlations between pairs of
 431 immunological variables corrected for age and sex, where redder values indicate
 432 increasingly negative associations and bluer values indicate increasingly positive
 433 associations. Cell phenotypes represent cell counts per ml blood. Correlations outlined with
 434 a black square were not statistically significant at $\alpha=0.05$.

435

436 This pattern of sex- and age-specific variation was also apparent in our individual analyses
 437 of each immunological variable (Tables S4 & S5). Variation in the number of PBMC and
 438 CD4⁺ cells was best explained by age as a four-level factor and both appeared to be at their
 439 lowest levels in adults compared to the other age groups (Figure 4A&B). The best-supported
 440 model for CD4⁺Tbet⁺ cells suggested higher cell numbers in lambs than in other age classes

441 (Figure 4C), but there was no evidence for variation with either age or sex in CD4⁺ cells
442 expressing the other three transcription factors (Figure 4D-F). Finally, all of the cytokines
443 varied with age and/or sex, with a broad trend for increases with age and, where there were
444 sex differences, greater increases in males than females. IFN- γ followed a quadratic
445 trajectory with age, with a steep increase from younger ages to around age four, followed by
446 a shallower increase thereafter (Figure 4G). IL-4 followed a similar pattern, although the
447 best-supported model had age as a factor with four levels: while IL-4 was low in lambs, it
448 increased dramatically in yearlings, with subsequently smaller increases in adults and then
449 geriatrics (Figure 4H). The best-supported models for both IL-17A and IL-10 suggested an
450 interaction between age and sex, with linear increases with age in both sexes, but a
451 particularly pronounced increase in males compared to females (Figure 4I&J).

452



453

454

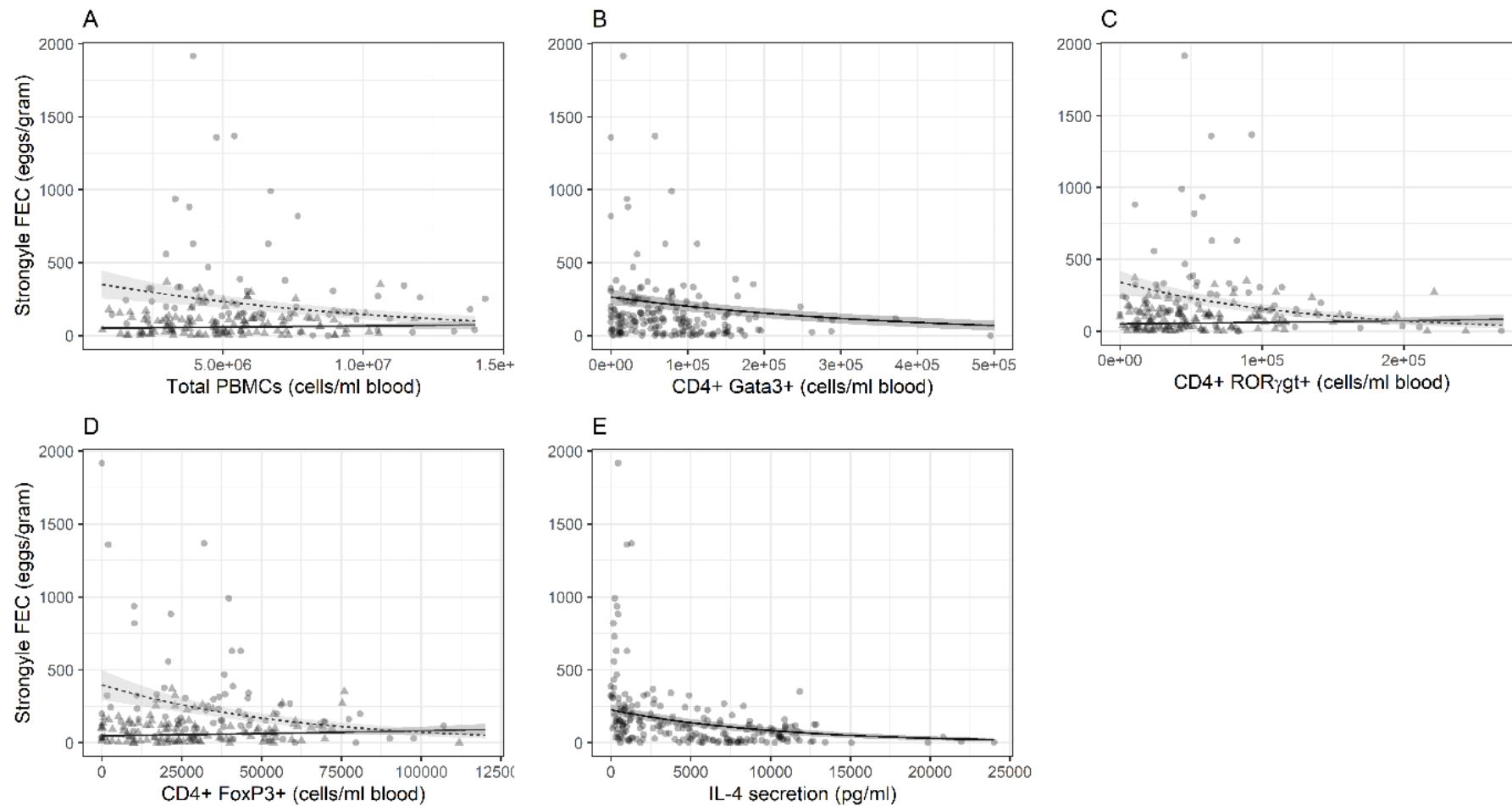
455 **Figure 4.** Age- and/or sex- specific variation in (A) PMBC; (B) CD4⁺ cells; (C) CD4⁺Tbet⁺
456 cells; (D) CD4⁺Gata3⁺ cells; (E) CD4⁺ROR γ t⁺ cells; (F) CD4⁺FoxP3⁺ cells; (G) IFN- γ ; (H) IL-4;
457 (I) IL-17A; and (J) IL-10. Points show raw data, with green representing females and purple
458 showing males. Large points connected by lines show estimates \pm 95%CI from a model
459 where age was fitted as a factor (with 2 or 4 levels) and lines with shaded areas show

460 *estimates $\pm 95\%CI$ from models where age was fitted as a continuous variable; green lines
461 represent females and purple lines males. For model details, see Tables S4&S5.*

462

463 Two of our immunological variables were associated with stongyle FEC as main effects:
464 CD4⁺Gata3⁺ cells and IL-4 (Table 1; Figure 5B&E). Meanwhile, total PBMC, CD4⁺RORyt⁺
465 and CD4⁺FoxP3⁺ cells were all associated with FEC in interaction with age class as a two-
466 level factor (Table 1). In addition, the interaction between age and CD4⁺Tbet⁺ cells was
467 marginally non-supported (Table 1). In all cases, higher values were associated with lower
468 FEC in lambs, but not in adults (Figure 5A; C&D). When we fitted all five of these supported
469 terms (CD4⁺Gata3⁺ + IL-4 + Age*PBMC + Age*CD4⁺RORyt⁺ + Age*CD4⁺FoxP3⁺) into the
470 same model, the main effects of CD4⁺Gata3⁺ and IL-4, and the interaction between age and
471 CD4⁺FoxP3⁺ were still supported, while interactions between age and PBMCs and
472 CD4⁺RORyt⁺ was not (Table S6). Only two of our immunological variables were associated
473 with coccidian FOC (Table 1): both IFN- γ and IL-4 were negatively associated with FEC
474 (Figure 6). However, when we fitted both of these into the same model, IFN- γ was still
475 supported (estimate = -1.26E-04 \pm 4.94E-05, $\chi^2 = 6.03$, $P = 0.014$) but IL-4 was not (estimate
476 = 1.03E-05 \pm 3.16E-05, $\chi^2 = 0.12$, $P = 0.727$).

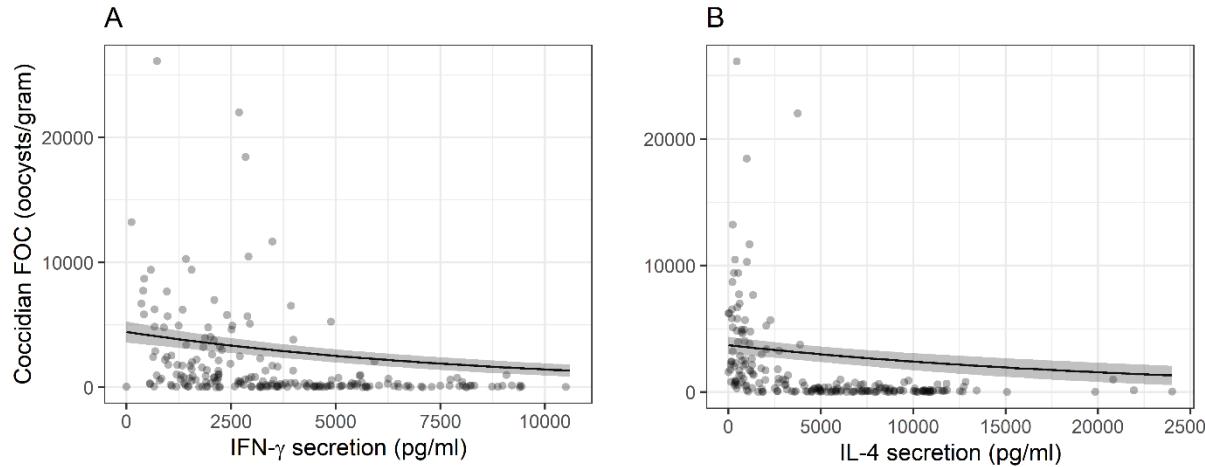
477



478 **Figure 5.** Associations between strongyle faecal egg count (FEC) and (A) total PBMCs; (B) total CD4 $^{+}$ Gata3 $^{+}$ cells; (C) total CD4 $^{+}$ ROR γ t $^{+}$ cells;
 479 (D) total CD4 $^{+}$ Foxp3 $^{+}$ cells; (E) IL-4 secretion. Points show raw data and lines show predictions from models in Table 1. Lambs are represented
 480 by circles and broken lines, adults by triangles and broken lines.

481 **Table 1.** Results of generalised linear model analysis of associations between either strongyle faecal egg count (FEC) or coccidian faecal
 482 oocyst count (FOC) and each of our immunological parameters. Estimates and test statistics are shown for models where only the variable
 483 included with included in the model; interaction estimates show difference in slope between lambs and adults. Associations significant at $\alpha=0.05$
 484 are highlighted in grey.

Trait	N	Strongyle FEC				Coccidian FOC			
		Estimate	SE	χ^2_1	P	Estimate	SE	χ^2_1	P
<i>Main effects</i>									
PBMC	183	-3.30E-08	2.78E-08	1.17	0.280	3.74E-08	2.92E-08	1.52	0.217
CD4 ⁺	183	-5.17E-07	3.06E-07	2.03	0.154	5.10E-07	3.21E-07	2.05	0.152
CD4 ⁺ Tbet ⁺	183	-1.09E-05	6.86E-06	2.16	0.142	-1.15E-05	7.19E-06	1.86	0.173
CD4 ⁺ Gata3 ⁺	183	-2.69E-06	1.07E-06	5.42	0.020	-5.48E-07	1.13E-06	0.15	0.701
CD4 ⁺ RORyt ⁺	183	-5.00E-07	1.53E-06	0.09	0.768	8.28E-07	1.61E-06	0.21	0.648
CD4 ⁺ Foxp3 ⁺	183	-3.26E-06	3.40E-06	0.82	0.364	3.99E-06	3.57E-06	0.87	0.350
IFN- γ	203	-6.49E-05	3.58E-05	3.63	0.057	-0.0001	3.63E-05	10.35	0.001
IL-4	203	-9.84E-05	2.26E-05	16.97	0.000	-4.28E-05	2.35E-05	4.51	0.034
IL-17	203	3.68E-05	0.0002	0.05	0.818	-0.0001	0.0002	0.39	0.532
IL-10	203	-0.003	0.0121	0.06	0.807	-0.0171	0.0123	1.61	0.204
<i>Interactions with age</i>									
PBMC	183	1.21E-07	5.51E-08	4.19	0.041	9.03E-08	5.81E-08	2.22	0.137
CD4 ⁺	183	7.94E-07	6.50E-07	1.08	0.300	7.26E-07	6.82E-07	0.89	0.345
CD4 ⁺ Tbet ⁺	183	2.91E-05	1.54E-05	3.81	0.051	-2.29E-07	1.64E-05	0.00	0.989
CD4 ⁺ Gata3 ⁺	183	3.39E-06	2.22E-06	2.29	0.130	-1.50E-06	2.37E-06	0.26	0.611
CD4 ⁺ RORyt ⁺	183	9.54E-06	3.07E-06	5.85	0.016	5.42E-06	3.25E-06	2.25	0.133
CD4 ⁺ Foxp3 ⁺	183	2.23E-05	6.70E-06	9.70	0.002	9.27E-07	7.18E-06	0.01	0.915
IFN- γ	203	5.91E-05	1.13E-04	0.30	0.585	-1.52E-06	0.0001	0.00	0.989
IL-4	203	7.22E-02	5.19E-02	1.70	0.192	-8.74E-05	0.0002	0.44	0.505
IL-17	203	-4.52E-04	0.0004	1.38	0.240	7.97E-06	0.0004	0.00	0.983
IL-10	203	-0.0209	0.0258	0.73	0.394	0.0233	0.0264	0.71	0.399



486

487 **Figure 6.** Associations between coccidian faecal oocyst count (FOC) and (A) IFN- γ
488 secretion and (B) IL-4 secretion. Points show raw data and lines show predictions from
489 models in Table 1.

490

491 DISCUSSION

492

493 The adaptive immune system is critical to effective, long-lasting ability to respond to infection
494 in vertebrates and research in medical, veterinary and laboratory animal settings illustrate
495 the key role that T-helper (Th) cells play in orchestrating the adaptive response (Ovington,
496 Alleva & Kerr 1995; Gill *et al.* 2000; Abolins *et al.* 2017). Nevertheless, measuring the Th
497 response in naturally-infected populations will facilitate a more detailed understanding of the
498 mechanisms underpinning variation in host responses to infection in food-limited, outbred
499 populations, and enable analysis of how natural selection has shaped variation in immune
500 responses (Pedersen & Babayan 2011; Maizels & Nussey 2013). In this study, we
501 characterised variation in Th responses in a wild population of Soay sheep by enumerating
502 cells expressing Th-specific transcription factors and measuring levels of canonical Th
503 cytokines following *ex vivo* T cell stimulation. Our results highlight the importance of *how* we
504 measure T helper responses, suggesting *ex vivo* stimulation assays may provide more
505 ecologically-relevant assays of functional immune responses. Th cell counts and *ex vivo*
506 cytokine production were weakly correlated, with only the latter showing the expected
507 patterns of variation with age and independently predicting both strongyle and coccidian
508 parasite burdens. We found support for the predictions that raised Th1 responsiveness (IFN-
509 γ) would negatively associate with coccidian oocyst counts, while Th2 responsiveness (IL-4)
510 would negatively associate with strongyle egg counts. However, contrary to our predictions,
511 we found positive rather than negative associations between Th1 and Th2-associated
512 measures. This provides rare support from outside the laboratory for the importance of
513 different Th subsets for resistance to different kinds of parasite, but adds to mounting

514 evidence from natural systems that Th1/Th2 trade-offs observed in reductionist laboratory
515 experiments may not readily translate to complex natural systems (Arriero *et al.* 2017;
516 Young *et al.* 2020).

517

518 Variation in T helper phenotype with age and sex

519

520 Age-specific variation in immunity is widely observed and expected: the immaturity of the
521 immune system in juveniles is often associated with higher parasite burden and less
522 effective responses (Woolhouse 1998) and this is certainly also true of domestic sheep
523 infected with strongyle nematodes (Gibson & Parfitt 1972; Smith *et al.* 1985). In later
524 adulthood, immunosenescence is often detected in wild vertebrates, particularly in adaptive
525 responses (Peters *et al.* 2019). We have previously observed increases in circulating
526 strongyle-specific antibody levels between lambs and adults in the Soay sheep (Sparks *et al.*
527 2018) and senescent declines in later life that are associated with increased risk of mortality
528 (Froy *et al.* 2019). We have also observed pronounced declines with age in the proportions
529 of certain T cell sub-types in separate cross-sectional studies of the Soay sheep, most
530 notably naïve (CD45RA⁺) helper (CD4⁺) and cytotoxic (CD8⁺) T cells and γδ⁺ T cells (Nussey
531 *et al.* 2012, Watson *et al.* 2016). However, these changes were very much expected based on
532 fundamental processes in immune development, such as thymic involution, and our previous
533 studies did not tease apart different functional T helper subsets (Nussey *et al.* 2012; Watson
534 *et al.* 2016). Here, we found little evidence of age-dependence in the number of cells
535 expressing transcription factors associated with different T helper subsets (Figure 4).
536 However, we did find pronounced increases from lambs to adults in *ex vivo* T cell cytokine
537 responses associated with all Th subsets. One possible explanation for this pattern is that,
538 as animals age and are exposed to parasite antigens, there is an expansion of Th memory
539 pools which have a faster and more rapid cytokine response following activation (Pennock *et*
540 *al.* 2013), potentially explaining why Th cell counts are static but cytokine responses
541 increase with age. However, regardless of the underlying mechanism, our results suggest
542 that variation in the number of functionally distinct Th cells, within the circulatory pool at
543 least, does not play a significant role in the well-documented age-related variation in
544 immunity in our study system.

545

546 Increases in cytokine responses with age have been previously described in healthy human
547 populations (Chipeta *et al.* 1998), where a Th1 polarisation of cytokine responses can be
548 observed with age (Krampera *et al.* 1999; Sakata-Kaneko *et al.* 2000). We observed no
549 signs of such a polarisation: production of cytokines associated with Th1, Th2, Th17 and
550 Treg functional responses all increased with age. However, most human studies focus on

551 cytokine production specifically by CD4⁺ and CD8⁺ cells, whereas our assays include
552 cytokine production by all lymphocytes. It is known that activated B cells and natural killer
553 cells can produce IL-10 and IFN- γ , respectively, and may be contributing to the cytokine
554 responses we measured (Gray & Horwitz 1995; Varma *et al.* 2002; Duddy, Alter & Bar-Or
555 2004). Although a more focused study of the cytokines produced by CD4⁺ T cells might have
556 shown different results, this lack of a shift towards Th1 responses with age could also reflect
557 the consistent life-long exposure to gastrointestinal parasites experienced by wild Soay
558 sheep. This could produce a more pronounced increase in other functional subsets
559 associated with mucosal immune responses with age (e.g. Th2 and Th17) than observed in
560 lab rodents and Western humans. Furthermore, gastrointestinal nematodes are known to
561 produce and induce regulatory immune responses in sheep (McNeilly *et al.* 2013), and this
562 could contribute to increases in IL-10 responsiveness with age.

563

564 We found little evidence for sex differences in Th phenotypes in wild Soay sheep. Sex-
565 specific variation in defence against infection is predicted and has been routinely observed in
566 wild populations (Restif & Amos 2010). Males often exhibit increased parasite burden and
567 less effective immune responses than females, and this has been attributed to various
568 causes, including behaviour, resource allocation, and the putative immunosuppressive
569 effects of testosterone (Foo *et al.* 2017). Previous work on the Soay sheep has shown sex
570 differences in anti-strongyle antibody levels, with males showing weaker responses
571 (Hayward *et al.* 2014, Sparks *et al.* 2019) and higher burdens of nematode parasites across
572 age groups (Craig *et al.* 2006; Hayward *et al.* 2009). In other wild mammals, male voles
573 exhibited lower levels of expression of the Th2-associated transcription factor Gata3 in
574 peripheral blood and wild male badgers showed lower IFN- γ responses than females
575 following stimulation with PWM, although no sex differences were found in wild buffalo
576 (Ezenwa *et al.* 2010; Beirne *et al.* 2016; Arriero *et al.* 2017). Generally, our data provide
577 limited evidence for an important role of T helper cell responsiveness underpinning the
578 widely observed sex differences in parasitism and immune responsiveness in wild
579 vertebrates. However, we note that *ex vivo* production of Th17 and Treg cytokines did
580 increase more rapidly with age in males than females, and thus may warrant further
581 investigation, and that our relatively small, cross-sectional data set may have prevented us
582 from detecting more subtle longitudinal changes with age and differences between the
583 sexes.

584

585

586

587 **Correlations among immune measures**

588

589 Evidence from laboratory immunology has supported antagonistic interactions between Th1
590 and Th2 responses, such that expression of one is associated with down-regulation of
591 another (Mosmann & Coffman 1989; Kaiko *et al.* 2008); in hosts infected with a range of
592 parasites, we may therefore expect to see hosts trading-off Th1 responses against
593 microparasites with Th2 responses against macro parasites (Cox 2001). Further, we would
594 expect that hosts exhibiting high counts of one type of Th cell would also show high
595 secretion of the corresponding canonical Th cytokine. Despite this expectation, we found
596 limited evidence for associations between Th cell counts and the cytokines associated with
597 their corresponding functional response; for example, high CD4⁺Tbet⁺ cell numbers were not
598 associated with higher levels of IFN- γ production following stimulation (Figures 1 & 3). This
599 could suggest that the steady-state (cell counts) and responsiveness (cytokine production) of
600 Th measures provide different information about an individual's immune responsiveness and
601 state. Since our assays estimate cytokine production across all leukocytes, rather than just
602 Th cells, this could also suggest that non-Th cells play an important role in the *ex vivo*
603 cytokine responses we measured. Moreover, our specific prediction of a negative correlation
604 between Th1 and Th2 phenotypes was not apparent in our data; indeed, the strongest
605 positive association between cytokine responses was between the Th1 and Th2 cytokines,
606 IL-4 and IFN- γ . Antagonism between Th1 and Th2 responses are well-established in
607 laboratory immunology (Seder & Paul 1994; Mosmann & Sad 1996), and supported by
608 experimental studies of wild buffalo in which Th2-inducing helminth parasites were removed
609 and increased IFN- γ levels (Ezenwa & Jolles 2015). However, data from unmanipulated wild
610 rodent populations provides evidence for synergistic, rather than antagonistic, associations
611 between Th1 and Th2 phenotypes (Arriero *et al.* 2017; Young *et al.* 2020), and indeed work
612 in domestic sheep indicates a complex and temporarily regulated interplay between Th1 and
613 Th2 immune responses is associated with gastro-intestinal parasite resistance (Hassan *et al.*
614 2011). Variation in resource acquisition, which is common in natural systems, resulting in
615 individual differences in the ability to invest resources in immunity, could readily drive
616 positive associations between different arms of the immune response even if functional
617 trade-offs are present (Noordwijk & Jong 1986; Arriero *et al.* 2017). Additionally, persistent
618 challenge from a variety of parasites, which is a feature of natural populations, and the need
619 for considerable plasticity in responses, could also lead to selection for the ability to amount
620 effective immune responses to different parasites. As such, trade-offs between different
621 arms of the Th response could be masked by variation in resource acquisition, coinfection,
622 and the need to adjust responses in responses to ecological and epidemiological conditions.

623

624 **T helper phenotypes and parasite burdens**

625

626 In line with our predictions, levels of the Th2-associated cytokine IL-4 were negatively
627 associated with strongyle faecal egg count, while the Th1-associated cytokine IFN- γ was
628 negatively associated with coccidian oocyst count. This represents the clearest evidence to
629 date supporting the paradigm that Th1 and Th2 responses have distinct roles in tackling
630 microparasite and macroparasite infections, respectively, from a wild population. In addition,
631 for strongyle parasites, both numbers of CD4 T cells expressing Gata3 or Foxp3 (i.e. Th-2
632 and Treg polarised cells) were also negatively associated with faecal egg count. While the
633 association with Gata3 provides further evidence that Th2 immunity is important for control
634 of strongyle parasites, the association between Treg numbers and strongyle faecal egg
635 count, which was only evident in lambs, is more counterintuitive, given that Treg induction
636 has been suggested as an immune evasion strategy for these parasites (Grainger *et al.*
637 2010). However, the relationship between Treg and helminth immunity is complex – in mice
638 it has been shown that while too many Treg impair Th-2 immunity and lead to chronic
639 infections, too few lead to dysregulated immune responses and increased worm burdens
640 (Smith *et al.* 2016). Similar findings have also been reported in sheep, with resistance to
641 strongyle parasites being associated with an early Treg-Th2 immune response during
642 primary infection (Hassan *et al.* 2011). Together these suggest that an optimal balance
643 between Th-2 and Treg responses is critical to induce effective anti-strongyle immunity, at
644 least during initial exposure to the parasite.

645

646 While both cytokine production and cell numbers associated with parasite burdens, *ex vivo*
647 cytokine responses of lymphocytes were generally better at predicting variation in measures
648 of parasite burden than cell counts of Th subtypes. This might be expected given the key
649 role cytokines play in orchestrating effectors of the response, such as antibodies and
650 immune effector cells (Abbas, Murphy & Sher 1996). Furthermore, the fact that cytokine but
651 not cell number measurements vary with age and sex suggests they may reflect more useful
652 and informative markers of immune function that could be applied more widely in field
653 studies of non-model systems. This is promising in terms of future studies of adaptive
654 immunity in wild populations given that whole blood *ex vivo* cytokine release assays are
655 generally more easily adapted to the field than flow cytometry-based assays that require
656 immediate cell isolation and labelling. Consequently, our results highlight the urgent need for
657 expanding the immunological toolbox for non-model systems, as antibodies for cytokines
658 and other reagents are not always readily available for such species.

659

660 Previous studies of wild mammals have provided evidence in support of associations
661 between Th phenotypes and measures of parasite burden. For example, in a wild badger
662 population, “excretors” of bovine tuberculosis (bTB; *Mycobacterium bovis*) had lower mean
663 IFN- γ responses than did bTB-negative individuals (Beirne *et al.* 2016). In wild buffalo,
664 anthelmintic-treated individuals had stronger IFN- γ responses and while treatment was not
665 associated with bTB status, treated animals were less likely to die from bTB, suggesting a
666 protective role for IFN- γ in bTB infection (Ezenwa & Jolles 2015). Finally, expression of
667 Gata3 was positively associated with an index of macroparasite burden in wild adult voles,
668 but negatively correlated in juvenile voles; this was interpreted as a Th2-mediated switch
669 from resistance to tolerance with age (Jackson *et al.* 2014). These results echo findings in
670 domestic sheep where lines artificially selected to be more resistant to helminth infection
671 show enhanced IL-4 (Th2) responses (Terefe *et al.* 2007; Gossner *et al.* 2013; Zaros *et al.*
672 2014; Wilkie *et al.* 2016). Relatively little is known about coccidian immunity in domestic
673 sheep, although there is convincing evidence that natural infection drives expression of IFN-
674 γ and other Th-1 associated cytokines such as IL-2 and TNF- α within the intestinal mucosa
675 (Ozmen, Adanir & Haligur 2012). In wild Soay sheep, strongyle faecal egg count is positively
676 associated with coccidian oocyst count counts (Craig *et al.* 2008), and coupled with the
677 positive association between IL-4 and IFN- γ , the picture appears to be one of variation in the
678 ability to mount responses to diverse parasite taxa, with individuals able to respond
679 effectively to strongyles also being able to respond effectively to coccidia. Our previous work
680 on Soay sheep clearly shows that functionally distinct immune phenotypes (antibodies of
681 different isotypes) can be positively correlated but show different patterns of association with
682 fitness (Sparks *et al.* 2018). A crucial next step for our understanding of natural selection on
683 T helper phenotype is to relate the variation in different functional measures to fitness in wild
684 populations, and determine whether associations are mediated by effects on parasite burden
685 or individual condition, e.g. (Sparks *et al.* 2020).

686

687 **Conclusions**

688

689 Overall, our results provide important evidence that measuring immune phenotypes
690 associated with different functional arms of the T helper response can help us to predict the
691 parasite burden and infection status of wild mammals. Whilst ours is not the first study to
692 provide evidence linking Th1- or Th2-associated cytokine production with infection status in
693 wild mammals, we have assessed T helper phenotype in an unusually comprehensive
694 fashion using reagents developed for veterinary immunology. Our results provide, to our
695 knowledge, the first evidence simultaneously linking raised Th1-associated responses to
696 reduced micro-parasite burdens and raised Th2-associated responses to reduced macro-

697 parasite burdens in the wild. Whilst this supports the paradigm that different T helper arms
698 have effector functions that protect from particular parasite groups, our data challenge the
699 idea that investment in one Th arm constrains investment in another in the wild. One
700 limitation of our study is its cross-sectional nature, with larger-scale longitudinal data
701 required to determine whether age-related variation is driven by within-individual change or
702 selective effects and how such variation impacts on demography (Nussey *et al.* 2008). The
703 small number of longitudinal studies measuring Th-related phenotypes in the wild suggest
704 they are weakly to moderately repeatable across repeated measurements (Beirne, Delahay
705 & Young 2015; Arriero *et al.* 2017). Further studies examining longitudinal changes across
706 functional Th subsets and relating these to parasite pressure and demographic rates are
707 likely to illuminate the causes and consequences of variation in Th function for natural
708 populations.

709

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