Testing the adaptive walk model of gene evolution

Ana Filipa Moutinho[*,1,2], Adam Eyre-Walker[2], Julien Y. Dutheil[1,3]

[1]Department of Evolutionary Genetics, Max Planck Institute for Evolutionary Biology, Plön, Germany

[2]School of Life Sciences, University of Sussex, Brighton, United Kingdom

[3]Unité Mixte de Recherche 5554 Institut des Sciences de l'Evolution, CNRS, IRD, EPHE, Université

de Montpellier, Montpellier, France

*Corresponding author:

Ana Filipa Moutinho

<u>Current address</u>: School of Life Sciences, University of Sussex, Brighton, United Kingdom

E-Mail: a.f.moutinho@sussex.ac.uk

Author Contributions:

<u>Conceptualization</u>: AFM (equal), AEW (equal), JYD (equal)

<u>Data curation</u>: AFM (lead)

<u>Formal analysis</u>: AFM (lead)

<u>Investigation</u>: AFM (lead), AEW (contributing), JYD (contributing)

<u>Methodology</u>: AFM (equal), JYD (equal), AEW (contributing)

<u>Project administration</u>: JYD (lead)

<u>Software</u>: AFM (lead)

<u>Supervision</u>: JYD (lead)

<u>Visualization</u>: AFM (lead)

<u>Writing – original draft</u>: AFM (lead), JYD (contributing)

<u>Writing – review & editing</u>: AFM (equal), AEW (equal), JYD (equal)

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Abstract

Understanding the dynamics of species adaptation to their environments has long been a central focus of the study of evolution. Theories of adaptation propose that populations evolve by "walking" in a fitness landscape. This "adaptive walk" is characterised by a pattern of diminishing returns, where populations further away from their fitness optimum take larger steps than those closer to their optimal conditions. Hence, we expect young genes to evolve faster and experience mutations with stronger fitness effects than older genes because they are further away from their fitness optimum. Testing this hypothesis, however, constitutes an arduous task. Young genes are small, encode proteins with a higher degree of intrinsic disorder, are expressed at lower levels, and are involved in species-specific adaptations. Since all these factors lead to increased protein evolutionary rates, they could be masking the effect of gene age. While controlling for these factors, we used population genomic datasets of *Arabidopsis* and *Drosophila* and estimated the rate of adaptive substitutions across genes from different phylostrata. We found that a gene's evolutionary age significantly impacts the molecular rate of adaptation. Moreover, we observed that substitutions in young genes tend to have larger physicochemical effects. Our study, therefore, provides strong evidence that molecular evolution follows an adaptive walk model across a large evolutionary timescale.

Introduction

How does adaptive evolution proceed in space and in time? This question has long intrigued evolutionary biologists. Fisher [1] proposed that adaptation relies on mutations with small effect sizes at the phenotypic level. He presented the geometric model of adaptation where phenotypic evolution occurs continuously and gradually toward an optimum fitness [1]. At the molecular level, Wright [2,3] first introduced the idea that populations evolve in the space of all possible gene combinations to acquire higher fitness. He characterised this model of evolution as a "walk" in an adaptive landscape. Wright consequently proposed the shifting balance theory of adaptation, which combines the effects of drift and selection. Drift acts by moving the population away from its local peak, while natural selection directs the population to higher fitness, the so-called "global optimum" in the fitness landscape. With the rise of molecular genetics, Maynard Smith [4] extended this idea to a sequence-based model of adaptation. He introduced the idea of an "adaptive walk", where a protein "walks" in the space of all possible amino-acid sequences towards the ones with increasingly higher fitness values. Wright's and Maynard Smith's adaptation model was further extended by Gillespie [5–7], who presented the "move rule" in an adaptive landscape. Following Kimura's work on the effect sizes of mutations [8], Gillespie suggested that adaptation proceeds in large steps, where mutations with higher fitness effects are more likely to reach fixation. The adaptive walk model was later fully developed by Allen Orr [9,10], who extended Fisher's geometric model of adaptation and showed that adaptive walks lead to a pattern of diminishing returns. A sequence further away from its local optimum tends to accumulate large-effect mutations at the beginning of the walk, small-effect mutations being then

only fixed when the sequence is approaching its optimum fitness. Therefore, under this model,

adaptation relies both on mutations of large and small fitness effects, in a time-dependent manner.

Experimental studies tracing the evolution of bacteria [11–14] and fungi [15] have supported this

model. Experimental studies, however, can only assess patterns of adaptation at relatively short time

scales in artificial environments and are limited to certain organisms. The challenge lies in studying

adaptation across long evolutionary time scales: how does the distribution of beneficial mutations vary

over time?

While long-term evolutionary processes are not directly observable, they leave a signature in

genome sequences. Species share genes to variable extents, according to their degree of divergence.

Some ancient genes, which evolved early, are shared by many species. Others, which evolved more

recently, are only shared by a few related species [16,17]. Consequently, the age of a gene can be

inferred from its phyletic pattern, that is, its presence or absence across the phylogeny [18]. These

phyletic patterns are reconstructed using sequence similarity searches performed by tools like BLAST

[19]. A gene is considered "old" if a homolog is identified in several taxa over a deep evolutionary

scale, or "young" or lineage-specific if the recognised homologs are only present in closely related

species. This approach is known as phylostratigraphy [20].

Previous studies suggested that young or lineage-specific protein-coding genes evolve faster

than older ones [17,21–27]. Albà and Castresana [27] showed a negative correlation between the ratio

of the non-synonymous (d_N) to synonymous (d_S) substitutions rates, ω, and gene age in the

divergence between humans and mice, with young genes presenting a higher ω. Similar correlations

between ω and gene age have been observed in primates [22], fungi [25], *Drosophila* [23,28,29],

bacteria [30], viruses [31], plants [32,33], and protozoan parasites [34]. Despite the observed

consistency across taxa, the underlying causal mechanisms remain debated [21]. As the average

d_N/d_S ratio integrates both positive and negative selection, a comparatively higher ratio can result

from a less stringent purifying selection, the occurrence of positive selection, or both. By looking at

polymorphism data, Cai and Petrov [22] suggested that the faster evolution in young primate genes

may be due to the lack of selective constraint posed by purifying selection, while analyses of adaptive

evolution were inconclusive.

Analysing the effect of gene age on adaptive evolution is a complex task, as young and old

genes differ in their structural properties, expression level, and protein function. Young genes tend to

be smaller [22,24,35], have a higher degree of intrinsic disorder [36], and are expressed at lower levels

[17,22,24,26]. Moreover, young genes tend to encode proteins involved in developing species-specific

characteristics and immune and stress responses [16,37,38]. As the macromolecular structure [39,40],

gene expression levels [39,41] and protein function [39,42,43] are known determinants of the rate of

protein adaptation, they could be confounding the effect of gene age. Several studies reported the

substantial impact of gene expression on the adaptive rate of proteins, where highly expressed proteins

are significantly more constrained and have lower adaptation rates [39,41,44,45]. At the

macromolecular level, some studies showed that highly disordered [39,40] and exposed residues [39] present higher rates of adaptive evolution. Finally, there is evidence that proteins involved in the immune and stress response have higher molecular adaptive rates [39,43,46,47]. Thus, controlling for these confounding factors when assessing the impact of gene age on the rate of molecular adaptation is crucial.

Here, we used a population genomic approach to test the adaptive walk model. We make two predictions: first, that younger genes are undergoing faster rates of adaptive evolution, and second, the evolutionary steps they make are larger. We tested the first prediction by estimating rates of adaptive and non-adaptive protein evolution using an extension of the MacDonald-Kreitman (MK) test [48], which uses counts of polymorphism and substitution at selected and neutral sites. We quantified the rates of adaptive and non-adaptive evolution using the statistics ω_a and ω_{na}, which denote the rates of adaptive and non-adaptive non-synonymous substitution relative to the mutation rate. We investigated whether protein length, gene expression, relative solvent accessibility (RSA), intrinsic protein disorder, BLAST's false-negative rate, and protein function act as confounding factors of the effect of gene age. To test the second prediction, we considered the rates of substitution between amino acids separated by different physicochemical distances as a function of gene age. We tested our hypotheses in two pairs of species with different life-history traits: the Diptera *Drosophila melanogaster* and *D. simulans* and the Brassica *Arabidopsis thaliana* and *A. lyrata*. In each species pair, we compared their most recent genes with those dating back to the origin of cellular organisms.

Results

Young genes have a higher rate of adaptive substitutions

We tested the adaptive walk model of sequence evolution by assessing the impact of gene age on the rate of adaptive (ω_a) and non-adaptive (ω_{na}) non-synonymous substitutions. We used Grapes [48] to estimate ω_a and ω_{na}, which accounts for segregating slightly deleterious and advantageous mutations by specifically modelling the distribution of fitness effects (DFE). Gene age data were obtained from published data sets [28,33]. We found that gene age is significantly correlated to estimates of ω, ω_a and ω_{na} in both species' pairs (Table 1 and Figure 1b). This result suggests that the higher ω ratio of more recently evolved genes is due to a higher rate of adaptive and non-adaptive non-synonymous substitutions. As X-linked genes are known to evolve faster due to the male hemizygosity [49–51], we assessed whether the relationship between evolutionary rates and gene age differed between chromosomes in *Drosophila* (Figure 1b). We compared models with and without the chromosome's effect (see Material and Methods and supplementary file S1) and found only low support for a chromosomal effect (p = 0.041 for ω_{na} and p = 0.094 for ω_a). We, therefore, combined data from all chromosomes for subsequent analyses.

The effect of gene age on the rate of molecular adaptation is robust to multiple confounding factors

Genes of different ages intrinsically differ in their features [16,22,36]. As such traits significantly

impact the rate of molecular evolution [39], they may be confounding the faster adaptive rates

observed in young genes. Previous studies reported that younger genes encode shorter proteins

[24,35,52] and are expressed at lower levels [17,22,24,26], a pattern that we also observed in our data

set (gene age vs. protein length for *D. melanogaster* and *A. thaliana,* respectively: Kendall's τ = -

0.485, p = 2.82e-02; τ = -0.848, p = 1.06e-05, Figure S1a; gene age vs. gene expression for *D.*

melanogaster and *A. thaliana,* respectively: τ = -0.595, p = 7.35e-03; τ = -0.790, p = 4.00e-05, Figure

S1b in supplementary data). As younger proteins are shorter than older ones, they have a higher

proportion of exposed residues [39]: gene age is significantly positively correlated with the average

RSA per gene (τ = 0.636, p = 3.98e-03; τ = 0.695, p = 3.03e-04, for *D. melanogaster* and *A. thaliana*

respectively; Figure S2a in supplementary data). Because exposed residues are more flexible [53],

young genes tend to encode proteins with a higher degree of intrinsic disorder, a pattern previously

reported in mice [36]. We confirmed this pattern in *D. melanogaster* (τ = 0.606, p = 6.10e-03; Figure

S2b in supplementary data) and *A. thaliana* (τ = 0.467, p = 1.53e-02; Figure S2b in supplementary

data). Given that ω_a and ω_{na} are negatively correlated to length and gene expression, and positively

correlated to RSA and protein disorder [39], these could be driving the effect of gene age on ω_a and

ω_{na}; *i.e.*, the correlation between ω_a and ω_{na} and age could be incidental.

To control for the impact of each confounding factor using Grapes, we split our data into two

roughly equal-sized groups according to protein length, expression level, average RSA, and average

intrinsic disorder and reran the analysis within the "high" and "low" groups, combining probabilities

from the two analyses using the weighted Z-method [54]. As estimates of the rate of adaptive

substitutions for a small number of genes exhibit large sampling variances [55,56], each putative

confounding factor could only be tested separately. Some phylostrata were further combined when

under-represented in some gene categories (see Material and Methods). We found that ω, ω_{na} and ω_a

remain significantly correlated to gene age, except when controlling for protein length and gene

expression for ω_a in *Arabidopsis* (Figure 2 and Table 1). This weaker effect may be a consequence of

how the most recent clades were combined in these analyses, as there was little data available for those

genes (see Material and Methods). Nonetheless, when combining probabilities across the two species,

we observed a significant correlation between all measures of evolutionary rate and gene age

controlling each of the co-factors (Table 1).

We next asked whether the observed effect could be explained by the residual correlation of

the cofactors with gene age within each "high" and "low" group (Table S1 in supplementary data). We

performed three different tests: (1) the correlation between ω_a and the mean value of each co-factor in

each age class within the "high" and "low" groups; (2) the correlation between the co-factor and gene

age in each "high" and "low" group; and (3) a linear model where ω_a is the response variable, and

gene age, category, species (*Arabidopsis* or *Drosophila*), and the within category cofactor values are

explanatory variables. While we do observe a general correlation of the co-factor with gene age within

each group, we found that nearly all correlations between ω_a and the co-factor are non-significant

(Table S1). Moreover, the linear model analyses showed that in all cases but gene length, gene age is

the most significant variable, with an effect consistent with that observed in Table 1. For gene length,

gene age was only significant as an interaction with the species variable, having a positive effect only

in *Drosophila* (Table S2). These findings, therefore, suggest that the effect of gene age on ω_a is

independent of the co-factor.

To jointly estimate the effect of the potential confounding factors, we applied a recently

developed method that extends the MK test with a generalized linear model [57]. This approach

disentangles the effects of each factor on the rate of adaptive substitutions per nucleotide site.

However, this method does not model the distribution of fitness effects and hence cannot account for

segregating slightly deleterious mutations, which can bias estimates of the rate of adaptive

substitutions [58]. Hence, following the approach suggested in Huang [57], we removed sites for

which the derived allele frequency was below 50% to minimize any potential bias. Despite the large

reduction in the data set, this analysis revealed a significant effect of gene age (Table S3 in

supplementary data). Our findings, therefore, suggest that the effect of gene age on rates of protein

evolution is robust to the tested confounding factors and that a gene's age acts as a significant

determinant of the rate of adaptive and non-adaptive evolution in both species.

Lastly, we aimed at assessing the effect size of gene age on ω_a relative to other factors.

Because correlation coefficients were computed from values averaged over multiple genes and genes

were categorized differently for each analysis, the comparison of correlation coefficients does not

provide a reliable estimate of relative effect sizes. Therefore, we assessed the relative contribution of

each variable to the MK regression model by computing likelihood pseudo-R^2s [59]. These were

estimated by comparing the log-likelihood of the full model (all factors included) with the log-

likelihood of reduced models, where each single factor was removed independently from the full

model. These estimates suggest that, despite its very significant effect, gene age contributes

comparatively little to the explained variance compared to factors such as protein function (Table S4).

To note, however, that these estimates refer to the relative contribution of each variable per nucleotide

site and not per gene as this is the unit used by the MK regression, which results in generally low R^2

values.

<u>The effect of gene age on the molecular rate of adaptation is robust to BLAST's false negative rates</u>

The phylostratigraphy approach has been previously used to date the emergence of new genes, and

some studies have pointed out its potential limitations [28,60–63]. Because BLAST homology

searches might fail to identify homologs in short or rapidly evolving genes, such genes could be

mistakenly classified as young. As expected, we observed that genes in younger phylostrata present

higher E-values in both species ($\tau = 0.564$, $p = 0.025$; $\tau = 0.951$, $p = 1.20\text{e-}06$, for *D. melanogaster*

and *A. thaliana* respectively; Figure S3a in supplementary data). To control this effect, we reran our

analyses using genes with very low E-values that are likely to be detected in most age strata and for which the correlation with gene age was no longer significant (see Material and Methods and supplementary file S2) ($\tau = 0.408$, p = 0.111; $\tau = 0.354$, p = 0.141, for *D. melanogaster* and *A. thaliana* respectively; Figure S3b in supplementary data). We observed that the effect of gene age remained for all estimates in the two species when using this restricted data set (ω: $\tau = 0.929$, p = 1.30e-03; ω_{na}: $\tau = 0.786$, p = 6.49e-03; ω_a: $\tau = 0.643$, p = 2.59e-02 in *A. thaliana*; and ω: $\tau = 0.697$, p = 1.61e-03; ω_{na}: $\tau = 0.636$, p = 3.98e-03; ω_a: $\tau = 0.636$, p = 3.98e-03 in *D. melanogaster*, Figure S4 in supplementary data). These results suggest that the correlation of gene age with the rate of adaptive evolution cannot be attributed to errors in dating the emergence of a gene stemming from the failure of identifying homologs in older taxa.

The effect of gene age on the rate of molecular adaptation does not depend on protein function

Lineage-specific genes are known to be involved in species-specific adaptive processes, such as the evolution of morphological diversity [64] and immune and stress responses [17,34,64]. As proteins encoding such functions tend to have higher molecular rates of adaptation [39,42,43,46,47,65], we further assessed whether the observed effect of gene age could be due to younger genes being enriched in functions with higher evolutionary rates. We first examined which functions are encoded by young genes in *A. thaliana* and *D. melanogaster*. In *A. thaliana*, young genes (Clades 12 to 15 in Figure 1a) are mostly involved in a large variety of cellular processes, stress response and external stimulus, protein binding, and signal transduction (Figure S5a in supplementary data). In *D. melanogaster*, young genes (Clades 11 and 12 in Figure 1a) encode mostly functions involved in the cell's anatomic structure, stress response, nervous system processes, enzyme regulators, immune system mechanisms, and a wide range of metabolic processes (Figure S5b in supplementary data).

To further correct for the potential bias of protein function, we ran Grapes across categories of GO-annotated genes while simultaneously controlling for the effect of gene age. As some gene functions were biased towards some age categories (Figure S5), we could not do this analysis for all GO terms. We, therefore, only used the GO terms with a sufficient number of annotated genes in each age class (see Material and Methods). To assess the effect of gene age, we grouped the genes in each GO category into three age groups, trying to keep a similar number of genes in each (see Material and Methods). In *A. thaliana*, we found that the impact of gene age on ω_a is stronger in proteins linked to stress response and cellular components, where younger genes present higher molecular adaptive rates (Figure S6a and supplementary file S3 in supplementary data). Although the GO term cellular component represents a comprehensive annotation, it denotes the cellular compartments where processes such as signal transduction and membrane trafficking occur, essential for maintaining the cell homeostasis [66,67]. In *D. melanogaster*, we observed a strong effect of gene age on ω_a for proteins encoding chromosomal organisation, protein complex, stress response, signal transduction, and involved in the cell cycle (Figure S6b and supplementary file S3 in supplementary data in

supplementary data). Even though these functions cover a wide range of molecular processes, they are

involved in DNA replication, genome stability, and immune and stress responses, which are critical

functions for the co-evolutionary arms race between hosts and parasites [47]. When looking at the

non-adaptive rate of evolution, our analyses revealed a strong influence of gene age in ω_{na} within

most functions analysed in both species, where young genes present higher rates of non-adaptive

substitutions (Figure S6 and supplementary file S3 in supplementary data in supplementary data).

These results suggest that, when restricting the analysis to proteins involved in defence mechanisms,

which are known to adapt faster [42,43,47,65], gene age still has an impact on the efficiency of

selection acting upon a protein.

<u>Substitutions in young genes have larger effect sizes</u>

Our second prediction under the adaptive walk model is that substitutions in young genes should have

larger fitness effects than in older genes. To test this prediction, we used Grantham's physicochemical

distances between amino acids [68] as a proxy for the fitness effects of amino-acid mutations. We

looked at the fixed differences separated by one mutational step between each pair of species (*i.e.,*

fixed differences in the ingroup when compared to the outgroup species) and reported the average

Grantham's distances between residues within each age stratum. We observed that substitutions in

young genes tend to occur between less biochemically similar residues (*Arabidopsis*: τ = 1, p = 2.00e-

07; *Drosophila*: τ = 0.788, p = 3.628e-04; Figure 3 and supplementary file S4), suggesting that

substitutions in these genes have larger physicochemical effects than in old ones. To further test

whether these larger effects had a positive or negative impact on younger genes, we estimated the

average Grantham's distance amongst adaptive ($\bar{G}_a$) and non-adaptive ($\bar{G}_{na}$) non-synonymous

substitutions (see Material and Methods and supplementary file S4). We expect a positive correlation

between $\bar{G}_a$ and $\bar{G}_{na}$ and gene age, *i.e.,* the average Grantham's distance for adaptive and non-adaptive

substitutions should increase towards the present. This is indeed what we find: we observed a positive

correlation between $\bar{G}_a$ and gene age in both species, which is individually significant in *Drosophila*

(p = 0.006) and significant across species when we combine probabilities (p = 0.009) (Figure S7). We

observed the same pattern in the analysis of $\bar{G}_{na}$ with a significant correlation in *Arabidopsis* (p =

0.004) and a significant correlation when combining the probabilities from both species (p = 0.0007)

(Figure S7).

Discussion

We used a population genomic approach to disentangle the effects of positive and negative selection

on the rate of non-synonymous substitutions. Using complete genome data from two *Arabidopsis* and

Drosophila species, we showed that the higher rate of non-synonymous substitutions in younger genes

results both from relaxed purifying selection (higher ω_{na}) and a higher rate of adaptive substitutions

(higher ω_a) (Figure 1b). Although gene age is not the variable contributing most to the rate of

molecular adaptation (Table S4), its effect is consistent across comparisons and robust to multiple

confounding factors (Figure 2, Tables 1, S2 and S3). Moreover, we observed that young genes

undergo substitutions that are larger in terms of physicochemical properties than older genes. A

question remains: what are the drivers of these effects?

<u>The magnitude effect of gene age on adaptive evolution is species-specific</u>

Although we observed a strong impact of gene age on the molecular adaptive rate in both species

pairs, the shape of the relation between these two variables differs. While the relationship between

gene age and ω_a is monotonously increasing in *Arabidopsis*, it has several peaks in *Drosophila*

(Figure 1b). This pattern is particularly evident if we discard the two youngest clades. In *Drosophila*,

the correlation becomes much weaker and non-significant for ω_a (ω: $\tau = 0.600$, p = 0.016; ω_{na}: τ

=0.556, p = 0.025; ω_a: $\tau = 0.467$, p = 0.060), whereas, in *Arabidopsis,* the effect of gene age persists

(ω: $\tau = 0.9487$, p = 6.342e-06; ω_{na}: $\tau = 0.872$, p = 3.345e-05; ω_a: $\tau = 0.692$, p = 9.86e-04).

Intriguingly, this multimodal distribution of ω_a observed in *Drosophila* resembles the pattern of gene

emergence in this species [17]. The peak in the adaptive substitution rate observed for clades 6 and 7

(Figure 1b) coincided with the animal phyla's major radiation at the time of extensive periods of

glacial cycles [69]. When looking at the functions coded by these proteins, we found that they are

linked to a wide range of vital cellular and biological processes, such as defence mechanisms and cell

differentiation (Figure S8 in supplementary data). This pattern suggests that these genes might be

experiencing higher molecular adaptive rates due to their role in such vital processes. However, for

these genes to keep such high rates of adaptive substitutions until recent times (*i.e.*, in the branch

between *D. melanogaster* and *D. simulans*), epistatic interactions might be at play. Studies across taxa

have proposed that functional epistasis is an important factor in the evolution of genes involved in

defence mechanisms and adaptation to new environmental stresses [70–74]. We posit that such gene

interactions keep these proteins further from their optimum throughout time due to the rugged shape of

the fitness landscape, leading to the high molecular adaptive rates observed in the branch between *D.*

melanogaster and *D. simulans*. To further test this hypothesis, we used the degree of protein-protein

interactions (PPI) as a proxy for epistatic interactions and analysed its relationship with gene age. We

observed that genes in clade 7 have a slightly higher degree of PPI than other strata (Figure S9 in

supplementary data and supplementary file S5), suggesting that these genes might be experiencing

relatively more epistatic interactions. These findings are consistent with epistasis influencing the

evolution of these genes, potentially explaining their continued higher rates of molecular adaptation.

In contrast, the burst of the emergence of new genes in *Arabidopsis* coincided with the plant-specific

radiation right before the emergence of Brassicaceae [17,75]. This trend is consistent with our results

from *A. thaliana*, where the bursts of ω_a occur in younger clades (after clades 11 and 12 in Figure 1b).

These distinct patterns observed between species suggest that the role of a gene's age in molecular

adaptation is complex, as also evidenced by the lack of a significant correlation with ω_a previously

reported in humans [22]. The authors proposed that this result may be a consequence of the generally

low molecular adaptive rates observed in primates [22,48].

335   Despite these species-specific trends, our analyses revealed a strong correlation between ω_a

and gene age extending through hundreds of millions of years (Figures 1 and 2, Table S2 and S3).

These findings suggest a consistent effect of a gene's age on the rate of molecular adaptation across

taxa.

<u>An adaptive walk model of gene evolution</u>

Our study highlighted that, after their emergence, young genes evolve through relaxed selection, as

first proposed by Ohno [76], but also by acquiring beneficial mutations, as described in the "adaptive-

conflict" model [37,77]. Ohno's idea of evolution was "non-Darwinian" in its nature, as he believed

that "natural selection merely modified while redundancy created" [76]. He proposed that new genes

evolve by accumulating "forbidden" mutations, where they are only preserved if the development of a

formerly non-existent function occurs, a process known as neo-functionalisation. In this scenario,

natural selection only acts at the stage of acquiring a new function. Further extensions of this theory

suggested that the preservation of a new gene can also occur through sub-functionalisation, where the

accumulation of deleterious mutations leads to a complementary loss of function in both copies of the

gene [78,79].

351   In contrast, the "adaptive-conflict" model assumes that the ancestral gene could carry more

than two pleiotropically constrained functions [37,77]. Once the duplication event occurs, each copy

then becomes specialised in one of the ancestral functions. In this case, the ancestral gene's split

proceeded through positive Darwinian selection [37,77]. These theories are based on the evolution of

gene duplicates and agree with the idea of evolution as a "tinkerer" proposed by Jacob [80], where

evolution adjusts the already existing elements. In *de novo* evolution, however, new genes emerge by

acquiring new functions from the non-coding fragments of the genome [17,81,82]. This process is

thought to proceed through a stochastic phase followed by the successive accumulation of beneficial

mutations, ultimately leading to a new function with a species-specific selective advantage [83–86].

360   When looking at the fundamental ideas behind these theories, one can draw one prominent

feature that portrays the evolution of new genes: young genes are further away from their fitness

optimum. Hence, we posit that these genes follow an adaptive walk model of gene evolution to reach

their fitness peak [3,87,88]. As their full potential has yet to be met, more consecutive beneficial

mutations are theoretically needed to reach their fitness optimum, leading to the higher molecular

adaptive rates observed in these genes. In turn, older genes are closer to their optimal features and less

robust to large effects' mutations, thus only accumulating mutations with small fitness effects. Such

slightly advantageous mutations are more difficult to select for, leading to lower adaptive rates in

these proteins. We further tested this hypothesis using Grantham's physicochemical distances [68] as a

proxy for the fitness effect of substitutions. This analysis showed that substitutions in young genes

tend to occur between more dissimilar residues (Figure 3), suggesting that the evolution of young

genes proceeds in larger steps compared to old ones. Moreover, we observed that adaptive

substitutions have greater physicochemical effects (*i.e.,* the average Grantham's distance of adaptive

substitutions ($\bar{G}_a$) is correlated to gene age; Figure S7 in supplementary data). However, the strength

of this signal differs between species. While we observed a strong positive correlation between $\bar{G}_a$ and

gene age in *Drosophila*, this relationship is weaker in *Arabidopsis*. The opposite pattern is observed

for the correlation between $\bar{G}_{na}$ and gene age, where this relationship is only significant in

Arabidopsis (Figure S7 in supplementary data). These patterns suggest that, in *Arabidopsis*, there is a

stronger influence of relaxed purifying selection when compared to positive selection. This weaker

adaptive signal may be a consequence of their mating system. The transition from out-crossing to self-

fertilization in *A. thaliana* exposed these plants to less efficient purifying selection due to their

reduced effective population sizes [89,90], thus accumulating more deleterious mutations. This higher

load of segregating deleterious mutations can interfere with nearby beneficial mutations, preventing

their fixation and slowing down adaptation. Indeed, previous studies have shown that segregating

recessive deleterious mutations can substantially decrease the fixation rate of advantageous mutations,

leading to a weaker adaptive signal in some parts of the genome [91,92]. In contrast, the large

effective population sizes of *Drosophila* species make them more efficient in removing deleterious

mutations and prone to stronger positive selection [93–95]. These patterns could explain the observed

differences in the strength of selection in young genes between species.

An alternative hypothesis to the adaptive-walk theory is a static model of adaptation. This

model is based on the level of constraint of a gene: as some genes are less constrained than others,

they accumulate both advantageous and deleterious mutations, some of which may lead to the loss of a

gene. Under this hypothesis, less constrained genes tend to be young because they are more likely to

be lost. Additionally, as such genes accumulate a larger number of deleterious mutations, they also

represent a bigger mutational target for adaptive mutations, which could also explain the overall

correlation between ω_a and ω_{na}. We can test this hypothesis by assessing whether the correlation

between ω_a and gene age is independent of ω_{na}. We controlled for the effect of ω_{na} by running

Grapes on a subset of genes for which the correlation between p_n/p_s and gene age was no longer

significant. We found that gene age was still significantly correlated with ω_a whereas ω_{na} was not

(Figure S10), thus suggesting that the rate of adaptive evolution is independent of the non-adaptive

rate. While these results do not completely discard the possibility of a stationary view of adaptation,

they agree with our adaptive walk model of gene evolution.

Overall, our findings support an adaptive walk model hypothesis of gene evolution over time,

where protein-coding genes adapt following a pattern of diminishing returns in *Drosophila* and

Arabidopsis. The increasing availability of population genomic datasets will allow the detailed

characterization of the adaptive walk model of gene evolution in an increasingly diverse range of taxa.

Material and Methods

We assessed the role of gene age on adaptive evolution using the divergence and polymorphism data published in Moutinho et al. [39]. For *Drosophila melanogaster*, the data included 10,318 protein-coding genes in 114 genomes for one chromosome arm of the two large autosomes (2L, 2R, 3L, and 3R) and one sex chromosome (X) pooled from an admixed sub-Saharan population from Phase 2 of the *Drosophila* Genomics Project [DPGP2] [96] and divergence estimates from *D. simulans* (Table S5 in supplementary data online). For *Arabidopsis thaliana*, we analysed 18,669 protein-coding genes in 110 genomes comprising polymorphism data from a Spanish population (1001 Genomes Project) [97] and divergence out to *A. lyrata* (Table S6 in supplementary data online). We used these data sets to infer the synonymous and non-synonymous unfolded site frequency spectrum (SFS), and synonymous and non-synonymous divergence from the rate of synonymous and nonsynonymous substitutions. Sites with a missing outgroup allele were considered as missing data. All estimates were obtained using the "bppPopStats" program from the Bio++ Program Suite (version 2.4.0) [98]. Gene age data were obtained from published data sets, wherein 9,004 *Drosophila* [28] and 17,732 *Arabidopsis* [33] genes were used. Analyses were performed by dividing genes into 12 and 15 phylostrata for *D. melanogaster* and *A. thaliana* (Figure 1), respectively, numbered from the oldest (stratum 1) to the most recent (strata 12 and 15 in *D. melanogaster* and *A. thaliana*, respectively). The most recent clades include orthologous genes present in each species and their respective outgroups. The analyses on the X-linked and autosomal genes in *D. melanogaster* were performed with 1,478 and 7,526 genes, respectively. We fitted models of the distribution of fitness effects (DFE) across different age classes and gene categories to estimate the molecular rate of adaptation [48].

Estimation of the adaptive and non-adaptive rate of non-synonymous substitutions

The rates of adaptive non-synonymous substitutions were estimated with the Grapes program [48], using the Gamma-Exponential DFE, as this model was previously shown to best fit the data [39]. As this method does not accommodate SNPs with missing information in some individuals, we reduced the original data set to n=110 and n=105 genomes for *D. melanogaster* and *A. thaliana*, respectively, by randomly down-sampling sites with at least n genotypes available and discarding positions where less than n genotypes were present. Estimates of substitution rates and their confidence intervals were obtained with a bootstrap analysis by sampling genes in each category, with replacement. We performed a total of 100 replicates, and the DFE model was fitted for each replicate with Grapes. Results for ω, ω_{na} and ω_a were plotted using the R package "ggplot2" [99] by taking the mean value and the 95% confidence interval of the 100 bootstrap replicates performed for each category (see detailed R scripts in the supplementary files in the supplementary data online, https://gitlab.gwdg.de/molsysevol/supplementarydata_geneage).

Gene age vs. protein length and gene expression

Data on protein length and gene expression were included in the datasets of Moutinho et al. [39]

(Tables S2 and S3 in supplementary data online). Gene expression data were downloaded from the

database Expression Atlas [100], taking one baseline experiment for each species [39]. Mean gene

expression levels were then obtained by averaging across samples and tissues for each gene. To

correct for these two factors, we divided our dataset into two equally sized groups based on the factor

we wished to control. Short proteins had a size up to 366 and 389 amino acids, and long proteins had a

size up to 4,674 and 5,098 amino acids in *A. thaliana* and *D. melanogaster*, respectively. We further

merged phylostrata containing a low number of genes. For *D. melanogaster,* we categorised gene age

into 6 main clades by combining clades 3-4, 5-6, 7-10, and 11-12, keeping the others unchanged. In *A.*

thaliana, we combined the 15 clades into 6 main groups by merging clades 5-8 and 9-15. For gene

expression, we used a total of 17,126 and 6,247 genes for *A. thaliana* and *D. melanogaster,*

respectively, being categorised as lowly and highly expressed. Genes were classified as lowly

expressed if the mean expression levels were up to 10.3 and 6.8, and highly expressed genes were the

ones with expression up to 6,632.8 and 4,237.0 in *A. thaliana* and *D. melanogaster*, respectively. For

D. melanogaster, we categorised gene age into 6 categories by combining clades 3-5, 6-9, and 10-12.

In *A. thaliana*, we combined the data in 6 clades, merging clades 4-7, 8-11 and 12-15.

<u>Gene age vs. protein structure</u>

Since most young genes lack a defined three-dimensional structure [36], they do not have information

on the residue's solvent accessibility. Hence, we used a deep learning approach, NetSurfP-2.0, that

predicts the RSA of each residue from the amino-acid sequence [101] by using as a training model the

HH-suite sequence alignment tool for protein similarity searches [102]. To assess whether this

approach provided reliable results, we compared the RSA estimates of NetSurfP-2.0 with those

obtained from the PDB structures in our dataset [39]. We found a good correlation between the two

approaches for both species (Kendall's $\tau = 0.571$, $p < 2e-216$; $\tau = 0.462$, $p < 2e-216$, for *D.*

melanogaster and *A. thaliana* respectively). Using NetSurfP-2.0, RSA estimates were successfully

obtained for a total of 4,238,686 (88% of the total codon sites) and 7,479,807 (99% of the total codon

sites) amino-acid residues for *D. melanogaster* and *A. thaliana,* respectively. To assess the impact of

RSA at the gene level, we analysed the total number of genes in both species by making two

categories of genes according to the average RSA value per gene. Genes with lower RSA had mean

values between 0.127-0.389 in *Drosophila* and 0.217-0.386 in *Arabidopsis*. Genes with a higher RSA

had mean values between 0.390-0.894 in *Drosophila* and 0.387-0.898 in *Arabidopsis*. The phylostrata

groups were defined by combining clades 7-8 in *D. melanogaster*, and 8-11, 12-15 in *A. thaliana*.

For the analysis of the residue intrinsic disorder, we used the estimates included in the datasets

of Moutinho et al. [39]. These data were obtained with the software DisEMBL [103], where intrinsic

disorder was estimated per site and classified according to the degree of "hot loops" *i.e.*, highly mobile

loops. This analysis was performed for 17,732 and 7,410 genes for *A. thaliana* and *D. melanogaster,*

respectively. Genes were combined into two categories according to the mean value of their residue's

intrinsic disorder. Genes with a low level of intrinsic disorder had values between 0.029-0.080 in

Drosophila and among 0.041-0.084 in *Arabidopsis*. Genes with a higher degree of intrinsic disorder

had values between 0.081-0.554 in *Drosophila* and among 0.085-0.551 in *Arabidopsis*. In *D.*

melanogaster, all the 12 phylostrata could be used. In *A. thaliana*, the 15 strata were combined in 12

categories by merging clades 9-10, 11-12 and 13-14.

Correcting for BLAST e-values

We analysed the robustness of the gene age's effect by correcting the variation in the Expect (E) value

estimates in BLAST's searches between our focus species and their respective outgroups. By reducing

the variation in E-values estimates, we could correct for potential failures in BLAST's homology

searches. To do so, we limited the analysis to genes with particularly low E-values that are more likely

to be identified in all age strata: 12,472 genes with an E value lower than 1e-150 for *A. thaliana* and

7,104 genes with an E value lower than 1e-100 for *D. melanogaster* (supplementary file S2). For *A.*

thaliana, analyses were carried out by combining clades 8-13, with no genes left in clades 14 and 15.

For *D. melanogaster*, analyses were performed with the 12 strata. By using these genes, we found no

correlation between E-value and age.

Gene age vs. protein function

Gene ontology terms were obtained from the "dmelanogaster_gene_ensembl" and the

"athaliana_eg_gene" tables in the Ensembl database (version 103), through the R package "biomaRt"

[104]. A total of 7,253 (~70% of the genes) and 15,604 (~80% of the genes) genes were mapped in *D.*

melanogaster and *A. thaliana*, respectively. To check whether the effect of gene age prevailed across

functional protein classes, we analysed the GO terms with the highest number of young genes

mapped: more than 50 genes present in Clades 11 and 12 in *D. melanogaster*; and more than 30 genes

present in Clades 12 to 15 in *A. thaliana*. This filtering step resulted in 6,637 genes across 23 GO

categories in *D. melanogaster* (Table S5 in Supplementary Data online), and 15,410 genes across 10

GO categories in *A. thaliana* (Table S6 in Supplementary Data online). To analyse the effect of gene

age, we compared three age classes. In *D. melanogaster*, the first age category spanned over

phylostrata 1-3, the second category covered clades 4-7, and the third one included clades 8-12. In *A.*

thaliana, the first category comprised genes belonging to clades 1-6, the second category spanned over

clades 7-11, and the third one included the phylostrata between clades 12-15 (Figure 1a).

Gene Age vs. Protein-protein interactions (PPI)

We obtained PPI data for *D. melanogaster* from the STRING database [105], which includes both

physical and functional interactions (https://string-db.org/). This database included 13,046 proteins

with annotated interactions, which were used to analyse the distribution of protein networks across

phylostrata.

<u>The fitness effects of amino-acid substitutions</u>

We used Grantham's physicochemical distances between amino-acids [68] as a proxy for the fitness

effects of amino-acid substitutions and performed two analyses. In the first one, we calculated the

average Grantham's distance between amino acid substitutions for each phylostrata. In the second

analysis, we estimated the average Grantham's distance for adaptive ($\bar{G}_a$) and non-adaptive ($\bar{G}_{na}$)

non-synonymous substitutions within each age stratum. We restricted our analysis to amino acid pairs

separated by a single mutational step. To estimate the rate of adaptive and non-adaptive non-

synonymous amino acid substitutions between pairs of amino acids we used the same approach as

Bergman and Eyre-Walker [106]. This method compares the non-synonymous SFS for a particular

amino acid pair, for example, alanine and aspartic acid, which are separated by a A $<>$ C mutation,

with the synonymous SFS of 4-fold degenerate sites separated only by A $<>$ C mutations

($SFS_{4F(A<>C)}$). For amino acid pairs separated by more than one mutation type, we estimated the

weighted average of the synonymous SFS of 4-fold sites for the different types of mutations,

weighting by the frequency of the respective codons. For example, serine and cysteine are separated

by A $<>$ T and C $<>$ G mutations. The synonymous SFS for this amino acid pair was estimated as

$SFS_{4F(weighted)} = [(f_{AGT} + f_{TGT} + f_{AGC} + f_{TGC}) * SFS_{4F(A<>T)} + (f_{TCT} + f_{TGT} + f_{TCC} + f_{TGC}) *$

$SFS_{4F(C<>G)}] / (f_{AGT} + f_{TGT} + f_{AGC} + f_{TGC} + f_{TGT} + f_{TGC})$, where f corresponds to the frequency of

each codon (*e.g.,* f_{AGT} is the frequency of the codon AGT). It is not possible to estimate the rates of

adaptive and non-adaptive substitution for each pair of amino acids for each phylostratum because we

have insufficient data. So, we combined amino acid pairs into ten categories based on their

Grantham's distance, and we combined clades 5-6, 8-11 and 12-15 in *Arabidopsis*, and clades 3-4, 5-7

and 8-10 in *Drosophila*. We used Grapes to estimate ω_a and ω_{na} for the ten categories of Grantham's

physicochemical distances for each combined age stratum. We calculated the average Grantham's

distance for adaptive ($\bar{G}_a$) and non-adaptive ($\bar{G}_{na}$) non-synonymous substitutions as $\bar{G}_a =$

$\sum_i \omega_{ai} \bar{g}_i N_i / \sum_i N_i$ and $\bar{G}_{na} = \sum_i \omega_{nai} \bar{g}_i N_i / \sum_i N_i$ where the sum is across the ten categories of

Grantham's distances within each age class, ω_{ai} and ω_{nai} are the rates of adaptive and non-adaptive

substitution in the *i*th category for each age class, $\overline{g_i}$ is the average Grantham's distance amongst the

amino acid pairs within each Grantham's distance category, and N_i is the number of non-synonymous

sites in the *i*th category in each age class. Higher values of $\bar{G}_a$ (the same for $\bar{G}_{na}$ with non-adaptive

substitutions) mean that there is a higher proportion of adaptive substitutions across Grantham's

distance categories.

<u>Assessing the correlation between ω_a and ω_{na}</u>

To test whether the impact of gene age on ω_a was independent of ω_{na}, we ran Grapes for a subset of

genes for which the correlation between ω_{na} and gene age was no longer significant. We controlled

for the variation in ω_{na} by discarding genes according to their p_n/p_s values. To ensure a sufficient

number of genes, we kept the genes that were within 0.02 and 0.05 standard deviation from the modal

value of the p_n/p_s distribution in *Arabidopsis* (mode: 0.05) and *Drosophila* (mode: 0.01),

respectively. The subset of data included 8,652 and 2,570 genes for *Arabidopsis* and *Drosophila*,

respectively.

<u>Statistical analyses</u>

Assessing the effect of gene age within each protein functional class was performed by comparing rate

estimates between all pairs of age categories. 100 bootstrap replicates were generated and ω_a and ω_{na}

were estimated for each resampling, allowing us to compute the rate differences between categories. A

one-tailed P-value can be obtained using the formula P = (k + 1)/ (N + 1), where N=100 is the number

of bootstrap replicates and k is the number of times the computed difference was greater (resp. lower)

than 0. Here, we used a two-tailed version of this test, computing the P-value as P = [2 * min (k⁻, k⁺) +

1]/(N+1), where k⁻ is the number of times the difference was negative, and k⁺ is the number of times

the difference was positive. P-values for all pairwise comparisons were corrected for multiple testing

using the FDR method [107] as implemented in R [108] (see detailed R script in supplementary file

S3). For the analysis with PPI and gene age, statistical significance was assessed using non-parametric

post hoc tests, as implemented in the "Kruskal" method of the R package "agricolae" using the FDR

method to correct for multiple testing [109] (see detailed R script in supplementary file S5). For the

rest of the analyses, statistical significance was assessed with Kendall's correlation tests using the

mean value of the 100 bootstrap replicates for each category (see detailed script in supplementary file

S6). To estimate the combined P-value for each co-factor we used the weighted-Z method using the R

package "metap" [110]. We estimated the weight of each P-value using a linear modelling approach

with ω_a and ω_{na} as response variables, and gene age and potential co-factors as explanatory variables

and inferred the reciprocal of the squared standard error of the residuals in each model (see detailed R

scripts in supplementary file S7). To determine whether the chromosome impacted gene age's effect

on estimates of ω_a and ω_{na}, we performed an analysis of covariance (ANCOVA) by comparing a

model M1 that included the impact of the chromosome, age, and their interaction, with a model M0

that included age only (see detailed R script in supplementary file S1). Normality, homoscedasticity,

and independence of the error terms of the model were assessed with the package "lmtest" [111] in R.

Finally, to further assess the effect of residual correlations between gene age and each cofactor, we

fitted linear models with the rates of protein evolution (*i.e.*, ω, ω_{na} and ω_a) as response variables and

the average value of the cofactor for each age class as an explanatory variable (nested within the

cofactor category, low or high), together with gene age, species (*Drosophila* or *Arabidopsis*), cofactor

category, and their interaction. A model selection was conducted using the R function 'step' and the

significance of the model coefficients was assessed for the selected models (see detailed R script in

supplementary file S8).

<u>MK regression</u>

The MK regression analysis was performed per nucleotide site, where we analysed the combined

effect of RSA, intrinsic protein disorder, protein length, gene expression, protein function, Grantham's

distances, and the sex chromosome in *Drosophila*. As this method does not automatically handle

categorical variables, we created a binary variable for protein function based on the gene's presence

(1) or absence (0) in stress-related proteins (*i.e.*, response to stress, response to external stimulus and

signal transduction). We used the same rationale for the X chromosome effect in *Drosophila*. We

performed the MK regression analysis by comparing polymorphic and divergence sites between non-

synonymous and 4-fold degenerated sites in both species. As this method does not account for the

effects of weak selection [57], we analysed only sites with an allele frequency above 50%. To assess

the relative contribution of each variable to the regression model, we compared the likelihood pseudo-

R^2 following the Cox and Snell method [59]. These were estimated by comparing the log-likelihood of

the full model (all factors included) with that from each reduced model (each factor removed) using

the following equation:

$$R2 = 1 - (\exp(-\frac{2}{N} * (ln_{full} - ln_{reduced}))$$

where N represents the number of sites analysed with the MK regression, ln_{full} represents the log-

likelihood of the model with all factors included, and $ln_{reduced}$ represents the log-likelihood of the

model excluding each factor (*e.g.*, to assess the contribution of the gene age variable, the full model

was compared to a model including all variables except gene age).

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Figures

Figure 1. (a) Phylogenetic definition of the strata used in the analyses for *A. thaliana* (top) and *D. melanogaster* (bottom). The number of genes mapped to each clade is shown. **(b)** Relationship between the rate of protein evolution (ω), non-adaptive non-synonymous substitutions (ω_{na}) and adaptive non-synonymous substitutions (ω_a) with gene age in *A. thaliana* (top) and in *D. melanogaster* (bottom). Clades are ordered according to (a). In *D. melanogaster*, the results for X-linked, autosomal, and total genes are shown. Mean values of ω, ω_{na} and ω_a for each category are represented with the black points. Error bars denote for the 95% confidence interval for each category, computed over 100 bootstrap replicates.

Figure 2. Estimates of ω, ω_{na} and ω_a plotted as a function of **(a)** protein length and **(b)** mean

expression levels, **(c)** relative solvent accessibility, and **(d)** protein intrinsic disorder with gene age in

A. thaliana (top) and *D. melanogaster* (bottom). Analyses were performed by comparing short and

long genes **(a)**, lowly and highly expressed genes **(b)**, proteins with low and high mean RSA values

(c), and proteins with low and high average intrinsic disorder **(d)** across age categories (see Material

and Methods). Legend as in Figure 1. Significance levels are shown for each correlation between gene

age and the rates of protein evolution (*$P < 0.05$; **$P < 0.01$; ***$P < 0.001$; "." $0.05 \leq P < 0.10$; "ns" P

> 0.10).

880
881 **Figure 3**. Relationship between gene age and Grantham's distance between amino acids for *A. thaliana*

882 (a) and *D. melanogaster* (b). For each clade, the median value of Grantham's distance between residues

883 is depicted with the black dot. The shaded area represents the physicochemical distances within the 1st

884 and 3rd quartile.

885 **Tables**
886

887 **Table 1**. Kendall's correlation coefficients for the relationship between ω, ω_{na} and ω_a and gene age, for the analysis of gene age and the combined analyses of

888 gene age with the respective co-factors: protein length, gene expression, protein intrinsic disorder and the mean relative solvent accessibility per gene. The

889 combined probabilities for each co-factor within and across species are presented in the fields "Weighted Z" and "Weighted Z across species", respectively, for

890 ω, ω_{na} and ω_a.

		Arabidopsis			Drosophila			Weighted Z across species		
		ω	ω_{na}	ω_a	ω	ω_{na}	ω_a	ω	ω_{na}	ω_a
Gene Age		0.962 ***	0.848 ***	0.733 ***	0.727 ***	0.697 **	0.636 **			
Protein Length	**Long**	1.000 **	0.867 *	-0.200	0.867 *	0.600 (.)	0.867 *	1.56e-04 ***	7.71e-05 ***	7.98e-03 **
	Short	1.000 **	0.867 *	0.600 (.)	0.733 *	0.867 *	0.467			
	Weighted Z	6.46e-04 ***	1.61e-03 **	0.133	2.64e-03 **	5.29e-03 **	0.0105 *			
Gene Expression	**High**	0.867 *	0.867 *	0.467	0.867 *	1.000 **	0.600 (.)	6.93e-05 ***	6.89e-06 ***	3.53e-03 **
	Low	0.867 *	1.000 **	0.333	0.867 *	0.733 *	1.000 **			
	Weighted Z	1.51e-03 **	3.71e-04 ***	0.186	1.09e-03 **	1.68e-03 **	2.24e-03 **			
Protein Intrinsic Disorder	**High**	1.000 ***	0.939 ***	0.636 **	0.670 **	0.303	0.515 *	<2e-216 ***	6.60e-06 ***	2.53e-03 **
	Low	0.970 ***	0.909 ***	0.454 *	0.630 **	0.576 **	0.273			
	Weighted Z	< 2e-216 ***	< 2e-216 ***	1.20e-03 **	3.85e-05 ***	5.80e-03 **	4.18e-02 *			
Mean Relative Solvent Accessibility	**High**	0.944 ***	0.889 ***	0.722 **	0.636 **	0.673 **	0.564 *	1.00e-07 ***	9.00e-07 ***	1.37e-05 ***
	Low	1.000 ***	0.778 **	0.667 *	0.636 **	0.491 *	0.564 *			
	Weighted Z	6.20e-06 ***	1.41e-05 ***	1.24e-03 **	3.67e-04 ***	7.76e-04 ***	1.55e-03 **			

891
892 **Note**. For each variable, the correlation coefficient and the combined probabilities are shown with the respective significance ($*P < 0.05$; $**P < 0.01$;
893 $***P < 0.001$; "." $0.05 \leq P < 0.10$) for ω, ω_{na} and ω_a in *Arabidopsis* and *Drosophila*. As the effect of gene age was assessed by combining genes in each age
894 class, these correlation coefficients do not measure the intrinsic gene-level strength of correlation between gene age and molecular rates of evolution.