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(Article begins on next page)



# Ensembles from Ordered and Disordered Proteins Reveal Similar Structural Constraints during Evolution

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Q4 Q3  
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## 18 Abstract

20 The conformations accessible to proteins are determined by the inter-residue interactions between amino acid  
21 residues. During evolution, structural constraints that are required for protein function providing biologically  
22 relevant information can exist. Here, we studied the proportion of sites evolving under structural constraints  
23 in two very different types of ensembles, those coming from ordered and disordered proteins. Using a  
24 structurally constrained model of protein evolution, we found that both types of ensembles show comparable,  
25 near 40%, number of positions evolving under structural constraints. Among these sites, ~68% are in  
26 disordered regions and ~57% of them show long-range inter-residue contacts. Also, we found that disordered  
27 ensembles are redundant in reference to their structurally constrained evolutionary information and could be  
28 described on average with ~11 conformers. Despite the different complexity of the studied ensembles and  
29 proteins, the similar constraints reveal a comparable level of selective pressure to maintain their biological  
30 functions. These results highlight the importance of the evolutionary information to recover meaningful  
31 biological information to further characterize conformational ensembles.

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## 35 Introduction

36 The protein native state is described by a collection  
37 of the different conformers which a given sequence  
38 could adopt. This collection is also called a confor-  
39 mational ensemble and is an essential concept to  
40 understand protein biology [1,2]. The existence of  
41 conformational ensembles is known since the crys-  
42 tallization of hemoglobin with its two conformational  
43 states T and R (deoxy and oxygenated forms) in the  
44 early 1960. The growth of Protein Data Bank (PDB)  
45 redundancy, refinement and development of tech-  
46 niques such as NMR, small-angle X-ray scattering,  
47 and single-molecule spectroscopy over the last years  
48 have allowed the experimental characterization of a  
49 large number of protein ensembles [2,3]. Structural  
50 differences between conformers could result from  
51 the relative movements of large domains as rigid  
52 bodies [4], secondary and tertiary element rear-  
53 rangements [5], and loop movements [6]. Apparently,

most globular proteins have very few conformers 54  
describing their native state to achieve their functions 55  
[7]. Proteins with low flexibility at the backbone 56  
level, called rigids, have only one conformer in their 57  
ensembles [7] like the cellulase from *Clostridium* 58  
*cellulolyticum* [8]. Hemoglobin, as mentioned previ- 59  
ously, is the paradigm for proteins with two con- 60  
formers [9], while the dimeric catabolite activator 61  
protein [10] and the human glucokinase have three 62  
[11]. Complex proteins composed of several different 63  
chains, like mitochondrial ATP synthase, could have 64  
at least seven conformers [12]. As protein flexibility 65  
increases, the number of conformers in the ensem- 66  
ble increases as well, giving rise to very complex 67  
ensembles as in the case of intrinsically disordered 68  
proteins (IDPs) or regions (IDRs). IDPs are character- 69  
ized by the lack of tertiary structure under physiological 70  
conditions [13,14]. IDP ensembles are composed by 71  
a large number of interconverting conformers given 72  
their low free-energy barriers among them [15]. Far 73

74 from being random polymers or random-coiled en- 133  
75 sembles, it is becoming evident that IDP ensembles 134  
76 are not fully disordered, showing transient short 135  
77 and long-range structural organization [16]. Order- 136  
78 disorder transitions are frequently observed in IDPs or 137  
79 IDRs, sometimes associated with ligand binding [17] 138  
80 but in other cases just reflecting the heterogeneous 139  
81 composition of the ensembles [7,18]. 140

82 Here, we studied the level of structural constraints 141  
83 in IDPs ensembles compared with those found in 142  
84 globular proteins. Structural constraints could be 143  
85 studied using direct methods such as the measure- 144  
86 ments of contacts between residues in a given 145  
87 conformer and some derived parameters such as 146  
88 the contact density (mean number of residue-residue 147  
89 contacts per residue) or their interaction networks [19]. 148  
90 However, inter-residue contacts could be artifacts 149  
91 or simply be irrelevant in very complex ensembles 150  
92 such as those found in IDPs, making it difficult to 151  
93 detect biologically relevant conformers [20]. For these 152  
94 reasons, in this work, we evaluated the amount of 153  
95 structural constraints using an evolutionary approach. 154  
96 It is a well-established concept that conservation of 155  
97 protein structures during evolution constrains se- 156  
98 quence divergence modulating in this way the amino 157  
99 acid substitution pattern of certain positions [21,22]. 158  
100 These structural constraints are evidenced in se- 159  
101 quence alignments as differentially conserved posi- 160  
102 tions, showing a given physicochemical bias or 161  
103 subject to coevolutionary processes due to their 162  
104 relative importance to maintain protein fold and 163  
105 dynamics (i.e., conservation of given interactions to 164  
106 increase stability, sustain protein movements). This 165  
107 structurally constrained (SC) substitution pattern has 166  
108 been exploited to improve models of molecular 167  
109 evolution [23–25], explain rate heterogeneity [26], 168  
110 make functional predictions [27], and compare the 169  
111 substitution process in ordered and disordered 170  
112 proteins [28] and in the inference of given tertiary 171  
113 folds [29] to mention just a few examples of their many 172  
114 applications. Furthermore, evolutionary information 173  
115 could be used to predict native contacts and structural 174  
116 models of globular domains [30–32]. More recently, 175  
117 these methods were adapted to successfully predict 176  
118 globular states in disordered proteins and to show the 177  
119 evolutionary constraints in protein interfaces between 178  
120 disordered and ordered proteins again showing the 179  
121 importance of SC information during evolution [33,34]. 180

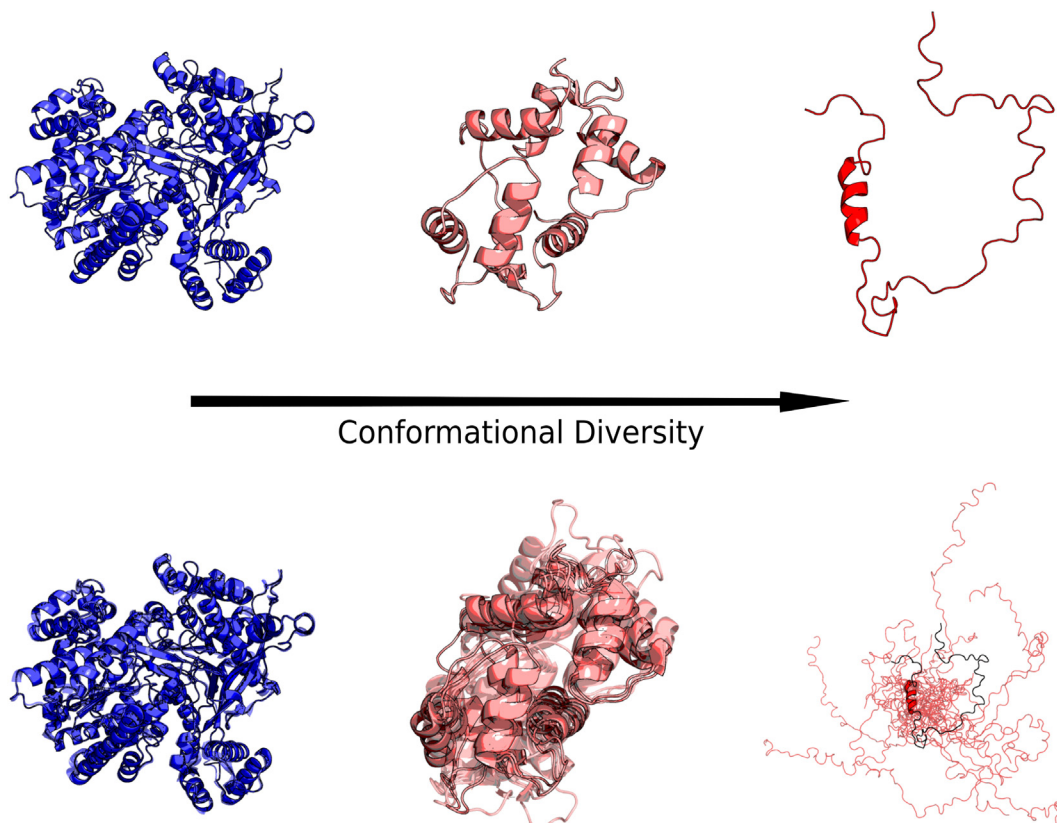
122 Substitution patterns observed in sequence align- 181  
123 ments can be described by evolutionary models 182  
124 [35]. Alternative models, making different assump- 183  
125 tions about the amino acid substitution pattern, 184  
126 can be compared using maximum likelihood (ML) 185  
127 estimations to decide which assumptions better 186  
128 describe the evolutionary process in a given family.  
129 In particular, in this work, a model of protein  
130 evolution using protein structure to derive an SC  
131 site-specific substitution pattern was used [24].  
132 As this model is structure-specific, each protein

conformation represents different evolutionary models. 133  
Using ML estimations, we then compared how the SC 134  
substitution pattern outperforms models of evolution 135  
lacking structural information (e.g., JTT [36], Dayhoff 136  
[37], WAG [38]) in its ability to explain the observed 137  
site-specific substitution pattern in a set of homologous 138  
proteins for each studied protein. Interestingly, con- 139  
sidering all conformers in the ensembles of globular 140  
and IDP proteins, we found that the number of SC 141  
positions is similar for both kinds of proteins. 142

## Results 143

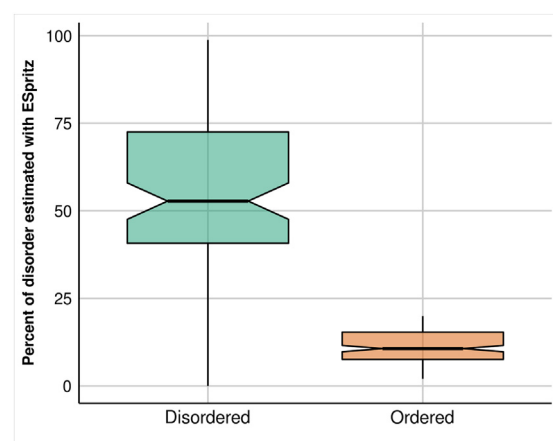
### Description of the data sets 144

145 In the last years, an emerging picture evidences that 146  
147 increasing structural differences between conformers, 148  
149 connected by very different dynamical behaviors, 150  
151 produces a continuum in protein space [39]. One 152  
153 extreme feature of this continuum is the presence of 154  
155 rigid proteins with almost no backbone differences 156  
157 among their conformers and just displaying only 158  
159 conformational diversity at the residue level [7]. 160  
161 Increasing conformational diversity at the backbone 162  
163 level could evidence the presence of disorder, where 164  
165 the appearance of short-time dynamical behavior 166  
167 allows for the sampling of a large conformational 168  
169 space [40]. Figure 1 shows different types of 170  
171 ensembles as protein conformational diversity in- 172  
173 creases. In one extreme of the distribution (left-side 174  
175 panel in Fig. 1), typical globular or ordered proteins 176  
177 are shown. These proteins generally show large 178  
179 proportions of secondary structure where their spatial 180  
181 arrangement defines a single tertiary structure and 182  
183 hydrophobic core. The higher density of inter-residue 184  
185 interactions of this core constrains evolutionary rates 186  
when compared to exposed residues [41] and also  
contains enough information to define a global tertiary  
arrangement [42]. As mentioned before, ordered  
proteins could also contain different conformers  
to achieve their biological functions (Fig. 1, middle  
panel), giving place to additional restrictions in the  
protein substitution pattern [43]. Middle-panel exam-  
ples of Fig. 1 also display proteins with ordered or  
globular regions as well as with very flexible regions  
showing different dynamical behavior and possibly  
originating disordered regions of different lengths.  
Right panel in Fig. 1 shows a typical ensemble of IDPs  
showing a collection of conformers determined by  
NMR. These ensembles show highly flexible chains  
and eventually small and transient segments of  
secondary or tertiary structure [44]. Consequently,  
IDPs have a large degree of conformational entropy  
that can be limited by inter-residue interactions  
originating a complex mixture of conformers in the  
ensemble [15,20]. As described in Materials and  
Methods, two hand-curated data sets were analyzed.

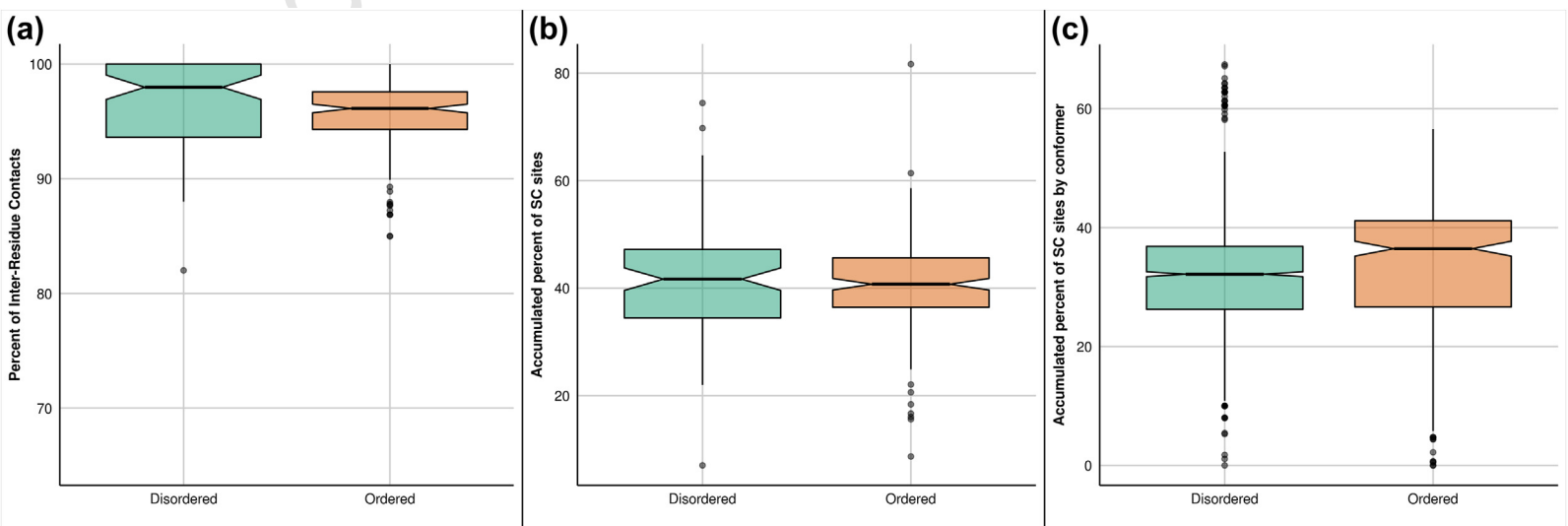


**Fig. 1.** Different protein ensembles as a function of flexibility increment. Top panel shows a given conformer, while the bottom panel shows all the available conformers in the ensemble. Left, maltodextrin phosphorylase, (PDB codes = 1AHP\_A, 1AHP\_B, 1L5V\_B) showed as a rigid protein with 6.53% disordered and taken as a representative of ordered proteins. Calmodulin (PDB codes = 2FOT\_A, 1LIN\_A, 1NIW\_E, 3G43\_A, 2BE6\_A, 1CDL\_A, 3GP2\_A, 4L79\_B, 1CLL\_A) shows 10.64% of disorder. Thylakoid soluble phosphoprotein, (PDB ID = 2FFT\_A) is a typical IDP ensemble with 100% of estimated disorder. The percentages of disorder were estimated with ESpritz.

187 The ordered data set is composed of 183 proteins  
 188 with known crystallographic structure containing non-  
 189 missing residues, and a disordered data set contains  
 190 93 NMR ensembles of different proteins. Disorder  
 191 has been estimated in both data sets using ESpritz  
 192 and Mobi 2.0 for the disordered and ordered data sets,  
 193 respectively (see [Materials and Methods](#)). As is it  
 194 shown in [Fig. 2](#), ordered proteins show a low predicted  
 195 content of disordered residues, while the disordered  
 196 data set shows a distribution of disordered residues.  
 197 The median of these distribution is 58% of disordered  
 198 positions (minimum 40% and up to 98%). It is then  
 199 expected that the disordered data set contains small  
 200 globular regions and more than the half of the protein  
 201 in a disordered state. Sequence alignments for each  
 202 protein in each data set were extracted from HSSP  
 203 database (see [Materials and Methods](#)), and to avoid  
 204 high occurrence of indels, sequences above 30%  
 205 identity with the protein with known structure were only  
 206 considered. Additional information about protein  
 207 alignments could be found in [Fig. S1](#).



**Fig. 2.** Estimation of disorder content using NMR-ESpritz in the disordered set and ESpritz in the ordered set. It is shown that the ordered set has a low proportion of disorder well below the reported error in the estimation [45].



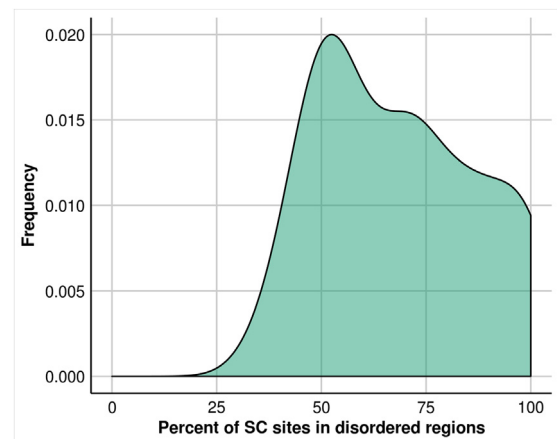
**Fig. 3.** (a) Percentage of inter-residue contacts for the disordered and ordered data sets (average median of 96.1%). (b) Distribution of the accumulated number of SCs for both data sets showing 41.6% and 40.5% of the positions. The distributions are statistically similar using a Kolmogorov–Smirnov test with  $p$  value = 0.39 and Mann–Whitney–Wilcoxon test with  $p$  value = 0.45. (c) Distribution of SCs per conformer per protein showing a median of 32.1% and 36.1% of their sites constrained.

## 208 Physical contacts versus structural constraints 209 during evolution

210 To assess the structural constraints in ordered and  
211 disordered ensembles, we quantified the inter-residue  
212 interactions accumulating the contact information  
213 for each site through all the available conformers in  
214 each corresponding ensemble (Fig. S2, panel A).  
215 Accumulation is a reasonable idea sustained by the  
216 particular contributions each conformer makes to the  
217 biological function [2]. As a result, we obtained that  
218 the great majority of residues are involved in inter-  
219 residues contacts as it is shown in Fig. 3a. Permanent  
220 secondary and tertiary contacts in ordered proteins  
221 define their levels of structural constraints, while the  
222 contribution of transient contacts along the entire  
223 ensemble of IDPs produces almost the same amount  
224 of accumulated inter-residues contacts (third quartile  
225 is 100% and 97% for IDPs and ordered sets,  
226 respectively). According to this result, the vast majority  
227 of positions in IDPs are constrained by structural  
228 restrictions as well as those for ordered proteins.  
229 However, it is well established that the pattern of amino  
230 acid substitutions in IDPs is different from the one  
231 observed in ordered proteins. IDPs show also a highly  
232 conserved composition of amino acids [46] instead of  
233 the well-defined site-specific substitution pattern ob-  
234 served in ordered proteins [47]. In addition, IDPs and  
235 IDRs show higher evolutionary rates as well as higher  
236 rates of insertions and deletions compared with  
237 their ordered counterpart [13,44,48]. To elucidate the  
238 influence of such high levels of structural constraints  
239 (Fig. 3a), we turned to study the substitution pattern  
240 observed in the homologous family of each protein in  
241 both data sets. Using ML comparisons (Fig. S2,  
242 panel B), we assessed if the observed substitution  
243 pattern is better explained by an evolutionary model  
244 containing structural information (like SCPE, see  
245 Materials and Methods) or by other models not  
246 containing this information (JTT, Dayhoff and WAG  
247 models, see Materials and Methods). For every  
248 position showing a SCPE site-specific substitution  
249 matrix that outperforms each one of the other three  
250 models, it is inferred as a site evolving under structural  
251 constraints. Considering the different nature of ordered  
252 and disordered ensembles, unexpectedly, we found  
253 that the percentages of SCs are almost the same  
254 in both types of ensembles (41.6% and 40.5% for  
255 disordered and ordered data sets; Fig. 3b) and much  
256 lower than estimations made using the accumulated  
257 account of inter-residue contacts. Interestingly, the  
258 individual conformers show slightly less percentages  
259 of SC sites (Fig. 3c) showing 32.1% and 36.1% in  
260 average for the disordered and ordered data sets.

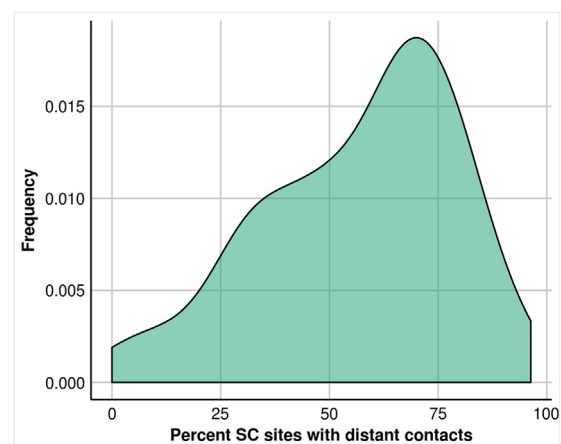
## 261 SC sites

262 SC sites are then sites that at least have one physical  
263 inter-residue contact in at least one conformer but also,



**Fig. 4.** Distribution of the accumulated number of SCs along all the ensembles. On average, 68.3% of the SC sites belong to predicted disordered regions.

and more importantly, modulates sequence diver- 264  
gence in that specific position. To further investigate 265  
these structural constraints, we studied the distribution 266  
of SC sites. We found that ~68% of the SCs are located 267  
in the disordered regions of the proteins belonging 268  
to the disordered data set (Fig. 4). As we mentioned 269  
before, disordered proteins could have permanent 270  
or transient globular regions that could increase the 271  
structural constraints of the protein as a whole. 272  
However, the number of SC sites in the globular or 273  
ordered regions of the disordered proteins is ~32%. 274  
These results indicate that globular regions of disor- 275  
dered proteins are less constrained than the corre- 276  
sponding one observed in the ordered data set (see 277  
Fig. 3b). Also, following our definition of inter-residue 278  
contacts (see Materials and Methods), all estimated 279  
contacts are tertiary and in ~57% the SCs are classified 280  
as long-range inter-residue contacts (see Fig. 5). This 281



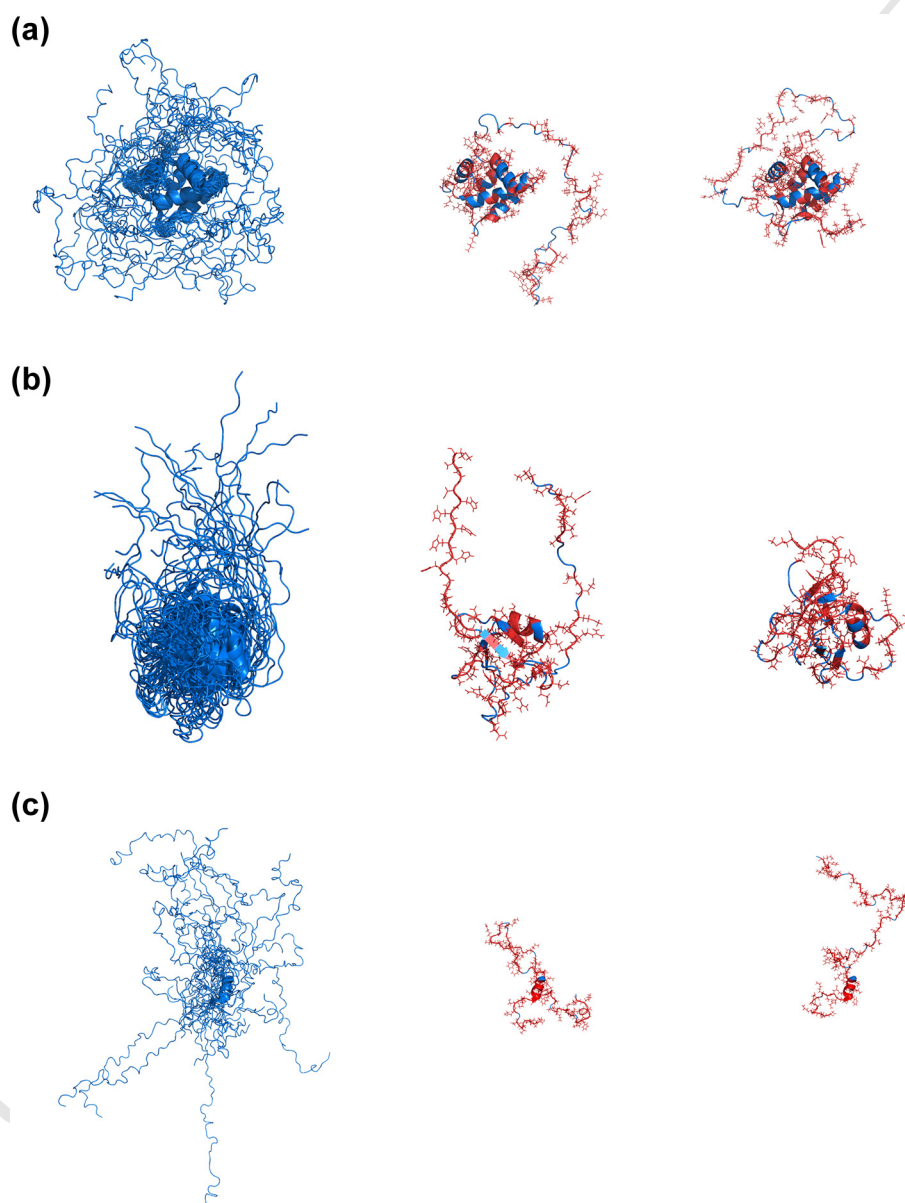
**Fig. 5.** Distribution of the accumulated number of SCs along all the ensembles, with long-distance contacts (at least five residues away). In average, 56.8% of the SC sites have long-range inter-residue contacts.

282 finding can explain how SC sites could appear in  
 283 disordered regions. As we can see in Fig. 6, disordered  
 284 proteins could have large conformational diversity.  
 285 However, among the representative conformers of  
 286 the ensembles, we can find some of them collapsing  
 287 over the globular part of the protein or just adopting  
 288 close conformations increasing in this way the number  
 289 of contacts per site. As it is shown in Fig. 7, 51% of the  
 290 positions have contacts that are present in the 100%  
 291 of the conformers of the ensemble. However, there  
 292 is still a tail in the distribution showing that single  
 293 conformers could have SC sites; in other words, single

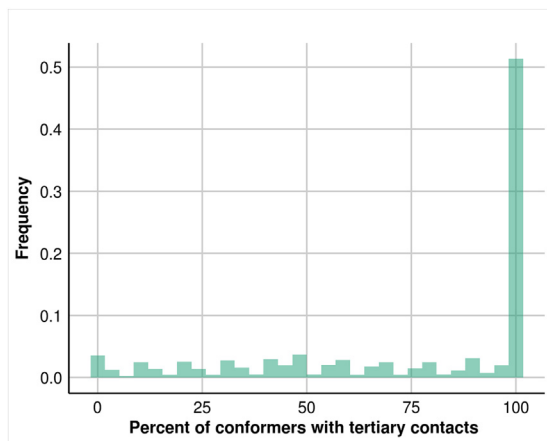
conformers could have inter-residue contacts that  
 modulate the substitution pattern of those positions. 294 295

#### Ensemble redundancy 296

How many conformers are required to fully describe 297  
 evolutionary structural constraints contained in se- 298  
 quence alignments? When we calculated the mini- 299  
 mum number of conformers per ensemble to reach 300  
 the accumulated SC percentage per protein, we found 301  
 that on average ~11 conformers are required for the 302  
 proteins in the disordered data set (see Fig. 8), while 303

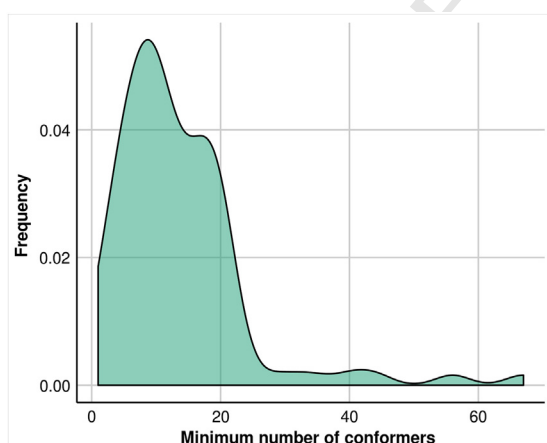


**Fig. 6.** Examples showing SC sites distribution in different conformers. The three panels (top, middle, and bottom) contain disordered proteins showing in the left the available ensemble, while in the middle and in the right, different conformers are shown. Proteins are shown. Cartoon representation was used. iSC sites are shown in red sticks, and the rest in blue. 2JRF\_A, 2ADZ\_A and 5MRG\_A are the corresponding PDB codes for the top, middle, and bottom panels.



**Fig. 7.** Approximately ~51% of SC sites present contacts in 100% of the conformers, and only ~3% of SC sites present contacts in 50% of the conformers.

304 in the ordered data set, it is ~1.5. The value for the  
 305 ordered data set is consistent with the available  
 306 experimental evidence. Most ordered proteins show  
 307 low conformational diversity, and then are called  
 308 “rigid” [7], or could show very few conformers, mostly  
 309 two, referring to the bound and unbound forms of the  
 310 protein [49–51]. Due to the complexity of disordered  
 311 ensembles, the number of conformers is difficult if  
 312 not impossible to estimate. However, our measure of  
 313 the number of conformers required to explain the  
 314 evolutionary SC information in sequence alignments  
 315 could offer a proxy to the number of conformers. Since  
 316 the average of conformers in the NMR ensembles in  
 317 our data set is ~20, our results indicate that they are  
 Q8 mostly redundant.



**Fig. 8.** Distribution of the minimum number conformers to reach the accumulated percentage of SC sites per protein for the 93 disordered proteins corresponding to the set obtained with Mobi 2.0 and ESpritz (NMR). Minimum = 1, average ~11, and maximum ~64.

## Discussion

319

Two main findings emerge from the present work. 320  
 First, the number of positions having inter-residue 321  
 contacts accumulated along all available conformers 322  
 in each ensemble approaches almost 100% of 323  
 the positions (Fig. 3a). However, as we have shown, 324  
 the average percentage of positions evolving under 325  
 structural constraints is much lower, ~40% (Fig. 3b). 326  
 Part of this reduction is expected, given that not all 327  
 intramolecular non-covalent contacts could be equally 328  
 relevant, for example, in structure stabilization [52]. 329  
 Inaccurate models and atomic coordinate uncertain- 330  
 ties could also play a role to explain the observed 331  
 difference between the amount of physical contacts 332  
 and the observed evolutionary derived structural 333  
 constraints [53–55]. In addition, the reduction could 334  
 be also attributed to the lack of structure/conformer- 335  
 specific information contained in sequence align- 336  
 ments. This effect operates over SCPE substitution 337  
 matrices, which are site and conformer specific but are 338  
 evaluated using sequence alignments from corre- 339  
 sponding homologous families. Thus, evolutionary 340  
 information contained in those alignments reflects 341  
 constraints of several sorts, such as structural 342  
 divergence [41] or dynamical adaptations [56,57], 343  
 which could certainly modify the contact pattern in the 344  
 homologous proteins. It is then expected that this 345  
 ~40% of SCs on average obtained for both ensem- 346  
 bles does not capture subtle inter-residue contacts 347  
 originated in functional adaptations for individual 348  
 proteins. In line with this observation, it has been 349  
 recently shown that the use of sequence alignments 350  
 recovers the most conserved pattern of inter-residues 351  
 contacts when co-evolutionary and evolutionary 352  
 coupling methods are used [57]. The other important 353  
 result is related with the comparable structural 354  
 constraints on sequence divergence in ordered and 355  
 disordered proteins (Fig. 3b). Our results suggest 356  
 that individual contributions of each conformer in 357  
 the disordered ensemble are required to sustain 358  
 biological function as is well established for ordered 359  
 proteins, and more recently suggested for disordered 360  
 ones [2,13,48]. These small contributions from each 361  
 disordered conformer give overall the same propor- 362  
 tion of structural constraints as found in ordered 363  
 proteins, possibly with different weights according to 364  
 their biological role. 365

Interestingly, the number of conformers in the IDPs 366  
 ensembles to reach the corresponding level of global 367  
 constraints per protein is ~11 (Fig. 8). This means 368  
 that IDP ensembles are redundant in terms of 369  
 conformations and that possibly the number of 370  
 biologically relevant conformers in IDP ensembles 371  
 would not be so large as expected due to their 372  
 high flexibility. These results are in agreement with 373  
 the idea that different members of the ensemble 374  
 could be directly involved in protein function, but 375  
 also, they could be important as a local minimum 376



377 representatives in the interconversion of biologically  
378 relevant conformations [58].

379 Our results highlight the importance of the evolu-  
380 tionary analysis in the discrimination of inter-residue  
381 contacts to detect meaningful biological information  
382 as well as the estimation of the number of conformers  
383 and structural constraints in such complex ensem-  
384 bles as those belonging to IDPs.

## 385 Materials and Methods

### 386 Data set collection

387 Globular or ordered protein ensembles were  
388 obtained from the CoDNas database [59]. Considering  
389 the presence of missing residues as a primary indicator  
390 of IDRs in proteins [60], we selected 183 proteins  
391 having no missing residues in any of their available  
392 conformers. These selected protein ensembles have  
393 at least five conformers in the database to assure a  
394 good estimation of the conformational variability [61].  
395 Only the pair of conformers showing the maximum  
396 RMSD along all the ensemble was considered in this  
397 set. To obtain the IDPs data set, we predicted and  
398 estimated disorder in all the available NMR protein  
399 structures in PDB (available May 2018) using NMR-  
400 ESpritz [45] and Mobi 2.0 [62]. After a hand-curated  
401 revision considering length and protein biology, we  
402 finally obtained 93 protein NMR ensembles with more  
403 than 40% of disordered positions. Ordered set of  
404 proteins showed negligible levels of disorder predicted  
405 with ESpritz X-ray (see Figs. 3 and S3).

### 406 SC substitution pattern estimation

407 In Fig. S2, we resumed the workflow to analyze SCs  
408 and physical contacts. For each conformer and each  
409 protein in both data sets (for the disordered data set,  
410 we considered all the NMR available conformers, and  
411 for the ordered data set, we used those corresponding  
412 for the maximum RMSD according to CoDNas), the  
413 SCPE model of protein evolution was run [24]. SCPE  
414 derives site-specific substitution matrices using evolu-  
415 tionary simulations under neutral conditions for protein  
416 fold conservation [47,63] (please see Fig. S4). Briefly,  
417 it uses energetic calculations to evaluate the structural  
418 perturbation introduced by non-synonymous substitu-  
419 tions in the simulation process. Using ML estimations,  
420 it is possible to compare SCPE matrices with models  
421 lacking structural information such as JTT [36], Dayh-  
422 off [64], and WAG [38]. Site-specific ML calculations  
423 were performed with the HYPHY package [65]. The  
424 alignments used for the ML analysis were obtained  
425 from HSSP [66] database. Neighbor-joining distance  
426 phylogenetic trees were obtained with the Phylip [67]  
427 package. To define whether a site was SC, Akaike  
428 information criteria (AIC) coefficient was used [68] and  
429 a ranking for the estimated models was made using

$\Delta$ AIC [69] in which models having  $\Delta$ AIC  $\leq 2$  have a  
substantial support, those where  $\Delta$ AIC is between  
4 and 7 have an intermediate support, and those  
with  $\Delta$ AIC  $> 10$  have no support. Tertiary contacts  
were estimated considering the distance between two  
non-contiguous residues having the van der Waals  
spheres of each residue side chain heavy atoms  
below 1.0 Å. Long-range inter-residues contacts were  
estimated using same definition but considering  $\pm 5$   
residues of a given residue.

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disordered proteins 466

467

**Abbreviations used:** Q6

PDB, Protein Data Bank; IDP, intrinsically disordered 469

protein; IDR, intrinsically disordered region; SC, structu- 470

rally constrained site; ML, maximum likelihood; AIC, 471

Akaike information criteria. 472

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