

The molecular basis for cellular function of intrinsically disordered regions

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Abstract:

Intrinsically disordered protein regions exist in a collection of dynamic interconverting conformations that lack a stable three-dimensional structure. These regions are structurally heterogeneous, ubiquitous, and found across all kingdoms of life. Despite the absence of a defined 3D structure, disordered regions are essential for cellular processes ranging from transcriptional control and cell signalling to sub-cellular organization. Through their conformational malleability and adaptability, disordered regions extend the repertoire of macromolecular interactions and are readily tunable by their structural and chemical context, making them ideal responders to regulatory cues. Recent work has led to major advances in understanding the link between protein sequence and conformational behaviour in disordered regions, yet the link between sequence and molecular function is less well-defined. Here, we consider the biochemical and biophysical foundations that underlie how and why disordered regions can engage in productive cellular functions, provide examples of emerging concepts, and discuss how protein disorder contributes to intracellular information processing and regulation of cellular function.

37 **Main text:**

38 **[H1] Introduction**

39 Molecular interactions directly determine cellular fate and function. Proteins are the central
40 conduits for the reception, processing, and transmission of cellular information, a collection of
41 activities we refer to as ‘molecular communication’. Proteins often control biological function
42 through well-structured molecular interactions mediated by folded domains. However, many
43 proteins also possess intrinsically disordered regions (IDRs)^{1–5}, protein domains that
44 additionally can mediate essential cellular interactions without long-lived (stable) structures.

45
46 IDRs are defined by an amino acid sequence that gives rise to dynamic polypeptide chains
47 which are unable to acquire a stable tertiary structure³. This inability to fold often reflects an
48 insufficient proportion of hydrophobic amino acids to form a hydrophobic core. Despite the
49 absence of a well-defined 3D structure, IDRs are essential for cellular function. They are found
50 across all cellular locations, from integral membrane proteins to soluble cytoplasmic proteins
51 to chromatin-associated proteins (**Fig. 1**). They function in cellular processes including but not
52 limited to transcription, translation, signalling, cell division, genome maintenance, immune
53 surveillance, circadian biology, and cellular homeostasis^{6–15}. On the molecular scale, IDRs can
54 function as flexible linkers, as tunable modules for molecular recognition, as binding interfaces
55 for simultaneous interactions with multiple partners, as cellular sensors, and as drivers of
56 subcellular organization^{3,16–22}. IDRs range in length from short (5-10 residue) to long (1000+
57 residue) regions, and can exist as tails, linkers, and loops. Along an IDR, distinct sequence
58 properties can be concentrated in specific parts of the sequence, enabling discrete molecular
59 functions to co-exist in a single IDR^{23–25}. While serving a variety of functions, a common
60 feature shared by many IDRs is their ability to enable multivalent, tunable, and malleable
61 molecular recognition that would otherwise be challenging to mediate *via* folded domains. In
62 this way, IDRs offer a route to enhance and expand molecular communication.

63
64 Protein disorder is ubiquitous across the kingdoms of life. In eukaryotic proteomes, 30-40% of
65 residues are in IDRs, with a similar fraction in many viruses^{25,26}. An entire protein can be
66 disordered, in which case the protein is referred to as an intrinsically disordered protein (IDP).
67 However, most protein disorder is found in IDRs positioned terminally (tails) or connecting
68 two folded domains (linkers) (**Fig. 2a** and **Box 1**). Around 70% of proteins in the human
69 proteome possess one or more IDRs of 30 residues or longer (see **Box 1**). While prokaryotes
70 contain fewer IDRs (see **Box 1**), emerging work suggests these also play key roles²⁷.

71
72 Instead of a stable 3D structure, IDRs exist in a collection of rapidly interconverting structurally
73 distinct conformations known as an ensemble (**Fig. 2a,b, Movie M1**)^{2,28,29}. An ensemble can
74 be considered the landscape of accessible IDR conformations. Although folded domains also
75 exist in ensembles, these are typically much less structurally heterogeneous than those of
76 IDRs³⁰. Moreover, while it is convenient to discuss IDRs and folded domains as distinct
77 entities, in reality, they exist along a continuum of structural heterogeneity³¹. Just as structure
78 and folds (*e.g.*, four-helix bundle, β -barrel) can quantitatively describe a folded domain, an
79 IDR can be quantitatively described by its *ensemble properties*^{32–34}

80
81 Ensemble properties are quantifiable parameters that describe 3D features derived from the
82 ensemble. They include global IDR dimensions (*i.e.*, how expanded or compact the protein
83 conformations are in an ensemble), local transient structure (*i.e.*, lowly populated helices and
84 extended conformations), and inter-residue distances (**Fig. 2b**). IDR global dimensions are
85 often quantified by the **radius of gyration [G]**, **end-to-end distance [G]**, or **hydrodynamic radius**
86 **[G]**. Importantly, ensemble properties are determined by molecular interactions encoded by the

87 IDR sequence and its context (discussed below) and can be determined using experimental and
88 computational approaches (see **Box 2**).

89

90 IDR ensemble properties can play key roles in biological function³³. For example, transient
91 secondary structure can predispose an IDR to bind a specific partner and play important roles
92 in binding energetics^{21,35,36}. In other instances, the average end-to-end distance of an IDR may
93 position two folded domains on either end at a functionally-relevant average distance from one
94 another³⁷⁻⁴⁰. As a corollary, the modulation of ensemble properties can influence cellular
95 function. Understanding that IDRs are defined by sequence-specific ensembles with unique
96 physicochemical features acknowledges that ensemble properties can alter in response to
97 molecular interactions, changes in the cellular environment, or post-translational modifications
98 (PTMs).

99

100 Ensemble properties are best described in terms of probability distributions (**Fig. 2c**).
101 Furthermore, IDR ensembles can possess well-defined structural and conformational
102 preferences encoded by the underlying protein sequence, biasing them towards certain
103 functionally relevant conformations or average ensemble properties. Just as folded proteins
104 have a sequence-structure-function relationship, IDRs possess an analogous sequence-
105 ensemble-function relationship, where that ensemble can be quantified in terms of ensemble
106 properties (**Fig. 2b, c**).

107

108 The ensemble properties of an IDR depend on both the IDR sequence and its context. We
109 define context as i) the local solution context, i.e., the proximity to other biomolecules
110 (proteins, nucleic acids, lipids, small molecules, *etc.*), solution temperature, presence of
111 osmolytes or ions, ii) the chemical context of the IDR, namely PTMs and changes in pH leading
112 to protonation and deprotonation effects⁴¹, and iii) the structural context, i.e., the presence or
113 absence of adjacent folded domains. Moreover, the binding of IDRs to ligands – be they other
114 proteins, DNA, RNA, lipids, metal ions, carbohydrates, or other molecules – can influence
115 ensemble properties and contribute to context⁴²⁻⁴⁵. While context can also alter folded domain
116 ensembles, the absence of a network of stable intramolecular contacts in IDRs means they are
117 more sensitive to changes in context⁴⁶. Given that contexts can alter IDR ensemble properties
118 in various ways and changes in ensemble properties can be synergistic or antagonistic to
119 specific functions, it stands to reason that IDR function can be tuned or even completely
120 rewired by different combinations of ensemble-influencing perturbations. This allows IDRs to
121 integrate complex signalling cascades and crosstalk across many cellular input pathways.

122

123 The molecular details that underlie how IDRs confer biological function are, in many cases,
124 opaque. This knowledge gap partly stems from the need to integrate molecular biophysics and
125 cell biology to fully interpret how function emerges, *e.g.*, sequence-specific effects may alter
126 IDR ensembles and hence function. In this Review, we aim to provide the conceptual tools
127 needed to tease apart the molecular basis for IDR-mediated cellular function and regulation.

128

129 **[H1] Sequence-to-Ensemble Relationships in IDRs**

130 The relative deficiency of hydrophobic amino acids in many IDRs means their sequence
131 composition often differs from folded proteins. It is therefore possible to assess the probability
132 of a region being disordered from its sequence alone. Indeed, many accurate and robust
133 disorder predictors have emerged over the years (see **Box 1**). Moreover, recent advances in
134 structure prediction have provided a convenient corollary to disorder prediction; the absence
135 of a predicted structure from tools such as AlphaFold2 (refs. ^{47,48}) and trRosetta⁴⁹ implicates a
136 region as being disordered (although the resulting structure predicted by these tools should not

137 be taken as a faithful prediction of the ensemble properties⁵⁰). As a result, IDRs can generally
138 be confidently identified from the amino acid sequence^{51,52}.

139

140 Unconstrained by the requirement to fold into a 3D structure, paralogous and orthologous IDR
141 sequences can be highly variable across evolution (see **Box 3**)^{53–55}. This can make sequence
142 alignment difficult and often misleading, necessitating alternative routes to measure
143 conservation^{38,55–59}. In particular, the underlying physical chemistry encoded by an IDR
144 sequence dictates the resulting ensemble, and the properties of the ensemble can dictate
145 function. Thus, one approach for understanding conservation and function in IDRs is by
146 considering if and how ensemble properties might contribute to function, enabling the decoding
147 of sequence-ensemble-function relationships^{24,38,60}.

148

149 [H2] Amino Acid Physical Chemistry Defines Sequence-to-Ensemble Relationships

150 The twenty natural amino acids offer a chemically diverse set of building blocks to encode
151 distinct ensemble properties^{33,34,61}. The relative abundance and position of different amino
152 acids are often called **sequence features [G]**. For sequence-ensemble relationships, certain
153 sequence features are more influential than others. The number, charge, and relative positioning
154 – termed patterning – of charged residues are key determinants of ensemble properties in IDRs
155 providing repulsive and attractive electrostatic interactions coupled with favourable free
156 energies of solvation (**Fig. 2d, e, f**)^{58,62–70}. Aromatic residues can engage in intramolecular
157 interactions driven by their sidechain **π : π interactions [G]** (π -electrons), cation: π interactions
158 (with arginine, lysine, and protonated histidine), methyl: π interactions, or hydrophobic
159 interactions (with aliphatic residues) (**Fig. 2e, 2f**)^{57,71–73}. Aliphatic residues can drive
160 intramolecular interactions *via* the hydrophobic effect and desolvation, whereas polar residues
161 can engage in hydrogen bonds or dipole-dipole interactions^{18,74–76}. Finally, due in part to steric
162 effects, proline residues generally make chain dimensions more expanded than they would
163 otherwise be, and, along with glycine, suppress transient helicity and β -strand formation<sup>61,63,77–
164 80</sup>. In all cases, the clustering and patterning of these different residues can impact ensemble
165 properties^{57,61,81–83}. In addition to genetically-encoded sequence biases, IDRs are
166 disproportionately post-translationally modified compared to folded domains^{84,85}. By
167 dynamically re-writing sequence chemistry through PTMs, IDR ensembles can be modulated
168 in a reversible and controllable way^{86–90}. In summary, sequence features can be quantified *via*
169 recently established sequence parameters, enabling comparison between IDRs without reliance
170 on (often impossible) sequence alignments^{4,25,34,55,91–93}.

171

172 Sequence features – and hence ensemble properties – can be used for comparisons,
173 evolutionary analysis, and quantitative predictions relevant to understanding IDR
174 function^{55,56,92,94–96}. For example, the C-terminal IDR in the Polycomb Repressive Complex 1
175 protein PSC is essential, poorly conserved as assessed by sequence alignments, yet highly
176 conserved in terms of disorder and charge properties, highlighting the potential for function to
177 be maintained with minimal sequence conservation⁵⁸. More broadly, the preservation of overall
178 charge or charge clusters in seemingly divergent IDRs has been used to explain functional
179 conservation across evolutionary lineages or between seemingly unrelated proteins^{59,97–101}.
180 Finally, changes in IDR sequence features can compensate for evolutionary changes in IDR
181 length, if ensemble properties are conserved. For example, in a linker IDR from the Adenovirus
182 protein E1A, the fraction of proline and negatively-charged residues decreases as the linker
183 sequence becomes longer (more residues), such that the global dimensions of the linker are
184 conserved, a phenomenon termed conformational buffering³⁸.

185

186 **[H2] Attractive and Repulsive Intramolecular Interactions Determine Ensemble**
187 **Properties**

188 Attractive or repulsive intra-molecular interactions encoded by IDR sequence features can
189 influence ensemble properties (**Fig. 2b**). These effects can be local or global and can act
190 synergistically or antagonistically, with consequences for IDR-associated function.

191
192 Local lowly-populated (10-30%) helicity is common in IDRs, and is driven by local sequence
193 features that stabilize the network of backbone hydrogen bonds found in α -helices^{17,21,102–106}
194 Transient helicity can orient sidechains to pre-organize binding interfaces, for example, as
195 seen for small molecules that bind the androgen receptor¹⁰⁷. In some systems, transient helicity
196 appears to be evolutionarily tuned, in others, it determines molecular specificity, and in others,
197 mutations that modulate helicity lead to disease^{21,35,104,108–110}. While the presence of transient
198 helicity does not necessarily imply functional significance, conserved elements that form
199 transient helices – especially those with aliphatic or aromatic residues along the helix face –
200 often appear as functionally-important elements within IDRs.

201
202 Attractive and repulsive interactions along the IDR chain can lead to global chain compaction
203 or expansion, driven by different chemical origins^{24,33,60}. Compaction here refers to a scenario
204 in which an ensemble has a smaller global dimensions than expected by chance, whereas
205 expansion means the ensemble is larger than expected by chance. Evenly-distributed aromatic
206 or hydrophobic residues can drive labile attractive intramolecular interactions, as is seen in
207 many low-complexity **prion-like domains [G]** (**Fig. 2e, left**)^{18,57,72,76,111–113}. Alternatively,
208 clusters of oppositely charged residues can interact through long-range electrostatic attraction,
209 as can aromatic and arginine residues (**Fig. 2e, right**)^{72,81–83,114,115}. Finally, long repeats of some
210 polar amino acids can lead to chain compaction *via* local dipole interactions and hydrogen
211 bonding. In the case of polyglutamine (polyQ), a combination of helix formation and long-
212 range intramolecular dipole interactions appears to govern global chain dimensions^{74,116–119}.
213 However, other polar tracts (*e.g.*, glycine-serine repeats) behave as flexible chains that are
214 neither overly compact nor expanded^{120,121}. Chain compaction serves various functional roles,
215 including modulating accessibility of binding motifs¹²² or enhancing the local concentration of
216 adhesive interactions that can drive the formation of biomolecular condensates^{18,57,123}. The
217 extent of chain compaction and expansion can also tune the distance between domains or motifs
218 found at the C- and N-terminal ends of an IDR, as discussed below.

219
220 In addition to attractive interactions, some IDRs are enriched in residues that minimize intra-
221 molecular interactions^{61,78,124,125}. These self-avoiding IDRs serve various roles. For linker IDRs
222 that connect folded domains, linker length and sequence features influence the interaction
223 between the folded domains. By setting the effective concentration of the folded domains for
224 one another, dynamic and flexible (or compact) linkers enhance inter-domain interactions in a
225 length-dependent manner, while expanded linkers suppress inter-domain interaction (**Fig. 2g**)
226 ^{37,38,69,121,126,127}. These effects can be regulated by PTMs, offering a route to tune interdomain
227 interaction^{22,37,128}. Changing the effective concentration of two folded domains can tune partner
228 binding¹²⁹, impact autophosphorylation²², and alter allosteric communication between folded
229 domains^{40,130,131}. Self-avoiding IDRs can also serve scaffolding roles, as seen for the disordered
230 tail of the transmembrane protein LAT, onto which several SH2 domains can bind at defined
231 distances¹³², or in the growth hormone receptor¹³³. Finally, IDRs can exert an entropic force.
232 This is an intermolecular effect, whereby a reduction in the volume accessible to an IDR-
233 ensemble causes it to “push” against any molecular components that reduce its volume¹³⁴.
234 Given the generated entropic force is proportional to the loss of ensemble volume, IDR chain
235 dimensions can tune the strength of the force by altering the volume occupied by the

236 ensemble^{124,134,135}. This entropic force can tune binding events¹²⁴, sense/influence membrane
237 curvature^{125,135,136}, or even enable entropy-driven translocation of IDRs through bacterial cell
238 walls¹³⁷.

239

240 [H1] IDRs in Context

241 Many IDRs function by engaging in intermolecular interactions with other biomolecules. IDRs
242 can interact in various ways (discussed in the following two sections). These include but are
243 not limited to (i) sequence motifs composed of ~5 – 12 residue elements that encode sequence-
244 specific recognition modules recurrent in many different and even unrelated proteins, known
245 as Short Linear Motifs (SLiMs)¹³⁸, (ii) multivalent interactions driven by specific sequence
246 features (*e.g.*, distributed aromatic residues or clusters of positively charged residues), (iii)
247 folding-upon-binding to an appropriate partner, or (iv) some combination of these. IDRs can
248 be highly multivalent, with several SLiMs or repeats orchestrating higher-order complexes, as
249 seen in signalling hubs¹³. Moreover, IDRs may possess repetitive features that encode
250 multivalency and lead to the formation of biomolecular condensates (discussed in the section
251 IDRs and Biomolecular Condensates)^{139–141}. Intra- and intermolecular interactions driven by
252 IDRs can be suppressed or enhanced by changes in context that affect the physical chemistry
253 of the amino acid residues (**Fig. 3a–f**). These changes in context can be transient or long-lived
254 and can emerge from various origins.

255

256 [H2] Physicochemical context

257 Physicochemical context can substantially alter IDR form and function⁴⁶. For example,
258 electrostatic interactions can be screened by changes in ionic strength (ionic activity), as can
259 occur from an influx of Ca²⁺, Na⁺, K⁺, or by cellular sulfation gradients^{142–144}. Interactions can
260 be enabled or suppressed upon protonation or deprotonation of titratable groups upon pH
261 changes, as occurs in transit from the cytosol to endosomes, during cellular stress, or in disease
262 states with high glycolytic activity^{97,145,146}. Macromolecular crowding can alter IDR global
263 dimensions, *e.g.*, upon hyper-osmotic shock or due to enhanced ribosomal production,
264 implicating IDRs as potential mechanosensors^{62,147,148}. Many proteins involved in desiccation
265 tolerance are also disordered prior to desiccation, yet acquire helicity upon desiccation^{149–151}.
266 Finally, IDRs often show temperature-dependent changes in their molecular interactions, an
267 effect capitalized on by IDRs that act as cellular thermosensors, as seen in the yeast heat shock
268 response or in cellular programs that control germination in plants^{18,152–156}.

269

270 [H2] Post-translational modifications

271 Post-translational modifications (PTMs) offer another way to alter IDR context. PTMs enable
272 covalent but reversible changes in IDR sequence chemistry, which can influence intra- and
273 inter-molecular interactions^{61,67,68}. Given the importance of charged residues in determining
274 IDR global dimensions, phosphorylation (gain of negative charge) and lysine acetylation (loss
275 of positive charge) are two examples of PTM-mediated charge changes that can directly drive
276 expansion or compaction, and hence may impact ensemble properties, depending on how these
277 PTMs alter IDR sequence properties and where they are positioned^{157,158}. Phosphorylation can
278 also enable switch-like behaviour, whereby adding a phosphate moiety substantially changes
279 an IDR's ensemble^{14,159–161}. For example, phosphorylation of the stress granule protein G3BP1
280 alters long-range intramolecular electrostatic interactions and suppresses RNA binding¹¹⁴,
281 while the phosphoryl-conditional folder 4E-BP2 can switch from a disordered ensemble to a
282 stable folded state upon a single phosphorylation event¹⁶².

283

284 [H2] Structural context

285 Finally, the structural context of an IDR can alter ensemble behaviour and molecular function.
286 For IDRs connected to folded domains, the folded regions' steric impact and chemical makeup
287 can significantly influence IDR ensemble properties and function (**Fig. 3g**)¹⁶³⁻¹⁶⁷. This is true
288 for IDRs in the same polypeptide chain but also for those in multiprotein assemblies, as is the
289 case for histone tails^{168,169}. For example, charged patches on the surface of folded domains can
290 enable IDR interactions if complementary charged regions are found in the IDR^{163,166,170}.
291 Similarly, if IDRs are found adjacent to binding sites on folded domains, they can behave as
292 locally tethered competitive inhibitors¹⁷¹⁻¹⁷³. Moreover, even IDRs that do not engage in
293 attractive interactions but are found adjacent to ligand binding sites can impede ligand binding
294 through entropic effects, where ligand binding would reduce the accessible volume, incurring
295 an energetic penalty, as seen by the IDR of the UDP- α -D-glucose-6-dehydrogenase^{124,134,174}.
296 In summary, the ensemble properties of IDRs are inherently tuned by their context such that
297 changes in context offer a complex and multifaceted route to recode and reroute IDR function.
298

299 **[H2] Sequence and context are inextricably intertwined**

300 Ultimately, IDR function depends on sequence and context (**Fig. 3h**). Sequence can be viewed
301 through two complementary lenses: (i) the sequence-encoded 3D ensemble (or 4D ensemble,
302 if the timescales of conformational re-arrangement are considered) and (ii) the 2D (d_1 = residue
303 identity, d_2 = position) sequence-encoded information, such as sequence features or SLiMs.
304 These two lenses are not independent – IDRs with certain sequence features will reliably show
305 certain ensemble properties – yet they provide complementary views. For example, sequence
306 changes to a motif may have no discernible impact on ensemble properties, yet these changes
307 may entirely abrogate function. Finally, context can impact ensemble properties and sequence-
308 encoded information and may do so to different extents. For example, phosphorylation may
309 alter the net charge substantially but may have no major impact on global ensemble
310 properties^{61,79}, or it may induce or decrease local helicity dependent on the position within the
311 helix and its sequence.^{175,176}
312

313 A challenge in studying IDRs is that the functional importance of ensemble properties *vs.*
314 sequence features *vs.* SLiMs is system-specific. A SLiM may be essential for one function,
315 while the IDR's overall net charge may be the most important factor for another. Moreover,
316 two IDRs may have similar ensemble properties (*e.g.*, similar overall ensemble dimensions)
317 even if their sequences differ in composition or length^{38,61,69,79}. This redundancy leads to a
318 much looser relationship between sequence and molecular function, raising challenges and
319 opportunities for evolutionary analysis (see **Box 3**). As a result, IDRs often appear less well-
320 conserved when assessed by linear sequence alignment^{53,55,177,178}. Exceptions here are SLiMs,
321 which often have conserved sequence positions, although this is not a requirement^{179,180}.
322 Notwithstanding these challenges, an interpretable understanding of IDR function is accessible
323 if the underlying biochemical and biophysical principles are jointly considered.
324

325 **[H1] Modes of Molecular Interactions Mediated by IDRs**

326 Molecular recognition reflects the specific, non-covalent interaction between two different
327 molecules. The canonical model is one in which chemical and shape complementarity
328 cooperate to enable specific binding events, as a hand fits a glove¹⁸¹⁻¹⁸³. For IDRs, where one
329 or both interacting partners exist as disordered ensembles, the models for molecular recognition
330 require rethinking. Indeed, as described below, IDRs may comply with known interaction
331 models, but they also extend the possible mechanisms through which molecular recognition is
332 achieved. In this way, IDRs expand the cell's communication toolbox by offering
333 complementary alternatives to the traditional 1:1 model of molecular specificity.
334

335 IDRs can bind other biomolecules through three main mechanisms: (i) Coupled folding and
336 binding, where a disordered region folds to enable shape and chemistry complementarity in the
337 bound complex^{102,184,185}. Coupled folding and binding may involve an entire IDR, a single
338 subregion, or two or more locally folded anchors connected by a disordered linker^{186–188}. (ii)
339 As a fuzzy complex, where a finite number of structurally distinct bound-state configurations
340 are observed and needed for function^{189,190}. (iii) As a fully disordered bound-state complex,
341 where both partners remain disordered.

342

343 The delineation of binding modes in this section is convenient from a didactic standpoint.
344 However, molecular recognition involves a continuum of binding modes and principles from
345 multiple mechanisms will likely be relevant for any given binding event. Indeed, the same IDR
346 can bind to different partners with different mechanisms, as seen for the C-terminal tail of RNA
347 Polymerase II^{111,113,191}. Moreover, binding affinity^{192,193}, specificity^{194–196}, and even the binding
348 mechanism can be tuned by context, as discussed above^{196,197}. The range of potential partners
349 bound *via* different mechanisms enables context-dependent crosstalk between various cellular
350 programs and pathways. This tunability also has the potential for errors: miscommunication
351 driven by aberrant interactions, signifying the need for negative design principles to minimize
352 unwanted interactions.

353

354 [H2] Coupled Folding and Binding

355 In coupled folding and binding, either a subregion or the entire IDR folds upon binding to a
356 folded – or disordered - partner, typically with the involvement of a conserved SLiM (**Fig. 4a**)
357 ^{198–202}. In this situation, the free energy of binding must compensate for the loss of entropy
358 experienced upon folding a disordered chain. Compared to binding a folded partner, the
359 magnitude of this can be fairly small (on average ~ 2.5 kcal mol⁻¹)^{203,204}, but remains within a
360 range that can determine biological functions²⁰⁵. Compensation may come from enthalpic
361 contributions from inter or intra-molecular non-covalent bond formation but could also be
362 entropic, driven by the release of solvent from hydrophobic residues and/or the release of
363 counterions from charged side chains^{36,206,207}. Coupled folding and binding can follow **induced**
364 **fit [G]**¹⁰², **conformational selection [G]**²⁰⁸, or – as is usually the case – some combination of
365 the two, and kinetic measurements are needed for teasing these apart^{209–212}. Coupled folding
366 and binding can involve various interactions, including IDR–protein, IDR–DNA, and IDR–
367 RNA^{199,213–215}. In many ways, coupled folding and binding is analogous to intermolecular
368 protein folding, as opposed to the intramolecular process one typically associates with protein
369 folding in general.

370

371 The molecular details surrounding coupled folding and binding are tuned to fit the needs of the
372 cell. A well-described example is the N-terminal IDR from the master tumour suppressor p53,
373 which undergoes coupled folding and binding, and for which residual helicity tunes affinity
374 and specificity in inter-molecular interactions^{21,35,184,200,216,217}. A more recent example shows
375 evolutionary fine-tuning of helicity and that the correlation between the amount of residual
376 helicity in the IDR and binding affinity for a folded domain is manifested in altered bound-
377 state lifetime²¹⁸. In some systems, like the pro-apoptotic BH3-only proteins, the conformational
378 landscape of coupled folding and binding is encoded by the IDR sequence²¹⁹, as opposed to
379 being templated by different folded partners²²⁰. In contrast, for the measles virus nucleoprotein,
380 coupled folding and binding of the C-terminal IDR is driven by an induced folding pathway,
381 whereby intermolecular contacts form before or in parallel with intramolecular folding^{102,221}.
382 As a final example, the nuclear co-activator domain NCBD from p300/CBP is a hub domain
383 that is folded yet metastable. Upon binding one of its many partners – the disordered activation
384 domain of the nuclear receptor coactivator ACTR – a transient electrostatically-steered

385 complex forms, followed by an intramolecular folding reaction that stabilizes both proteins⁴².
386 The formation of a stable bound-state complex from states where both partners are partially
387 (NCBD) or fully (ACTR) disordered reflects the fact that NCBD can form distinct structured
388 complexes with different disordered partners^{217,222–225}. In this way, a single partially folded
389 domain can function as a multi-modal input receptor for cell signalling, transducing the identity
390 and concentration of potential binding partners into distinct structural complexes.

391

392 [H2] Fuzzy Binding

393 In fuzzy binding, a number of structurally distinct states make up the bound complex (**Fig.**
394 **4b**)^{190,226,227}. Fuzzy binding may involve static disorder, where each individual binding event
395 yields a structurally distinct bound state that remains stable for its lifetime without exchanging
396 to another state²²⁸. An extreme example of static disorder is the assembly of amyloid fibrils
397 formed from disordered proteins^{229–231}. While structurally-distinct fibres can and do form,
398 interconversion between fibres of different structural states appears effectively impossible once
399 formed. Alternatively, fuzzy binding may involve dynamic disorder, in which the bound state
400 complex rearranges on timescales that are fast when compared to the timescales for
401 dissociation. For dynamic disorder, fuzzy complexes could involve just a handful of
402 structurally-distinct bound conformations that interconvert, or could reflect a scenario in which
403 IDR conformational heterogeneity is similar in the bound and unbound states^{17,187,232}. A classic
404 example is the complex formed between the activation domain of the yeast transcription factor
405 GCN4 and the co-activator Gal11 (refs. ^{233–236}).

406

407 Fuzzy interactions are ubiquitous across IDR-mediated molecular recognition events. As one
408 example, nuclear import and export rely on nuclear transport receptors, folded proteins that
409 enable the passage of an appropriate cargo through the lumen of the nuclear pore complex^{237,238}.
410 The phenylalanine-glycine (FG) repeats from IDRs of nuclear pore proteins form fuzzy
411 complexes with nuclear transport receptors²³⁹. This dynamic interaction is central to the ability
412 of the nuclear pore to provide a chemical selectivity filter, a feature conserved across
413 evolution^{240–242}.

414

415 Transcription factor IDRs and their cognate co-activators can also form fuzzy complexes with
416 some folding-upon-binding of local motifs^{7,187,233,243}. Indeed, modulation of transcription factor
417 interactions by competing binding partners or PTMs may enable fine-tuning of gene expression
418 in a manner that allows different inputs to enhance or suppress transcriptional output, in effect
419 acting as a network switch for signal integration^{7,42,187,233,234,236,244}. For example, the interaction
420 between the folded TAZ1 domain of a transcription coactivator and IDRs from two
421 transcription factors (HIF-1 α and CITED2) provides a remarkable example of dynamic
422 allosteric regulation enabled by a fuzzy complex¹⁸⁸. When measured independently, HIF-1 α
423 binds TAZ1 and CITED2 with an equal affinity. Consequently, it might seem impossible for
424 CITED2 to ever fully outcompete HIF-1 α if the three are mixed. However, upon the interaction
425 of CITED2 with the HIF-1 α -TAZ1 complex, a transient ternary complex involving all three
426 proteins is formed. Here, CITED2 takes over a shared binding site on TAZ1, leading to a
427 conformational re-arrangement of TAZ1 and a subsequent reduction in affinity for HIF-1 α .
428 This complex allosteric mechanism highlights how IDRs can reshape folded domain ensembles
429 to modulate molecular function.

430

431 [H2] Fully Disordered Complexes

432 The third mechanism of IDR-mediated recognition is one in which two IDRs bind one another
433 and remain disordered in their bound state (**Fig. 4c**). For disordered bound-state ensembles,
434 binding can be driven by distributed complementary chemical interactions that undergo fast

435 timescale conformational re-arrangements, leading to a highly dynamic, heterogeneous bound-
436 state ensemble²⁴⁵. These distributed chemical interactions can be driven by electrostatic
437 interactions, aromatic interactions, or, in principle, any interaction mode whereby degenerate
438 multivalency, i.e., the presence of many binding interfaces with approximately the same
439 interaction strength, is encoded in an IDR.

440

441 The first rigorously characterized example of a fully disordered complex is the interaction
442 between the negatively-charged histone chaperone prothymosin α and the positively-charged
443 linker histone H1.0 (refs. ^{169,246–248}). The interaction between such oppositely and highly
444 charged proteins could be considered an extreme case of multivalency, with many short-lived
445 and rapidly exchanging interactions between the individual charged groups. It could
446 alternatively be considered as an average (mean field) electrostatic attraction that holds the two
447 dynamically interconverting chains in very close proximity to one another with ultra-high
448 affinity. Importantly, due to the electrostatic nature of this interaction, the measured affinity is
449 exquisitely sensitive to salt, enabling binding affinities to be tuned by ionic strength in a
450 rheostat-like manner (**Fig 4C**). Dynamic, high-affinity interactions offer advantages to fast
451 regulation of biology. Histone H1.0 also forms a high-affinity disordered complex with the
452 nucleosome. The strength of this interaction should, in principle, impede nucleosome
453 remodelling. However, enabled by the molecular dynamics found in H1.0 bound states,
454 prothymosin α can dynamically outcompete the nucleosome, dislodging H1.0 by forming a
455 transient H1.0–prothymosin α –nucleosome heterotrimer, followed by the release of H1.0, in a
456 process of competitive substitution^{169,247}. This ensures that nucleosomal remodelling can occur
457 on timescales compatible with biological regulation. Similarly, disordered complexes have
458 been observed for IDR–RNA interaction^{43,44}. In the SARS-CoV-2 nucleocapsid protein,
459 preprinted works shows that a short N-terminal IDR adjacent to the canonical, folded RNA
460 binding domain enhances RNA binding \sim 50-fold, yet this IDR remains fully disordered in the
461 bound complex^{44,174}. Another example can be drawn from the nuclear pore complex. The
462 interior of the nuclear pore provides a local chemical environment defined by tethered IDRs
463 with FG repeats^{240,242,249}. These disordered FG repeats interact with one another (homotypic
464 interactions) *via* distributed phenylalanine residues, leading to a finely tuned chemical portal
465 that enables efficient nucleo-cytoplasmic transport based on the surface-exposed chemistry of
466 molecules in transit²⁵⁰. As a point of comparison, if those molecules in transit are folded
467 domains (e.g., nuclear import receptors), they will interact with individual FG-rich IDRs as a
468 fuzzy complex (as discussed above).

469

470 **[H2] IDR-mediated Binding is Multifaceted**

471 The separation of IDR-mediated binding modes into three subclasses might imply mechanistic
472 stringency of interactions, making it possible to neatly categorize a given molecular complex.
473 Yet, in reality, IDR-associated binding events can involve multiple modes. Fuzzy complexes
474 often involve some degree of folding upon binding²²⁶. Folded domains are far from rigid, and
475 IDR-associated binding may enhance or suppress molecular dynamics in folded domains²⁵¹.
476 We emphasize that this continuum of binding modes reflects the structural malleability
477 associated with IDRs, and that it is generally worth considering all the types of interactions
478 when understanding how an IDR may interact with a partner.

479

480 **[H1] Molecular Specificity in IDR-mediated Interactions**

481 Given the many different binding modes available, IDRs may appear poised to be promiscuous
482 and adaptable. However, lack of specificity is not a general trait, and it may not be obvious if
483 and how IDRs can encode specific molecular recognition. Specificity is defined in terms of
484 both affinities and the availability of ligands²⁵². The importance of affinity is obvious — if a

485 protein/IDR binds many ligands with equal affinity, it would be considered promiscuous, such
486 that binding one ligand with higher affinity than all others is typically how specificity is
487 described. However, ligand availability is also key. A protein/IDR may — in principle — bind
488 many different ligands, but if one is highly abundant, then it will behave with high specificity
489 ^{252,253}. Thus, specificity is tunable by the cell. As a result, in a situation where affinities are low
490 and/or many different binding-competent ligands are present, an IDR may appear promiscuous,
491 despite that under a different scenario (a single binding-competent ligand), it may appear
492 specific. While specificity can be encoded in canonical sequence-specific structured interfaces,
493 emerging work suggests that specificity can also be obtained by combining several molecular
494 interfaces on a single IDR.

495

496 [H2] SLiM-Mediated Specificity

497 One source of binding specificity is through SLiMs (**Fig. 4d**)^{138,186,254,255}. SLiMs can bind to
498 partner proteins in concert with the acquisition of secondary structure, as is seen for the PIP-
499 Box motifs that bind PCNA, a trimeric DNA clamp that plays a central role in DNA
500 replication^{192,256}. SLiMs may also bind without taking on any specific structure, as is seen for
501 the Disordered Ubiquitin-Binding Motif, a SLiM seen across many proteins²⁵⁷. Some folded
502 binding partners can accommodate different SLiM-carrying IDRs that bind with different
503 degrees (and kinds) of structure and disorder^{20,258}. The converse is also true; the same SLiM
504 can bind folded partners that differ substantially in tertiary structure, likely because of closely
505 overlapping SLiMs²⁵⁹. As such, SLiMs offer one route through which many-to-many
506 interactomes can emerge²⁶⁰.

507

508 SLiMs enable specific molecular recognition, yet they often possess substantial redundancy.
509 Redundancy here reflects the fact that for a SLiM binding to a specific partner, a subset of
510 SLiM positions may be essential for binding, while other redundant positions can tolerate
511 sequence changes (i.e., are partially or fully redundant)^{138,261–263}. This architecture means that
512 SLiMs are frequently described in terms of so-called regular expressions, a computer science
513 term used for pattern-matching that encompasses one or more unique sequences. For example,
514 one such regular expression is “LxCxE”, where ‘x’ implies any residue is tolerated, whereas
515 the Leu (L), Cys (C), and Glu (E) are required^{138,255,264}. This scenario is further complicated
516 because this redundancy can depend on the binding partner. For example, for one partner, the
517 appropriate regular expression might be LxCxE, while for another, it might be the more
518 restrictive L[K|R]CxE – i.e., the second position must be positively charged. The potential for
519 multiple constraints on SLiM variation depending on which binding partners are relevant can
520 lead to complex patterns in sequence conservation and divergence^{178,265}.

521

522 Another source of complexity in SLiM-mediated binding is via overlapping SLiMs, a scenario
523 in which several SLiMs partially overlap one another. Overlapping SLiMs enable competition-
524 based regulation of intracellular communication (*e.g.*, in signalling cascades). For example, the
525 intracellular IDR from the transmembrane Growth Hormone Receptor (GHR) possesses
526 overlapping SLiMs for two different kinases, such that direct competition between these
527 kinases leads to distinct downstream signalling profiles depending on which kinase is bound²⁶⁶.
528 Similarly, SLiMs in the N-terminal IDR of p53 bind several partners with different affinities
529 and structures, leading to distinct downstream responses^{21,216,217,267–272}. In short, overlapping
530 SLiMs that define mutually exclusive binding interfaces provide a means to build biological
531 exclusive “OR” (XOR) logic gates, where either one or another bound state can exist.

532

533 Specific mutations in SLiMs can have devastating phenotypic consequences²⁷³. Mutations in a
534 degon SLiM embedded in the N-terminal IDR of β -catenin lead to unfettered proliferative

535 growth in a variety of cancers²⁷⁴. Similarly, in cases with overlapping SLiMs, mutation can
536 change the balance between interactors, rewiring downstream signalling^{138,260,275}. While IDRs
537 are often less susceptible to individual point mutations, SLiMs are an exception, where single
538 mutations can abrogate or instigate function^{178,179,273,276}.

539

540 The importance of understanding SLiM-mediated molecular recognition has catalyzed efforts
541 to systematically measure SLiM binding using high-throughput methods^{260,277–279}. Identified
542 SLiMs are catalogued in a database of curated entries, which includes both specific instances
543 and inferred regular expressions²⁶⁴. In essence, SLiMs can be thought of as short, flexible
544 sequence-specific protein interfaces that enable molecular targeting for intracellular
545 communication.

546

547 [H2] SLiM Context

548 Recent work has implicated the importance of the local sequence context into which a SLiM
549 has evolved, or has evolved around a SLiM^{17,31,41,178,224,262,280,281}. Rather than existing as
550 independent binding modules, the N- and C-terminal regions flanking a SLiM can influence
551 molecular recognition, either by ensuring a SLiM is fully accessible or by providing additional
552 auxiliary interactions that contribute to productive binding encounters (**Fig. 4e**)^{41,224,280}. A
553 SLiM and its sequence context can cooperate synergistically to enhance the affinity and
554 specificity of interactions of IDRs with their cellular targets. For example, a C-terminal lysine-
555 rich region is required adjacent to the PxxPxK proline-rich motif for correct SH3 domain
556 recognition in the HS1–HPK1 interaction²⁸². Similarly, flanking regions and phosphorylation
557 sites around the LxCxE motif of the human papillomavirus E7 protein tune binding affinity,
558 controlling molecular interactions that impact cellular proliferation²⁸³. Finally, work on
559 proteins that interact with, PCNA revealed that most PCNA-binding motifs reside in IDRs, and
560 that changes in flanking regions that increase the number of positive charges in the IDR tune
561 affinity across four orders of magnitude¹⁹². These results implicate an emerging hierarchical
562 model for specificity, where motifs and flanking regions cooperate to enable short-term fine-
563 tuning via PTMs and long-term (evolutionary) fine-tuning *via* changes in the protein sequence.

564

565 The emerging importance of flanking regions in determining SLiM binding affinity and
566 specificity reflects the conceptual challenge that regions around SLiMs are often poorly
567 conserved, as assessed by linear sequence alignment. This apparent lack of conservation has
568 given way to an appreciation that sequence features (discussed above) may be conserved
569 despite divergence in primary structure (see **Box 3**)^{6,55–57,59,92,178,244,284}. When viewed through
570 this lens, specificity can be dually encoded *via* two distinct types of interactions. If we accept
571 that SLiMs enable sequence specificity (i.e., SLiMs cannot tolerate being shuffled; the action
572 of randomly re-ordering the sequence without changing composition), then flanking regions
573 essential for binding that lack *bona fide* SLiMs can be considered to possess sequence feature
574 specificity (i.e., chemical specificity). Chemical specificity reflects local sequence chemistry
575 that is complementary to a binding partner (**Fig. 4e**)^{41,89,90,178,252}. While conservation of SLiMs
576 may require specific residues to be retained, conservation of sequence features can be achieved
577 despite large-scale remodelling of the underlying amino acid sequence. Finally, flanking
578 regions can overrule a SLiM by presenting incompatible features that prohibit binding. Thus,
579 the presence of a sequence that — in principle — matches a known SLiM regular expression
580 is not necessarily sufficient to define a *bona fide* SLiM (i.e., a motif that reliably binds its
581 expected partner). For molecular communication, this hierarchical recognition that combines
582 SLiMs with local sequence context enables specific, and in some cases high-affinity binding,
583 with only a few conserved amino acids.

584

585 [H2] Balancing Affinity and Specificity

586 Although presenting a relatively limited binding interface, individual SLiMs can be highly
587 specific. For example, TFIIS N-terminal domain (TND)-interacting motifs (TIMs) are SLiMs
588 from transcription regulators that selectively recognize specific domains in the eukaryotic
589 elongation machinery²⁰. Although SLiMs can be high-affinity^{206,285}, in many cases, the binding
590 of individual SLiMs — especially if surrounded by sub-optimal flanking regions — can be
591 relatively weak²⁶². One way to enhance the binding affinity (and specificity) of an IDR is to
592 embed multiple SLiMs that bind non-overlapping sites in a partner. If each SLiM binds a
593 different recognition interface and only the appropriate partner possesses the full set of
594 recognition interfaces, binding can be both high affinity (due to an avidity effect, **Fig. 4f**) and
595 high specificity (due to the combinatorics) despite individually weak binding affinities
596 associated with any single SLiM (**Fig. 4g**)^{38,110,286,287}.

597

598 An alternative to carrying multiple SLiMs is for an IDR to possess a single SLiM with specific
599 sequence features that interact via chemical specificity with a given partner or set of partners.
600 This is similar to how SLiM context influences binding, but in this case sequence features may
601 stretch far (10s-to-100s of residues) from the SLiM location, as opposed to simply defining a
602 local permissive context. These sequence features may not offer the same degree of specificity
603 that multiple SLiMs would. However, because these sequence features operate at the level of
604 distributed chemical interactions instead of sequence-specific binding interfaces (as SLiMs
605 can), they place a much lower burden on sequence conservation in the IDR or, indeed, sequence
606 or structural conservation in the folded domain^{17,55,110,178,288}. Moreover, an IDR with a single
607 SLiM can interact specifically with many different partners that share only a single SLiM-
608 binding interface, e.g., a PDZ-binding SLiM can bind many different proteins as long as each
609 possesses a PDZ domain with surface chemistry complementary to the flanking sequence
610 around the SLiM^{38,262,289}. If intracellular communication lines depend on the fidelity of
611 messages passed, the repertoire of molecular interfaces — from sequence-specific motifs to an
612 appropriate net charge offer a broad toolkit for ensuring reception, transmission, and fine-
613 tuning of those messages^{18,120,146,152,154,160,162,290–292}.

614

615 Combining multiple equivalent binding sites (*i.e.*, SLiMs, repeats, or individual residues) in a
616 single IDR can also enhance affinity through allovalency (**Fig. 4f**)^{189,275,293}. Allovalency refers
617 to a multiplicative increase in affinity brought about by a high copy number of independent
618 binding sites that bind to the same site on a partner. For example, increasing the number of FG
619 repeats in a nuclear pore IDR revealed that the low per-FG repeat affinity avoids high-avidity
620 interaction between FG-nucleoporins and nuclear transport receptors while the many FG
621 repeats promote frequent FG-NTR contacts, resulting in enhanced selectivity²⁹⁴.

622

623 The dynamic ranges of affinities, timescales, and specificities available to IDRs are no different
624 from those observed for folded domains²⁰³. Indeed, fully disordered complexes can form with
625 picomolar affinity²⁴⁶, while individual SLiMs that fold upon binding may bind with high
626 discriminatory power yet weak affinities²⁶². Although there are numerous examples of IDRs
627 that fold upon binding^{225,295}, they likely only constitute a fraction of complexes involving IDR,
628 allowing for a much broader view of how disorder contributes to molecular communication in
629 cells. As biophysical/biochemical studies typically examine binding between small fragments
630 from larger IDRs and cognate partners, it raises the question of how disorder-based interaction
631 may manifest in full-length proteins. Moving towards studying proteins in context, we are only
632 beginning to understand where and how disordered complexes contribute to function and
633 cellular regulation. IDRs provide a broad toolkit of distinct mechanisms of molecular

634 recognition that can enable complex, highly tunable interactions that underlie transcriptional
635 networks, signalling pathways, and cellular organization.

636

637 [H1] IDRs and Biomolecular Condensates

638 Recently, the role of IDRs in biomolecular phase transitions has captured increasing attention
639 (Fig. 5a, b). Assemblies formed *via* phase transitions are often called biomolecular
640 condensates, a catch-all term defining membrane-less non-stoichiometric assemblies that
641 concentrate specific biomolecules and exclude others²⁹⁶. Condensates can range in diameter
642 from a few nanometers (*e.g.*, transcriptional condensates) to micrometers (*e.g.*, membraneless
643 organelles such as nucleoli or P-granules)^{19,297–299}. Condensates can also possess different
644 material properties, with some behaving like liquids and others like solids³⁰⁰. While all droplets
645 formed by phase separation are condensates, not all condensates form *via* phase separation²⁹⁶.
646 The physical principles underlying phase transitions in biology have been reviewed extensively
647 elsewhere^{140,301–305}, as has the form and function of biomolecular condensates^{296,300,306,307}. As
648 such, our focus here is on the roles IDRs can play in biomolecular condensates but not on the
649 underlying physical principles.

650

651 [H2] Molecular Basis for Phase Transitions

652 In general, IDRs are neither necessary nor sufficient for phase transitions³⁰⁸. Nevertheless,
653 there are many specific examples where IDRs *are* both necessary and sufficient and many more
654 cases where IDRs modulate phase transitions. One reason why IDRs are often found to be
655 associated with phase transitions is the same reason that IDRs enable dynamic, tunable
656 molecular recognition: multivalency (Fig. 5b)^{39,57,309}. Phase separation requires multivalent
657 interactions that enable networks. IDRs provide a convenient platform upon which SLiMs and
658 surrounding sequence features can cooperate to enable multivalency^{301,308}.

659

660 One framework for describing multivalent IDRs is in terms of “stickers” and “spacers”, a
661 framework originally developed for **associative polymers [G]**^{39,57,301,305,310–316}. Stickers are
662 defined as regions or residues that are the primary drivers of attractive multivalent interactions,
663 while spacers connect stickers and influence overall solubility as well as sticker–sticker
664 cooperativity (Fig. 5c). This is a deliberate simplification when applied to biomolecules in that
665 “spacer” regions can and do contribute crucial attractive or repulsive interactions to tune
666 biomolecular phase transitions^{112,163,313,317}. Nonetheless, the stickers-and-spacers offers a
667 convenient approach to capture the most important sequence-determinants of IDR-mediated
668 phase transitions^{39,57,72,318–323}. If multivalent IDRs are fully flexible and interact *via* homotypic
669 interactions, there exists a symmetry between the degree of chain compaction (intra-molecular
670 interaction) and the extent of phase separation (inter-molecular interaction) (Fig. 5d)^{57,123,324}.
671 While multivalency is not sufficient for phase separation (*i.e.*, multivalent molecules can form
672 system-spanning gels rather than locally dense droplets), it is certainly necessary^{39,311}.

673

674 [H2] Roles of IDRs in Condensates

675 The biophysical roles of IDRs in condensates are manifold. In some systems, IDRs can be the
676 drivers of condensate formation, whereas in others, IDRs tune condensate formation, dictate
677 condensate material properties (*e.g.*, liquid-like, solid-like), prevent amorphous aggregation,
678 or enable condensate regulation *via* PTMs. Within condensates, IDRs could – potentially –
679 interact *via* all the possible mechanisms described in **Section Modes of Molecular**
680 **Interactions Mediated by IDRs**. As such, in addition to influencing condensate formation,
681 IDRs can facilitate the recruitment or exclusion of other molecular components, called clients,
682 into condensates³²⁵. While it is often convenient to think of clients as passive bystanders, the
683 influence that client recruitment can have – either on the chemical environment within a

684 condensate or on the species that enable recruiting – means condensates are unavoidably
685 responsive to changes in their composition^{311,323,326}.

686

687 IDRs in pan-kingdom DEAD-box helicases (DDXs) are at least in some cases necessary and
688 sufficient to drive condensates *in vitro* and *in vivo*^{327–333}. For human DDX4, the N-terminal
689 IDR drives condensate formation *via* distributed multivalent interactions mediated by aromatic
690 and arginine residues along with clusters of charged residues^{248,329,334}. This particular **molecular**
691 **grammar [G]** has been identified in many other IDRs as mediating attractive interactions for
692 phase transitions, as have additional sequence features, including contributions from aliphatic
693 and polar residues^{57,72,99,111–113,240,241,248,310,335–339}. Moreover, these features are readily altered
694 *via* PTMs, which can enhance or suppress attractive interactions that drive condensate
695 formation^{98,114,340–344}.

696

697 Condensates formed by the DDX4 N-terminal IDR reduce the stability of duplexed nucleic
698 acids, illustrating the ability of condensates to form unique chemical environments that
699 facilitate specific chemistries (**Fig. 5e**)³⁴⁵. By doing so, condensates offer the potential to
700 enhance biological processes like RNA folding and enzyme catalysis^{19,326,346}. In this way,
701 condensates provide a means to define local states, augmenting lines of communication by
702 creating filters (local regions that are only accessible to certain biomolecules), amplifiers (small
703 changes in the intracellular environment can manifest in the formation or dissolution of entire
704 organelles), and resistors (condensates that buffer the concentration of soluble components)
705 ^{311,326,345,347}.

706

707 While some IDRs are essential for condensate formation, in many situations, they tune or
708 modulate assembly^{153,348–350}. The N-terminal IDRs in the yeast prion protein Sup35 and the
709 fruit fly RNA binding protein Me31b prevent adjacent folded domains from forming kinetically
710 arrested (i.e., “irreversible”) condensates, and instead facilitate the formation of reversible
711 liquid-like assemblies (**Fig. 5f**)^{97,330}. In the yeast RNA binding protein Pab1, the major IDR is
712 dispensable for condensate formation *in vitro* and *in vivo*, yet acts as a tunable thermosensor,
713 where the hydrophobicity of the IDR tunes the temperature at which condensates form¹⁸. More
714 broadly, IDRs in condensates have been implicated in environmental sensing in other contexts,
715 including thermosensing in plants^{155,351}, cellular crowding³⁵², pH sensing^{18,97}, osmotic
716 shock^{353,354}, and water availability³⁵⁵. In many of these examples, condensate behaviour is
717 correlated with distinct biological phenotypes, including plant flowering, seed germination,
718 cellular survival, and gene expression. Indeed, a growing body of work suggests IDRs may be
719 poised to act as sensors of the cellular environment, with condensates offering one such
720 mechanism^{46,120,356}.

721

722 In addition to driving or tuning the formation of condensates, IDRs can influence condensate
723 material properties with consequences for cellular function. These include intra-condensate
724 viscosity, surface tension, permeability, and elasticity. Even seemingly subtle sequence
725 changes (arginine to lysine) can change condensate viscosity by orders of magnitude^{357,358}.
726 While it is tempting to expect functional condensates to be liquid-like, many studies suggest
727 variability and that condensate material properties must be tuned for condensate function³⁵⁹.
728 For example, the *Caulobacter crescentus* protein PopZ forms a large condensate at the cell
729 poles, where it plays key roles in asymmetric cell division^{360–362}. Mutations that enhance or
730 suppress PopZ condensate viscosity impact cellular fitness, yet large-scale mutations that
731 preserve material properties have no effect on fitness, highlighting the importance of the
732 properties of the material state³⁴⁹. The ability to orthogonally permutate IDR sequence features
733 in a manner that preserves condensate properties (e.g., exchanging one set of chemical

734 interactions that drive attractive interactions for an alternative, chemically distinct set) is one
735 route to test the biological importance of condensates. If two chemically orthogonal types of
736 interactions give rise to condensates with similar properties and preserved function, this is
737 strong evidence that the condensate, not the specific chemical properties of the IDRs, are key
738 for function.

739

740

741 The physics of phase transitions offer many features that could be co-opted for molecular
742 communication and cellular function, including force generation, hypersensitivity spurred by
743 abrupt changes, concentration buffering, molecular selectivity, and the ability to integrate
744 disparate input signals (e.g., pH, temperature, ligands) that lead to a common output (the
745 formation of the same condensates)^{18,242,329,347,363,364}. Condensates can form *via* many different
746 modes of molecular interactions. While it may be tempting to ascribe molecular functions to
747 IDR-dependent condensates, it is worth remembering that many IDRs are intrinsically
748 multivalent. The sequence features that enable IDRs to drive or modulate condensates are the
749 same as those driving IDR-mediated molecular interactions. One possibility is that the primary
750 function of a condensate-associated IDR is to form or modulate condensates (as illustrated for
751 the Pab1 IDR¹⁸). An alternative explanation is that condensate formation is an unavoidable
752 epiphenomenon associated with multivalency and that multivalent IDRs can and will form
753 condensates regardless of whether those assemblies have biological roles. A key challenge for
754 the field is delineating between these two possible explanations.

755

756 [H1] Conclusions and perspective

757 IDRs are ubiquitous and essential for normal cellular regulation, yet many questions regarding
758 the molecular basis for their functions remain unanswered. A primary challenge in studying
759 IDRs comes from their inherently context-dependent functions.

760

761 Interpreting the functional roles of folded domains benefits from the fundamental paradigm
762 that form (i.e., structure) dictates function, allowing folded domains to be classified as a
763 dehydrogenase, a kinase, an immunoglobulin domain *etc.*³⁶⁵. In these examples, a complex
764 biomolecule is captured (rightly or wrongly) in a way that allows us to exchange the molecular
765 complexity of a 3D structure with a single interpretable descriptor. By contrast, IDRs are
766 conformationally heterogeneous, and their behaviour and function are multifaceted and
767 context-dependent. Their function depends on an often yet-to-be-deciphered combination of
768 ensemble properties, sequence features, and motifs, where the relative importance of these
769 three factors varies from IDR to IDR and from function to function. Consequently, simple
770 terms that would describe an IDR as a “binding domain” or as a “proline rich domain” are at
771 best insufficient and at worst misleading. Instead, we suggest embracing the underlying
772 biochemistry and biophysics of IDRs is essential to make sense of sequence–ensemble–
773 function relationships.

774

775 Based on emerging work by many groups, we propose that a core role of IDRs is in the
776 reception, processing, and transmission of cellular information (*i.e.*, molecular
777 communication). The various molecular interaction modes enabled by IDRs extend the
778 repertoire of molecular functions offered by folded domains. Importantly, the context-
779 dependent nature of IDR-mediated interactions means that through splicing, changes in the
780 cellular environment, changes *via* PTMs, and presence/absence of different binding partners,
781 IDR function can be tuned or entirely re-defined. An important open question is how the
782 cellular environment alters - or mirror - biochemical and biophysical insights typically gleaned
783 from *in vitro* or *in silico* work^{292,366–369}. Moreover, while most insights into IDR functions are

784 made from studies of proteins found within the cell, extracellular communication may well rely
785 on IDRs in similar manners. Currently understudied is also the role of isoforms and
786 proteoforms, two ways of regulating protein function for which IDRs are statistically enriched
787 ^{84,370–373}.

788
789 Although most annotated disease-causing mutations affect structured regions of proteins³⁷⁴,
790 over 20% of human disease mutations occur in IDRs^{276,375–378}. While IDRs are — in general
791 — less sensitive to single-point mutations, there are many examples in which seemingly small
792 changes in sequence chemistry can have substantial effects on IDR-dependent molecular
793 recognition. For example, given their often loose determinants of specificity, SLiMs may
794 appear or be removed seemingly out of nowhere (*ex nihilo*)¹⁷⁹, as seen in the lung-cancer-
795 related P495T mutation in the GRH IDR in which a binding site for a negative regulator is
796 lost¹⁰⁸, or the glucose transporter GLUT1 where the appearance of a di-leucine motif causes
797 mis-trafficking in GLUT1 deficiency syndrome²⁷⁶. For IDRs that mediate intermolecular
798 interactions, even small changes can lead to aggregation-prone proteins that drive aberrant
799 cellular assemblies^{377,379–383}. Finally, repeat expansions, frameshift mutations, and large-scale
800 genetic rearrangements can all lead to novel IDR-containing proteins that drive human
801 disease^{338,339,377,382–388}. Despite clear examples, our understanding of how mutations in IDRs
802 contribute to pathophysiology is in its infancy, necessitating detailed biochemical investigation
803 to decode the principles that underlie the sequence-ensemble-dysfunction in human disease.

804
805 One common perception of IDRs is that their interactions may be “weak” or “non-specific”.
806 As discussed, specificity by IDRs is, in many cases, enabled by multivalency, where a
807 combination of SLiMs or sequence features can act synergistically to define specificity and
808 affinity, linking sequence to function. While it is tempting to consider binding affinity as a
809 proxy for the importance of a given interaction, sensitive and responsive regulation of high-
810 affinity interactions raises many challenges. Weaker binding affinity may reflect interactions
811 that are most easily regulated. Indeed, the importance of weak, motif-based interactions for
812 cellular physiology is implied by the fact that many viruses rewire cellular programmes through
813 molecular mimicry of host protein SLiMs ^{279,389,390}. While weaker interactions are harder to
814 measure *in vitro*, are more strongly influenced by their solution context, and may only be
815 functionally important under specific conditions, their importance in determining cellular state
816 and in enabling tunable intracellular communication is abundantly clear. As such, we propose
817 that IDRs are poised to enable a specific class of regulatable, evolutionarily-prone interactions
818 that allow for adaptation over short (minutes), medium (epigenetic/generational), and long
819 (evolutionary) timescales.

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833

834 Competing Interest

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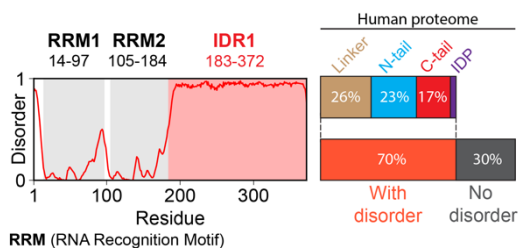
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838 BOXES

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840 Box 1 Identifying IDRs

841 Early work on IDRs was driven by bioinformatics, with initial predictors enabling disordered
842 and folded domains to be delineated^{391–394}. Over the last twenty-five years, disorder predictors
843 have become increasingly accurate. In 2021, the first Critical Assessment of Intrinsic Disorder
844 (CAID) competition was held, comparing different predictors in terms of accuracy and
845 performance⁵¹. Based on results from the most recent CAID competition, the accuracy among
846 the top ten predictors is similar, with AlphaFold2 also performing well⁵². Predictors have also
847 gotten faster. For example, using one of the top-performing predictors, [metapredict V2-FF](#), all
848 IDRs in the human proteome can be predicted in a few minutes^{24,395}. Disorder predictors
849 provide a linear assessment of whether a residue falls within a disordered region or not (see
850 figure, disorder profile for the human RNA binding protein hnRNPA1; RNA Recognition
851 Motifs [RRMs] are folded domains). Proteome-wide analysis with metapredict (V2-FF) reveals
852 that across the human proteome, ~40% of proteins have IDRs that are 100 residues or longer
853 (18,074 IDRs), and ~70% of proteins possess IDRs that are 30 residues or longer (29,698
854 IDRs). Of those 29,698 IDRs, ~37% are linkers, ~34% are N-terminal tails, ~25% are C-
855 terminal tails, and the remainder are fully disordered proteins. Such proteome-wide analyses
856 have helped reveal that IDRs are common in eukaryotes and viruses while generally less
857 common in bacteria and archaea²⁶.



858

859 In addition to predicting IDRs, a repository of known SLiMs exist in the [Eukaryotic Linear](#)
860 [Motif Resource](#)²⁶⁴. Although the number of known SLiMs now approaches the thousands, it
861 is estimated that up to 100,000 different SLiMs could exist²⁵⁵. While consensus SLiMs can be
862 identified from sequence, whether these function as *bona fide* SLiMs typically requires direct
863 experimental validation, highlighting the importance of context in licensing SLiM function.

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866 Box 2 Characterizing IDRs

867 Experimental characterization of IDR ensemble properties can be achieved *via* a range of
868 experimental approaches. Measuring residue-specific interactions relies on techniques that
869 provide residue-specific information. These include NMR spectroscopy^{396,397}, single-molecule
870 Förster Resonance Energy Transfer (smFRET) with specific positions labeled^{398,399}, and
871 hydrogen-deuterium exchange mass spectrometry⁴⁰⁰. NMR and smFRET also enable global,
872 ensemble properties to be measured^{401,402}, as do additional techniques, including ensemble
873 FRET¹²⁰, small angle X-ray scattering (SAXS)^{403–405}, dynamic light scattering (DLS)¹⁸,
874 fluorescence correlation spectroscopy (FCS)⁴⁰⁶, circular dichroism (CD)⁴⁰⁷, and collision
875 cross-section mass spectrometry (CCS-MS)⁴⁰⁸. While measuring both local (e.g. helicity, NMR
876 chemical shifts) and global (e.g. radius of gyration, end-to-end distance) IDR ensemble
877 properties for the same IDR can be time-consuming and challenging, integrative biophysical

878 studies — in which several methods measure distinct properties of a single IDR — have played
879 key roles in developing our current understanding of sequence–ensemble
880 relationships^{32,57,61,64,87,246,402,409–415}.

881

882 Computational characterization of IDR ensembles has been essential in understanding
883 sequence-to-ensemble relationships⁴¹⁶. Computational approaches can generally be classified
884 as either top-down or bottom-up. Bottom-up approaches offer predictions of ensemble
885 properties without experimental data. Top-down approaches take experimental data and
886 construct ensembles consistent with those data. For bottom-up approaches, molecular
887 simulations at a range of resolutions have proven invaluable^{64,112,113,117,410,411,417,418}. While –
888 historically speaking – many all-atom **forcefields [G]** lead to the over-compaction of IDRs,
889 recent efforts to address this weakness have led to major improvements^{419–425}. In parallel,
890 improvements in coarse-grained forcefields have also enabled rapid characterization of
891 ensemble properties^{335,426–429}. In a recent preprint, ensemble properties of all IDRs in the
892 human proteome were calculated from coarse-grained simulations⁶⁰, while instantaneous
893 predictions of global dimensions using **deep learning [G]** based approaches trained on coarse-
894 grained simulations enable ensemble properties (e.g., radius of gyration, end-to-end distance)
895 to be predicted directly from sequence in milliseconds²⁴. For top-down approaches, tools
896 including flexible-meccano⁴³⁰ and EOM⁴³¹ for building ensembles from experimental data and
897 various approaches for selecting an ensemble from the larger set of conformations and
898 reweighting to optimize correspondence with the experimental data (e.g., ASTEROIDS⁴³²,
899 Bayesian inference^{433,434}, maximum entropy approaches⁴³⁵, meta-inference⁴³⁶, and deep
900 learning⁴³⁷) have been applied to construct experimentally consistent ensembles at atomistic
901 resolution^{438,439}.

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904 **Box 3 The Evolution of IDRs**

905 IDRs often show poor sequence conservation when assessed by alignment-based
906 metrics^{53,54,178,440,441}. This poor conservation could be interpreted as a lack of important cellular
907 function, yet the realization that IDRs play many critical roles in molecular and cellular biology
908 invalidates this interpretation. An emerging paradigm suggests that conservation in IDRs can
909 operate at the level of sequence features as opposed to on specific amino acid sequences<sup>38,55–
910 58,72,92,174,178,442</sup>. If the conserved features include SLiMs, these may ‘diffuse’ around within an
911 IDR, such that even if a SLiM is well-conserved, its relative or absolute position need not be
912 conserved^{178,179}. IDRs in which certain regions are highly conserved, as based on multiple sequence
913 alignment, may reflect evolutionary coupling between that region and a folded partner,
914 whereby the rate of change for this region has been slowed to match the partner’s surface, as
915 shown recently for the bacterial tubulin homolog FtsZ^{442–444}. Alternatively, variation in IDR
916 sequences across evolutionary timescales may lead to compensatory changes in protein
917 interaction networks, such that the overall function of a cellular programme is preserved even
918 as individual disordered regions change⁴⁴⁵.

919

920 There are at least two related possible reasons for the limited sequence conservation observed
921 in IDRs. First, because IDRs lack a specific 3D structure, they are not sensitive to (i)
922 destabilizing mutations, (ii) mutations that impact folding pathways, or (iii) mutations that
923 disrupt specific finely tuned allosteric networks. By contrast, in the case of folded domains,
924 mutations can impact all three of these. As an example, mutations across enzymes can have a
925 substantial impact on their function by altering stability, folding, and/or allosterically
926 regulating function^{446,447}. In effect, a stable 3D structure imparts a tight and cooperative
927 coupling between sequence, fold, and function, and its absence loosens this coupling. Second,

928 as discussed in the main text, IDR-mediated functions often depend on sequence features
929 instead of specific sequences. Given that natural selection operates on the level of function, not
930 on sequence, two IDRs with equivalent functionality are equally fit, regardless of how similar
931 their sequences are. In this way, combining IDR sequence analysis with evolutionary analysis
932 is one route to aid in identifying sequence features that may be important for molecular
933 function^{55,59,92,178,263}.

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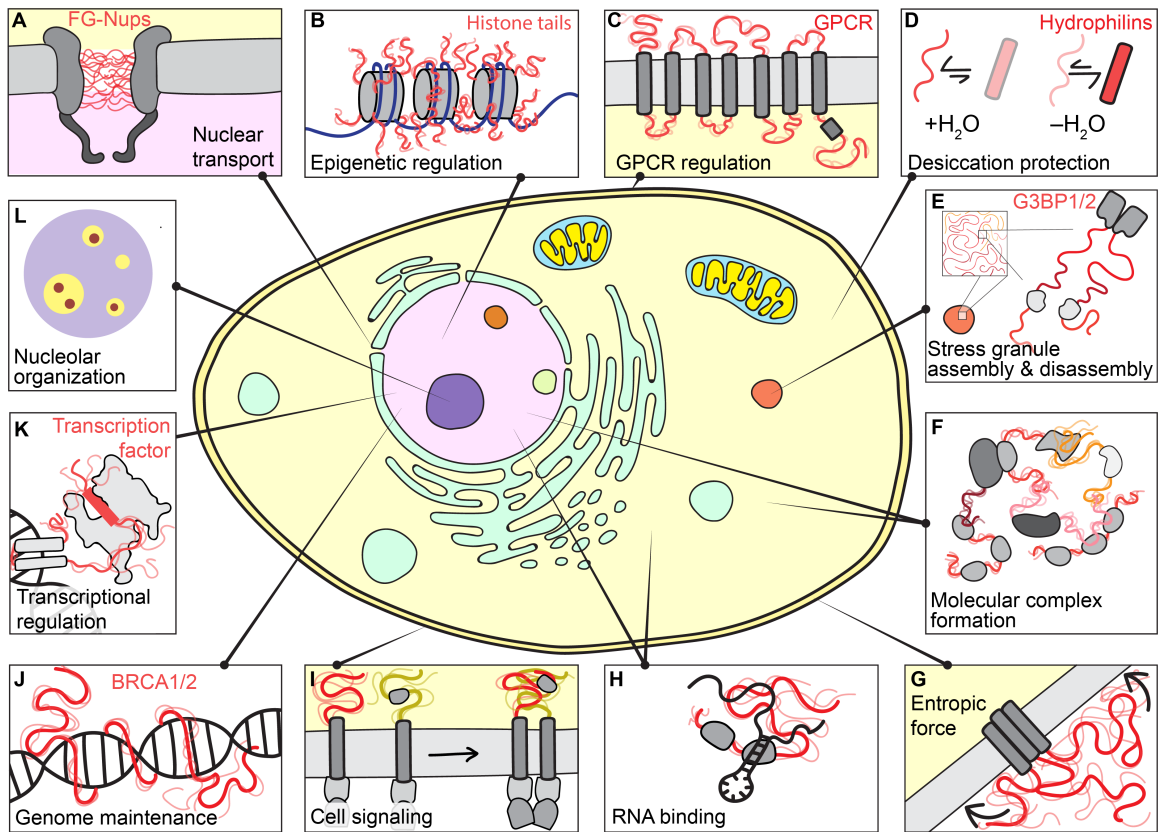
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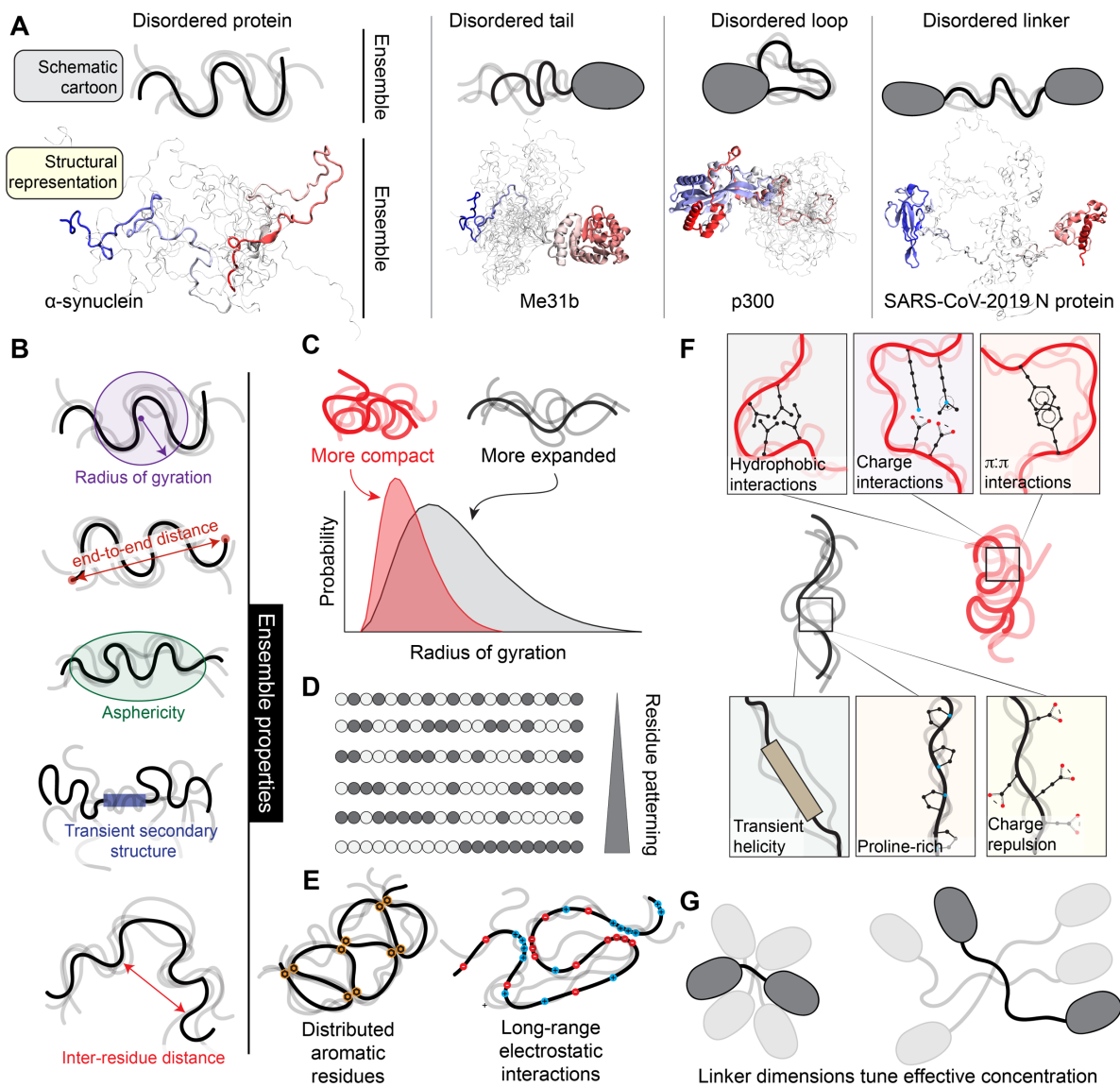
939 **Figures Captions**



940
941 **Figure 1: IDRs are central to cellular function.**

942 IDRs play critical cellular roles across cellular compartments. From top left clockwise. (a) The
943 nuclear pore complex is a macromolecular portal that controls the partitioning of biomolecules
944 between the nucleus and cytosol and regulate passage through the nuclear envelope. The central
945 lumen of its pore is filled with a chemically-tuned meshwork of IDRs — phenylalanine-glycine
946 (FG) repeats — from nucleoporin (Nup) proteins that enable selectivity through favourable
947 transient interactions with nuclear transport receptors. (b) Histones are among the most
948 abundant proteins in Eukaryotes and act as positively charged counterions to compact negative
949 DNA into chromatin. Histone tails are IDRs that undergo extensive post-translational
950 modification (PTM), enabling both changes to the intrinsic biophysical behaviour and the
951 recruitment or exclusion of partner proteins to determine epigenetic state. (c) G-protein coupled
952 receptors (GPCRs) are a large class of membrane-bound receptors that transduce extracellular
953 stimuli into chemical information. Many GPCRs contain IDRs in their intracellular and
954 extracellular loops and tails. These IDRs are highly variable in composition and length,
955 suggesting they may act as evolutionary-labile sensors connected to a more conserved signal-
956 transduction machine. (d) For many organisms, resilience to low levels of water is among the
957 strongest selective pressures. Most identified desiccation-resistance proteins (*e.g.*,
958 hydrophilins, CAHS proteins *etc.*) are disordered when in aqueous environments, although
959 many also acquire helicity upon desiccation. The molecular details that underlie how and why
960 disordered proteins appear to play key roles in desiccation tolerance remains enigmatic. (e)
961 Stress granules are an evolutionarily conserved class of cytoplasmic condensate that form in
962 response to cellular stress. In humans, stress granule formation often depends on the largely
963 disordered paralogous proteins G3BP1/2. More broadly, however, many core stress granule
964 proteins contain large IDRs, potentially related to their roles in RNA binding and
965 environmental responsiveness. (f) IDRs are often found in multidomain proteins that facilitate
966 the formation of large dynamic macromolecular complexes. In these, they may act as flexible

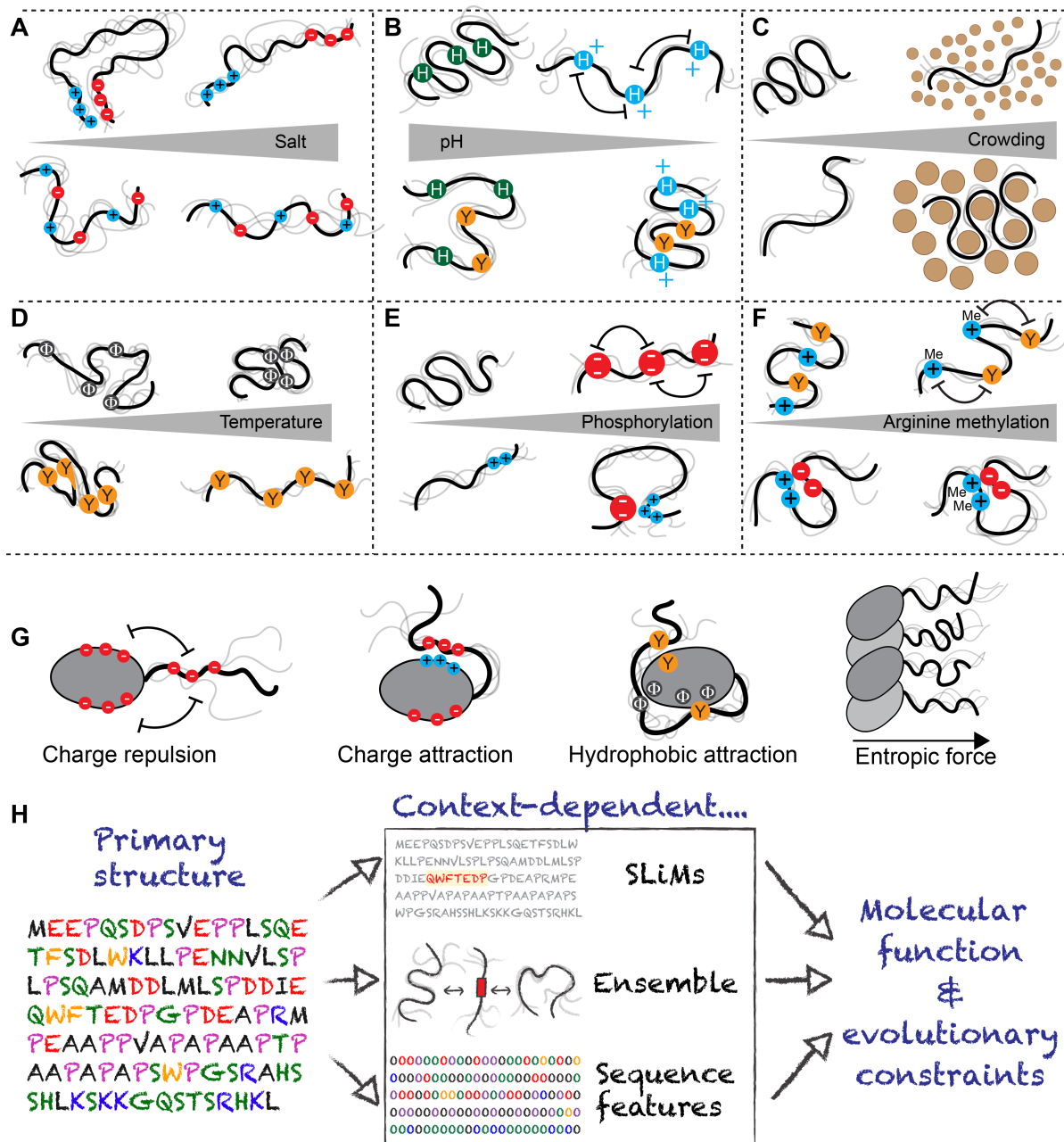
967 linkers connecting folded domains, or as molecular recognition modules that facilitate complex
968 formation. **(g)** IDRs can exert entropic force, here shown in membrane proteins. Any reduction
969 in available volume of an IDR – for example, by the presence of an adjacent membrane – results
970 in a corresponding force proportional to the entropic cost levied by the lost volume
971 (highlighted by arrows). **(h)** IDRs are often found in RNA binding proteins. They can bind
972 RNA directly and can enhance or suppress the binding affinity of canonical RNA binding
973 domains. Given the size mismatch between mRNA and most proteins, productive RNA
974 recognition events may require the collective behaviour of many proteins, and IDRs may
975 contribute to both protein–protein and protein–RNA interactions. **(i)** Transmembrane
976 signalling proteins (*e.g.*, T-cell receptors, cytokine receptors, and growth factor receptors) often
977 contain intracellular disordered regions that contribute to signal amplification upon receptor
978 clustering. These regions can interact with other IDRs, act as a platform upon which
979 downstream signalling molecules can co-assemble or undergo PTMs (especially
980 phosphorylation) to indicate signalling status. **(j)** Genome maintenance represents an essential
981 set of cellular programmes conserved from yeast to humans. Many of the core proteins that
982 drive central steps in different aspects of genome maintenance contain large IDRs with
983 important cellular functions (*e.g.*, p53, BRCA1, BRCA2, ATM, MLH, XPA). These IDRs may
984 aid in the coordination of DNA repair by recruiting other proteins but may also interact directly
985 with DNA. **(k)** Transcription factors are DNA-binding proteins that dictate the set of genes
986 being expressed at any given moment. Most transcription factors contain IDRs. In addition to
987 mediating the recruitment of appropriate co-factors – with themselves typically contain IDRs
988 – to activate or repress gene expression (often via folding-upon binding), emerging work
989 suggests transcription factor IDRs can even guide the specific of transcription factors for DNA
990 sequences. **(l)** Biomolecular condensates are membrane-less non-stoichiometric assemblies that
991 concentrate specific biomolecules and exclude others. IDRs, owing to their multivalency, can
992 participate in phase transitions associated with biomolecular condensate formation. In
993 particular, the nucleolar substructure observed *in vitro* and *in vivo* is coordinated at least in part
994 by sequence features in IDRs. These observations illustrate how mesoscopic organization can
995 emerge despite disorder at the level of individual molecules.
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Figure 2: IDRs exist in ensembles dictated by protein sequence features. (a). IDRs exist in ensembles — a collection of dynamic conformations that are energetically accessible to a disordered region. Although folded domains also exist in ensembles, the conformations associated with a folded domain are typically structurally similar. By contrast, for IDRs, ensemble conformations are highly heterogeneous. Here we compare structural models for IDR ensembles in different molecular contexts (bottom) with schematized representations of IDR ensembles (top). Only a small number of separate conformations are shown for visual accessibility, however in reality, IDRs exchange between tens of thousands of different conformations. The four proteins depicted here are examples of IDRs from either a fully disordered protein (furthest left) or IDRs in different structural contexts. In each representation, one specific conformation is highlighted, and a collection of additional conformations are superimposed in shaded lines, with the goal of illustrating the structural heterogeneity associated with an ensemble. For a clearer demonstration of an ensemble see **Movie M1**, a rendering from an all-atom simulation of the low complexity domain from the RNA binding protein hnRNP A1 (see **Box 1**). (b) Because IDRs exist in ensembles, they cannot be represented by a single 3D structure. Consequently, IDR ensembles are described in terms of ensemble properties: specific metrics that can be measured, calculated, or predicted for the collection of conformations to quantify the ensemble. Commonly used ensemble properties

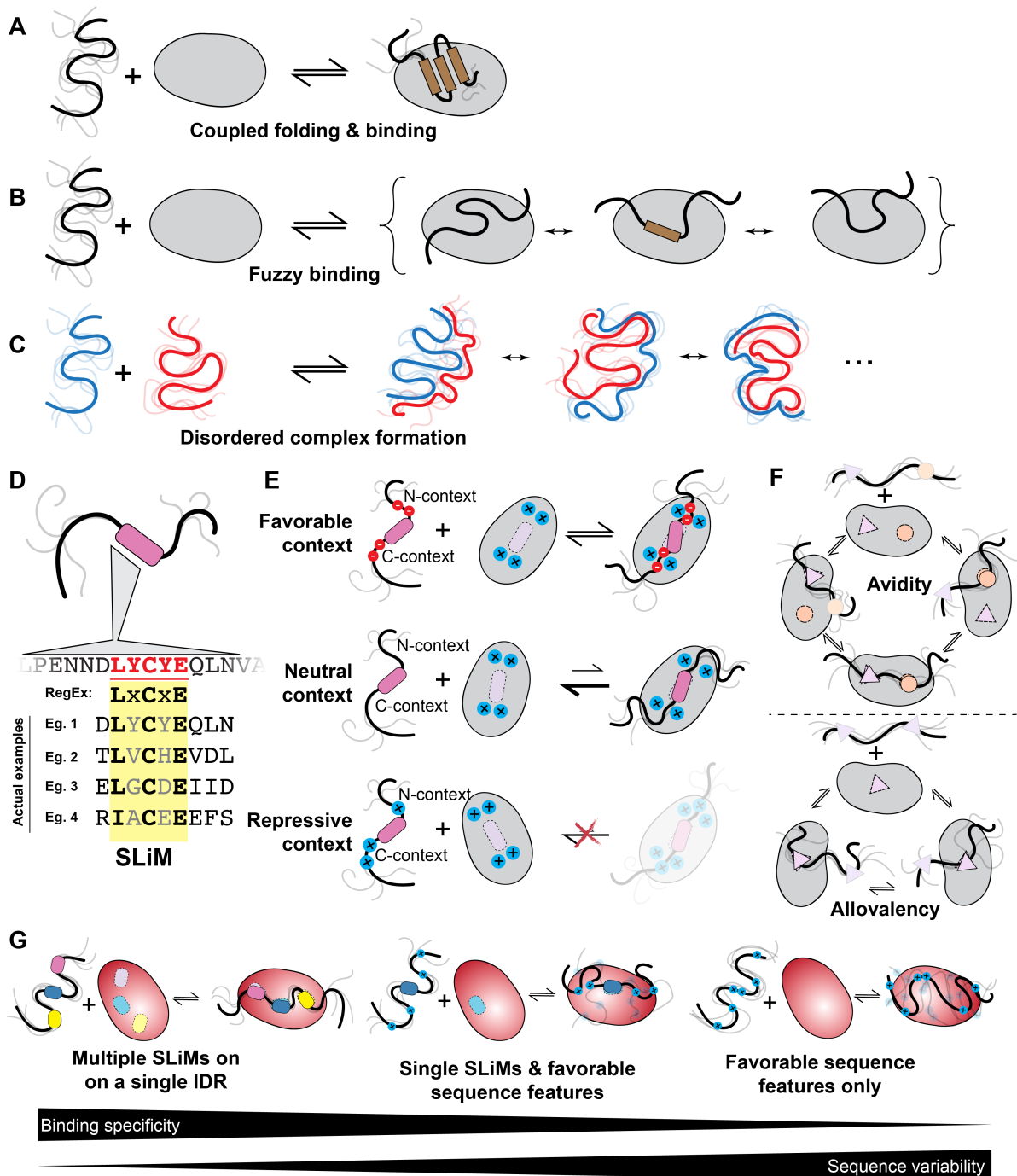
1016 include the radius of gyration and the end-to-end distance (measures of global ensemble
1017 dimensions), asphericity (a measure of ensemble shape), transient secondary structure (a
1018 measure of local structural acquisition) and inter-residue distances (a measure of specific
1019 ensemble dimensions). These properties can be calculated from simulations or measured
1020 experimentally (see **Box 2**). **(c)** IDR ensemble properties should ideally be described in terms
1021 of probability distributions. For example, the distribution of the radius of gyration is shown for
1022 two IDRs. One IDR (red) is compact, while the other IDR (black) is more expanded. **(d)** IDR
1023 ensembles often depend on residue patterning, which quantifies how segregated/clustered
1024 residues of one chemical group (here depicted as white or grey beads) are with respect to
1025 another. **(e)** Local sequence properties can influence IDR ensembles, such as charge patterning
1026 (left) and evenly spaced aromatic residues (right). **(f)** Overall, IDR ensemble properties are a
1027 consequence of the sequence-encoded physical chemistry and the context-dependence of
1028 interactions endowed by that physical chemistry. **(g)** Ensemble properties of IDR linkers tune
1029 the effective concentration of folded domains to one another. Two folded domains connected
1030 by a short IDR are inherently close to one another, yet if long IDRs are relatively compact,
1031 folded domains will remain close, despite the superficially “large” intervening disordered
1032 linker (see panel 2c). For two domains that interact with one another, linker properties
1033 (modulated *via* post-translational modifications or changes in linker sequence over evolution)
1034 can therefore tune inter-domain communication, thereby influencing local inhibition or
1035 activation, or altering binding affinity for target molecules.
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Figure 3: IDR ensemble properties are context dependent. Behaviour of the IDR ensemble is highly context dependent. **(a)** Highly charged IDRs can be sensitive to changes in salt, although how salt influences ensemble properties depend on the IDR sequence features and the salt. If IDRs possess clusters of oppositely charged residues, these clusters can interact with one another driving chain compaction, an effect that is reduced as salt concentration is increased (top). By contrast, if charged residues are uniformly patterned, an increase in salt concentration may have a comparatively modest impact on IDR dimensions as no strong intramolecular interactions are found (bottom). Finally, divalent ions can bind to clusters of negatively charged residues with effects on local and global compaction (not shown). **(b)** Changes in pH can influence IDRs with amino acids that may be protonated (Asp, Glu, His) or deprotonated (Lys, Tyr, Arg, His) within physiological regimes. As a note, arginine deprotonation would seem to be almost impossible under physiological conditions. For uncharged IDRs with many histidine residues, a reduction in pH can lead to histidine protonation, driving intramolecular repulsion and leading to chain expansion (top). Conversely, if an IDR contains histidine and aromatic residues, protonation can lead to strong cation: π

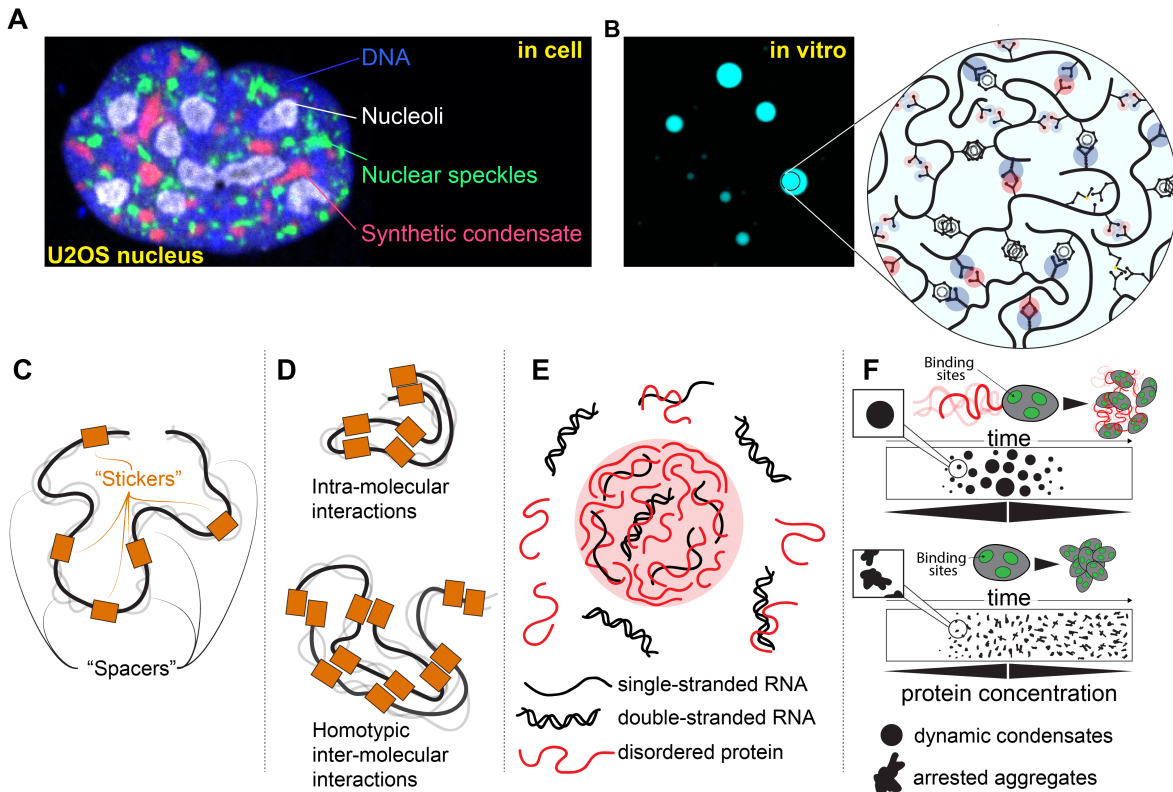
1053 interactions between positively charged histidine and aromatic residues, driving chain
1054 compaction (bottom). **(c)** IDR dimensions respond to crowders differently; if crowders have
1055 weakly favourable non-specific interactions with IDRs then small crowders can drive IDR
1056 expansion while large crowders drive compaction. As a result, some IDRs may be well-poised
1057 to act as sensors of cellular crowding on specific length scales. **(d)** IDRs are sensitive to
1058 changes in temperature. For IDRs enriched in aliphatic hydrophobic residues (i.e., valine,
1059 leucine, isoleucine, methionine, alanine), the enhanced strength of the hydrophobic effect at
1060 higher temperatures leads to chain compaction (top). For IDRs enriched in aromatic residues,
1061 $\pi:\pi$ interactions are enthalpically dominated, such that as temperature increases $\pi:\pi$ interactions
1062 become weaker, and these chains become more expanded (bottom), and for IDRs in general,
1063 there is a loss of polyproline-II structures - an extended left-handed secondary structure that
1064 usually but not necessarily involves prolines - with temperature, leading to compaction. **(e)**
1065 Phosphorylation can have opposing effects on IDR dimensions. Phosphorylation of an
1066 uncharged region can lead to chain expansion driven by electrostatic repulsion between
1067 phosphate groups (top). However, phosphorylation of IDRs with clusters of positively charged
1068 residues can lead to chain compaction, driven by electrostatic interactions between
1069 phosphorylated residues and residues with positively charged clusters (bottom). Both effects
1070 can occur within a single IDR. Phosphorylation also impacts local structure and can stabilize
1071 and destabilize transient helices in a position dependent manner (not shown) **(f)** Arginine
1072 methylation weakens cation: π interactions between arginine and aromatic groups, which could
1073 lead to an increase in IDR dimensions (top). However, methylation does not neutralize
1074 arginine, such that intramolecular interactions driven by arginine-acidic residue interactions
1075 would likely be largely unaffected. **(g)** As solution context can influence IDR properties, folded
1076 domains adjacent to IDRs can do so too. The impact that folded domain surface features have
1077 on IDR ensemble properties depends on the chemistry of the folded domain and the IDR
1078 sequence. From left to right: Same charged residues on a folded domain surface and an IDR
1079 will repel one another, preventing intramolecular interaction and ensuring an IDR is projected
1080 into solution, away from the folded domain. Oppositely charged residues on a folded domain
1081 surface and an IDR will attract one another, driving intramolecular interaction. Hydrophobic
1082 interactions between aliphatic and/or aromatic residues on folded domain surfaces and IDRs
1083 can lead to intradomain interaction. If many IDRs are projected from a filament formed from
1084 folded domains, inter-IDR interaction and repulsion can lead to a bottle-brush architecture and
1085 a resulting entropic force. **(h)** Figure summarizing a current model for IDR function. IDRs are
1086 encoded by their amino acid sequence (left). That sequence determines the presence of SLiMs
1087 (middle top), the overall ensemble (middle center) and the presence of sequence features
1088 (middle bottom). All three properties and/or their functionality are influenced by IDR context.
1089 Ultimately, these context-dependent properties dictate both molecular function and the
1090 evolutionary constraints that govern IDR sequence variation over generations.
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Figure 4: IDRs enable a range of molecular recognition modes. (a) IDRs can bind partners *via* coupled folding and binding, where an IDR (or a subregion) folds upon interaction with its partner, be it DNA, RNA, protein, or a membrane. (b) IDRs can bind partners *via* fuzzy interactions, whereby multiple structurally distinct bound states are relevant to function. Illustrated here is a scenario where an IDR consistently interacts with the same interface in structurally distinct bound states, but fuzzy interactions could also involve a scenario whereby an IDR possesses several non-overlapping motifs or binding residues that exchange in binding a single interface on the surface of a folded domain. (c) IDRs can bind disordered partners to form fully disordered complexes where no persistent structure or contacts are seen in either partner in the bound state. (d) IDR molecular recognition is often facilitated by SLiMs. These are often well-described as a consensus motif with evolutionary conserved and invariant positions, while other positions are partially or fully redundant. As a result, SLiMs can be

1105 described in terms of “regular expressions” (RegExs), a term borrowed from computer science
1106 that describes patterning matching when a subset of positions in a sequence are under some set
1107 of constraints (*e.g.*, the PIP box binding to PCNA (QxxLxxFF), where X is any amino acid).
1108 **(e)** The sequence context around SLiMs is a critical determinant of binding. The same SLiM
1109 present in different proteins may bind with high affinity or not all, depending on the
1110 complementary chemical interactions between the residues flanking a SLiM and the surface
1111 surrounding the binding site. Thus, when the features of the flanking regions match those of
1112 the binding partner, the context is favourable (top), when no determining features are present,
1113 only the SLiM is deterministic for binding (middle) and when the features of the flanking
1114 regions and those of the binding partner surface do not match, the context is repressive
1115 (bottom). **(f)** Binding of IDRs often involves avidity and allovalency. Avidity emerges when
1116 multiple binding sites (*e.g.* SLiMs) enable two molecules to interact through two or more
1117 independent binding interfaces (top). Allovalency reflects the situation in which a single
1118 binding site on one partner is complemented by multiple identical binding interfaces on another
1119 (bottom). **(g)** IDRs can encode binding specificity in a variety of ways. Multiple SLiMs within
1120 a single IDR offer one route to high-specificity (and high affinity) binding, whereby only a
1121 limited set of partners possess binding interfaces common to all the SLiMs present, providing
1122 specificity combinatorily *via* many weak motifs (left). While conceptually this may be
1123 straightforward to understand, a growing body of work suggests the existence of a continuum
1124 of multivalent binding modes, whereby a combination of SLiMs and sequence features enable
1125 a trade off between sequence conservation and binding to a specific target (middle). Finally,
1126 IDRs may interact solely via chemical specificity, whereby specific sequence features lead to
1127 favourable interactions between the IDR and a partner, such as a positively-charged IDR
1128 binding to a negatively charged partner (right). The discriminatory power available for such a
1129 simple sequence feature may be limited, and other properties such as number of charges or
1130 charge density or properties yet to be discovered may enable specific molecular recognition
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Figure 5: IDRs can undergo phase separation and contribute to biomolecular condensate

formation. (a) Biomolecular condensates are non-stoichiometric assemblies that concentrate specific biomolecules while excluding others. In cells, many condensates can co-exist, as shown here where nucleoli, nuclear speckles, and synthetic condensates generated using the PopTag oligomerization domain coexist in the same U2OS cell nucleolus (b) Condensates formed *in vitro* and *in vivo* through phase separation are often stabilized by IDRs, with a variety of distinct chemical interactions tuning condensate formation, maintenance, and material state. (c) IDRs that drive phase transitions can be described in terms of stickers and spacers, where stickers reflect regions or residues that have an outsized role in driving attractive interactions, while spacers are regions that connect stickers. (d) For IDRs that drive homotypic phase separation where many copies of the same IDR interact favourable multivalent intra-molecular drive chain compaction, whereas favourable multivalent inter-molecular interactions drive phase separation,. (e) If intra-condensate IDR concentrations are high, the high concentration of sidechain chemistries presented by the many IDR molecules effectively provides a novel solvent environment that can destabilize e.g., nucleic acid duplexes, but could also in principle catalyze chemical reactions. (f) The presence of IDRs adjacent to folded domains can prevent the formation of arrested condensates through IDRs acting as local molecular lubricants. If the IDR engages in many weak interactions with the surface of the folded domain, those interactions can impede strong intermolecular interactions between folded domains that would otherwise lead to arrested assemblies. In this way IDRss can act to ensure the condensates are dynamic and, upon a reduction in overall protein concentration, undergo disassembly. Here, folded domains are represented with discrete “binding sites” that mediate interactions with other folded domains. If folded domains lack IDRs, they readily assemble via folded domain-mediated interactions, but those condensates become trapped irreversibly on the timescale of the schematic. In contrast, if folded domains possess IDRs, the IDRs lubricate folded domain interactions, leading to dynamic and reversible condensate formation.

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1166 **Movies:**

1167

1168 **M1** Rendering of all-atom simulation of the hnRNPA1 IDR to illustrate the conformational
1169 heterogeneity within an atomistic ensemble⁵⁷. Conformations were generated through all-atom
1170 Monte Carlo simulations, which show good agreement with experimental characterization.

1171

1172 **Related links**

1173 **Metapredict disorder predictor:** <https://metapredict.net/>

1174 **CAID prediction portal:** <https://caid.idpcentral.org/submit>

1175 **Eukaryotic Linear Motif (ELM) resource:** <http://elm.eu.org/>

1176 **PLAAC webserver for identify prion-like domains:** <http://plaac.wi.mit.edu/>

1177 **CIDER webserver for calculating sequence properties:** <http://pappulab.wustl.edu/CIDER/>

1178 **Link to bioinformatic analysis referred to in this paper:** [https://github.com/holehouse-](https://github.com/holehouse-lab/supportingdata/tree/master/2023/holehouse_and_kragelund_2023)
1179 [lab/supportingdata/tree/master/2023/holehouse_and_kragelund_2023](https://github.com/holehouse-lab/supportingdata/tree/master/2023/holehouse_and_kragelund_2023)

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1181

1182 **Glossary**

1183

1184 **radius of gyration** – Also written as R_g . This parameter is a measure of global ensemble
1185 dimensions and reports on the average distance between the center of mass of the IDR and the
1186 individual atoms.

1187

1188 **end-to-end distance** – Also written as R_e . This parameter is a measure of global ensemble
1189 dimensions and reports on the average distance between the first and last residues in the IDR.

1190

1191 **hydrodynamic radius** – Also written as R_h . This parameter is a measure of global ensemble
1192 dimensions and reports on the radius associated with a sphere that would diffuse through the
1193 solution at the same speed the IDR in question would, after correcting for solution viscosity.

1194

1195 **sequence features** – Properties of an IDR amino acid sequence that are determined by the
1196 composition and patterning of different amino acids. Sequence features can – by definition –
1197 be determined directly from sequence. Several commonly-used sequence features can be
1198 calculated using the [CIDER webserver](#).

1199

1200 **π : π interactions** – Interactions mediated by delocalized π electron clouds, seen in amino acids
1201 with aromatic side chains.

1202

1203 **prion-like domains (PLD)** – A class of protein domains defined by being of low complexity
1204 (many similar amino acids) and possessing enrichment for polar amino acids (especially
1205 glutamine, asparagine, glycine, and serine), often with additional aromatic residues. PLDs are
1206 defined using the [PLAAC webserver](#) with default parameters. While PLDs have been found to
1207 phase separate, their presence should not be taken as evidence that a protein will phase separate.
1208 They are named after yeast prions, in which a PLD was originally defined.

1209

1210 **induced fit** – A mode of binding in which the IDR is templated into a specific conformation
1211 by a binding partner. Unlike conformational selection, the bound-state conformation of the IDR
1212 is never/rarely visited in the unbound ensemble, and the act of binding “induces” this bound-
1213 state conformation.

1214

1215 **conformational selection** – A mode of binding in which the IDR binds a partner by adopting
1216 a binding-competent conformation in the unbound ensemble, which then binds without further
1217 conformational rearrangement. Unlike induced fit, the bound-state configuration of the IDR is
1218 visited in the unbound ensemble, such that the binding partner “selects” a specific conformation
1219 to bind.
1220
1221 **associative polymers** – A class of polymer architecture in which specific regions or monomers
1222 contribute associated (attractive) interactions. See foundational work by Cate & Whitten (1986)
1223 and Semenov & Rubinstein (1998).
1224
1225 **molecular grammar** – When used in the context of IDRs and biomolecular condensates, this
1226 refers to the grammar of sequence features that dictate the driving forces for condensate
1227 formation and the resulting material properties.
1228
1229 **forcefields** – In molecular simulations, forcefields are the set of equations and parameters used
1230 to describe the chemical physics of the molecular system of interest. All-atom forcefields used
1231 for simulating disordered proteins include ABSINTH, amber03ws, a99SB-disp,
1232 CHARMM36m, and DES-Amber^{417,420–423}.
1233
1234 **deep learning**– Deep learning is a branch of machine learning concerned with models that
1235 contain large numbers of parameters. It has received substantial attention due to its ability to
1236 perform complex pattern recognition, especially for text and images. In the biological sciences,
1237 deep learning has been applied to protein structure prediction, disorder prediction, and, more
1238 recently, the prediction of ensemble properties.
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