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Summary

# SHORT-TERM GAINS, LONG-TERM CHALLENGES: A PILOT RANDOMIZED CONTROLLED TRIAL FOR TIME-RESTRICTED FEEDING VERSUS CALORIC RESTRICTION IN SIGNIFICANT MASLD

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**In a pilot RCT of 40 adults with significant MASLD fibrosis, time-restricted feeding (8-hour window) with caloric restriction produced greater weight loss than caloric restriction alone at 6 months (-7.7% vs -2.0%, p=0.01), but the benefit attenuated at 12 months as adherence declined after 3 months.**

## KEY POINTS

- Time-restricted feeding independently predicted greater weight loss in multivariable analysis ($p<0.01$) at 6 months, but the difference was no longer significant at 12 months (-3.8% vs -1.6%, $p=0.19$) due to partial weight regain after the intervention period.
- Early caloric adherence was comparable between groups but declined in the time-restricted feeding arm after 3 months.
- Higher caloric adherence correlated with incremental weight reduction (-5% adherence for each 10% weight increase, $p<0.01$), though the relationship differed by intervention arm (interaction $p<0.01$).
- Baseline characteristics were balanced between arms (mean age 48.2 years, 67.5% male, 72.5% Chinese, BMI ~31 kg/m$^2$, diabetes 30%, hypertension 50%, dyslipidaemia 67.5%).
- The study concludes that time-restricted feeding is feasible in adults with significant MASLD but sustained behavioural support is essential to maintain long-term benefits.

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