

MOTIVATIONAL INTERVIEWING FOR WEIGHT LOSS IN THE MANAGEMENT OF NON-ALCOHOLIC FATTY LIVER DISEASE: A RANDOMISED CONTROLLED CLINICAL TRIAL

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UEG Week Berlin 2025

Poster

Hepatobiliary

October 5, 2025

A randomised controlled trial of 219 NAFLD patients found that motivational interviewing delivered by psychiatrists over four sessions did not improve weight loss compared to standard care alone at 12 months, with both groups achieving similar weight reductions of approximately 4.6-4.7 kg.

KEY POINTS

- Both the motivational interviewing group and standard care group demonstrated mean weight loss of approximately 4.6-4.7 kg at 12 months with no significant difference between groups (mean difference -0.1 kg, $p=0.20$).
- No significant differences were observed between groups in liver biochemistry, imaging parameters, liver stiffness, psychological measures, or quality of life scores.
- Session adherence was poor, with only 28% of participants attending all four motivational interviewing sessions and 69% attending at least three sessions.
- Lower baseline depression scores and higher baseline physical quality of life were significantly associated with better session attendance, while baseline motivation stage and BMI were not predictive of adherence.
- The findings suggest motivational interviewing was difficult to implement in this NAFLD population and highlight the need for alternative behavioural intervention strategies.

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