

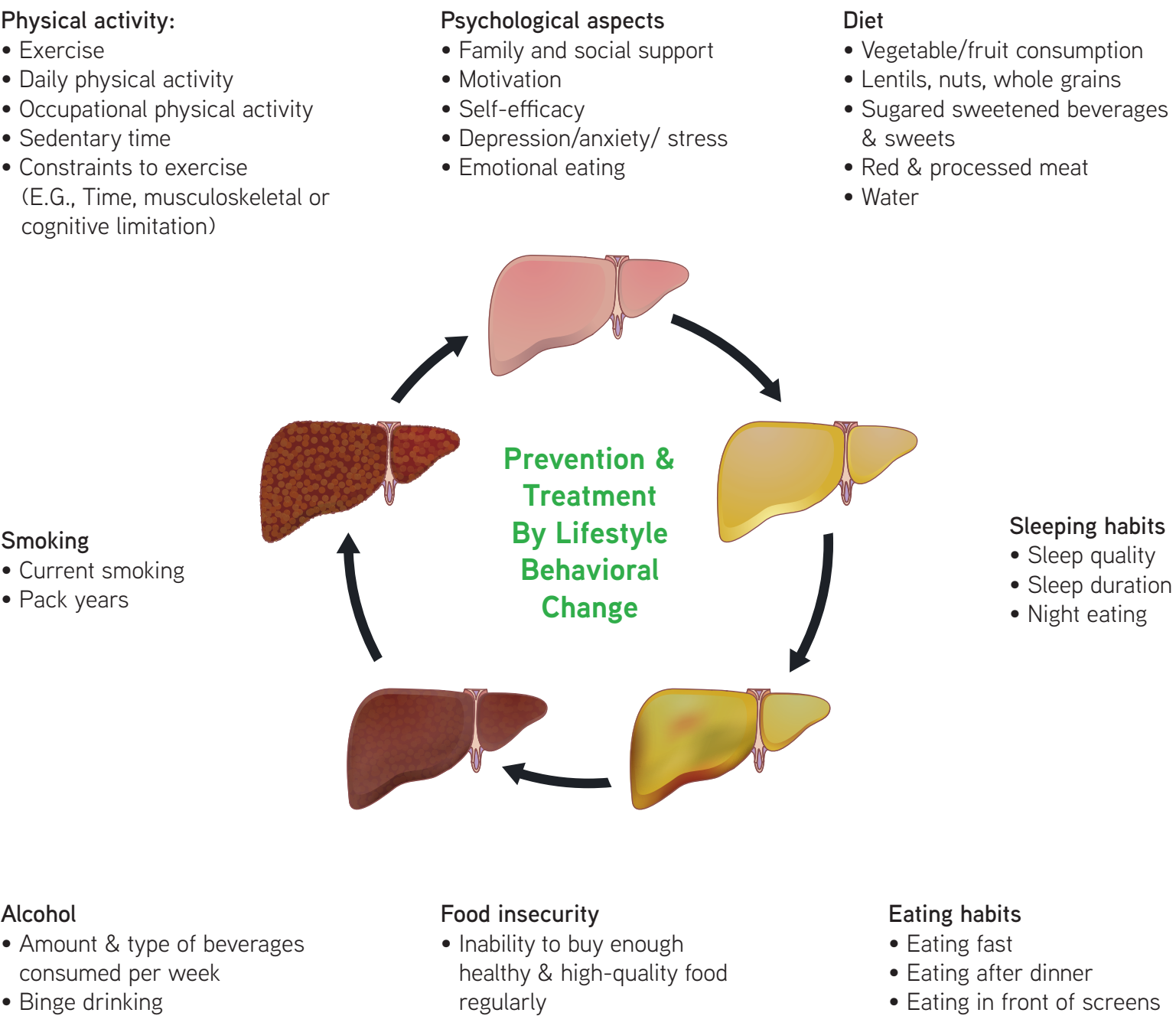
A practical guide for the busy clinician  
First visit: assessment

1 Ask your patients’ permission to assess lifestyle habits

According to the motivational interview principle, asking permission is a crucial step to increase patient engagement

Example: “Lifestyle behavioral change is the first line treatment for MASLD. Your diet, physical activity, and smoking habits are important for your liver disease treatment. To provide a treatment that will personally fit your ability and preference, I want to assess first the current situation. Would you mind if I asked you several questions?”

2 Collect data about your patients’ lifestyle habits



3 Provide a tailored treatment program

- Emphasize the patient’s ability to change habits to enhance his self-efficacy
- Emphasize the importance of getting support from behavioral and nutritional experts
- Refer all patients to a clinical dietitian who can provide personalized dietary guidance and motivate them to initiate or improve their physical activity
- Consider referring your patient to additional lifestyle experts like a smoking cessation program or a sleep study
- Consider comprehensive behavioral treatment or psychological therapy
- Set achievable goals using the SMART model (Specific, Measurable, Achievable, Relevant, Time-bound)
- Provide positive feedback regarding your patient’s healthy habits