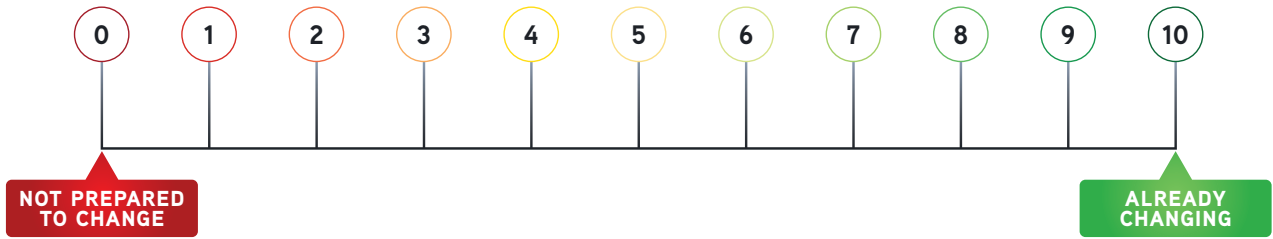


The patient journey with MASLD

1 Patient journey

On a scale of 0 (not prepared at all) to 10 (already changing), where are you now in terms of your preparation to make a change in your lifestyle (fill-in specific behavior)?"



- If a person is **below 5**:
 - How will you know when it is time to think about changing?
 - What signals will tell you to think about making a change?
 - What qualities in yourself are important to you?
 - What connection is there between those qualities and not considering a change?
- If a person is **near 5**:
 - Why did you put your mark there and not closer to the left?
 - What might make you put your mark a little further to the right?
 - What are the good things about the way you are currently trying to change?
 - What are the things that are not so good?
 - What would be a good result of changing?
 - What are the barriers to changing?
- If a person is **above 5**:
 - What is one barrier to change?
 - What are some things that could help you overcome this barrier?

2 Example questions for follow-up visits

- If the person has taken a serious step in making a change:
 - What made you decide on that particular step?
 - What has worked in taking this step?
 - What helped it work?
 - What could help it work even better?
 - What else would help?
 - Can you break that helpful step down into smaller parts?
- If the person is changing and trying to maintain that change:
 - Congratulations! What's helping you?
 - What else would help?
 - What makes it hard to maintain the change?
- If the person has “relapsed”:
 - Don't be hard on yourself. Change is hard and may take time
 - What worked for a while?
 - What did you learn that will help when you give it another try?

