

MOTIVATIONAL INTERVIEWING FOR NAFLD

Quick Guide for Providers

This guide provides 3 essential questions to ask when using motivational interviewing with patients who have Non-Alcoholic Fatty Liver Disease (NAFLD).

Motivational Interviewing has been shown to significantly improve weight loss, resulting in a 3.3 pound (1.5 kg) higher weight loss than control treatments in studies. For NAFLD, aim for a 7-10% weight loss goal with your patients.

A video demonstration of this technique is available on www.hepatitis.va.gov. Scan this code with your phone to view the video:



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Ask:

1. What are your health concerns?
2. What do you want to be healthy enough to do?
3. What changes do you want to make?
 - ▶ On a scale of 1-10, how important is that change?
 - ▶ On a scale of 1-10, how confident are you that you can make this change?
 - ▶ What are you going to do?

www.hepatitis.va.gov

