

Weight reduction, physical activity and psychotherapeutic intervention in chronic hepatitis C patients : Impact on liver functions and quality of life

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The aim of this study was to investigate the effect of weight loss and psychological support on obese chronic HCV patients as regards the biochemical studies and various psychological domains. Forty-four obese chronic HCV patients were included in this study and were divided into two groups. Group A (90 patients) completed

a 3-month diet control and exercise regimen, liver function tests, serum insulin and blood glucose levels and weekly psychotherapeutic intervention and psychological assessment using HRQL, HAD, BIQ and SERS were performed before the start and after three months of life style intervention program.

Group B (25 patients), control.

The study demonstrated major improvement in the biochemical studies and psychological aspects in overweight patients with liver disease after weight loss and psychotherapeutic intervention.