

INPLASY

Intermittent fasting for nonalcoholic fatty liver disease (NAFLD): a systematic review

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ADMINISTRATIVE INFORMATION

Support - None.

Review Stage at time of this submission - The review has not yet started.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202390103

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 29 September 2023 and was last updated on 29 September 2023.

INTRODUCTION

Review question / Objective The effects of IF for NAFLD.

Condition being studied NAFLD.

METHODS

Participant or population Patients with NAFLD.

Intervention IF.

Comparator without IF.

Study designs to be included Clinical study.

Eligibility criteria (P) Patients: patients with non-alcoholic fatty liver disease (NALFD). (I)

Interventions: IF. (C) Control: without IF. (O) Outcomes: the primary outcomes were the effects of IF on body composition, body weight, plasma levels of lipids, glucoregulatory factors, and other factors like sleep quality. The second outcomes were the feasibility and safety of TRE for healthy subjects. (S) Study: clinical studies including non-RCTs and RCTs.

Information sources Pubmed.

Main outcome(s) The efficacy.

Quality assessment / Risk of bias analysis Rob2.

Strategy of data synthesis None.

Subgroup analysis None.

Sensitivity analysis None.

Country(ies) involved China.

Keywords IF NAFLD.

Contributions of each author

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