



## PEER-REVIEW REPORT

**Name of journal:** *World Journal of Hepatology*

**Manuscript NO:** 101630

**Title:** Effectiveness of RESET Care Program: A Real-World-Evidence on Managing Non-Alcoholic Fatty Liver Disease through Digital Health Interventions

**Provenance and peer review:** Unsolicited Manuscript; Externally peer reviewed

**Peer-review model:** Single blind

**Reviewer's code:** 07700898

**Position:** Peer Reviewer

**Academic degree:** Chief Physician, MD

**Professional title:** Doctor

**Reviewer's Country/Territory:** China

**Author's Country/Territory:** India

**Manuscript submission date:** 2024-09-21

**Reviewer chosen by:** Yu Bai

**Reviewer accepted review:** 2024-10-15 04:46

**Reviewer performed review:** 2024-10-17 08:08

**Review time:** 2 Days and 3 Hours

<b>Scientific quality</b>	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
<b>Novelty of this manuscript</b>	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair <input type="checkbox"/> Grade D: No novelty
<b>Creativity or innovation of this manuscript</b>	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair <input type="checkbox"/> Grade D: No creativity or innovation



<b>Scientific significance of the conclusion in this manuscript</b>	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Good <input type="checkbox"/> Grade C: Fair <input type="checkbox"/> Grade D: No scientific significance
<b>Language quality</b>	<input type="checkbox"/> Grade A: Priority publishing <input checked="" type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
<b>Conclusion</b>	<input type="checkbox"/> Accept (High priority) <input checked="" type="checkbox"/> Accept (General priority) <input type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
<b>Re-review</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
<b>Peer-reviewer statements</b>	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous
	Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

**SPECIFIC COMMENTS TO AUTHORS**

1. Original findings: This study proposes and evaluates a novel comprehensive program (RESET Care plan) for managing Non-Alcoholic Fatty Liver Disease (NAFLD) using digital health interventions. The key findings include: - The combination of personalized diet, exercise, and cognitive behavioral therapy (CBT) delivered via a digital health app and IoT devices led to significant improvements in anthropometric parameters. - The group receiving all three interventions (diet, exercise, and CBT) showed the most significant improvements, achieving a mean weight reduction of 7% or more in 12 weeks. - The study confirms the hypothesis that a comprehensive, digitally-supported approach can effectively manage NAFLD by fostering sustainable lifestyle modifications.

2. Quality and importance: The quality and importance of this manuscript are evident in several aspects: - It introduces a novel, integrated approach to NAFLD management using digital health technologies. - The study provides real-world evidence of the effectiveness of a comprehensive program in achieving clinically significant weight loss (≥7%) associated with improved NAFLD conditions. - The research presents a scalable solution with potential implications for clinical practice in NAFLD management. - The



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conclusions appropriately summarize the data, highlighting the superior outcomes of the comprehensive intervention group. - The study offers unique insights into the potential of digital health interventions and IoT devices in chronic disease management. - It addresses the key problem of sustainable lifestyle modifications in NAFLD management. 3. Limitations and future directions: While the study presents promising findings, there are some limitations and areas for future research: Limitations: - The sample size (22 participants) is relatively small, which may limit the generalizability of the results. - The study duration (12 weeks) may not be sufficient to assess long-term sustainability of the improvements. - The retrospective observational design limits causal inferences. Future directions: - Conduct larger, randomized controlled trials to further validate the effectiveness of the RESET Care program. - Investigate the long-term sustainability of the improvements achieved through this program. - Explore the impact of the program on liver-specific markers and clinical outcomes in NAFLD patients. - Assess the cost-effectiveness of this digital health intervention compared to traditional NAFLD management approaches. - Investigate the potential application of this program to other chronic diseases requiring lifestyle modifications. Impact on clinical practice: If further validated, this digital health intervention could significantly impact NAFLD management by providing a scalable, patient-centric approach that effectively promotes sustainable lifestyle changes. It could also serve as a model for managing other chronic diseases that require long-term lifestyle modifications. Suggestions for improvement: 1. Consider including more details on the specific components of the diet and exercise plans used in the program. 2. If available, provide information on adherence rates to the different components of the intervention. 3. Discuss any challenges encountered in implementing the digital health intervention and how they were addressed. 4. Consider including a brief cost analysis or discussion of the potential economic implications of this approach. Overall, this manuscript presents an innovative approach to NAFLD



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management with promising results. The integration of digital health technologies and a comprehensive lifestyle intervention program offers a novel solution to the challenge of sustainable lifestyle modifications in NAFLD patients.