

Supplementary Table S1. Selected papers on compassion associated approaches that may be relevant to the management of non-alcoholic fatty liver disease (NAFLD), particularly when addressing lifestyle modification needs.

Study (Reference)	Country	Type of Paper/Study	Concept	Outcome/Main Findings
Austin <i>et al.</i> (2021) (38)	Netherlands	Systematic Review	Compassion-Based Interventions	Potential benefits of compassion-based interventions for individuals with long-term conditions are discussed, suggesting further research in this field.
Gilbert <i>et al.</i> (2014) (39)	UK	Qualitative Study	Compassion-Based Interventions	Interventions based on compassion and mindfulness could prove a valuable asset for overcoming difficulties associated with weight problems.
Kilic <i>et al.</i> (2021) (43)	UK	Systematic Review	Self-Compassion	Therapies which increased self-compassion resulted in positive outcomes such as a reduction in depression among individuals with chronic health conditions.
Friis <i>et al.</i> (2015) (41)	New Zealand	Review	Self-Compassion	Self-compassion may prove a useful tool for aiding self-care and glycaemic control, and may also reduce depression and negative self-judgement among people with diabetes.
Morrison <i>et al.</i> (2021) (44)	UK	Cross-Sectional Study	Self-Compassion	Longer term management of diabetes was more effective as a result of increased levels of self-compassion and reduced levels of depression.
Sandham & Deacon (2023) (45)	South Africa	Rapid Review	Self-Compassion	Association of self-compassion with both improved psychological and physical outcomes with regard to diabetes management.
Brenton-Peters <i>et al.</i> (2021) (40)	New Zealand	Randomised Controlled Trial (RCT) Protocol	Self-Compassion	Self-compassion may help the individual to cope with a stressful situation by enhancing their ability to engage in healthy behaviours such as physical activity and health eating.
Steffen <i>et al.</i> (2021) (48)	Brazil	Randomised Controlled Trial (RCT)	Motivational Interviewing	Among patients with type 2 diabetes and arterial hypertension, more improved outcomes for HbA1C, blood pressure and levels of adherence were noted for the motivational interviewing participants as compared to usual care group.
Lee <i>et al.</i> (2015) (49)	Hong Kong	Systematic Review	Motivational Interviewing	Although motivational interviewing had an effect on smoking habits and depression in people with or at risk of cardiovascular disease, the findings were inconclusive regarding other clinical and psychological outcomes.

Mifsud <i>et al.</i> (2020) (50)	Malta and UK	Systematic Review	Motivational Interviewing	Motivational interviewing may help patients to change their lifestyle and modify cardiovascular risk, but the overall effectiveness remains unclear.
Pollak <i>et al.</i> (2007) (47)	USA	Qualitative Study	Motivational Interviewing	Utilising motivational interviewing techniques with patients experiencing weight problems and obesity, resulted in patients changing their physical activity patterns and making further attempts to lose weight. Training physicians in motivational interviewing could lead to weight loss benefits in patients with weight problems.
Wildman <i>et al.</i> (2019) (57)	UK	Qualitative Study	Social Prescribing	Patients with long-term conditions reported improvements in managing their condition and a reduction in social isolation, one to two years after their involvement with social prescribing.
Moffat <i>et al.</i> (2017) (51)	UK	Qualitative Study	Social Prescribing	Involvement in a social prescribing programme elicited favourable responses including reduced isolation and positive feelings of control, and enhanced problem solving skills, as well as a marked impact on health behaviours such as physical activity, diet, and weight loss. Patients also reported feeling at ease with their link worker with whom they were able to develop a trusting relationship.
Reinhardt <i>et al.</i> (2021) (58)	UK	Qualitative Study	Social Prescribing	Social prescribing was viewed as a helpful tool by both service users and service providers, with regard to reducing loneliness.
Moudatsou <i>et al.</i> (2020) (62)	Greece	Review	Empathy	Empathy plays a significant role in terms of patient and healthcare professionals' behaviour and well-being. Developing such skills should be encouraged and incorporated into educational programmes and healthcare professional should be supported throughout this process.
Canovas <i>et al.</i> (2023) (63)	Spain	Prospective Cohort Study	Empathy	Physician empathy may provide a suitable intervention among patients with chronic pain, understanding the patient's perspectives and concerns, and communicating this understanding with the aim of relieving suffering.