

Project number 25.80012.8007.07SE

Project title "Theoretical research through an integrated medical, psychological and ethical approach in the management of steatotic liver disease associated with metabolic dysfunction: Development of a monograph and application materials for physicians"

#### Summary for 2025

Within the implementation of the Project, for the 2025 stage (August–December), the goal was set to improve the understanding of Steatotic Liver Disease Associated with Metabolic Dysfunction (SLDAMD) by conducting an in-depth theoretical analysis of the causes, mechanisms, evolution and treatment options in SLDAMD, as well as by integrating this knowledge with psychological and ethical aspects; creating a solid theoretical basis for promoting an integrative, patient-centered model of disease management, which takes into account not only pathophysiological aspects, but also psychological and ethical ones.

The expected objectives were met. The actions carried out during this stage included methodological-managerial activities of preparation and planning, data collection, analysis and synthesis activities, as well as the subsequent preparation of materials for the dissemination of research results.

Thus, over 300 works relevant to the research subject were selected and studied from international scientific databases. This theoretical analysis allowed for the deepening of knowledge in the field of SLDAMD and highlighted the importance of taking into account the psychological peculiarities of patients and ethical aspects, in order to promote effective interaction strategies between the medical team and patients at different stages of metabolic liver disease.

The psychological factors with impact on the disease and their role in adherence to treatments and lifestyle modification recommendations were analyzed. The structure of the moral decision specific to the patient with SLDAMD was also elucidated. A comprehensive analysis of existing research on the doctor-patient relationship in SLDAMD treatments was conducted, including studies on medical communication, ethical challenges and their impact on treatment adherence.

All these results were presented in detail in the form of scientific publications, presentations at scientific forums and intellectual property objects. The main fruit of this theoretical research is reflected in the developed monograph.

In total, during the mentioned stage, the following were published: article in the materials of the scientific conference abroad (1), article in the SCOPUS indexed journal (1) (submitted for evaluation), abstracts in the materials of scientific events (1 abroad; 5 in the country), chapters in the monograph (4). Intellectual property objects: 1; Editors on: Monograph (1), Volume of abstracts within the organized symposium (1), Volume of posters within the organized symposium (1)

Oral presentations at scientific forums: abroad (1), in the country (6). Posters at scientific forums in the country (5). Organization of scientific events: Symposium (1), Interactive workshop (1).

Conducătorul de proiect Lupașco Iulianna

Data: \_\_\_\_\_

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