

# Feasibility, Safety and Acceptability of a Mobile Health Delivered Exercise Training Program in Patients With Nonalcoholic Steatohepatitis

NCT06195943

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Milton S. Hershey Medical Center
<b>Enrollment</b>	20 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Adults age  $\geq 18$  years
- Evidence of NASH indicated by at least one of the following
- Liver biopsy with evidence of steatohepatitis (NAS  $\geq 4$ ) within 6 months of the screening interval or;
- Historical Imaging study (e.g., ultrasound, CT, MRI) with hepatic steatosis and one of the following non-invasive tests within 6 months of the screening interval: i. FIB-4  $\geq 1.3$  or; ii. NFS  $\geq -1.44$  or; iii. ELF  $\geq 7.7$  or; iv. VCTE kPa  $\geq 8$  or; v. ARFI  $\geq 1.3$  or; vi. FAST  $\geq 0.35$  or; vii. MRE kPa  $\geq 2.55$  or; viii. MAST  $> 0.165$  or;
- Possession of a smartphone

### Exclusion (11)

- Active cardiac symptoms precluding participation in vigorous exercise
- Active or recent participation in exercise training program within the last 90 days
- Active or recent weight-loss supplement use within the last 90 days (does not include GLP-1 receptor agonist use)
- Active illicit substance use
- Cancer that is active
- ... and 6 more (see full listing online)

## Locations (1 total)

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Penn State Hershey Medical Center, Hershey, Pennsylvania, United States