

LIVER HEALTH TEST SAMPLE QUESTIONNAIRE

Non-Lab Model¹

1. Demographic Factors:

- Age (years):

- <50: 0 points
- 50-60: 1 point
- 61-70: 2 points
- 70: 3 points

2. What is your gender?

- Male (1 point)
- Female (0 points)

3. Anthropometric Measurements²:

BMI:

- <23 kg/m² : 0 point
- 23-24.9 kg/m² : 1 point
- 25-26.9 kg/m² : 2 points
- ≥27 kg/m² : 3 points

3. Lifestyle Factors:

- Alcohol intake (drinks/week)^{1,3}:

- 0-7: 0 points
- 8-21: 1 point
- 22-35: 2 points
- >35: 3 points

[Note: One drink was defined as 10 grams of ethanol in line with recent guidelines.

he amount of alcohol present in;

12 oz beer (5% alcohol)

8 oz malt liquor (7% alcohol)

5 oz wine (12% alcohol)

1.5 oz 80-proof "hard-liquor" (40% alcohol)]

- Smoking status:

- Never smoker: 0 points
- Previous smoker: 1 point
- Current <10 cigarettes/day: 2 points
- Current ≥10 cigarettes/day: 3 points

4. Medical Conditions:

- Diabetes:

No: 0 points

Yes: 1 points

TOTAL SCORE: ____ /14 points

RISK INTERPRETATION¹:

Minimal Risk (0-3 points)

10-year liver disease risk <1%

Regular health checkups

Low Risk (4-7 points)

10-year risk 1-3%

Annual screening recommended

Intermediate Risk (8-10 points)

10-year risk 3-15%

6-monthly monitoring

High Risk (>10 points)

10-year risk >15%

Specialist referral needed

Additional Considerations:

1. Lab-based CLivD: Includes GGT measurement
2. Non-lab CLivD: Excludes GGT, useful for initial screening

Note: This interpretation is based on the nomogram and validation cohort data from Finnish and UK populations shown in the images. Risk levels correspond to the 15-year absolute risk of developing advanced chronic liver disease.

Potential Question Review by the Society

- **The use of Herbs and concoction**
- **The Importance of the right amount of water in the diet to prevent liver disease.**

References:

¹ Åberg F, Luukkonen PK, But A, Salomaa V, Britton A, Petersen KM, Bojesen SE, Balling M, Nordestgaard BG, Puukka P, Männistö S. Development and validation of a model to predict incident chronic liver disease in the general population: the CLivD score. *Journal of Hepatology*. 2022 Aug 1;77(2):302-11.

² Åberg F, Färkkilä M, Salomaa V, Jula A, Männistö S, Perola M, Lundqvist A, Männistö V. Waist-hip ratio is superior to BMI in predicting liver-related outcomes and synergizes with harmful alcohol use. *Communications Medicine*. 2023 Sep 6;3(1):119.

³ Patel R, Mueller M. Alcohol-Associated Liver Disease. [Updated 2023 Jul 13]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK546632/>