

---

# Nonalcoholic Fatty Liver: Background Profile and HADS Preliminary Results in a Puerto Rican Sample

---

Alexander Irizarry<sup>1</sup>, Fabiola Martínez<sup>1</sup>, Bolmarie Lafontaine<sup>1</sup>, Yanira Sáez<sup>1</sup>, & Julio Jiménez<sup>1</sup>  
<sup>1</sup>Ponce Health Sciences University

---

## Abstract

Nonalcoholic fatty liver disease (NAFLD) is a significant public health concern—it is one of the leading causes of chronic liver disease worldwide. Different factors have been associated with greater prevalence of NAFLD, such as ethnicity. Moreover, studies reveal Hispanics have a higher prevalence of NAFLD. Within the Hispanic spectrum, studies haven't been made regarding the Puerto Rican population. Therefore, this study aims to provide preliminary results concerning the background profile of 50 Puerto Rican patients diagnosed with NAFLD from Salinas Medical Center, Juana Diaz Wellness Center and San Cristobal Hospital in Ponce (Protocol # 170306-JJ). Likewise, present their responses on the Hospital Anxiety and Depression Scale (HADS). Descriptive and frequency analysis were performed. Results revealed that 62.0% of the sample were female, 68.0% married, and 32.0% achieved a high school education. Also, 68.0% were their primary source of income, 68.0% received the government health care plan, 38.0% were retired, and 42.0% received Social Security. A 38.0% had no difficulty paying monthly bills, and 50.0% had no current limitations in daily activities caused by problems of health. With regards to mental health, 42.0 % had never presented limitations in daily activities associated with feelings of depression or anxiety, and 58.0 % had never received mental health services. However, 52.0 % of participants qualified as a case of depression. In conclusion, these preliminary results help understand risk factors, identify elements for prevention and development of treatments that meet the needs of NAFLD patients within Puerto Rico.

---

<sup>1</sup> Toda comunicación relacionada a este artículo debe dirigirse al autor principal al siguiente correo electrónico: [airizarry16@stu.psm.edu](mailto:airizarry16@stu.psm.edu)