

# EXPLORING REAL-WORLD USER EXPERIENCES OF GLP-1 RECEPTOR AGONIST THERAPY FOR OBESITY TREATMENT, AND BARRIERS AND MOTIVATORS TO ADHERENCE

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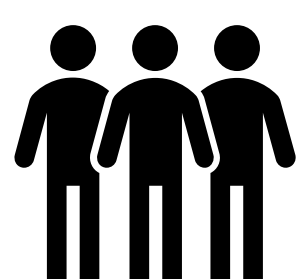
## INTRODUCTION

GLP-1 receptor agonists (GLP-1RA) provide effective pharmacological treatment for obesity. However, clinical trials may not capture real-world complexities of treatment access, healthcare support, adherence barriers, and post-discontinuation outcomes. Understanding patient experiences is essential to optimise long-term GLP-1RA effectiveness in routine care.

## AIM

This study aimed to evaluate current and former GLP-1RA user experiences for obesity treatment, identifying barriers and motivators to use, and reasons for discontinuation and post-treatment responses.

## METHODS



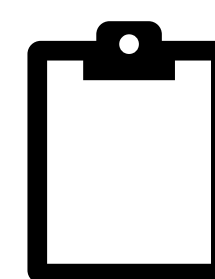
### PARTICIPANTS

n = 624 UK adults  
Current users (n = 352)  
Former users (n = 272)



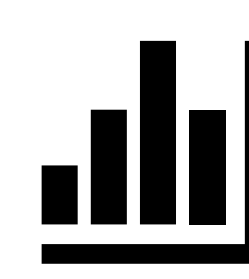
### STUDY DESIGN

- Cross-sectional design
- Online survey (Prolific)
- COM-B model informed



### SURVEY CONTENT

- Co-designed with PPIE
- Access
- Experiences
- Healthcare support
- Barriers & motivators
- Discontinuation



### ANALYSIS

- Descriptive statistics
- Chi-squared tests
- Current vs. former
- Demographic subgroups

## RESULTS

### Key Findings

**Private-dominated access:** Most accessed treatment privately online (current: 76%, former: 58%)

**Treatment effectiveness:** 84% of current vs 67% of former users reported medication helped them achieve their goals (p<0.001)

**Healthcare support gaps:** Across both groups, just 49% received adequate dietary advice, 36% physical activity support, and 27% psychological support.

**Cost barriers:** ~33% rated cost as extremely challenging in both groups and primary reason for discontinuation in former users (31%)

**Side effects:** 38% of former vs 29% of current users reported significant side effects (p=0.02); contributed to 25% of discontinuations in former users

**Post-discontinuation outcomes:** 45% reported weight regain, 40% weight maintenance, 15% continued weight loss

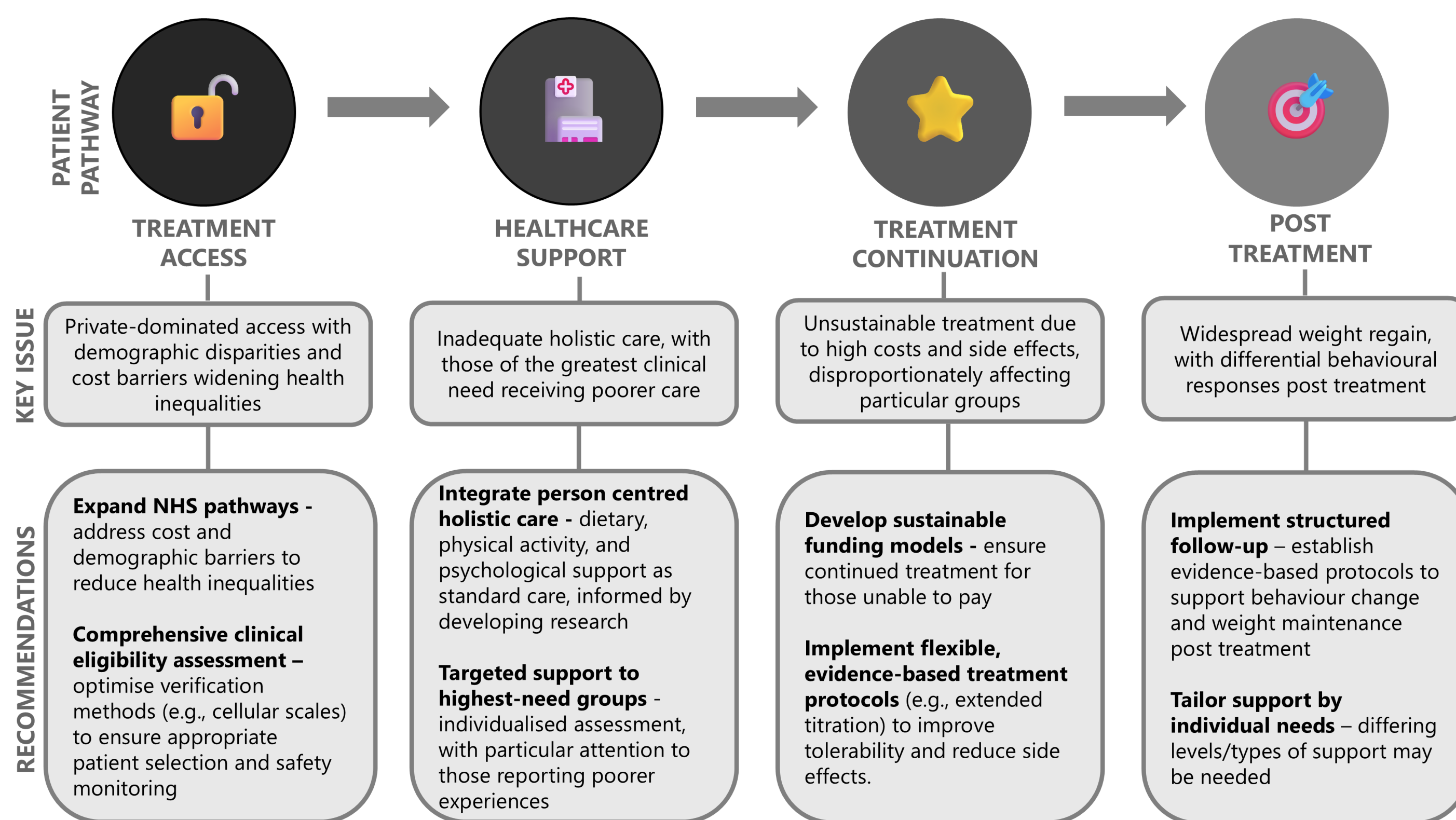


Figure 1. Summary of findings and policy and practice recommendations

## CONCLUSION

Users generally reported that GLP-1RA treatment was effective, however long-term usage is limited by a high cost, privately dominated access model, with inadequate holistic support. Former users tended to experience poorer side effects, which may provide insight into factors which explain treatment discontinuation.

## ACKNOWLEDGEMENTS

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