

Why carry out this study?

- Therapy with Glucagon-like peptide-1 (GLP-1) receptor agonists is a relatively new therapy option in type-2 diabetes (T2DM).
- However, its effectiveness depends on treatment persistence/adherence in real-life care - data about treatment persistence/adherence related to GLP-1 receptor agonist therapy are hardly known yet .
- The study assessed the degrees of treatment persistence/adherence related to GLP-1 receptor agonist therapy in both UK and Germany.

What was learned from the study?

- Percentage of T2DM patients discontinuing GLP-1 receptor agonist therapy after 12 months was 29.5-36.4%; percentage of patients being classified as non-adherent during general continuation of GLP-1 receptor agonist therapy was around 20%.
- The degree of non-persistence and non-adherence to GLP-1 receptor agonist therapy is similar to that reported for other antidiabetic treatments.
- In our study, a once-daily regimen, compared with a twice-daily regimen, was associated with a higher degree of persistence.

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