

Study finds GLP-1 receptor agonist use increases likelihood of antidepressant prescription

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Individuals taking glucagon-like peptide (GLP)-1 receptor agonists have

a greater risk for subsequently being dispensed antidepressants, [according to a study](#) published online April 23 in *Diabetes, Obesity, and Metabolism*.

Oswaldo P. Almeida, Ph.D., from University of Notre Dame in Fremantle, Australia, and colleagues assessed whether dispensing of GLP-1 receptor agonists is associated with increased dispensing of [antidepressants](#). The analysis included a 10 percent random sample of the Australian Pharmaceutical Benefits Scheme data (2012 to 2022).

The researchers found that 358,075 of 1.7 million [individuals](#) were dispensed antidepressants, and 8,495 of the 24,783 dispensed a GLP-1 receptor agonist were also dispensed an antidepressant in 2022 (odds ratio, 1.44).

Among 24,103 individuals dispensed a GLP-1 receptor agonist between 2012 and 2021, 8,083 were dispensed antidepressants in 2022 (odds ratio, 1.52). Among 1.2 million individuals who had not been dispensed antidepressants in 2012, there was a heightened risk for being dispensed an antidepressant between 2013 and 2022 following the dispensing of a GLP-1 receptor agonist (hazard ratio, 1.19).

"Individuals exposed to GLP-1 receptor agonists are at greater risk of being dispensed antidepressants," the authors write. "The possible impact of GLP-1 receptor agonists on the mood of consumers requires ongoing vigilance and further research."

More information: Oswaldo P. Almeida et al, Cross-sectional, case-control and longitudinal associations between exposure to glucagon-like peptide-1 receptor agonists and the dispensing of antidepressants, *Diabetes, Obesity and Metabolism* (2024). [DOI:](#)

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