



## Associations between GLP-1RA use and lifetime eating disorders

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GLP-1 receptor agonists (GLP-1RAs) have transformed type-2 diabetes and obesity treatment, but concerns exist regarding their use in individuals with eating disorders (EDs). While potentially beneficial in binge eating, they may be harmful in restrictive EDs.

This study examined self-reported GLP-1RA use among individuals with lifetime EDs.

Using 5015 cases and 1262 controls from the Eating Disorders Genetics Initiative-2 (EDGI2) study, we applied multiple logistic regressions to explore the association of lifetime (i.e., previous or current) ED diagnosis and GLP-1RA use (prescribed, unprescribed, unsuccessful attempts to obtain the medication) for weight loss or binge eating, in the full sample and by highest lifetime BMI (hltBMI  $>/\leq 30$ )

In the full sample and the hltBMI $>30$  kg/m<sup>2</sup> group, prescribed use was elevated across most EDs (ORs: 1.40–2.62), while anorexia nervosa (AN) showed the opposite pattern (ORs: 0.39–0.71). Unprescribed use was elevated in atypical AN (AAN) and binge-eating disorder (BED) (ORs: 1.47–2.19) in the full sample, and in those with AN and AAN in the hltBMI $\leq 30$  kg/m<sup>2</sup> group (ORs: 3.54–6.31). Unsuccessful attempts to obtain the medication were more common in EDs in the full sample and in both BMI groups (ORs: 1.28–2.15).

GLP-1RA use and attempts to obtain the medication were broadly elevated in individuals with lifetime EDs compared to controls. Notably, individuals with AN and AAN more often used GLP 1RAs without prescription and outside clinical indication.