GLUCAGON-LIKE PEPTIDE-1 RECEPTOR AGONIST AND ALCOHOL CONSUMPTION: A SYSTEMATIC REVIEW

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A systematic review of 13 studies with over 5 million participants found that GLP-1 receptor agonists were associated with reductions in alcohol consumption across multiple measures, though results varied by agent and study design.

KEY POINTS

- The review included 13 studies examining GLP-1 RAs (Semaglutide, Exenatide, Liraglutide, Dulaglutide, and Tirzepatide) and their impact on alcohol consumption behaviors in participants with occasional or excessive alcohol use.
- Overall mean alcohol intake decreased significantly from 11.8 ± 1.0 to 4.3 ± 0.5 units per week ($p < 0.001$), and dulaglutide reduced alcohol consumption by approximately 29% at week 12 compared to placebo (adjusted relative effect = 0.71, 95% CI 0.52–0.97, P = 0.04).
- Observational studies reported significant reductions in AUDIT scores with Semaglutide (B = -5.1, SE = 1.3, $p < 0.001$) and Tirzepatide (B = -6.7, SE = 1.3, $p < 0.001$), while one randomized controlled trial of Exenatide showed no difference from placebo.
- Authors conclude that GLP-1 receptor agonists appear to offer a promising approach for reducing alcohol consumption and preventing relapse in alcohol use disorder, but state that further large-scale randomized trials are required to confirm efficacy.

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