

One Size Doesn't Fit All: Creating a Communication Guide for Healthcare Providers During Interactions for Patients Seeking and Utilizing Weight-Loss Medication

Research Questions:

RQ1: What salient communication challenges do people describe related to taking GLP-1 medications?

RQ2: What social topics do participants feel are important to be covered in a patient resource related to GLP-1 conversations?

Rationale:

- Weight loss medications can elicit feelings of stigma (Puhl et al., 2020)
- Negative experiences with stigma and social experiences often leads to worse health outcomes (We & Berry, 2018)
- Communication interventions can mitigate negative health outcomes from stress related to communication challenges and social stigma (Sarwer et al., 2021)

Methods:

- Qualitative semi-structured interviews using a phronetic iterative approach
- Individuals >18 years old
- Must be actively taking or previously prescribed a GLP-1 medication

“[People will] comment on your food like, ‘Oh, my God! You barely touched your meal!’ while I actually ate half of it. But thank you for eyeballing my plate.”

Emerging Themes:

- Theme 1:** Managing unsolicited comments related to changes in food intake and weight loss are stress inducing
- Theme 2:** Uncertainty related to who is “safe” to disclose GLP-1 use to
- Theme 3:** Pressure to justify alternative uses for GLP-1 medications outside of weight loss

Next Steps:

- Continue interviews to reach theoretical saturation
- Facilitate partnerships with local healthcare providers and companies who prescribe and distribute GLP-1 medications
- Seek supplemental funding for communication intervention development

