This retrospective cohort study compared adherence to glucagon-like peptide-1 receptor agonist (GLP-1RA) therapy in patients with type 2 diabetes mellitus (T2DM) initiating exenatide once weekly (QW), exenatide twice daily (BID), or once-daily liraglutide (initiated therapy = index therapy).

Adherence was measured during a 6-month post-index period and compared between the GLP-1RAs using multivariable regression.

A total of 4,041 exenatide QW, 4,586 exenatide BID, and 14,211 liraglutide-treated patients were included in the analysis.

Multivariable regression determined that patients initiating exenatide QW had significantly higher adjusted odds of adherence compared with patients initiating other GLP-1RAs.

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