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REVIEWER'S REPORT

Manuscript No.: IJAR-57752

Title: Role of Glucagon-Like Peptide-1 Receptor Agonists in Managing Antipsychotic Induced Weight Gain causing Non-Compliance in Bipolar Disorder Patients: A Case Series.

Recommendation:

- Accept as it is
- Accept after minor revision.....**
- Accept after major revision
- Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity	Excellent			
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

- 1. GLP-1 receptor agonists are a class of powerful medications that mimic the natural hormone GLP-1 to manage type 2 diabetes and promote significant weight loss by controlling blood sugar, slowing stomach emptying, and increasing feelings of fullness.**
- 2. Antipsychotics are a class of psychiatric medications primarily used to manage psychosis, including delusions, hallucinations, and paranoia. They work by altering neurotransmitter activity—mainly dopamine—in the brain. They are categorized into two main types.**
- 3. Antipsychotics are a class of psychiatric medications primarily prescribed to manage psychosis, including symptoms like delusions, hallucinations, and disorganized thinking. They are most commonly used to treat conditions like schizophrenia and bipolar disorder by balancing brain chemicals such as dopamine.**
- 4. Bipolar disorder is a treatable mental health condition causing extreme, unusual shifts in mood, energy, and activity levels. People with the disorder experience emotional highs (mania) and lows (depression), which affect daily life, sleep, and judgment. While lifelong, it is highly manageable.**

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- 5. Medication nonadherence is the failure to take treatments or medications as prescribed by a healthcare provider. It is a major healthcare challenge—affecting roughly half of all patients with chronic illnesses—that leads to disease progression, prolonged hospitalizations, and increased healthcare costs.**
- 6. To gain weight sustainably, aim for a surplus of 300 to 500 calories per day by consuming nutrient-dense, high-calorie foods. Focus on strength training to build muscle mass rather than just body fat, and rely on these targeted, actionable strategies.**
- 7. Medication non-adherence affects an estimated 20% to 60% of individuals with bipolar disorder. It is a leading cause of relapse, recurrent mania or depression, and increased risk of hospitalization. Addressing this challenge requires understanding its psychological, physiological, and social roots.**
- 8. The Glucagon-Like Peptide-1 Receptor (GLP-1R) is a G protein-coupled receptor primarily responsible for regulating glucose metabolism, energy homeostasis, and appetite. Activated by the GLP-1 hormone, this receptor plays a crucial role in maintaining blood sugar levels by stimulating insulin secretion, inhibiting glucagon release, slowing gastric emptying, and enhancing satiety.**
- 9. Key words are good.**
- 10. Tables with pictures are good.**
- 11. Summary points can be included.**
- 12. Some relevant pictures also be added.**
- 13. After a small changes good to publish in your journal.**