

LIFESTYLE INTERVENTIONS ON BODYWEIGHT GAIN OLANZAPINE-INDUCED: RESULT FROM A RANDOMIZED-CONTROLLED TRIAL

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Introduction:

The clinical use of many antipsychotics is been associate with the weight increase.

The objective of this study is to value a psycho-educational program, based (o find) on nutritional information, dietotherapy and moderate physical activity, to diminish the weight increase in a group of patient in treatment with olanzapine and to compare it with a second group of patients that has followed only the therapy with olanzapine.

Materials and Methods:

The first group of patients (A), everyone suffering from chronic psychosis second the criteria of DSM-IV, composed by 22 patients (12 females and 10 males) with middle age of 46 years, has assumed olanzapine (10/20 mg/die), has practised about 30 minutes of slight jogging for 3 times a week and has participated at weekly meeting where they had received the nutritional information and a dietetic regimen that previewed a reduction of about 500 Kcal/day compared with the usual diet (o alimentation). The second group (B) composed by 14 patients, however everyone suffering from psychotic disease, with middle age of 45 years, has followed only the therapy with olanzapine (10/20 mg/die).

The patients, belonging to both groups, have been weight at the beginning of the observation and every week for 12 weeks.

Results:

After three months of observation, the group A has highlight a medium weight increase of about 0,3 Kg (medium increase of BMI of 0,3) while the group B has shown a medium weight increase of about 3,5 Kg (medium increase of BMI of 1,3) with a difference of about 3,2 Kg ($p < 0,005$) between the two groups.

Conclusion:

The group A has shown a statistically significant reduction of the weight increase in comparison with the patients of the group B, demonstrating the efficacy of the program to reduce, in marked way, the weight increase usually associated at the use of the atypical antipsychotics.