

P03-93

BASAL METABOLISM IN A SAMPLE OF PATIENTS TREATED WITH ATYPICAL ANTIPSYCHOTICS

M. Mauri, C. Cargioli, G. Orsolini, A. Ciberti

Psychiatry, University of Pisa, Pisa, Italy

Introduction: Second generation antipsychotics (SGAs) represent an essential treatment for Psychotic Disorders. However SGAs cause weight gain and metabolic disorders with an unknown mechanism.

Objective: The aim of this study is to investigate whether weight gain may be caused by a reduction in resting energy expenditure (REE).

Methods: We recruited 34 patients who received a clinical diagnosis of Bipolar Disorder I, Schizoaffective Disorder or Schizophrenia. Patients were in antipsychotic monotherapy (clozapine, olanzapine or aripiprazole). We measured REE by indirect calorimetry and we calculated theoretical REE utilizing LARN and Harris-Benedict (H-B) equation.

Results: The difference between the average value of REE measured in patients (1295Kcal/die) and the average value of REE estimated by LARN and H-B equation (1719Kcal/die and 1741Kcal/die) was respectively 423Kcal/die and 445Kcal/die: both the differences resulted statistically significant ($p < 0.01$). This reduction of REE results in a weight gain of 1,7 kg in a month.

Conclusions: It is necessary to inform patients about the side effects of SGAs. Lifestyle counseling and pharmacological assistance, or switching to another antipsychotic are possible strategies.