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## ARIPIPRAZOLE TREATMENT EFFECTS ON METABOLIC SYNDROME PARAMETERS IN SCHIZOPHRENIA PATIENTS: PRELIMINARY RESULTS

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**Introduction:** Metabolic abnormalities have historically been associated with illness such as schizophrenia. However, many studies found aripiprazole has a safer metabolic profile and metabolic neutral for schizophrenic patient.

**Objective:** This is a prospective 24 weeks follow-up study. The primary objective of this study was to investigate the improvements in metabolic syndrome parameters observed in patients who were switched from other antipsychotics.

**Methods:** Patients with schizophrenia treated with antipsychotic who were having abnormal metabolic parameters were switched to aripiprazole. They were analyzed to quantify clinically significant changes in metabolic parameters. At baseline, weight, waist circumference, blood pressure and fasting blood sugar were assessed. Fasting lipid profile was taken for total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides at baseline. The same assessments were repeated at 4-weeks, 12-week and 24-week. Paired t-test and last observation carried forward (LOCF) were used for the statistical analysis.

Preliminary results for those who completed 12 weeks follow up were presented.

**Results:** 46 schizophrenic patients with 26 (56.5%) male and 20 (43.5%) female have completed the 12 weeks follow up. There was statistically significant reduction in mean weight ( $73.3 \pm 19.2$  kg) to ( $71.2 \pm 20.5$  kg), mean BMI ( $27.1 \pm 5.4$ ) to ( $26.2 \pm 6.0$ ), mean waist circumference for male ( $96.2 \pm 14.1$  cm) to ( $92.9 \pm 17.9$ ), mean triglycerides ( $1.86 \pm 0.83$  mmol) to ( $1.59 \pm 0.54$  mmol).

**Conclusion:** In short-term, switching to aripiprazole treatment resulted in clinically significant improvements in weight, BMI, waist circumference in male, and triglycerides in at-risk patients.