American Journal of Psychiatry and Neuroscience
2017; 5(6): 40
http://www.sciencepublishinggroup.com/j/ajpn
doi: 10.11648/j.ajpn.s.2017050601.50
ISSN: 2330-4243 (Print); ISSN: 2330-426X (Online)

Improving Metabolic Adverse Events Associated with Antipsychotic Treatment in Children and Adolescents

Gashi Drita Bytyci

Child and Adolescent Mental Health Unit, Prizren, Kosovo

Email address:

drita.gashi1@gmail.com

Abstract:

Background: Children and adolescents with serious mental illness may experience improved psychiatric stability with second generation antipsychotic (SGA) medication treatment, but unfortunately may also experience unhealthy weight gain adverse events.
Aims: To describe behavioral weight loss intervention for weight gain children and adolescents being treated with antipsychotic medications.
Method: Six obese children and adolescents with long-term antipsychotic medication exposure were included in the study. The efficacy of the intervention was evaluated with a battery of anthropomorphic and metabolic assessments, including weight, body mass index percentile, whole body adiposity, liver fat content, fasting plasma glucose and lipid levels. Participants and their parents also filled out a treatment satisfaction questionnaire after study completion.
Results and Discussion: All participants attended all sixteen sessions of the intervention and experienced beneficial changes in adiposity, fasting lipid levels, and liver fat content associated with weight stabilization. Participants and their parents reported a high level of satisfaction with the treatment.
Conclusion: Antipsychotic-related weight gain is an important public health issue for children and adolescents requiring ongoing antipsychotic treatment to maintain psychiatric stability. Family-based behavioral weight loss treatment can be feasibly delivered and is acceptable to children and adolescents taking antipsychotic medications and their families.

Keywords

Children and Adolescents, Weight Gain, Antipsychotics, Weight Loss Treatment