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Introduction

- Psychiatric medications such as valproic acid and risperidone are related to weight gain.
- These medications have been used for some individuals with Prader Willi syndrome (PWS) that commonly develop particular psychiatric disorders aside from obesity and nutritional disorders.
- We sought to explore the longitudinal changes in weight among PWS patients under treatment with valproic acid and risperidone immersed in a multidisciplinary treatment approach.

Methods

In this retrospective observational study, we evaluated the longitudinal changes of the body mass index (BMI) and weight among patients with PWS under pharmacological treatment with risperidone and/or valproic acid. SPSS software was used for statistical analysis. Descriptive analysis and paired sample T-test were used when necessary.

Results

We included a sample of 10 patients with PWS (30% women), with a mean age of 18.5 ± 5.4 years, ranging between 11 and 28 years old. The median treatment duration with pharmacological treatment was 36 months (interquartile range 7-43 months).

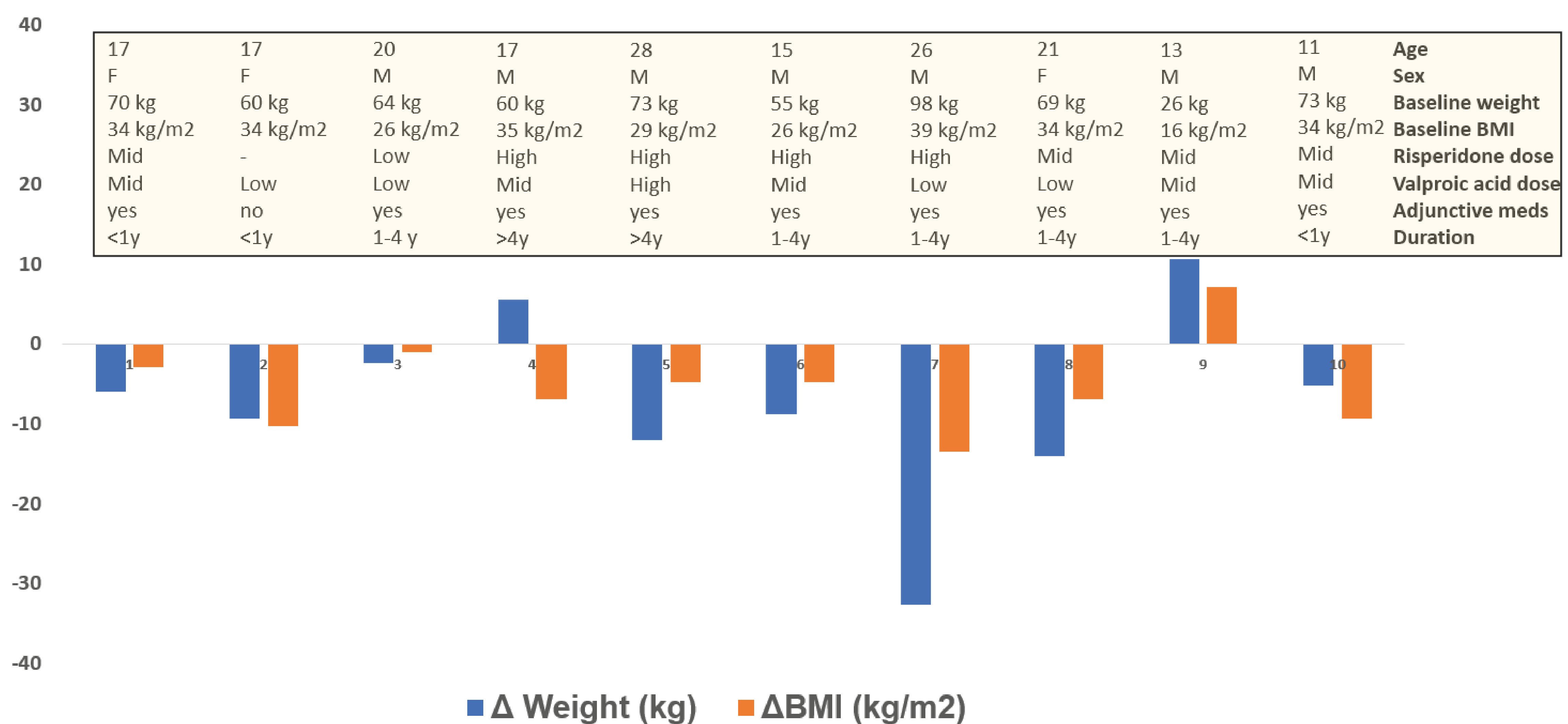
Despite concomitant pharmacological medication, we identified a trend towards a significant reduction in body weight (baseline 64.7 ± 18.1 kg vs. follow-up 57.3 ± 10.0 , $p=0.08$) and a significant reduction in BMI (baseline 30.7 ± 6.6 kg/m² vs. follow-up 25.3 ± 2.7 , $p=0.02$).

Conclusions

In this study, we identified sustained beneficial changes in body weight and BMI among patients with PWS immersed in a transdisciplinary treatment despite administration of valproic acid and risperidone.

Table 1

Longitudinal change in weight and BMI, and associated medication



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