

Relationship between antipsychotic treatment and metabolic parameters in a group of patients with severe mental disorder and sedentary lifestyle

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Introduction and Objectives

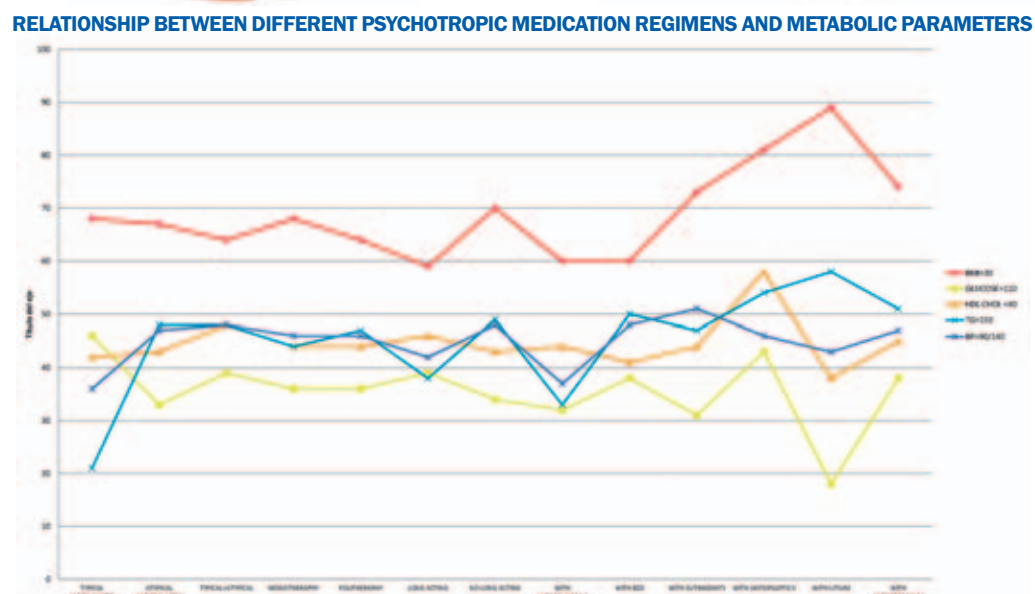
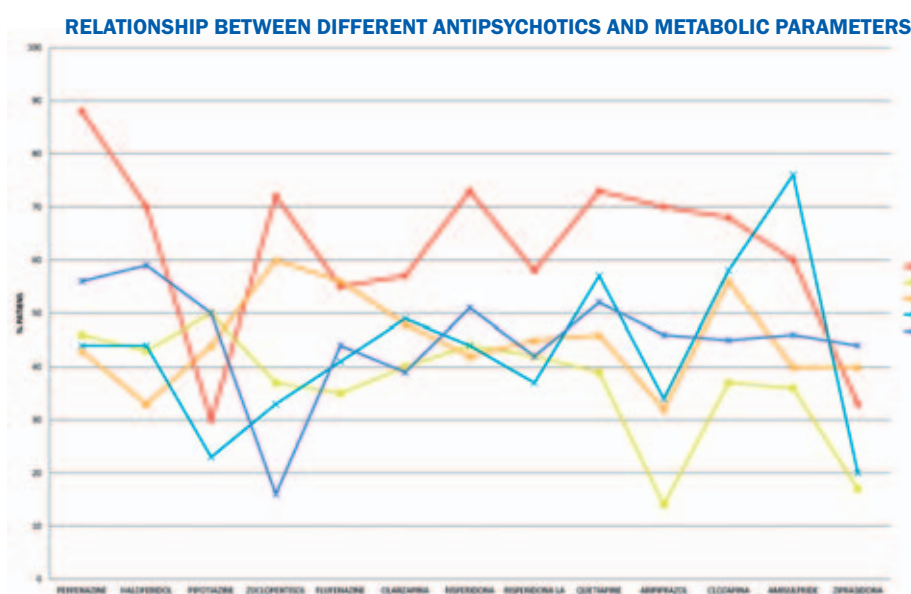
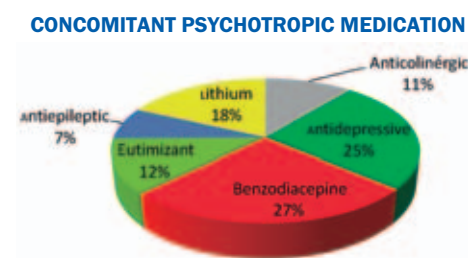
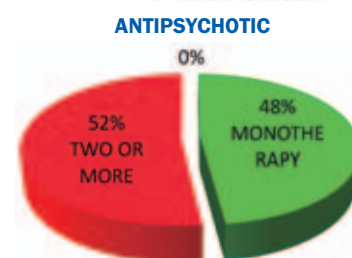
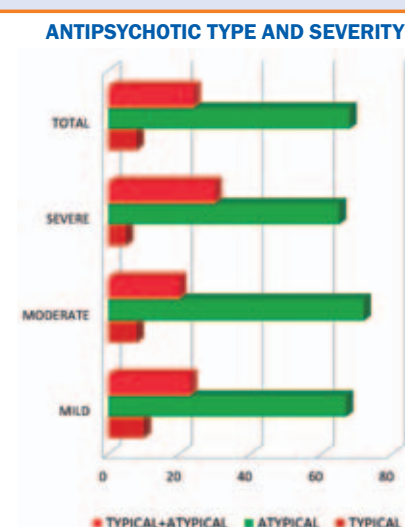
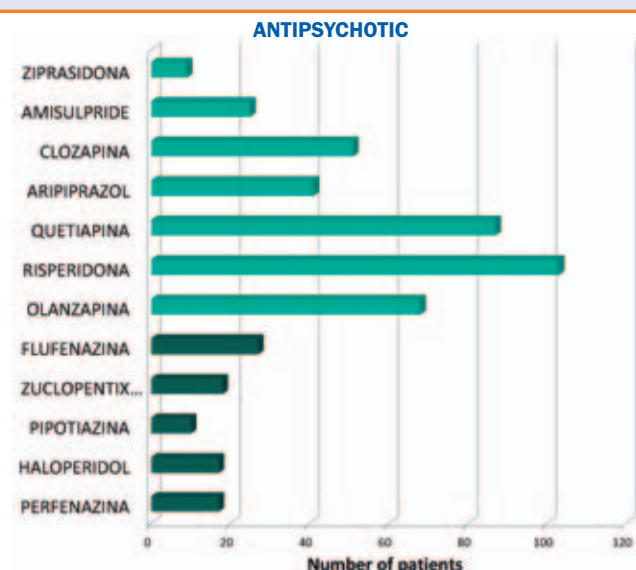
The prevalence of cardiovascular risk factors (obesity, diabetes, dyslipidemia, metabolic syndrome) is greater in patients with severe mental disorder compared to the general population. Antipsychotics alone or with other drugs contribute to an increase in cardiovascular risk factors in these patients. The aim of this study is to establish the relationship between different drug treatments and metabolic parameters (abdominal circumference, BMI, glucose, HDL-cholesterol, triglycerides and blood pressure) and to analyze the prescription of psychotropic medication according to their severity.

Methods

Descriptive study with 327 outpatients from eight Mental Health Teams in Barcelona, aged from 18 to 65 years and diagnosed with schizophrenia, schizoaffective disorder or bipolar disorder, under treatment with antipsychotic medication. Sociodemographic, diagnosis and metabolic characteristics were studied. These patients had previously participated in a randomized clinical trial to demonstrate the efficacy in improving metabolic parameters of an intervention on the habits of life based on exercise and diet program. The inclusion criterion for this trial was sedentary life. Analyses were performed using SPSS Statistics.

Results

Sociodemographic and clinical characteristics at baseline	
Mean age	46±9
Male sex	55%
Never married	65%
Primary studies	42%
Live at home	55%
Current job	18%
Schizophrenia	68%
Schizoaffective disorder	17%
Bipolar disorder	18%
Severity scale (CGI-S)	
Mild	30%
Moderate	29%
Severe	41%
Hospitalization in the last year	14%
Number of visits to primary care center in the last year	10,5±10
Number of visits to mental health center in the last year	19,1±13
Smoking	61%
Body mass index (BMI) >30	66,60%
Waist circumference >87F/101M	84,50%
Glucose >115	10%
HDL Cholesterol <40	44%
Triglycerides >150	46%
Systolic/diastolic blood pressure >140/90	29%



Conclusions

- ✓ Patients with severe mental disorders are polymedicated. 52% of patients receive two or more antipsychotics. Almost 50% of patients take other psychotropic drugs.
- ✓ Only 9% were normal weight. 25% were overweight and 66% were obese.
- ✓ Patients with an association of anticholinergics showed lower BP.
- ✓ Patients with concomitant treatment with antidepressants show the highest triglyceride levels, along with higher BMI (BMI > 30). This association is statistically significant (p=0.007).
- ✓ Patients with concomitant treatment with benzodiazepines show lower BMI (p=0.074).
- ✓ Patients taking antipsychotics and lithium show higher BMI, frequently being over 30. This association is statistically significant (p=0.01).
- ✓ Polymedication is especially frequent in patients with more severe disorders. The association of different psychotropic drugs represents a higher risk of altered metabolic parameters.
- ✓ Physicians should therefore take this fact into account when prescribing psychotropic medication.

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