

141 - Antipsychotic induced weight gain

Antipsychotic-induced weight gain

Schizophrenia and related psychoses CHAPTER 1 Antipsychotic-induced weight gain Weight gain is a common adverse effect of antipsychotic medication.¹ This may reflect interference with the homeostatic control of appetite and metabolism, leading to increased food intake and reduced energy expenditure, although the various mechanisms involved are not well understood.²⁻⁴ Factors such as 5HT_{2C} antagonism, H₁ antagonism, D₂ antagonism and increased serum leptin (leading to leptin desensitisation)⁵⁻⁷ are commonly implicated, as well as, possibly, effects on gut microbiota.⁸⁻¹¹ The risk of weight gain appears to be related to clinical response^{12,13} (although the association may be too small to be clinically important)¹⁴ and may have a genetic basis.¹⁵ Weight gain may be more pronounced in antipsychotic-naïve patients and during the early stages of the treatment of psychotic illness¹⁶⁻¹⁸ and women may be at greater risk than men.^{19,20} Almost all available antipsychotic medications have been associated with weight gain,¹⁶ although the mean gain in body weight varies substantially between the medications. There is also marked inter-individual variation among those treated, with some losing weight, some gaining no weight and some gaining a great deal of weight. Thus, knowledge of the mean increase in weight reported for a particular medication may not be a helpful predictor of how much weight an individual might gain. Assessment of the relative liability for weight gain of different antipsychotic medications is based largely on short-term studies. Notwithstanding these limitations, the results of indirect and direct meta-analyses suggest that these medications can be clustered into three groups based on their relative risk of weight gain (Table 1.31).^{21,22} Table 1.31 Risk/extent of antipsychotic-induced weight gain (drugs in alphabetical order).²³⁻²⁶ Risk/extent of weight gain Drug High Clozapine Olanzapine Moderate Chlorpromazine FGAs* Iloperidone Haloperidol Quetiapine Paliperidone Risperidone Sertindole (Continued)

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