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**Topic: EPW25 - e-Poster Walk Session 25: Child and Adolescent Psychiatry, Mental Retardation part 3**

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**Topiramate for Weight Loss in Children and Adolescents Prescribed Psychotropic Medications**

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Obesity rates in children and adolescents in the United States has tripled since 1980, with 16.9% falling into this range in a 2007-2008 study. Children are increasingly being prescribed antipsychotic medications for a variety of illnesses. This class of medication can lead to increased weight gain, obesity, and metabolic syndrome.

**Method:** We performed a retrospective chart review in our Child Psychiatry outpatient clinic for visits between 7/1/11 and 6/30/13 looking at the effects of concurrent use of topiramate and antipsychotic medications. Exclusion criteria included concurrent treatment with other medications known to cause weight loss (e.g. stimulants), a primary diagnosis of eating disorder, a primary medical illness that would have an impact in weight (e.g. thyroid illness), and medications not prescribed through our clinic.

**Brief Results:**

N = 47 with a mean age of 13.36 years.

Mean dosage for topiramate was 121.74 mg.

Mean baseline BMI = 31.82.

Mean treatment length = 200 days.

Mean weight loss = 0.97 BMI points

**Discussion:** We will review the United States FDA indications for topiramate, the potential adverse events, and the preliminary data regarding the effectiveness for the treatment of weight gain, for patients prescribed and not prescribed antipsychotic medications.