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#### WEIGHT GAIN - A SIDE EFFECT OF ANTIDEPRESSIVE TREATMENT

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Introduction: Like all medical therapies, antidepressants have several limitations that clinicians should consider when choosing treatments for their patients. [1] Common long-term side effects of antidepressants are weight gain, sexual dysfunction, sleep disturbances, fatigue, apathy, and cognitive impairment. [2] These side effects will influence the quality of life and will be an important factor in determining the compliance to treatment for these patients. [3]

Aim: Is to present a study on weight gain in patients treated long term with antidepressants.

Methods: We made a retrospective study of 422 patients with Major Depressive Disorder hospitalized in First Clinic of Psychiatry Tirgu Mures, between Jan/2009 and June/2009. We built the study after patient data on the following criteria: age, sex, place of origin, educational level, occupation, primary diagnosis, BMI at first admission, BMI at the last hospitalization, the average years of treatment, the average hospitalizations and antidepressant treatment applied.

Results: The vast majority of hospitalized patients were females (71%) in the age group 40-49. In summarizing this side effect of antidepressant treatment, we can say that weight gain is significant for long-term treatment with tricyclic antidepressives (64.38% of patients), tetra cyclic (50.30% of patients) and NaSSA (40% of patients). We found an increase of BMI of about 13.5% in these patients. For the patients treated with SSRIs, NDRI and SNRI we found that weight gain was present in less than 40% of patients and this had also influenced the compliance and the adherence to treatment of these patients.