

Title: Body Composition Changes in Psychiatric Patients Treated with Lithium and Valproate

NAME: Mohammadreza Mousavipour

Affiliation: assistant professor at yasuj university of medical science

Email ID: reza.mousavipour@yahoo.com

ABSTRACT

This prospective cohort study evaluated the effects of lithium and valproate on body composition. Body weight, percent body fat (PBF), soft lean mass, body mass index (BMI), and total body water were measured at baseline, one month, and six months. Average body weight gains in the first month were 1.3 kg and 2.2 kg for the lithium and valproate groups.

Mean body weight gain over the six months compared to the baseline was only 0.6 kg for the lithium group, while it was 4.3 kg for the valproate group (p-value < 0.001). The average increase in PBF at six months among patients treated with lithium versus valproate was 0.07% versus 2.2% respectively (p-value = 0.018). Patients treated with lithium had a smaller increase in their BMI in the sixth month of the study compared to the valproate group, with a mean change of 0.2 versus 2.3 kg/m², respectively (p-value = 0.019).

Our findings suggest that in patients with type I bipolar disorder, valproate leads to greater weight gain, BMI, and increase in PBF compared to lithium.

Biography

I studied general medicine at shahid beheshti university of medical science. I have completed my specialization in psychiatry at the age of 35 at shahid beheshti university of medical science. I am now an assistant professor of psychiatry at yasuj university of medical science.

Presenter name : Mohammadreza Mousavipour

Mode of presentation: oral

Contact number: +989124128474

