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## Combination of Zonisamide and Weight Reduction Program In Obese Schizophrenic Patients

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**Objective:** Obesity is one of the crucial risk factor for cardiometabolic syndrome in general population as well as in schizophrenic patients. Zonisamide was known for its weight reducing effect in the treatment of epileptic patients and some bipolar patients. The aim of this study was to investigate the weight reducing effect of zonisamide in combination with weight management program designed for schizophrenic inpatients.

**Method:** One hundred twenty obese schizophrenic inpatients (BMI>27) were randomly assigned to 4 groups: A, control group (N=19), B, zonisamide alone group (N=34), C, weight reduction program alone group (N=32), and D, combination of zonisamide and weight reduction group (N=35). Daily dose of zonisamide was 100mg/day. Weight-related variables, laboratory tests and side effects were assessed by monthly intervals for 3 months.

**Results:** Dropouts were 41 patients during 3 months of trial (group A=7 (41.2%), group B=10 (29.4%), group C=17 (53.1%) and group D=7 (20%)). Weight loss was significant in group B, C, D from baseline after 2 month of trial. BMI was also significantly decreased in group B, C and D. Waist circumferences were significantly decreased in group C and D. Blood pressure and blood glucose was not changed after 3 months of trial. Blood triglyceride was significantly decreased in group B, C and D. HDL-cholesterol was significantly increased in group B and D. Rash was occurred in 3 patients of zonisamide trial groups (4.3%). Other serious adverse events were not found.

**Conclusion:** Although the combination of zonisamide and weight reduction program was not superior to drug alone or weight reduction treatment alone, our result showed that zonisamide seems to be safe and effective for weight reducing in obese schizophrenic inpatients.