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Weight gain and associated factors in patients using newer antidepressant drugs

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Abstract

Objective: The aim of the present study was to examine weight gain and its association with clinical and sociodemographic characteristics in patients using newer antidepressants.

Methods: The study had a cross-sectional design. A total of 362 consecutive psychiatric patients taking antidepressant drugs for 6 to 36 months were included in the study.

Results: The prevalence rate of weight gain was 55.2%; 40.6% of the patients had a weight gain of 7% or more compared to the baseline. Overall, antidepressant use was significantly related to increased body weight. Specifically, citalopram, escitalopram, sertraline, paroxetine, venlafaxine, duloxetine and mirtazapine, but not fluoxetine, were associated with significant weight gain. Multivariate logistic regression analysis indicated that lower education status, lower body mass index at the onset of antidepressant use and family history of obesity were independent predictors of weight gain $\geq 7\%$ compared to the baseline.

Conclusions: The study results suggest that patients who take newer antidepressants might have significant problems related to body weight.

Keywords: Antidepressants; Body mass index; Weight gain.

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