

| Appendix 1: Effect of psychotropic agents on weight*^{1,2} | | |
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| Drug class | Minimal effect on weight | Significant weight gain† (ranked from most to least weight gain within their class‡) |
| Monoamine oxidase inhibitors | Tranylcypromine Moclobemide | Phenelzine (qualitative data only) |
| Mood stabilizers/ anticonvulsants | Carbamazepine Lamotrigine Oxcarbazepine Topiramate§ | Valproate Lithium |
| Antipsychotics | Amisulpride Aripiprazole Haloperidol Fluphenazine Ziprasidone Perphenazine | Clozapine Olanzapine Thioridazine Chlorpromazine¶ Quetiapine Risperidone |
| Anxiolytics | Chlordiazepoxide Nitrazepam Lorazepam Diazepam Oxazepam Buspirone | |
| Antidepressants | Desipramine Imipramine Duloxetine Escitalopram Trimipramine Venlafaxine Fluvoxamine Sertraline Trazodone Fluoxetine Desvenlafaxine Bupropion§ | Paroxetine Mirtazapine Amitriptyline Citalopram Nortriptyline Clomipramine¶ |
| <p>*Some drugs may overlap between minimal effect on weight and significant weight gain. †Weight gain ≥ 1 kg over > 12 wk unless indicated otherwise. ‡Paliperidone (atypical antipsychotic) and doxepin (tricyclic antidepressant) are not included because of insufficient evidence to rank them within their class. §May be associated with weight loss. ¶Weight gain ≥ 1 kg over ≤ 12 wk.</p> | | |

References

1. Dent R, Blackmore A, Peterson J, et al. Changes in body weight and psychotropic drugs: a systematic synthesis of the literature. *PLoS ONE* 2012;7:e36889 10.1371/journal.pone.0036889.
2. Dent R, Habib R, Soucy L. Psychiatric issues in the management of obesity. In: Lau DCW, Douketis JD, Morrison KM, et al.; Obesity Canada Clinical Practice Guidelines Expert Panel. 2006 Canadian clinical practice guidelines on the management and prevention of obesity in adults and children. *CMAJ* 2007;176(8 Suppl):Online-40–4. Available: www.cmaj.ca/content/suppl/2007/09/04/176.8.S1.DC1/obesity-lau-onlineNEW.pdf (accessed 2012 Nov. 12).