

P-555 - EVALUATION OF EFFICACY OF ANTIDEPRESSANTS AND ANTIPSYCHOTICS IN THE TREATMENT OF ANOREXIA NERVOSA IN ADOLESCENTS: A CRITICAL APPRAISAL

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Eating Disorders are the third most common chronic illness in adolescence behind obesity and asthma. Anorexia Nervosa (AN) in particular is associated with the highest premature mortality rate of any psychiatric disorder, so a well-timed and effective treatment is critical.

We systematically reviewed the English literature published between January 1990 and August 2011 involving the use of antidepressants and/or antipsychotics in adolescents (aged between 10 to 21 years old) with AN. We excluded case reports and case series. Analysis is by narrative synthesis. Theoretical and practical considerations are discussed.

We found only 8 studies that met the criteria of selection: 2 RCT, 1 open trial, 4 retrospective studies and 1 case-control study. Due to both methodological and ethical reasons accurate studies on this age population are very few. On the other hand in most cases the AN onset is adolescence and an effective and well-timed intervention could reduce the risk of complications and chronicity of these diseases.

Although clinicians often use medications to treat children and adolescents suffering from eating disorders, literature on this subject is still very scanty to support drug use in this population. Further high quality evidence is needed in this area in order to provide practical guidance to clinicians.