REVIEW OF: Arman S, Haghshenas M.  
  
STUDY TYPE: Randomized, double-blind, placebo-controlled trial  
  
Metabolic effects of adding Topiramate on Aripiprazole in bipolar patients aged between 6-18 years, a randomized, double-blind, placebo-controlled trial.  
  
In this study, the authors aimed to evaluate the metabolic effects of adding topiramate to aripiprazole in bipolar patients aged between 6 and 18 years. The study was conducted as a 12-week, double-blind, placebo-controlled, randomized trial in child psychiatric units of university hospitals. Forty patients with a new diagnosis of bipolar disorder participated in the study, and they were divided into two groups: Group 1 received aripiprazole plus topiramate, and Group 2 received aripiprazole alone. The primary outcome measures included weight, height, body mass index (BMI), waist circumference, abdominal circumference, and blood pressure. Secondary outcome measures included fasting blood glucose, hemoglobin A1C, fasting insulin, and fasting lipid profile. The results showed that both groups experienced a significant decrease in manic symptoms severity over the 3-month follow-up period. Group 2 showed a significant increase in weight and BMI, while Group 1 showed a decrease in LDL levels. There were no significant differences in other anthropometric parameters and metabolic indices between the two groups. The authors concluded that adding topiramate to aripiprazole is effective for controlling bipolar disorder and mitigating the metabolic adverse effects of second-generation antipsychotics in juvenile patients.  
  
CARLAT TAKE:  
This study provides evidence for the efficacy of adding topiramate to aripiprazole in the treatment of bipolar disorder in children and adolescents. The combination treatment was effective in reducing manic symptoms severity and showed potential for mitigating the metabolic adverse effects associated with second-generation antipsychotics. However, the study had some limitations, including a small sample size and a relatively short follow-up period. Further research with larger sample sizes and longer follow-up periods is needed to confirm these findings.