REVIEW OF: Soroor Arman, Mostafa Haghshenas  
  
STUDY TYPE: Metabolic effects of adding Topiramate on Aripiprazole in bipolar patients aged between 6-18 years, a randomized, double-blind, placebo-controlled trial  
  
SUMMARY:  
This study aimed to evaluate the metabolic effects of adding topiramate to aripiprazole in bipolar patients aged between 6 and 18 years. The study included 40 new bipolar patients who were randomly assigned to receive aripiprazole plus topiramate (Group 1) or aripiprazole alone (Group 2) for a 3-month period. 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 study found that both groups showed a significant decrease in manic symptoms severity over the 3-month period. In Group 2, there was a significant increase in weight and BMI, while in Group 1, there was a significant decrease in LDL levels. No significant differences were observed in other anthropometric parameters and metabolic indices between the two groups.  
  
CARLAT TAKE:  
The study demonstrates that adding topiramate to aripiprazole can be effective for controlling bipolar disorder and mitigating the metabolic adverse effects of second-generation antipsychotics (SGAs) in juvenile patients. However, the metabolic and anthropometric changes observed in the study were within the normal clinical range and may not have significant clinical implications. Further research with larger sample sizes and longer follow-up periods is needed to obtain more accurate results.