

## Topiramate improves borderline personality disorder in women

Topiramate improves physical and mental symptoms, health-related quality of life, and interpersonal problems in women with borderline personality disorder, report researchers from Germany and Austria.

In this 10-week trial, 56 women were randomised to receive either topiramate ( $n = 28$ ) or a placebo. The topiramate dose was increased from 25 mg/day in the first week to 200 mg/day in the sixth week, and then remained constant.

Patients in the topiramate group showed a significantly greater improvement than the placebo recipients on five of the nine Symptom Checklist scales, indicating improvements in aggressive behaviour, anxiety and phobias. Topiramate recipients also had a significant reduction in their level of global psychological stress, compared with placebo recipients.

Treatment with topiramate led to a significant increase in health-related quality of life, shown by improvements on all eight Short Form-36 scales, relative to placebo. The scales included measurements of physical pain, health perception, and physical and social functioning. In addition, patients in the topiramate group showed significant improvements on four of the eight IIP-D\* scales, compared with placebo patients, indicating a reduction in interpersonal problems.

Weight loss was observed as a result of topiramate treatment, but no serious adverse effects occurred.

\* German Language Version of the Inventory of Interpersonal Problems

Loew TH, et al. Topiramate treatment for women with borderline personality disorder: a double-blind, placebo-controlled study. *Journal of Clinical Psychopharmacology* 26: 61-66, No. 1, Feb 2006

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