**Table 29a. BMI outcomes in interventional studies among adults with psychiatric disorders**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author,**  **Year** | **Arm** | **Baseline N** | **Baseline BMI, mean (SD)** | **1 year N** | **1 year BMI, mean (SD)** | **Year 1** |  | **18 month N** | **2 year BMI, mean (SD)** | **2 year** |  | **Factors accounted for in the mean difference compared to control** |
|  |  |  |  |  |  | Change in outcome from baseline | Mean difference compared to Group 1 |  |  | Change in outcome from baseline | Mean difference compared to Group 1 |  |
| McCreadie, 20051 | Control | 33 | NR |  |  |  |  | 24 |  |  |  | “There was no significant between- group difference at any time point in measures of change from baseline in …body mass index…” pg. 349 |
|  | Arm2 | 37 | NR |  |  |  |  | 36 |  |  |  |  |
|  | Arm3 | 32 | NR |  |  |  |  | 31 |  |  |  |  |
| Alvarez-jimenez 20102 | Control | 33 | NR |  |  | 3.68 |  |  |  | 3.94 |  |  |
|  | Arm2 | 28 | NR |  |  | 3.68 |  |  |  | 3.46 |  |  |

BMI = Body Mass Index; N = Sample Size; SD = Standard Deviation

**References**

1. McCreadie RG, Kelly C, Connolly M *et al*. Dietary improvement in people with schizophrenia: Randomised controlled trial. British Journal of Psychiatry 2005; 187(4):346-51.

2. Alvarez-Jimenez M, Martinez-Garcia O, Perez-Iglesias R, Ramirez ML, Vazquez-Barquero JL, Crespo-Facorro B. Prevention of antipsychotic-induced weight gain with early behavioural intervention in first-episode psychosis: 2-year results of a randomized controlled trial. Schizophr. Res. 2010; 116(1):16-9