Best Evidence Summaries of Topics in Mental Healthcare

BEST *in* MH *clinical question-answering service*

Question

In adults, how effective is it to introduce health promotion and lifestyle change interventions prior to commencing atypical anti-psychotics compared with no interventions, in reducing weight gain and preventing the development of type two diabetes?

Clarification of question using PICO structure (PICTRO for diagnostic questions)

Patients: Adults within mental health services who require management of their symptoms with atypical anti-psychotics
Intervention: health promotion and lifestyle changes prior to commencing treatment with atypical anti-psychotics
Comparator: no intervention from allied health professionals (Pharmacist, Physiotherapist or Dietician for example) prior to commencing treatment with atypical antipsychotics or intervention from allied health professionals after a significant period of time (e.g. 6 months) after commencing treatment with atypical anti-psychotic
Outcome: maintaining or achieving a Body Mass Index (BMI) within the ideal range and preventing development of type 2 diabetes

Clinical and research implications

No directly relevant studies were found to answer this question.

What does the evidence say?

Number of included studies/reviews (number of participants)
No directly relevant studies were identified.

Main Findings n/a

Authors Conclusions n/a

Reliability of conclusions/Strength of evidence n/a

What do guidelines say?

Date question received: 31/07/2012
Date searches conducted: 02/08/2012
Date answer completed: 14/08/2012

Search Details

Source	Search Strategy	Number of hits	Relevant evidence identified
NICE	antipsychotic*	70	0
DARE	1 schizophren* 743 2 Psychosis 207 3 psychotic 322 4 MeSH DESCRIPTOR Schizophrenia EXPLODE ALL TREES 372 5 MeSH DESCRIPTOR Schizophrenia and Disorders with Psychotic Features EXPLODE ALL TREES 443 6 serious adj3 mental 94 7 MeSH DESCRIPTOR Schizophrenia, Paranoid EXPLODE ALL TREES 1 8 bmi 316 9 lifestyle 471 10 life-style 203 11 life adj style 209 12 weight adj management 86 13 lifestyle adj2 interventions 116 14 weight gain 382 15 exercise 2432 16 lifestyle adj changes 81 17 health adj education 739 18 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 985 19 health adj promotion 912 20 intervention 12225	423	0

	21 #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #19 OR #20 14187 22 #18 AND #21 423		
MEDLINE	Search History: 2. MEDLINE; ANTIPSYCHOTIC AGENTS/; 37853 results. 3. MEDLINE; "atypical antipsychotic*".ti,ab; 6736 results. 4. MEDLINE; 2 OR 3; 39416 results. 5. MEDLINE; LIFE STYLE/; 38347 results. 6. MEDLINE; "lifestyle change*".ti,ab; 3691 results. 7. MEDLINE; exp HEALTH PROMOTION/; 47400 results. 8. MEDLINE; "health promotion".ti,ab; 16392 results. 9. MEDLINE; 5 OR 6 OR 7 OR 8; 90974 results. 10. MEDLINE; WEIGHT GAIN/; 20014 results. 11. MEDLINE; "weight gain".ti,ab; 36035 results. 12. MEDLINE; DIABETES MELLITUS, TYPE 2/; 73142 results. 13. MEDLINE; 10 OR 11 OR 12; 117561 results. 14. MEDLINE; 4 AND 9 AND 13; 48 results.	48	0
EMBASE	1. EMBASE; exp ATYPICAL ANTIPSYCHOTIC AGENT/; 63208	30	

	results. 2. EMBASE; "atypical antipsychotics".ti,ab; 5487 results. 3. EMBASE; 1 OR 2; 63901 results. 4. EMBASE; LIFESTYLE MODIFICATION/; 13084 results. 5. EMBASE; "lifestyle change*".ti,ab; 5062 results. 6. EMBASE; exp HEALTH PROMOTION/; 61686 results. 7. EMBASE; ("health promotion" OR "health education").ti,ab; 38451 results. 8. EMBASE; 4 OR 5 OR 6; 77230 results. 9. EMBASE; WEIGHT GAIN/; 52779 results. 10. EMBASE; "weight gain".ti,ab; 43260 results. 11. EMBASE; DIABETES MELLITUS TYPE 2/; 113735 results. 12. EMBASE; BMI.ti,ab; 94238 results. 13. EMBASE; 9 OR 10 OR 11 OR 12; 262077 results. 14. EMBASE; 3 AND 8 AND 13; 138 results. 15. EMBASE; random*.ti,ab; 742807 results. 21. EMBASE; assign*.ti,ab; 206681		

	results. 22. EMBASE; allocat*.ti,ab; 69538 results. 17. EMBASE; (crossover* OR cross-over*).ti,ab; 61949 results. 19. EMBASE; (doubl* ADJ blind*).ti,ab; 129475 results. 20. EMBASE; (singl* ADJ blind*).ti,ab; 12388 results. 16. EMBASE; factorial*.ti,ab; 19202 results. 23. EMBASE; volunteer*.ti,ab; 158287 results. 18. EMBASE; placebo*.ti,ab; 177377 results. 26. EMBASE; RANDOMIZED CONTROLLED TRIAL/; 326512 results. 28. EMBASE; 15 OR 16 OR 17 OR 18 OR 19 OR 20 OR 21 OR 22 OR 23 OR 24 OR 25 OR 26 OR 27; 1222266 results. 27. EMBASE; SINGLE BLIND PROCEDURE/; 16207 results. 24. EMBASE; CROSSOVER PROCEDURE/; 34593 results. 25. EMBASE; DOUBLE BLIND PROCEDURE/; 110113 results. 29. EMBASE; 14 AND 28; 30 results.		
PsychINFO	**Search History:** 1. PsycINFO; "psychiatric	3,7, 36,13	

	patient*".ti,ab; 13465 results. 2. PsycINFO; PSYCHIATRIC PATIENTS/; 26419 results. 3. PsycINFO; MENTAL DISORDERS/; 57340 results. 4. PsycINFO; 1 OR 2 OR 3; 86458 results. 5. PsycINFO; exp NEUROLEPTIC DRUGS/; 22983 results. 6. PsycINFO; "atypical antipsychotics".ti,ab; 3048 results. 7. PsycINFO; 5 OR 6; 23534 results. 8. PsycINFO; HEALTH PROMOTION/ OR HEALTH EDUCATION [+NT]/ OR LIFESTYLE CHANGES/; 19884 results. 9. PsycINFO; 4 AND 7; 1632 results. 10. PsycINFO; 8 AND 9; 3 results. **Search History:** 1. PsycINFO; "psychiatric patient*".ti,ab; 13465 results. 2. PsycINFO; PSYCHIATRIC PATIENTS/; 26419 results. 3. PsycINFO; MENTAL DISORDERS/; 57340 results. 4. PsycINFO; 1 OR 2 OR 3; 86458 results. 5. PsycINFO; exp NEUROLEPTIC DRUGS/; 22983 results. 6. PsycINFO; "atypical		

	antipsychotics".ti,ab; 3048 results. 7. PsycINFO; 5 OR 6; 23534 results. 8. PsycINFO; HEALTH PROMOTION/ OR HEALTH EDUCATION [+NT]/ OR LIFESTYLE CHANGES/; 19884 results. 9. PsycINFO; 4 AND 7; 1632 results. 10. PsycINFO; 8 AND 9; 3 results. 11. PsycINFO; "prior to".ti,ab; 85184 results. 12. PsycINFO; ("weight gain" OR diabetes).ti,ab,af; 59799 results. 13. PsycINFO; 1 AND 6 AND 12; 23 results. 14. PsycINFO; *METABOLIC SYNDROME/; 702 results. 15. PsycINFO; (before adj2 starting OR commenc*).af; 4546 results. 16. PsycINFO; "lifestyle changes".af; 2375 results. 17. PsycINFO; 8 OR 16; 21368 results. 18. PsycINFO; 11 OR 15; 89304 results. 19. PsycINFO; 7 AND 17 AND 18; 7 results. **Search history** 3. PsycINFO; "psychiatric patient*".ti,ab; 13465 results. 7. PsycINFO; exp NEUROLEPTIC		

	DRUGS/; 22983 results. 8. PsycINFO; "atypical antipsychotics".ti,ab; 3048 results. 9. PsycINFO; 5 OR 6; 23534 results. 10. PsycINFO; HEALTH PROMOTION/ OR HEALTH EDUCATION [+NT]/ OR LIFESTYLE CHANGES/; 19884 results. 4. PsycINFO; PSYCHIATRIC PATIENTS/; 26419 results. 12. PsycINFO; 8 AND 9; 3 results. 13. PsycINFO; "prior to".ti,ab; 85184 results. 14. PsycINFO; 7 AND 8 AND 11; 0 results. 15. PsycINFO; 7 AND 8 AND 11; 0 results. 16. PsycINFO; 1 AND 6 AND 13; 23 results. 17. PsycINFO; 1 AND 6 AND 13; 23 results. 18. PsycINFO; *METABOLIC SYNDROME/; 702 results. 19. PsycINFO; (before adj2 starting OR commenc*).af; 4546 results. 11. PsycINFO; 4 AND 7; 1632 results. 6. PsycINFO; 1 OR 2 OR 3; 86458 results. 22. PsycINFO; 11 OR 17; 89304 results. 23. PsycINFO; 7 AND 19 AND 20; 7		

	results. 5. PsycINFO; MENTAL DISORDERS/; 57340 results. 20. PsycINFO; "lifestyle changes".af; 2375 results. 21. PsycINFO; 8 OR 18; 21368 results. 24. PsycINFO; 10 OR 20; 21368 results. 25. PsycINFO; 9 AND 24; 36 results.. **Search History:** 3. PsycINFO; "psychiatric patient*".ti,ab; 13465 results. 7. PsycINFO; exp NEUROLEPTIC DRUGS/; 22983 results. 8. PsycINFO; "atypical antipsychotics".ti,ab; 3048 results. 9. PsycINFO; 5 OR 6; 23534 results. 10. PsycINFO; HEALTH PROMOTION/ OR HEALTH EDUCATION [+NT]/ OR LIFESTYLE CHANGES/; 19884 results. 4. PsycINFO; PSYCHIATRIC PATIENTS/; 26419 results. 6. PsycINFO; 1 OR 2 OR 3; 86458 results. 5. PsycINFO; MENTAL DISORDERS/; 57340 results. 11. PsycINFO; "lifestyle changes".ti,ab; 789 results.		

	12. PsycINFO; 10 OR 11; 20408 results. 13. PsycINFO; WEIGHT GAIN/; 1241 results. 14. PsycINFO; DIABETES [+NT]/; 5869 results. 15. PsycINFO; diabetes.ti,ab; 14158 results. 16. PsycINFO; BODY MASS INDEX/; 1733 results. 17. PsycINFO; 13 OR 14 OR 15 OR 16; 17670 results. 18. PsycINFO; 9 AND 12 AND 17; 13 results.		
Summary	**NA**	**NA**	

Disclaimer

BEST in MH answers to clinical questions are for information purposes only. BEST in MH does not make recommendations. Individual health care providers are responsible for assessing the applicability of BEST in MH answers to their clinical practice. BEST in MH is not responsible or liable for, directly or indirectly, any form of damage resulting from the use/misuse of information contained in or implied by these documents. Links to other sites are provided for information purposes only. BEST in MH cannot accept responsibility for the content of linked sites.

© Best Evidence Summaries of Topics in Mental Health 2013