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Efficacy and safety of a novel long-acting risperidone formulation  
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A new long-acting risperidone microspheres intramuscular formulation was investigated in 370 patients (mean age 38 years) with schizophrenia in a 14-week, multicenter, open-label trial. The patients had been non-responders to typical antipsychotics. Clozapine was started with dose increments of 25–50 mg every two days to bring patients to the dose of 400 mg/day by the end of the 2nd week. All patients were blood sampled on the day preceding clozapine starting and after 1, 2, 4, 6, 8, 12, 16, 24, and 32 weeks of treatment. 

Methods: Body weight and plasma levels of leptin were measured in 22 schizophrenic patients (13 men and 9 women) who had been non-responders to typical antipsychotics. Clozapine was started with dose increments of 25–50 mg every two days to bring patients to the dose of 400 mg/day by the end of the 2nd week. All patients were blood sampled on the day preceding clozapine starting and after 1, 2, 4, 6, 8, 12, 16, 24, and 32 weeks of treatment.

Results: At the end of 2nd week of clozapine administration, plasma levels of leptin increased by 102.5% (±32%) while weight gain was 1.6% (±0.3%). Plasma leptin increase was inversely correlated to body weight gain observed after 6 and 8 months of treatment.

Conclusions: These findings suggest that early changes in leptin secretion may predict long-term weight gain in the course of clozapine administration.