

Outline: Psychopharmacology of Eating Disorders

I. Anorexia nervosa

- A. Many agents suggested as useful, but few examined in controlled trials.
- B. Characteristics of patients in controlled trials
- C. Rationale for agents examined
- D. Results of controlled trials of underweight patients
- E. Results of controlled trials of weight-restored patients
- F. Summary

II. Bulimia nervosa

- A. A number of agents have been examined in controlled trials, but, by far, most of the data relate to antidepressants.
- B. Characteristics of patients in controlled trials
- C. Rationale for antidepressants
- D. Results of controlled antidepressant trials
- E. Results of trials of other agents
- F. Summary

III. Binge Eating Disorder

- A. Diagnostic and clinical features
- B. Goals of treatment (threefold)
- C. Agents examined
- D. Results of controlled trials: binge frequency and weight
- E. Summary

Major teaching points: Psychopharmacology of Eating Disorders

Anorexia nervosa:

- No medication of proven utility!
- Recent interest in olanzapine, but very limited data.
- Calories and psychotherapy are the best established interventions.

Bulimia Nervosa

- First line medication: SSRI's (fluoxetine).
- Second line medication: SNRI? Topiramate?

Binge Eating Disorder

- Many interventions appear helpful, but best approach is uncertain at present.