The study showed that olanzapine was effective in reducing psychopathology severity but the hypothesis that nizatidine could be beneficial in preventing weight gain was not proved since no difference was found between groups, i.e. the concomitant use of olanzapine with nizatidine had no effect on weight when compared to the use of placebo. Actually, the nizatidine group gained more weight (1.1 kg) than the placebo group (0.7), although such difference was not statistically significant.

Despite of a well conceived hypothesis and an adequate add-on design study, the authors stated that their results did not differ from similar studies that could not find an effect either, like, for example, the 16-week trial of Cavazzoni et al. with nizatidine. Moreover, factors such a relatively small sample size, which has contributed to the lack of adequate power of the study, and the fact that nizatidine started to be used after patients had already gained about 7 kg may have influenced the results.

Only through good quality randomized controlled trials, as is the case of the study by Assunção et al., it is possible to obtain the adequate evidence necessary to establish reliable treatment strategies. The evidence derived from the study by Assunção et al. does not recommend the use of nizatidine as drug management for the prevention of weight gain in patients using olanzapine.

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References