

children (aged 5-16 years) showed a significant reduction in repetitive behaviors with the drug. No significant effects on speech or social interaction were found, and no differences were found in side effects between the drug and placebo (Neuropsychopharmacology 2005;30:582-9). But parents should think carefully before medicating children just to reduce these behaviors, he said.

"You don't need to eliminate it just because it's present," Dr. McDougle said. "Maybe it's OK to do these things if you have autism. Maybe you can just learn to leave it alone and appreciate the child for his uniqueness." ■

## Puberty and Body Dissatisfaction in Girls

WASHINGTON — Pubertal changes were more likely to trigger body dissatisfaction in white girls than in African American girls in a study of 331 girls, reported Tiffany Floyd, Ph.D., in a poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies.

Previous studies have shown that body dissatisfaction during puberty is more common among girls than among boys—because pubertal changes conflict with the idealized image of the thin female—and that this increase in body dis-

satisfaction may promote depression. However, additional research has shown that larger female body types are more desirable and acceptable among African Americans than they are among whites, wrote Dr. Floyd, of City College, New York, and her colleagues.

The study included girls in grades 4 through 9, with an average age of 12 years. Approximately 50% of the girls were African American.

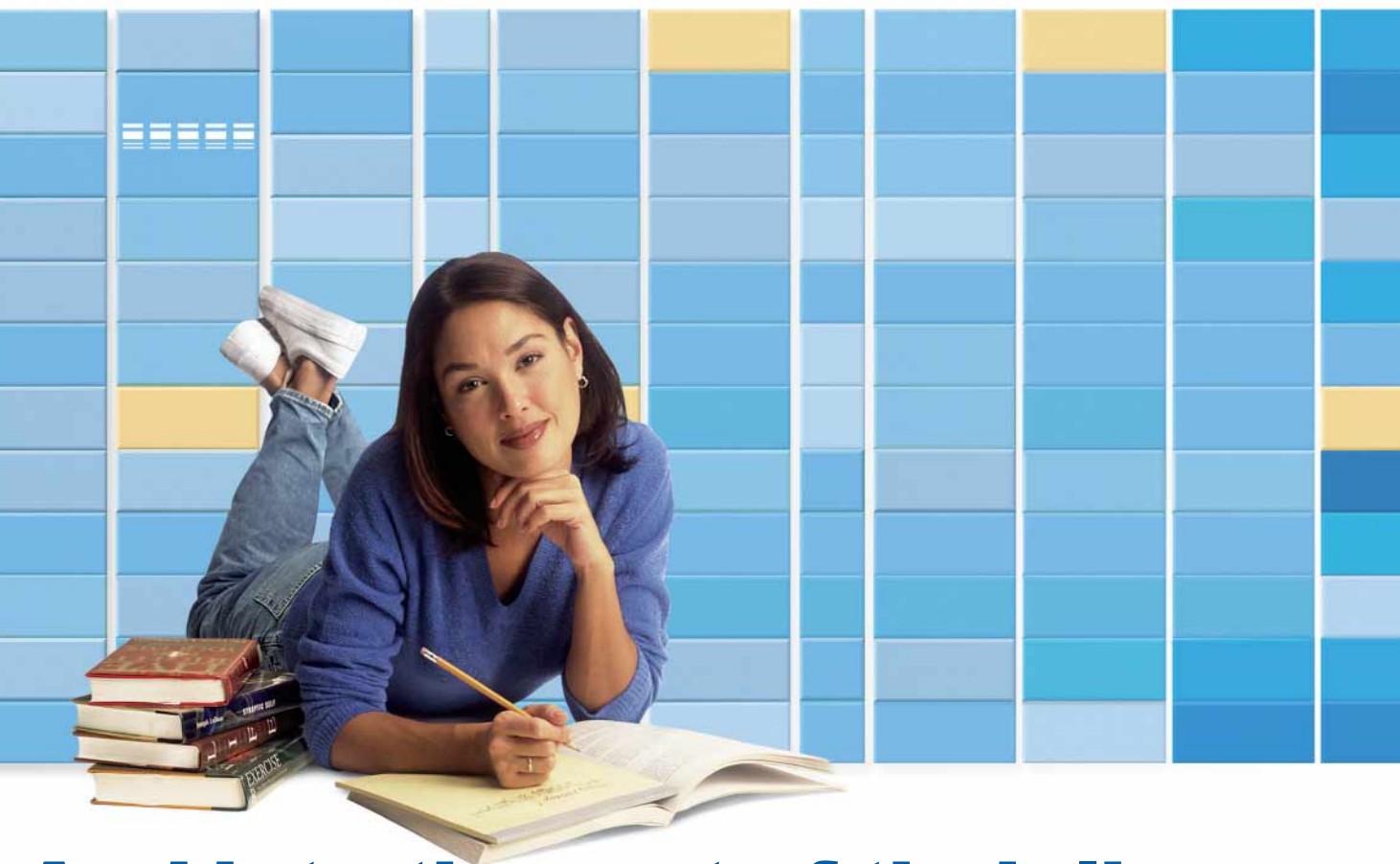
Overall, white girls reported significantly more body dissatisfaction than did

African American girls. Although pubertal status did not directly predict depression in either group, pubertal status significantly predicted body dissatisfaction among white girls in a linear regression analysis, which in turn predicted depressive symptoms.

Pubertal status failed to predict body dissatisfaction among African American girls, but body dissatisfaction significantly predicted depressive symptoms independently of pubertal status.

—Heidi Splete

### with Bipolar I Disorder



## And into the rest of their lives.

- Effectively treats acute manic and mixed episodes\*<sup>1,2</sup>
- Low incidence of clinically significant weight gain<sup>†3</sup>



Into balance

### Reminder:

Equetro™ contains carbamazepine. Please ensure patient is not taking any other form of carbamazepine.