

Table S1. Study assessment.

Period	Enroll ment	BL	Treatment					Follow-up	
Time points (days)		-1	1	2	3	4	5	19± 2 d	33± 2 d
Visits	V0	V0	V1	V2	V3	V4	V5	V6	V7
Screening for eligibility	X								
Written informed consent	X								
Inclusion/exclusion criteria	X								
Basic information (demographic data, psychiatric history, medical history, antipsychotic records, concomitant treatments)	X	X							
General examination (blood pressure, heart rate, height, weight, weight before medication, BMI, waist circumference, abdominal circumference, change in appetite)	X	X					X	X	X
Clinical symptom assessment (PANSS, CDSS-C, CGI)		X							X
Appetite assessment (TFEQ, FCQ-T, FCQ-S, VAS)		X					X	X	X
Cognitive assessment DDT, SST		X					X	X	X
MCCB		X							X
Laboratory indicator testing									
Indicators of glycolipid metabolism (Fasting blood glucose, insulin,		X					X		X

glucagon, glycosylated			
hemoglobin,			
triglycerides, total			
cholesterol, total bile			
acids, HDL, LDL)			
Appetite related	X	X	X
Neuroregulatory factors			
(leptin, cannabinoids,			
ghrelin, adiponectin,			
GLP-1, Leptin, ,			
prolactin,			
cholecystokinin, POMC,			
AgRP)			
Neurotransmitters	X	X	X
(serotonin, dopamine,			
GABA, glutamate, β-			
endorphins,			
norepinephrine,			
epinephrine)			
Gut bacteria	X		X
Side effects assessment	X	X	X
(TESS, AERF)			
MRI scans (T1, ASL,	X	X	X
fMRI)			

BL: Baseline, BMI: Body Mass Index, PANSS: Positive and Negative Syndrome Scale, CDSS-C: Calgary Depression Scale for Schizophrenia, CGI: Clinical Global Impression, TFEQ: Three Factor Eating Questionnaire, FCQ-T: Food Cravings Questionnaire–Trait, FCQ-S: Food Cravings Questionnaire–State, VAS: Visual Analogue Scale, DDT: Delay Discounting Task, SST: Signal Stop Task, MCCB: MATRICS (Measurement and Treatment Research to Improve Cognition in Schizophrenia) Consensus Cognitive Battery; HDL: High Density Lipoprotein, LDL: Low Density Lipoprotein, GLP-1: glucagon-like peptide-1, POMC: Pro-opiomelanocortin, AgRP: Agouti-related protein, TESS: Treatment Emergent Symptom Scale, AERF: Adverse Event Record Form, MRI: Magnetic Resonance Imaging, ASL: Arterial Spin Labeling, fMRI: functional Magnetic Resonance Imaging.