

Exams are available online only at cme.psychiatryonline.org

INFORMATION TO PARTICIPANTS

OBJECTIVES. After evaluating a specific journal article published in the American Journal of Psychiatry, participants should be able to demonstrate an increase in their knowledge of clinical medicine. Participants should be able to understand the contents of a selected research or review article and to apply the new findings to their clinical practice.

PARTICIPANTS. This program is designed for all psychiatrists in clinical practice, residents in Graduate Medical Education programs, medical students interested in psychiatry, and other physicians who wish to advance their current knowledge of clinical medicine.

EXPLANATION OF HOW PHYSICIANS CAN PARTICIPATE AND EARN CREDIT. In order to earn CME credit, subscribers should read through

the material presented in the article. After reading the article, complete the CME quiz online at cme.psychiatryonline.org and submit your evaluation and study hours (up to 1 AMA PRA Category 1 Credit™).

CREDITS. The APA designates this educational activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The American Psychiatric Association (APA) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education (CME) for physicians.

Estimated Time to Complete: 1 Hour
Begin date May 1, 2006 – End date April 30, 2008

EXAMINATION QUESTIONS

Select the single best answer for each question below.

Hallucinations in Children and Adolescents: Considerations in the Emergency Setting

Gail A Edelson

(Am J Psychiatry 2006; 163:781–785)

QUESTION 1. Hallucinations in children are most commonly associated with which of the following diagnoses?

- A. Methylphenidate induced psychosis
- B. Rapid cycling bipolar disorder
- C. Early onset schizoaffective disorders
- D. No definitive psychiatric diagnosis

QUESTION 2. In treating a child with hallucinations, it is recommended to:

- A. Routinely prescribe antipsychotics
- B. Consider any underlying psychopathology first
- C. Avoid being distracted by cultural factors
- D. Minimize attention to the symptoms to avoid reinforcing them

QUESTION 3. Cognitive Behavioral Therapy (CBT) for hallucinations in childhood involves which of the following techniques in the initial encounter?

- A. Understanding beliefs about the hallucinations
- B. Gently pointing out the falseness of the hallucinations
- C. Establishing an alliance with the parents
- D. Providing support for medication discontinuation

EVALUATION QUESTIONS

This evaluation form is adapted from the MedBiquitous Journal-Based Continuing Education Guidelines 28 November 2005.

This evaluation will appear online at the end of each CME course. Participants must complete this evaluation in order to receive credit. Select the response which best indicates your reaction to the following statements about this activity.

STATEMENT 1. The activity achieved its stated objectives

- 1. Strongly agree
- 2. Agree
- 3. Neutral
- 4. Disagree
- 5. Strongly disagree

STATEMENT 2. The activity was relevant to my practice.

- 1. Strongly agree
- 2. Agree
- 3. Neutral
- 4. Disagree
- 5. Strongly disagree

STATEMENT 3. I plan to change my current practice based on what I learned in the activity.

- 1. Strongly agree
- 2. Agree
- 3. Neutral
- 4. Disagree
- 5. Strongly disagree

STATEMENT 4. The activity validated my current practice.

- 1. Strongly agree
- 2. Agree
- 3. Neutral
- 4. Disagree
- 5. Strongly disagree

STATEMENT 5. The activity provided sufficient scientific evidence to support the content presented.

- 1. Strongly agree
- 2. Agree
- 3. Neutral
- 4. Disagree
- 5. Strongly disagree

STATEMENT 6. The activity was free of commercial bias toward a particular product or company.

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EXAMINATION QUESTIONS

Select the single best answer for each question below.

The CAN-SAD Study: A Randomized Controlled Trial of the Effectiveness of Light Therapy and Fluoxetine in Patients With Winter Seasonal Affective Disorder

Raymond W. Lam, et al.

(Am J Psychiatry 2006; 163:805–812)

QUESTION 1. In comparing light therapy to fluoxetine treatment for winter seasonal affective disorder, which of the following statements is true?

- A. Light therapy is more effective than fluoxetine
- B. Fluoxetine is more effective than light therapy
- C. Light therapy and fluoxetine are equally effective
- D. Neither light therapy nor fluoxetine are effective

QUESTION 2. In severely ill patients with winter seasonal affective disorder, which is indicated as a first-line treatment?

- A. Light therapy
- B. Fluoxetine
- C. Light therapy combined with fluoxetine
- D. Either light therapy or fluoxetine

QUESTION 3. Which of the following adverse events was more commonly found in patients using fluoxetine compared to patients using light therapy?

- A. Sleep disturbance
- B. Sexual dysfunction
- C. Gastrointestinal disturbance
- D. Suicidal ideation

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STATEMENT 2. The activity was relevant to my practice.

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STATEMENT 5. The activity provided sufficient scientific evidence to support the content presented.

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STATEMENT 6. The activity was free of commercial bias toward a particular product or company.

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EXAMINATION QUESTIONS

Select the single best answer for each question below.

Prediction of the 10-Year Course of Borderline Personality Disorder

Mary C. Zanarini, et al.
(Am J Psychiatry 2006; 163:827–833)

QUESTION 1. Long-term data have suggested which of the following in terms of extended outcomes in Borderline Personality disorder?

- A. Remission is common but only in the first years of illness
- B. Remission is transient and followed by relapse throughout the lifespan
- C. A minority but substantial proportion achieve a sustained remission
- D. The majority of patients achieve remission

QUESTION 2. Historically and in present studies, a consistent predictor of better outcome in terms of remission of Borderline Personality includes which of the following?

- A. Absence of childhood abuse
- B. Average to above average IQ
- C. Greater physical attractiveness
- D. Older age of onset

QUESTION 3. Personality features within Borderline Personality associated with favorable outcomes include high levels of which of the following features?

- A. Avoidance
- B. Neuroticism
- C. Agreeableness
- D. Dependence

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STATEMENT 1. The activity achieved its stated objectives

- 1. strongly agree
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- 4. disagree
- 5. strongly disagree

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