

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

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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 June 1, 2006 – End date May 31, 2008

EXAMINATION QUESTIONS

Select the single best answer for each question below.

Omega-3 Fatty Acids and Mood Disorders

Gordon Parker et al.

Am J Psychiatry 2006; 163:969-978

QUESTION 1 . Which of the following mechanisms of action has NOT been proposed to account for the mood effects of omega-3 polyunsaturated fatty acids (PUFA)?

- A. Binding to nuclear receptors in early life and affecting gene expression
- B. Inhibiting the release of pro-inflammatory cytokines
- C. Increasing CNS membrane fluidity and cell signaling
- D. Inhibiting serotonin reuptake and monoamine oxidase

QUESTION 2 . Which of the following has been observed regarding the effects of greater seafood consumption on bipolar affective disorder?

- A. Reduced prevalence of bipolar I, II and bipolar spectrum disorder has been observed
- B. Effects on mania have only been observed in the context of schizoaffective disorder
- C. Countries with higher seafood consumption have lower rates of schizophrenia
- D. Rates of unipolar affective disorder are reduced but not rates of bipolar disorder

QUESTION 3 . Which of the following is a methodological limitation for treatment studies involving omega-3 supplementation?

- A. Omega-3 supplementation is unsafe during pregnancy
- B. Only omega-3 levels in adipose tissue are likely to have CNS relevance
- C. Omega-3 supplements often have a fishy aftertaste that can affect the study 'blind'
- D. A paradoxical pro-inflammatory effect may occur in PUFA-deficient patients

EVALUATION QUESTIONS

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

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

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EXAMINATION QUESTIONS

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The Importance of Routine for Preventing Recurrence In Bipolar Disorder: A Case Study

Ellen Frank et al.

Am J Psychiatry 2006; 163:981-985

Question 1. The association between disruption in routine and the onset of new episodes of bipolar illness among patients with bipolar disorder is supported what type of evidence?

- A. Clinical observation and anecdotal reports
- B. Studies of routine-disrupting life events
- C. Studies of the effects of routine disruption on circadian systems
- D. Studies of the effects of routine disruption on sleep

Question 2. The Social Rhythm Metric can be used to:

- A. Chart changes in the regularity of an individual's daily routines
- B. Examine changes in mood during the individual's daily routine
- C. Guide patients to help make their routines more consistent
- D. All of the above

Question 3. For persons with bipolar disorder, trips that involve flight across several time zones:

- A. Are entirely safe from a clinical perspective
- B. Should never be taken by individuals with bipolar disorder
- C. Can be managed safely with adequate planning
- D. Are problematic only with respect to the timing of medication

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EXAMINATION QUESTIONS

Select the single best answer for each question below.

SSRI Treatment During Pregnancy: Deceleration of Weight Gain Due to Depression or Drug?

Lisa M. Bodnar et al.

Am J Psychiatry 2006; 163:986-991

Question 1. Treatment with Selective Serotonin Reuptake Inhibitors (SSRIs) during pregnancy require monitoring of the **mother** due to which of the following concerns?

- A. Antidepressant medication during pregnancy increases the risk of a serotonin syndrome.
- B. SSRIs are often not necessary during pregnancy and should be discontinued.
- C. Antidepressant medication may not be fully effective for remission of depression.
- D. Women taking SSRIs during pregnancy tend to experience hyperphagia and bingeing.

Question 2. Treatment with Selective Serotonin Reuptake Inhibitors (SSRIs) during pregnancy require monitoring of the **fetus** due to which of the following concerns?

- A. Inadequate weight gain increases the risk of preterm birth and fetal growth restriction.
- B. Excessive weight gain may result in a fetus that is large for gestational age.
- C. Post-term birth may be associated with a neonatal behavioral syndrome.
- D. Preterm birth may result from antidepressant-induced gestational diabetes.

Question 3. Which of the following is **not** true about the Institute of Medicine weight gain recommendations?

- A. There is a range of weight gain that is considered adequate during pregnancy.
- B. Weight gain recommendations are the same for all women.
- C. Women should work with their health care providers to set a goal for gestational weight gain.
- D. If reduced appetite causes poor weight gain, physicians should refer patients to a dietitian.

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