

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*TM. 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 December 1, 2007 – End date November 30, 2009

EXAMINATION QUESTIONS

Select the single best answer for each question below.

Anorexia Nervosa

Evelyn Attia and B. Timothy Walsh
Am J Psychiatry 2007; 164:1805-1810

QUESTION 1. Which is the most salient feature of anorexia nervosa?

- A. Avoidance of high fat foods
- B. Self-imposed weight loss
- C. Amenorrhea
- D. Excessive exercise

QUESTION 2. Which of the following is an essential treatment component for all patients with anorexia nervosa?

- A. Pharmacotherapy
- B. Insight-oriented psychotherapy
- C. Increased caloric intake
- D. Family therapy

QUESTION 3. Regarding the course of illness in anorexia nervosa, which of the following best characterizes the rate of 1-year relapse after initial weight restoration?

- A. Relapse rates are higher among adolescent patients
- B. Relapse occurs in nearly 50% of patients
- C. Relapse rates are highest after full weight restoration
- D. Relapse is rare, occurring in less than 10%

EVALUATION QUESTIONS

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

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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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Continuing Medical Education

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Risk of Recurrence in Women With Bipolar Disorder During Pregnancy: Prospective Study of Mood Stabilizer Discontinuation

Adele C. Viguera et al.

Am J Psychiatry 2007; 164:1817-1824

QUESTION 1. The observed risk of recurrence of mood episodes among women diagnosed with DSM-IV bipolar disorder during pregnancy was approximately which of the following?

- A. 10%
- B. 30%
- C. 50%
- D. 70%

QUESTION 2. Most recurrences during pregnancy among women with bipolar disorder were characterized by which of the following type?

- A. Manic or hypomanic episodes
- B. Major depressive or dysphoric (mixed) episodes
- C. Transient dysthymia with prominent anxiety
- D. Psychotic episodes

QUESTION 3. Most recurrences of bipolar disorder illness occurred during which of the following time-points during pregnancy?

- A. First trimester.
- B. Second trimester.
- C. Third trimester.
- D. Near the delivery date.

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The Relationship Between Depressive Personality Disorder and Major Depressive Disorder: A Population-Based Twin Study

Ragnhild E. Ørstavik et al.

Am J Psychiatry 2007; 164:1866-1872

QUESTION 1. In which personality disorder cluster is depressive personality disorder placed in DSM-IV?

- A. Cluster A (odd)
- B. Cluster B (eccentric)
- C. Cluster C (neurotic)
- D. Appendix B (disorders in need of further study)

QUESTION 2. This study evaluated groups of twins for the presence of depressive personality and major depressive disorder to determine the genetic liability for each. When they compared monozygotic to dizygotic twins, which of the following statements best reflects their findings?

- A. The cross-twin correlations for both disorders were higher in monozygotic twins than dizygotic twins
- B. The cross-twin correlation for depressive personality was highest in dizygotic opposite twins.
- C. The cross-twin correlations for both disorders were higher in dizygotic than monozygotic twins
- D. The cross-twin correlations for both disorders did not differ between monozygotic or dizygotic twins.

QUESTION 3. According to the findings of this study, to what extent do genes account for the observed covariance between depressive personality disorder and major depression?

- A. Both major depression and depressive personality share all genetic risk factors.
- B. A substantial proportion of genetic risk factors are shared, but some are specific to major depression.
- C. A small proportion of genetic risk factors are shared, but most are specific to each disorder separately.
- D. There is no evidence that depressive personality or major depression share genetic risk factors

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