

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 April 1, 2007 – End date March 31, 2009

EXAMINATION QUESTIONS

Select the single best answer for each question below.

Lifting the Veil on Trichotillomania

Samuel R. Chamberlain et al.
Am J Psychiatry 2007; 164:568-574

QUESTION 1. Which of the following statements reflects the epidemiologic characteristics of trichotillomania?

- A. The disorder is observed predominantly in male patients.
- B. Comorbidity with mood and anxiety disorders is common
- C. The peak age of onset is between 25-30 years of age.
- D. Hair pulling in children < 5 years predicts recurrence in adulthood.

QUESTION 2. Which of the following treatments for trichotillomania involves training participants to undertake alternative, competing, harmless motor responses, such as fist clenching?

- A. Cognitive behavioral therapy
- B. Exposure and response prevention therapy
- C. Habit reversal therapy
- D. Guided relaxation therapy

QUESTION 3. Trichotillomania is underdiagnosed for which of the following reasons?

- A. Patients actively disguise their symptoms to avoid disclosure
- B. There are no established scales to assess symptoms
- C. Symptoms tend to occur in brief and transient episodes
- D. Body hair that is not readily visible is most frequently affected.

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
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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 4. The activity validated my current practice.

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

- 1. Strongly agree
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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

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Twelve-Month Outcome of Adolescents With Bipolar Disorder Following First Hospitalization for a Manic or Mixed Episode

Melissa P. DelBello et al.

Am J Psychiatry 2007; 164:582-590

QUESTION 1. Which of the following was found to be a predictor of syndromic recurrence in first-hospitalization manic adolescents?

- A. Alcohol use disorders
- B. ADHD
- C. Gender
- D. Age

QUESTION 2. Which of the following was reported regarding medication adherence in first-hospitalization manic adolescents?

- A. Most were adherent to their prescribed medication during the first year following initial hospitalization
- B. 65% did not report full medication adherence during the first year following initial hospitalization
- C. High socioeconomic status, co-occurring ADHD and gender were associated with medication adherence
- D. Alcohol use was associated with better adherence to medications

QUESTION 3. Which of the following medication classes was predictive of syndromic recurrence in a propensity analysis?

- A. Mood stabilizers
- B. Antipsychotics
- C. Psychostimulants
- D. Antidepressants

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EXAMINATION QUESTIONS

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Neural Responses to Happy Facial Expressions in Major Depression Following Antidepressant Treatment

Cynthia H.Y. Fu et al.

Am J Psychiatry 2007; 164:599-607

QUESTION 1. The most easily recognized affective facial expression is:

- A. Surprise
- B. Anger
- C. Fear
- D. Happy

QUESTION 2. The ventral striatum and putamen have a key role in which of the following processes?

- A. Reward and motivation
- B. Fear processing
- C. Memory encoding and updating
- D. Self-monitoring

QUESTION 3. In depression, activity in the putamen relative to healthy individuals has generally been observed to be

- A. Increased
- B. Decreased
- C. No change

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