

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 September 1, 2007 – End date August 31, 2009

EXAMINATION QUESTIONS

Select the single best answer for each question below.

Antidepressant Use in the Postpartum Period: Practical Considerations

Jennifer L. Payne

Am J Psychiatry 2007; 164:1329-1332

QUESTION 1. The strongest predictor that women with postpartum depression will ultimately develop bipolar disorder is which of the following?

- A. The age of the woman
- B. Rapid onset of symptoms after delivery
- C. Family history of bipolar disorder
- D. History of substance abuse

QUESTION 2. Compared to breast milk exposure, infant drug exposure through placental passage has which of the following characteristics?

- A. The same amount of infant exposure per dose of maternal antidepressant medication
- B. Higher exposure from placental passage than through breast milk
- C. Lower exposure from placental passage than through breast milk

QUESTION 3. Postpartum depression (meeting DSM-IV major depressive episode definition) occurs in what percent of women following delivery?

- A. 20%
- B. 30%
- C. 40%
- D. 50%

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

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EXAMINATION QUESTIONS

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Adjunctive Antidepressant Use and Symptomatic Recovery Among Bipolar Depressed Patients With Concomitant Manic Symptoms: Findings From the STEP-BD

Joseph F. Goldberg et al.

Am J Psychiatry 2007; 164:1348-1355

QUESTION 1. At the time bipolar depressed patients entered the STEP-BD study, those who were prescribed a mood stabilizer plus an antidepressant had which of the following clinical characteristics compared with patients receiving only a mood stabilizer?

- A. Younger age
- B. Female gender
- C. More prior depressive episodes
- D. Lesser severity of mania symptoms

QUESTION 2. For STEP-BD bipolar depressed patients with concomitant manic symptoms, which one of the following features was significantly associated with recovery at 3 months?

- A. Duration of time spent on antidepressant
- B. Lifetime number of manic episodes
- C. Bipolar II subtype
- D. Lower depression severity at baseline

QUESTION 3. When adjunctive antidepressants were added to mood stabilizers in bipolar patients whose depressive episodes were accompanied by mania symptoms, which of the following outcomes were observed?

- A. Overall recovery was faster.
- B. Overall recovery was slower.
- C. Depressive symptoms remit no faster but mania symptoms worsen.
- D. Depressive symptoms improve faster but mania symptoms worsen.

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Nonresponse to Treatment for Depression Following Myocardial Infarction: Association With Subsequent Cardiac Events?

Peter de Jonge et al.

Am J Psychiatry 2007; 164:1371-1378

QUESTION 1. Which of the following statements best describes the association between depression and cardiovascular prognosis?

- A. Cardiovascular prognosis is improved by antidepressant treatment regardless of mood status.
- B. Absence of depression following myocardial infarction is associated with better cardiovascular prognosis.
- C. Antidepressant medications have been consistently shown to have a direct cardioprotective effect.
- D. Mood effects on cardiac prognosis have been established only within the context of acute infarction.

QUESTION 2. Among post-myocardial infarction patients, this study found that prospective cardiac events occurred more frequently in which of the following groups?

- A. Patients treated for depression who had an incomplete response
- B. Patients receiving no treatment for depression
- C. Patients who successfully responded to antidepressants
- D. There was no difference across the patient groups

QUESTION 3. Which of the following physiologic processes represents a mechanism that has been implicated as a possible contributor to cardiac morbidity in the context of depression?

- A. Increased sympathetic activation of the autonomous nervous system
- B. Reduced platelet reactivity
- C. Reduced immune system activity
- D. Increased parasympathetic activity of the autonomic nervous system

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