

Continuing Medical Education

You now have an opportunity to earn CME credits by reading articles in *The American Journal of Psychiatry*. Three articles in this issue each comprise a short course for up to 1 hour category 1 CME credit each. The course consists of reading the article and answering three multiple-choice questions with a single correct answer. CME credit is issued only online. Readers who want credit must subscribe to the AJP Continuing Medical Education Course Program (cme.psychiatryonline.org), select *The American Journal of Psychiatry* at that site, take the course(s) of their choosing, complete the evaluation form, and submit their answers for CME credit. There is no minimum threshold score necessary for the credit. A link from the question to the correct answer in context will be highlighted in the associated article. A certificate for each course will be generated upon successful completion. This activity is sponsored by the American Psychiatric Association.

Information for Participants

Objectives: After evaluating a specific journal article, 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 American Psychiatric Association designates this educational activity for a maximum of 1 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. The American Psychiatric Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Information on Courses

Title: Enhancing Multiyear Guideline Concordance for Bipolar Disorder Through Collaborative Care

Faculty: Mark S. Bauer, M.D., Kousick Biswas, Ph.D., Amy M. Kilbourne, Ph.D.

Affiliations: Center for Organization, Leadership, and Management Research, Boston VA Healthcare System (M.S.B.); Perry Point VA Cooperative Studies Coordinating Center, Perry Point, Md. (K.B.); Department of Psychiatry, University of Michigan Medical School, Ann Arbor (A.M.K.).

Disclosures: Drs. Bauer and Kilbourne receive royalties from Springer and New Harbinger Publications for books related to implementing collaborative care. Dr. Kilbourne has received research grant support from Eli Lilly. Dr. Biswas reports no financial relationships with commercial interests.

Discussion of unapproved or investigational use of products*: No

Title: Association of Pre-Onset Cannabis, Alcohol, and Tobacco Use With Age at Onset of Prodrome and Age at Onset of Psychosis in First-Episode Patients

Faculty: Michael T. Compton, M.D., M.P.H., Mary E. Kelley, Ph.D., Claire E. Ramsay, M.P.H., Makenya Pringle, Ph.D., Sandra M. Gouling, M.P.H., Michelle L. Esterberg, M.P.H., M.A., Tarianna Stewart, M.S., Elaine F. Walker, Ph.D.

Affiliation: Department of Psychiatry and Behavioral Sciences, Emory University School of Medicine (M.T.C., C.E.R., M.P., S.M.G.); the Department of Biostatistics, Rollins School of Public Health of Emory University (M.E.K.); the Department of Psychology, Graduate School of Arts and Sciences of Emory University (M.L.E., E.F.W.); and the Department of Biology, Georgia State University, Atlanta (T.S.).

Disclosures: All authors report no financial relationships with commercial interests.

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Title: Randomized, Single-Blind, Controlled Trial of a Specialist Behavior Therapy Team for Challenging Behavior in Adults With Intellectual Disabilities

Faculty: Angela Hassiotis, Ph.D., Dan Robotham, M.A., Anton Canagasabay, F.R.C.Psych., Renee Romeo, Ph.D., Diane Langridge, R.C.N., Robert Blizard, M.Sc., Shahed Murad, Ph.D., Michael King, Ph.D.

Affiliations: Department of Mental Health Sciences, University College London Medical School

Disclosures: All authors report no financial relationships with commercial interests.

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* American Psychiatric Association policy requires disclosure by CME authors of unapproved or investigational use of products discussed in CME programs. Off-label use of medications by individual physicians is permitted and common. Decisions about off-label use can be guided by scientific literature and clinical experience.

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Estimated Time to Complete: 1 Hour

Begin date November 1, 2009 – End date October 31, 2011

EXAMINATION QUESTIONS

Select the single best answer for each question below.

Enhancing Multiyear Guideline Concordance for Bipolar Disorder Through Collaborative Care

Mark S. Bauer et al.

Am J Psychiatry 2009; 166:1244–1250

QUESTION 1. Collaborative care models for bipolar disorder have been demonstrated in controlled clinical trials to improve which of the following?

- A. Clinical symptoms
- B. Social role function
- C. Quality of life
- D. All of the above

QUESTION 2. Which of the following components is not a feature of the collaborative care model?

- A. provider support through simplified practice guidelines
- B. group psychoeducation
- C. nurse care management
- D. cognitive behavior therapy tailored to different bipolar types

QUESTION 3. Long-term antimanic treatment guideline concordance was associated with which of the following?

- A. age
- B. bipolar type
- C. baseline concordance status
- D. all of the above

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.

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Association of Pre-Onset Cannabis, Alcohol, and Tobacco Use With Age at Onset of Prodrome and Age at Onset of Psychosis in First-Episode Patients

Michael T. Compton et al.

Am J Psychiatry 2009; 166:1251–1257

QUESTION 1. Many studies of patients with psychotic disorders demonstrate that the initiation of substance use typically occurs in which of the following phases of the psychotic disorder?

- A. in the years preceding the onset of psychosis
- B. upon remission of positive symptoms after the first episode
- C. within 2 years after the onset of the psychotic disorder
- D. during the stable, chronic phase of the disorder

QUESTION 2. Studies show that acute administration of cannabis commonly causes patients with psychotic disorders to experience which of the following transient changes in symptoms?

- A. improvement in cognitive symptoms
- B. worsening of positive symptoms
- C. reduction in negative symptoms
- D. exacerbation of catatonic symptoms

QUESTION 3. Earlier onset of schizophrenia and related psychotic disorders is associated with which of the following clinical features compared to those with a later onset?

- A. greater cognitive impairment
- B. lesser functional disability in adulthood
- C. better responsiveness to antipsychotics
- D. lower likelihood of rehospitalization

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Randomized, Single-Blind, Controlled Trial of a Specialist Behavior Therapy Team for Challenging Behavior in Adults With Intellectual Disabilities

Angela Hassiotis et al.

Am J Psychiatry 2009; 166:1278–1285

QUESTION 1. Caregiver training, multi-setting assessment and behavioral analysis are part of which psychological intervention?

- A. Applied behavior analysis
- B. Cognitive behavior treatment
- C. Standard treatment
- D. All of the above

QUESTION 2. Which of the following statements regarding the Psychiatric Assessment Schedule for Adults With a Developmental Disability (PAS-ADD) is true?

- A. It may be used to measure change postintervention.
- B. The PAS-ADD scale has five domains.
- C. It screens for affective, organic, and psychotic disorders.
- D. The PAS-ADD items are self-reported by the patient.

QUESTION 3. The treatment cost analysis in the study has been considered from the following perspective:

- A. Societal
- B. Health and social services
- C. Service users and caregivers
- D. Cost benefit

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