

Exams are available online only at [cme.psychiatryonline.org](http://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 December 1, 2009 – End date November 30, 2011

## EXAMINATION QUESTIONS

Select the single best answer for each question below.

### The Outcome of Bulimia Nervosa: Findings From One-Quarter Century of Research

Hans-Christoph Steinhausen and Sandy Weber  
Am J Psychiatry 2009; 166:1331–1341

**QUESTION 1.** Among studies that use a three-level classification for global outcome, approximately what proportion of patients with bulimia nervosa experience a full recovery?

- A. 75%
- B. 27%
- C. 5%
- D. 45%

**QUESTION 2.** How does the long-term outcome of bulimia nervosa compare with anorexia nervosa in terms of recovery, improvement, and chronicity?

- A. only chronicity was worse than anorexia nervosa
- B. all outcomes were similar to anorexia nervosa
- C. improvement was better than anorexia nervosa, but recovery was worse
- D. all outcomes were significantly better

**QUESTION 3.** Which of the following characterizes the crude mortality rate of patients suffering from bulimia nervosa relative to anorexia nervosa?

- A. markedly higher
- B. equal
- C. markedly lower
- D. slightly higher

## 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.

- 1. Strongly agree
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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.

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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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### A Randomized Trial of Dialectical Behavior Therapy Versus General Psychiatric Management for Borderline Personality Disorder

Shelley F. McMain et al.

Am J Psychiatry 2009; 166:1365–1374

**QUESTION 1.** Comparing the clinical efficacy of 1 year of dialectical behavior therapy to general psychiatric management for patients with borderline personality disorder, this study found which of the following?

- A. Patients receiving dialectical behavior therapy had better outcomes.
- B. Patients receiving general psychiatric management had better outcomes.
- C. Both groups showed comparable improvement on the majority of outcomes.
- D. Neither group showed significant improvement.

**QUESTION 2.** Which of the following represents an area where dialectical behavioral therapy and general psychiatric management overlap?

- A. focusing on emotion
- B. provision of structured sessions
- C. hierarchy of targets
- D. behavioral analysis

**QUESTION 3.** General psychiatric management based on the APA Practice Guideline for the Treatment of Patients with Borderline Personality Disorder consisted of all of the following EXCEPT:

- A. case management
- B. in vivo exposure
- C. symptom-targeted medication management
- D. dynamically informed psychotherapy

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## EXAMINATION QUESTIONS

Select the single best answer for each question below.

### Effects of Chronic Stress on Memory Decline in Cognitively Normal and Mildly Impaired Older Adults

Guerry M. Peavy et al.

Am J Psychiatry 2009; 166:1384–1391

**QUESTION 1.** What part of the brain is most commonly associated with memory and a primary target of the glucocorticoid response to stress?

- A. thalamus
- B. cerebellum
- C. hippocampus
- D. hypothalamus

**QUESTION 2.** Which of the following is a feature of the Life Events and Difficulties Schedule used to measure chronic stress?

- A. It is a self-report checklist that focuses only on negative life events.
- B. The interviewer probes for information about the context of the stressful event.
- C. No training is required for assigning ratings of stress.
- D. It is used to characterize stressful events within the month prior to the interview.

**QUESTION 3.** What outcome was associated with relatively higher levels of cortisol over the observation period in subjects with mild cognitive impairment?

- A. Decrease in rate of decline on memory tests
- B. Normal performance on cognitive testing
- C. Increased anxiety
- D. Increase in rate of cognitive decline

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### Information on Courses

**Title:** The Outcome of Bulimia Nervosa: Findings From One-Quarter Century of Research

**Faculty:** Hans-Christoph Steinhausen, M.D., Ph.D., D.M.Sc., Sandy Weber, Cand.Phil.

**Affiliations:** Aalborg Psychiatric Hospital, Aalborg, Denmark; Aarhus University Hospital, Aarhus, Denmark; the Department of Clinical Child and Adolescent Psychology, University of Basel, Basel, Switzerland; and the Department of Child and Adolescent Psychiatry, University of Zurich

**Disclosures:** The authors report no financial relationships with commercial interests.

**Discussion of unapproved or investigational use of products\*:** No

**Title:** A Randomized Trial of Dialectical Behavior Therapy Versus General Psychiatric Management for Borderline Personality Disorder

**Faculty:** Shelley F. McMain, Ph.D., Paul S. Links, M.D., William H. Gnam, M.D., Tim Guimond, M.D., Robert J. Cardish, M.D., Lorne Korman, Ph.D., David L. Streiner, Ph.D.

**Affiliation:** Centre for Addiction and Mental Health, Toronto (S.F.M., W.H.G., T.G., R.J.C.); Department of Psychiatry, University of Toronto (S.F.M., P.S.L., W.H.G., T.G., R.J.C., D.L.S.); St. Michael's Hospital, Toronto (P.S.L.); Institute for Work and Health, Toronto (W.H.G.); BC Mental Health and Addiction Service and Department of Psychiatry, University of British Columbia, Vancouver (L.K.); Faculty of Health Sciences, Simon Fraser University (L.K., D.L.S.); Baycrest Centre, Toronto (D.L.S.).

**Disclosures:** Dr. Links has received an unrestricted educational grant from Eli Lilly Canada Inc. All other authors report no financial relationships with commercial interests.

**Discussion of unapproved or investigational use of products\*:** No

**Title:** Effects of Chronic Stress on Memory Decline in Cognitively Normal and Mildly Impaired Older Adults

**Faculty:** Guerry M. Peavy, Ph.D., David P. Salmon, Ph.D., Mark W. Jacobson, Ph.D., Aaron Hervey, Ph.D., Anthony C. Gamst, Ph.D., Tanya Wolfson, M.A., Thomas L. Patterson, Ph.D., Sherry Goldman, M.A., Paul J. Mills, Ph.D., Srikrishna Khandrika, Ph.D., Douglas Galasko, M.D.

**Affiliations:** UC San Diego Department of Neurosciences (G.M.P., D.P.S., A.H., A.C.G., D.G.), Department of Psychiatry (M.W.J., T.L.P., S.G., P.J.M.), Department of Family and Preventive Medicine (A.C.G., T.W.), and Department of Medicine (Clinical Research Center) (S.K.); and the VA Medical Center, San Diego (M.W.J., T.L.P., S.G., D.G.).

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