

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 *AMA PRA Category 1 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 to 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 Credit™*. 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: Correlates of Anger and Hostility in Iraq and Afghanistan War Veterans

Faculty: Eric B. Elbogen, Ph.D., H. Ryan Wagner, Ph.D., Sara R. Fuller, B.S., Patrick S. Calhoun, Ph.D., Patricia M. Kinneer, M.A., Mid-Atlantic Mental Illness Research, Education, and Clinical Center Workgroup, Jean C. Beckham, Ph.D.

Affiliations: Department of Psychiatry, Forensic Psychiatry Program and Clinic, University of North Carolina–Chapel Hill School of Medicine (E.B.E., S.R.F., P.M.K.); VISN 6 Mental Illness Research, Education, and Clinical Center (MIRECC), Durham, N.C.; VA Medical Center, Durham (E.B.E., H.R.W., S.R.F., P.S.C., P.M.K., J.C.B.); and Department of Psychiatry, Duke University Medical Center (H.R.W., P.S.C., J.C.B.).

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

Discussion of unapproved or investigational use of products*: No

Title: Ambient Particulate Matter as a Risk Factor for Suicide

Faculty: Changsoo Kim, M.D., Ph.D., Sang Hyuk Jung, M.D., Ph.D., Dae Ryong Kang, Ph.D., Hyeon Chang Kim, M.D., Ph.D., Ki Tae Moon, M.D., Ph.D., Nam Wook Hur, Ph.D., Dong Chun Shin, M.D., Ph.D., Il Suh, M.D., Ph.D.

Affiliations: Department of Preventive Medicine (C.K., H.C.K., N.W.H., D.C.S., I.S.) and the Institute for Environmental Research (D.R.K.), Yonsei University College of Medicine, Seoul; the Department of Preventive Medicine, Ewha Womans University School of Medicine, Seoul (S.H.J.); and the Department of Policy and Information Analysis, Health Insurance Review Agency, Seoul (K.T.M.).

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

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Title: The Role of Histamine Degradation Gene Polymorphisms in Moderating the Effects of Food Additives on Children's ADHD Symptoms

Faculty: Jim Stevenson, Ph.D., Edmund Sonuga-Barke, Ph.D., Donna McCann, Ph.D., Kate Grimshaw, M.Sc., Karen M. Parker, M.S., Matthew J. Rose-Zerilli, B.Sc., John W. Holloway, Ph.D., John O. Warner, M.D.

Affiliations: School of Psychology, University of Southampton (J.S., E. S.-B., D.M.); the Division of Infection, Inflammation and Immunity and the Division of Human Genetics, School of Medicine, University of Southampton (K.G., K.M.P., M.J. R.-Z., J.W.H.); the Department of Paediatrics, Imperial College London (J.O.W.).

Disclosures: Dr. Sonuga-Barke reports speaker board participation for Shire Pharma and UCB Pharma; consultancy work for UCB Pharma and Shire; research support from Janssen Cilag, Shire, and Qbtech; advisory board participation for Shire, Flynn Pharma, UCB Pharma, and AstraZeneca; and conference support from Shire. Professor Warner reports speaker board participation for UCB Pharma, Danone, Novartis, and Merck; research grants from UCB Pharma, Danone, Novartis, and Merck; and advisory board participation for UCB Pharma, Danone, Novartis, and Merck. The remaining authors report no financial relationships with commercial interests.

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*APA 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 September 1, 2010 – End date August 31, 2012

EXAMINATION QUESTIONS

Select the single best answer for each question below.

Correlates of Anger and Hostility in Iraq and Afghanistan War Veterans

Eric B. Elbogen et al.

Am J Psychiatry 2010; 167:1051–1058

Learning Objective. The participant will identify important correlates of anger and hostility in Iraq and Afghanistan veterans and discuss the assessment and treatment implications of findings.

Subject Node. Violence/Aggression; Posttraumatic Stress Disorder

QUESTION 1. Which of the following was not associated with veterans' difficulty managing anger in multivariate analyses?

- A. Posttraumatic stress disorder
- B. Traumatic brain injury
- C. Marital status
- D. Parental criminal history

QUESTION 2. Which of the following statements regarding the role of PTSD in aggressiveness among veterans is correct?

- A. PTSD avoidance symptoms were not associated with increased risk of having difficulty managing anger.
- B. PTSD re-experiencing symptoms were always linked to increased risk of anger and hostility.
- C. PTSD hyperarousal symptoms including guardedness predicted the measures of anger and hostility.
- D. PTSD diagnoses were associated with aggressive impulses only in combination with having fired a weapon in combat.

QUESTION 3. Which of the following conclusions can best be drawn from the study results regarding veterans returning home?

- A. Demographic background effectively predicted post-deployment anger and hostility among veterans.
- B. Traumatic brain injury and alcohol abuse appeared to play a direct role in post-deployment aggressiveness.
- C. Military variables related to anger and hostility occurred only in the presence of PTSD symptoms.
- D. Different types of anger are related to different factors such that treatment should be individually tailored.

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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- 5. Strongly disagree

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

- 1. Strongly agree
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- 5. Strongly disagree

STATEMENT 4. The activity validated my current practice.

- 1. Strongly agree
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- 4. Disagree
- 5. Strongly disagree

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

- 1. Strongly agree
- 2. Agree
- 3. Neutral
- 4. Disagree
- 5. Strongly disagree

STATEMENT 6. The activity was free of commercial bias toward a particular product or company.

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EXAMINATION QUESTIONS

Select the single best answer for each question below.

Ambient Particulate Matter as a Risk Factor for Suicide

Changsoo Kim et al.

Am J Psychiatry 2010; 167:1100–1107

Learning Objective. The participant will understand how air pollutants can be related to the mental illness.

Subject Node. Suicide

QUESTION 1. In which study design do subjects who have experienced an event of interest serve as their own controls?

- A. Case-control study
- B. Cohort study
- C. Case-crossover study
- D. Matched case-control study

QUESTION 2. Which of the following air pollutant components is related to neurotoxicity?

- A. Lead
- B. Mercury
- C. Diesel exhaust particles
- D. All of the above

QUESTION 3. Which of the following findings can be caused by inflammatory mechanism?

- A. Cognitive impairment
- B. Endothelial damage of the cerebral vasculature
- C. Depression
- D. All of the above

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The Role of Histamine Degradation Gene Polymorphisms in Moderating the Effects of Food Additives on Children's ADHD Symptoms

Jim Stevenson et al.

Am J Psychiatry 2010; 167:1108–1115

Learning Objective. The participant will understand how the effects of food additives (six colors and a preservative, sodium benzoate) on behavior can be modified by genetic polymorphisms.

Subject Node. Attention Deficit Hyperactivity Disorder; Genetics; Children and Adolescents

QUESTION 1. Which of the following polymorphisms are associated with differences in the effects of both mixes of food additives on ADHD symptoms in 8-year-old children?

- A. COMT Val108Met
- B. HNMT T939C
- C. HNMT Thr105Ile
- D. DAT1

QUESTION 2. Which receptors are suggested as a possible mechanism for mediating the effects shown in this study?

- A. H1
- B. H2
- C. H3
- D. All of the above

QUESTION 3. The results of the study are an example of the importance of which of the following mechanisms?

- A. Gene main effects
- B. Gene-gene interactions
- C. Gene-environment interactions
- D. None of the above

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