

RECOGNITION AND TREATMENT STRATEGIES FOR BIPOLAR DISORDER ACROSS THE LIFE CYCLE

CME QUESTIONS

- Which one of the following features would most usefully support a diagnosis of bipolar disorder as differentiated from other mood disorder diagnoses?
 - Attention problems in an anxious, depressed older adult
 - An episodic course of illness with psychotic features that occurred only in the presence of a mood disturbance
 - An elevated serum thyroid-stimulating hormone level in a young adult woman with depressed mood and irritability
 - Cocaine-induced paranoia in a 30-year-old man whose cousin had bipolar disorder
- The group of disorders with the highest lifetime comorbidity with bipolar disorder is the following:
 - Schizophrenic disorders
 - Anxiety disorders
 - Substance abuse disorders
 - Epilepsy
- In the National Depressive and Manic Depressive membership surveys, when was the reported modal age at onset of bipolar disorder?
 - 10–14 years of age
 - 15–19 years of age
 - 20–24 years of age
 - 25–29 years of age
- In assessing patients >50 years of age presenting with some symptomatology of bipolar disorders, all but which one of the following approaches is important in assessment?
 - Require a documented history of bipolar disorder in at least one first-degree relative
 - Assess for cognitive dysfunction
 - Assess for indication of dementia form disorders
 - Assess for evidence of compromised cardiovascular function
- Which drug combination is United States Food and Drug Administration–approved for the treatment of bipolar depression:
 - Olanzapine-quetiapine
 - Olanzapine-fluoxetine
 - Lamotrigine-fluoxetine
 - Lithium-lamotrigine
- What percentage of patients with bipolar disorder exhibit poor medication compliance within the first 12 months of treatment?
 - <50%
 - 50%–67%
 - 75%
 - ~100%
- Which of the following psychosocial interventions was not conducted as a component of the Systematic Treatment Enhancement Program for Bipolar Disorder?
 - Cognitive-behavioral therapy
 - Short-term psychodynamic psychotherapy
 - Interpersonal and social rhythm therapy
 - Family-focused treatment
- Which of the following psychosocial tools can be utilized to help patients with bipolar illness manage their mood swings more effectively?
 - Treatment contract
 - Mood chart
 - Activity scheduling
 - All of the above