

## **CURRENT EVIDENCE AND FUTURE DIRECTIONS: AUGMENTATION AND DOSING STRATEGIES FOR MAJOR DEPRESSION**

### **CME QUESTIONS**

- 1. In the Sequenced Treatment Alternatives to Relieve Depression (STAR\*D) study, what percentage of patients did not remit after four sequential treatment trials?**
  - A. 15%
  - B. 22%
  - C. 33%
  - D. 42%
- 2. Which of the following options was not listed as an advantage of adjunctive or augmentation strategies following nonresponse to a first-line antidepressant?**
  - A. Avoids provoking discontinuation-emergent symptoms
  - B. Can improve tolerability
  - C. Can build on partial response
  - D. Avoids symptom relapse during cross-titration
- 3. In the STAR\*D study, cognitive therapy was somewhat less acceptable as a randomized second step strategy than pharmacotherapy, but was significantly more effective.**
  - A. True
  - B. False
- 4. Disadvantages of adjunctive lithium for depression include all but which of the following:**
  - A. Poor patient acceptance
  - B. Lack of data supporting efficacy
  - C. Lack of data with modern antidepressants
  - D. Side-effect burden
- 5. A major advantage of transcranial magnetic stimulation is:**
  - A. Lack of cognitive side effects
  - B. Efficacy across spectrum of treatment resistance
  - C. High insurance coverage
  - D. Long-term efficacy
- 6. Which of the following agents has not been studied as adjunctive therapy in placebo-controlled trials of major depressive disorder (MDD)?**
  - A. Olanzapine
  - B. Risperidone
  - C. Ziprasidone
  - D. Aripiprazole
- 7. Which of the following best summarizes the efficacy findings from a meta-analysis of adjunctive treatment with atypical agents in MDD?**
  - A. Drugs appear effective but studies are small
  - B. Effects occur quickly but dissipate by the end of the trial
  - C. Atypical agents are effective with a number needed to treat of about 9
  - D. Agents appear effective but more patients discontinue due to adverse events than achieve remission
- 8. Which of the following agents has not been studied as adjunctive therapy in placebo-controlled trials in MDD?**
  - A. Sedation
  - B. Metabolic syndrome
  - C. Tardive dyskinesia
  - D. All of the above