

Online

Insight

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The Journal of  
Clinical Psychiatry

## CME Background Treatment Recommendations Versus Treatment Realities: Their Effect on Compliance and Persistence in Patients With Depression

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME). To obtain credit, please study the material in this Online Insight and complete the posttest as instructed.

### CME Objective

After completing this educational activity, participants should be able to:

- List several reasons why patients stop antidepressant treatment
- Describe several strategies to improve compliance with antidepressant treatment

### Statement of Need and Purpose

Noncompliance with treatment occurs in up to 60% of antidepressant-treated patients. This activity was designed to meet the needs of participants in the Physicians Postgraduate Press CME activities who have requested information on improving compliance in their antidepressant-treated patients. There are no prerequisites for this activity.

### Accreditation Statement

Physicians Postgraduate Press, Inc. is accredited by the ACCME to sponsor continuing medical education for physicians.

### Credit Designation

Physicians Postgraduate Press, Inc. designates this educational activity for up to 2 hours in Category 1 credit toward the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

### Date of Original Release/Review

This Online Insight activity was placed online in May 2002. This activity is eligible for CME credit through May 31, 2002. The latest review of this material was February 2002.

### Faculty List

The faculty for this activity are Chair, David J. Kupfer, M.D., Western Psychiatric Institute and Clinic, Pittsburgh, Pa; Timothy G. Dinan, M.D., Ph.D., University College, Cork, Ireland; David L. Dunner, M.D., University of Washington,

Seattle; Maurizio Fava, M.D., Massachusetts General Hospital, Boston.

### Faculty Disclosure

In the spirit of full disclosure and in compliance with all ACCME Essential Areas and Policies, the faculty for this continuing medical education activity were asked to complete a full disclosure statement. The information received is as follows: **Dr. Kupfer** is a member of the speakers/advisory board for Pfizer, Lilly, and Forest; **Dr. Dinan** has received honoraria from and is a member of the speakers/advisory board for Lilly, Pfizer, Lundbeck, and Organon; **Dr. Dunner** is a consultant for Lilly, Wyeth-Ayerst, GlaxoSmithKline, Bristol-Myers, and Novartis; has received research grant support from Pfizer, Wyeth-Ayerst, Pharmacia & Upjohn, and Cyberonics; and has received honoraria from Lilly, GlaxoSmithKline, Bristol-Myers, and Wyeth; **Dr. Fava** has received research grant support and honoraria from Lilly, SmithKline, Pfizer, Wyeth-Ayerst, Organon, Bristol-Myers, Pharmacia & Upjohn, Glaxo, Solvay, Forest, Sanofi, and Synthelabo; has received honoraria from Janssen, Lundbeck, Knoll, Parke-Davis, Somerset, and Pharmavite; and has received research grant support from Abbott, Roche, Novartis, Lorex, and Litchwer Pharma GmbH.

### Disclosure of Off-Label Usage

To the best of his knowledge, Dr. Kupfer has determined that citalopram, desipramine, fluoxetine, imipramine, nefazodone, paroxetine, sertraline, and venlafaxine are not approved by the U.S. Food and Drug Administration for the treatment of recurrent depression.

### Acknowledgment

The discussion contained in this Online Insight activity was taken from the teleconference "Treatment Recommendations Versus Treatment Realities: Their Effect on Compliance and Persistence in Patients With Depression," held December 21, 2001. The teleconference and this Online Insight activity were independently developed by the Physicians Postgraduate Press, Inc. Office of Continuing Medical Education pursuant to an unrestricted educational grant from Eli Lilly and Company. The opinions expressed herein are those of the authors and do not necessarily reflect the views of the publisher and CME sponsor or the commercial supporter.

# CME POSTTEST

*J Clin Psychiatry Online Insight May 2002  
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Participants may receive up to 2 hours of Category 1 credit toward the American Medical Association Physician's Recognition Award by studying the material in this Online Insight activity and correctly answering at least 60% of the questions in the posttest.

1. Read each question carefully and circle the answer on the Registration Form.
2. Type or print the registration information in the spaces provided, and complete the evaluation.
3. Send the Registration Form along with a check, money order, or credit card payment in the amount of \$10 to the address or fax number listed on the Registration Form.
4. For a credit certificate to be issued, answers must be postmarked by the deadline shown on the CME Registration Form.

All replies and results are confidential. Answer sheets, once graded, will not be returned. Unanswered questions will be considered incorrect and so scored. The Physicians Postgraduate Press, Inc. Office of Continuing Medical Education will keep only a record of participation, which indicates the completion of the activity and the designated number of Category 1 credit hours that have been awarded. Correct answers to the quiz will be made available to the participants of this activity upon request after the submission deadline. If you have questions, please call 1-800-489-1001, ext. 8.

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- 1. Maintenance therapy may be appropriate for patients who have**
  - a. Experienced only one mild depressive episode
  - b. Had 2 or more prior episodes of depression
  - c. Not complied with treatment during the acute phase
  - d. Shown poor response to treatment
- 2. Patients discontinue treatment during the acute phase for all of the following reasons *except*:**
  - a. Depressive symptoms can cause poor compliance
  - b. Taking medication daily can be inconvenient
  - c. Medication can be costly
  - d. Patients feel they know best how to treat their depression
- 3. All of the following are reasons for patient noncompliance during long-term treatment *except*:**
  - a. Antidepressants are addictive
  - b. Patients experience adverse events
  - c. Medications stop working
  - d. Patients feel better
- 4. Strategies for improving patient compliance include all of the following *except*:**
  - a. Discussing long-term side effects
  - b. Switching patients to once-weekly doses of medication
  - c. Having frequent contact with patients
  - d. Having private conferences with patients' family members
- 5. In the United States, antidepressant trials are often longer than guidelines recommend.**
  - a. True
  - b. False
- 6. An effective way to deal with recurrence is to**
  - a. Encourage patients to use self-rating scales to monitor their condition
  - b. Discontinue any medications that once worked for the patient
  - c. Switch patients to medications that do not lose efficacy over time
  - d. Wait several weeks to see if symptoms will remit before altering treatment
- 7. Family members should *not* be involved in treatment if patients**
  - a. Do not understand their illness
  - b. Are influenced by their family's attitudes
  - c. Do not like to monitor their own condition
  - d. Do not want their family involved

# CME REGISTRATION FORM

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## Circle the one correct answer for each question.

1. a b c d
2. a b c d
3. a b c d
4. a b c d
5. a b
6. a b c d
7. a b c d

## Print or type

Name \_\_\_\_\_

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## Deadline for submission

For a credit certificate to be issued, please fax or mail this Registration Form and payment no later than May 31, 2003. You will receive your credit certificate within 6–8 weeks.

## Payment

A \$10 payment must accompany this form. You may pay by check, money order, or credit card (Visa or MasterCard). Make check or money order payable to Physicians Postgraduate Press, Inc. If paying by credit card, please provide the information below.

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## Please evaluate the effectiveness of this CME activity by answering the following questions.

1. Was the educational content relevant to the stated educational objectives?  Yes  No
2. Did this activity provide information that is useful in your clinical practice?  Yes  No
3. Was the format of this activity appropriate for the content being presented?  Yes  No
4. Did the method of presentation hold your interest and make the material easy to understand?  Yes  No
5. Achievement of educational objective:
  - A. Enabled me to list several reasons why patients stop antidepressant treatment.  Yes  No
  - B. Enabled me to describe several strategies to improve compliance with antidepressant treatment.  Yes  No
6. Did this CME activity provide a balanced, scientifically rigorous presentation of therapeutic options related to the topic, without commercial bias?  Yes  No
7. Does the information you received from this CME activity confirm the way you presently manage your patients?  Yes  No
8. Does the information you received from this CME activity change the way you will manage your patients in the future?  Yes  No
9. Please offer comments and/or suggested topics for future CME activities.  
\_\_\_\_\_  
\_\_\_\_\_
10. How much time did you spend completing this CME activity?  
\_\_\_\_\_
11. Please rank the format for future activities in order of your preference (1 is most preferred):  
\_\_\_ Audiotape \_\_\_ CD-ROM \_\_\_ Telephone  
\_\_\_ Internet \_\_\_ E-Mail \_\_\_ Symposium  
\_\_\_ Journal \_\_\_ Supplement to Journal
12. Do you have convenient access to the Internet?  
 Yes  No

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