



Instructions

Participants may receive up to 1 hour of Category 1 credit toward the American Medical Association Physician's Recognition Award by reading the CME article and correctly answering at least 60% of the questions in the posttest that follows.

1. Read each question carefully and circle the answer on the Registration Form (next page).
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.

1. On the basis of recent data, the general population prevalence of bipolar spectrum disorders (bipolar I, bipolar II, and related conditions) is conservatively estimated to be:

- a. 0.5%
- b. 1%
- c. 5%
- d. 10%

2. Bipolar disorder is often overlooked in the following clinical presentations:

- a. Treatment-resistant depression
- b. Axis II erratic (narcissistic, histrionic, borderline) personality disorders
- c. Substance abuse
- d. All of the above

3. Wicki and Angst reported the mean modal duration of hypomania to be:

- a. 12 hours
- b. 1 to 3 days
- c. 4 days
- d. 7 days

4. Which of the following data categories is not important in differentiating bipolar depression from unipolar depression?

- a. Phenomenology (symptoms)
- b. Family pedigree
- c. Biological markers
- d. Longitudinal course of illness

5. The DSM-IV considers treatment-emergent hypomania/mania specific for bipolar illness.

- a. True
- b. False

6. Manic episodes are differentiated from hypomanic episodes in the DSM-IV on the basis of all of the following except:

- a. Episode duration (7 days vs. 4 days)
- b. Severity (marked impairment vs. non-marked impairment)
- c. Potential for presence of psychotic symptoms (may be present vs. never present)
- d. Number of symptoms that presents during the episode (≥ 5 vs. 1-4)

7. Lithium is less effective for manic episodes that contain:

- a. Mixtures of both depressed and manic symptoms
- b. Grandiosity
- c. Racing thoughts
- d. Decreased need for sleep

Answer to Pretest: 1. a



REGISTRATION AND EVALUATION

Circle the one correct answer for each question.

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

Print or type

Name _____

Social Security number _____ - _____ - _____
(for CME credit recording purposes)

Degree _____ Specialty _____

Affiliation _____

Address _____

City, State, Zip _____

Phone () _____

Fax () _____

E-mail _____

Hospital Private Practice Resident Intern

Deadline for submission

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

Keeping a copy for your files

Retain a copy of your answers to compare them with the correct answers, which are available upon request after the submission deadline.

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.

Check one: Visa MasterCard

Card number _____

Expiration date _____

Your signature _____

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 describe the differences in symptoms and treatment of unipolar and bipolar disorder. 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. Do you have convenient access to the Internet? Yes No

TEAR OUT AND SEND THIS PAGE, ALONG WITH YOUR PAYMENT, TO:
 PHYSICIANS POSTGRADUATE PRESS, INC. • OFFICE OF CONTINUING MEDICAL EDUCATION • P.O. BOX 752870 • MEMPHIS, TN 38175-2870
 IF YOU ARE PAYING BY CREDIT CARD, YOU MAY FAX THIS PAGE TO: OFFICE OF CONTINUING MEDICAL EDUCATION AT 901-751-3444
 QUESTIONS? CALL 1-800-489-1001 EXT. 8 • WWW.PSYCHIATRIST.COM