

Take the CME Posttest online and earn credit instantly

Participants may receive up to 4.5 Category 1 credits toward the American Medical Association Physician's Recognition Award by reading the material in this Supplement and correctly answering at least 70% of the questions in the Posttest that follows.

Go to www.psychiatrist.com/cmehome to take this Posttest online and earn credit immediately.

Or

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 to the address or fax number listed on the 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 credits that have been awarded. Correct answers to the Posttest will be made available to the participants of this activity upon request after the submission deadline.

Accreditation Statement

Physicians Postgraduate Press, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

1. **Stahl et al. noted that 2 symptoms commonly associated with major depressive disorder (MDD) but not part of formal diagnostic criteria are:**
 - a. Depressed mood and fatigue
 - b. Insomnia and weight loss
 - c. Anxiety and painful physical symptoms
 - d. Psychomotor agitation and hypersomnia
2. **Stahl et al. suggested that one strategy to reduce residual symptoms is to add a second agent to boost the actions of the serotonin, norepinephrine, or other neurotransmitters such as histamine, dopamine, and acetylcholine.**
 - a. True
 - b. False
3. **According to Stahl et al., important circuits that may malfunction during depression are those that interconnect all of the following key sites *except*:**
 - a. Hypothalamus
 - b. Brainstem
 - c. Cortex
 - d. Dorsal striatum
4. **According to Lieberman, fatigue and executive function are always found together; they cannot exist independently of one another.**
 - a. True
 - b. False
5. **According to Lieberman, all of the following are reasons to use the BATHE technique *except*:**
 - a. You want to quickly establish personal rapport with your patient
 - b. You suspect the patient is psychotic
 - c. You need to probe for psychosocial precipitants related to somatic disorders
 - d. You want to provide a structure for a brief counseling session or a family interview
6. **According to Lieberman, which mnemonic device can be used to diagnose depression in a primary care setting?**
 - a. SOAP
 - b. BATHE
 - c. SIG E CAPS
 - d. SWIKIR
7. **According to Alexopoulos, late-onset depression is associated with cognitive impairment and neurologic comorbidity more often than early-onset depression.**
 - a. True
 - b. False
8. **Alexopoulos noted that an example of a patient *not* suffering from depression-executive dysfunction syndrome might be adequately portrayed by:**
 - a. An elderly woman who awakes feeling distressed and aimlessly wanders around her house all day
 - b. An elderly woman who awakes feeling distressed and suffers from insomnia
 - c. An elderly woman who awakes feeling distressed and remains in her nightgown throughout the day
 - d. An elderly woman who fails to perform daily tasks

9. Alexopoulos reported that selectively activating internal vigilance at the tuberomammillary nucleus level might potentially treat narcolepsy as well as fatigue, executive function, and psychomotor retardation in elderly patients with depression without causing:
- Undesirable tense hyperarousal
 - Calm wakefulness
 - Adverse events
 - Addiction
10. According to Doghramji, sleep disturbances among patients with depression are:
- Characterized by insomnia, excessive daytime sleepiness, and fatigue
 - Characterized by increased delta sleep and rapid eye movement (REM) latency
 - Common and frequently require hospitalization
 - Uncommon and difficult to treat
11. According to Doghramji, antidepressant agents that promote wakefulness include all of the following *except*:
- Bupropion
 - Escitalopram
 - Mirtazapine
 - Clomipramine
12. According to Doghramji, effective treatment for sleep disturbances includes all of the following *except*:
- Pharmacologic agents
 - Sleep hygiene education
 - Bright light therapy
 - Regular daytime naps
13. According to Fava, fatigue can be a symptom of MDD but not a side effect of antidepressant treatment.
- True
 - False
14. Fava described published reports that showed *no* cognitive or executive dysfunction in patients with depression on:
- Learning and memory
 - Effortless tasks
 - Remembering words and names
 - Tasks demanding effort
15. According to Fava, theories suggest that cognitive symptoms may be more likely to be present in MDD in patients with:
- More severe depression
 - Nonrecurrent depression
 - Nonpsychotic depression
 - Lower cortisol levels
16. According to Swanson, although the exact mechanism of action is not known, modafinil appears to operate by targeting the neuronal activity of:
- Serotonin and dopamine
 - Norepinephrine
 - Hypocretin and histamine
 - γ -aminobutyric acid (GABA)
17. In Swanson's article, Posner and Raichle were noted for identifying 3 attention networks. These networks were:
- Alerting, orienting, and perceiving
 - Comprehending, orienting, and executing or executive control
 - Analyzing, orienting, and perceiving
 - Alerting, orienting, and executing or executive control
18. In his article, Swanson explained that 2 types of arousal may exist—stimulated vigilance and normal wakefulness.
- True
 - False

CME REGISTRATION FORM

Optimizing Wakefulness in Patients With Fatigue and Executive Dysfunction

Take the CME Posttest online and earn credit instantly

Circle the one correct answer for each question.

1. a b c d
2. a b
3. a b c d
4. a b
5. a b c d
6. a b c d
7. a b
8. a b c d
9. a b c d
10. a b c d
11. a b c d
12. a b c d
13. a b
14. a b c d
15. a b c d
16. a b c d
17. a b c d
18. a b

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 complete this Registration Form no later than November 30, 2005. Online submissions will receive credit certificates immediately. Faxed or mailed submissions will receive credit certificates within 6 to 8 weeks.

Payment

No payment is necessary as this activity is free.

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 objectives:
 - A. Enabled me to describe the neurotransmitters and pathways involved in sleep and wakefulness. Yes No
 - B. Enabled me to outline a strategy for managing sleep symptoms in patients with mood disorders. Yes No
 - C. Enabled me to describe the role of fatigue and impaired cognition in the daily function of patients who have subsyndromal symptoms of depression. Yes No
 - D. Enabled me to describe the relationship between excessive sleepiness and impaired executive dysfunction in elderly patients with depression. Yes No
 - E. Enabled me to review the literature on the role of impaired executive function in attention-deficit/hyperactivity disorder (ADHD). 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

SEND THIS PAGE TO:

PHYSICIANS POSTGRADUATE PRESS, INC. • OFFICE OF CONTINUING MEDICAL EDUCATION • P.O. BOX 752870 • MEMPHIS, TN 38175-2870
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