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Answer to Pretest: 1. a

ACADEMIC HIGHLIGHTS

pp. 214–223

- 1. All of the following patients in remission from major depression should be considered for long-term maintenance treatment *except*:**
 - a. A young man with an alcohol problem who has had 2 previous major depressive episodes, has a family history of depression, and does not want to be on medication
 - b. A middle-aged woman with minor persistent anxiety symptoms who has had several previous major depressive episodes with a fall/winter pattern and is in an acrimonious relationship
 - c. A young woman planning to have children who does not want to be on medication, has had one major depressive episode, and has no family history of depression
 - d. An elderly man with diabetes who has had 3 previous major depressive episodes
- 2. According to data, approximately what percent of patients with recurrent major depression, if left untreated, will have a depressive episode recurrence within 1 year?**
 - a. 4
 - b. 23
 - c. 60
 - d. 95
- 3. During long-term maintenance pharmacotherapy for recurrent major depressive disorder, all of the following strategies can be helpful in preventing relapse *except*:**
 - a. Self-monitoring by the patient
 - b. Receiving online psychotherapy
 - c. Reducing medication dosage
 - d. Ongoing supportive monitoring by the clinician
- 4. According to research, patients receiving structured psychotherapy in addition to maintenance pharmacotherapy as long-term treatment for major depressive disorder have all the following *except*:**
 - a. Reduced residual symptoms
 - b. Better psychosocial functioning
 - c. A greater chance of maintaining partial or full remission
 - d. A greater likelihood of relapse if medication is discontinued
- 5. Which of the following strategies can help patients adhere to long-term maintenance pharmacotherapy for major depressive disorder?**
 - a. Education about the risks of relapse if medication is discontinued
 - b. Forewarning about sexual dysfunction
 - c. Implementing an exercise program
 - d. All of the above



REGISTRATION FORM

Circle the one correct answer for each question.

- 1. a b c d 4. a b c d
- 2. a b c d 5. a b c d
- 3. a b c d

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Hospital Private Practice Resident Intern

Deadline for submission

For a credit certificate to be issued, please complete this Registration Form no later than June 30, 2009. Online submissions will receive credit certificates immediately. Faxed or mailed submissions will receive credit certificates within 6 to 8 weeks.

Keep a copy for your files

Retain a copy of your answers and compare them with the correct answers, which will be published after the submission deadline.

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1. Was the educational content relevant to the stated educational objectives? Yes No
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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 evaluate patients for the presence of subthreshold depressive symptoms and modify treatment strategies to resolve them. 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
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