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**Answers to Pretest: 1. b 2. a**

**Katerndahl**

**pp. 376–383**

1. In studies of patients presenting with chest pain, the presence of panic disorder was associated with:
  - a. Atypical angina only
  - b. Typical angina only
  - c. Both atypical and typical angina
  - d. Neither atypical nor typical angina
2. Compared to patients with ischemic heart disease, patients with chest pain but normal angiogram results differ in:
  - a. Levels of pain
  - b. Associated sweating and dyspnea
  - c. Coping strategies used
  - d. Psychosocial stress
3. Panic disorder should be suspected among patients presenting with chest pain unless they have:
  - a. No identifiable organic cause for the chest pain
  - b. A significant arrhythmia
  - c. Asymptomatic mitral valve prolapse
  - d. Normal cardiac testing

4. Which of the following decision tools should be used to diagnose panic disorder among patients with chest pain?
  - a. Panic disorder criteria in the DSM
  - b. Predictive models of panic disorder
  - c. Heart rate index calculation during an episode of chest pain
  - d. Presence of at least 2 of the following characteristics: female sex, age under 50 years, atypical chest pain, high anxiety levels, and lack of coronary artery disease
5. Which of the following statements about the usefulness of drug trials in patients with chest pain and possible panic disorder is true?
  - a. Response to sublingual nitroglycerin is specific to angina
  - b. A decrease in panic attack frequency with high-potency benzodiazepines cannot be due to placebo effect
  - c. Sertraline does not affect levels of pain in patients with noncardiac chest pain
  - d. Propranolol can correct false positive electrocardiogram results seen in patients with mitral valve prolapse

**ACADEMIC HIGHLIGHTS**

**pp. 391–402**

6. Mr. R has acute bipolar depression and suicidal thoughts. In selecting a treatment, which of the following would help reduce the risk of suicide?
  - a. Antidepressant alone
  - b. Lithium plus an antidepressant
  - c. Antidepressant plus an atypical antipsychotic
  - d. Lamotrigine plus an antidepressant
7. Ms. T was discharged from the hospital after having a manic episode while taking a mood stabilizer and an atypical antipsychotic. She has experienced substantial weight gain since her treatment began. Which of the following strategies would be *least* useful?
  - a. Reduce the dose of both medications
  - b. Switch to a different antipsychotic
  - c. Discontinue atypical antipsychotic treatment
  - d. Switch to a different mood stabilizer
8. Which of the following practices helps keep patients with bipolar disorder well?
  - a. Taking baseline and follow-up waist and fasting glucose measurements to assess adverse events
  - b. Aggressively treating residual manic or depressive symptoms
  - c. Referring patients for adjunctive psychotherapy
  - d. All of the above
9. Among other treatments, the following can offset adverse neuroplastic changes in the brain: exercise, selective serotonin reuptake inhibitors, cognitive-behavioral therapy, glucocorticoid antagonists, electroconvulsive therapy, and antidepressants.
  - a. True
  - b. False
10. All of the following messages should be communicated to your patients who are on maintenance treatment for bipolar disorder *except*:
  - a. Participate in psychotherapy
  - b. Exercise regularly
  - c. Take medication as prescribed
  - d. Take medication for the rest of your life



# REGISTRATION FORM

Circle the one correct answer for each question.

- 1. a   b   c   d      6. a   b   c   d
- 2. a   b   c   d      7. a   b   c   d
- 3. a   b   c   d      8. a   b   c   d
- 4. a   b   c   d      9. a   b
- 5. a   b   c   d      10. a   b   c   d

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	Poor	Needs Improvement	Average	Above Average	Excellent
1. The method of presentation held my interest and made the material easy to understand.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. This activity provided a balanced, scientifically rigorous presentation of therapeutic options related to the topic, without commercial bias.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The educational content was relevant to the stated educational objectives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. This activity helped me to:					
A. Determine whether screening for panic disorder is indicated in patients presenting with chest pain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. Implement an individualized treatment plan designed to alleviate symptoms and ensure compliance so that the patient with bipolar disorder may achieve full remission.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. This activity confirmed the way I already manage my patients.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. This activity provided practical suggestions I can use in my practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. This activity provided information that will help me change my practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. What changes do you intend to make in your practice as a result of participating in this activity? _____					
9. I need to know more about (suggest future topics): _____					
10. How much time (in hours) did you spend completing this CME activity? _____					
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