

Assessment Questions

Biological Therapies in Psychiatry Newsletter 2009

Please circle the answer to each question. There is only one answer to each question.

- Deep brain stimulation, which has been studied as a treatment for both depression and obsessive compulsive disorder, consists of which of the following procedures?
 - Gamma radiation creating lesions in the fibers connecting the mediodorsal thalamus and the prefrontal cortex
 - Stereotactic anterior cingulotomy or limbic leucotomy
 - Implantation of a long-term electronic device in the brain
 - Neurosurgical ablation of brain tissue
- Which of the following medications *reduces* the risk of gastrointestinal bleeding when taken concomitantly with serotonin reuptake inhibitors?
 - Acid-suppressing agents
 - Nonsteroidal anti-inflammatory drugs (NSAIDs)
 - Systemic corticosteroids
 - None of the above
- In a 2008 study, Walkup and colleagues found that cognitive behavioral therapy (CBT) was comparable in efficacy to treatment with a selective serotonin reuptake inhibitor (SSRI) for children and adolescents with anxiety disorders.
 - True
 - False
- What is allopurinol (Lopurin and others)?
 - An opiate antagonist used to treat alcohol dependence
 - A partial nicotine agonist used to promote smoking cessation
 - A long-acting preparation of a first-generation antipsychotic
 - A xanthine oxidase inhibitor used to prevent gouty arthritis and nephropathy
- Which of the following was the first second-generation antipsychotic to become available in the United States in a long-acting injectable preparation?
 - Olanzapine (Zyprexa)
 - Risperidone (Risperdal and others)
 - Clozapine (Clozaril and others)
 - Aripiprazole (Abilify)
- A combined analysis of several studies published in 2003 found that approximately what percentage of patients at "ultra-high-risk" for developing schizophrenia who did *not* receive antipsychotic treatment became psychotic within 1 year of initial symptoms?
 - 95%
 - 70%
 - 37%
 - 15%
- Which medication has been systematically studied for borderline personality disorder in more patients than any other?
 - Fluoxetine (Prozac and others)
 - Divalproex (Depakote)
 - Tranylcypromine (Parnate)
 - Olanzapine (Zyprexa)
- Why did the National Institutes of Health (NIH) halt a clinical trial in 2008 designed to assess the benefits of chelation therapy for autism?
 - There were allegations of improper consent forms, which did not mention the risk of death from this procedure.
 - Results from a rodent study showed lasting cognitive impairment from chelation therapy.
 - Data from recent studies suggest that autism is not caused by mercury-containing vaccines.
 - All of the above.
- Fibromyalgia is defined as chronic widespread pain and tenderness at a minimum of how many tender points?
 - 6 of 10
 - 9 of 12
 - 11 of 18
 - 18 of 20
- Recent research has found that which of the following helps decrease the risk of Alzheimer's disease and other forms of dementia?
 - Higher levels of education
 - Mentally challenging work
 - Moderate coffee consumption
 - All of the above
- Of subjects who committed suicide in a population-based study in Finland, 78% of which of the following groups showed high levels of psychiatric symptoms at age 8 years?
 - Males
 - Females
 - Patients with major depressive disorder
 - Patients with bipolar disorder
- What percentage of patients taking antidepressants experiences excessive sweating as a side effect of the medication?
 - 3% to 5%
 - 5% to 14%
 - 15% to 18%
 - 21% to 25%
- In a multiple-treatments meta-analysis that examined 117 randomized trials of 12 new-generation antidepressants for major depressive disorder, which drug had the best combination of efficacy, tolerability, and cost?
 - Sertraline (Zoloft and others)
 - Venlafaxine (Effexor and others)
 - Escitalopram (Lexapro)
 - Mirtazapine (Remeron and others)
- The increase in prevalence rates of schizophrenia at higher latitudes and in colder climates is greater for groups with which of the following?
 - Higher infant mortality
 - Lower fish consumption
 - Darker skin
 - All of the above
- Depression affects what percentage of patients with Parkinson's disease?
 - 10% to 20%
 - 30% to 40%
 - 40% to 50%
 - 60% to 75%
- What was the apparent effect of low levels of lithium in the drinking water in Texas and in Japan?
 - Increased risk of cancer
 - Decreased risk of suicide
 - Increased risk of insomnia
 - Decreased risk of mania
- In a prospective, observational study, Meador and collaborators found that children exposed to valproate (Depakote and others) prenatally had lower IQ scores than children exposed to other anticonvulsants.
 - True
 - False

18. In a cross-sectional survey of female outpatients with bipolar disorder, Vieira da Silva Magalhaes et al. found that patients who used contraception were more likely to be which of the following?

- a. Highly educated
- b. Less severely ill
- c. Younger than 40 years
- d. Unmarried

19. The authors of a 2008 review and meta-analysis of five studies of valproate (Depakote and others) in patients with dementia came to which of the following conclusions?

- a. Valproate is a safe and efficacious treatment for patients with dementia.
- b. Low doses of valproate are effective in improving dementia but increase the frequency of adverse events to an unacceptable level.
- c. Valproate causes few side effects but is not efficacious for treating agitation in patients with dementia.
- d. Current evidence does not support the use of valproate to control agitation in patients with dementia.

20. In a randomized, double-blind trial in 2009, Amsterdam and colleagues found *Chamomilla recutita* (chamomile) to be statistically superior to placebo in treating which of the following conditions?

- a. Generalized anxiety disorder
- b. Major depressive disorder
- c. Bipolar I disorder
- d. Borderline personality disorder

21. Except for patients with severe renal impairment, what is the recommended starting dose of milnacipran (Savella) for treating fibromyalgia syndrome?

- a. 12.5 mg bid
- b. 50 mg/day with a gradual increase to 100 mg/day
- c. 25 mg bid
- d. 12.5 mg/day with a gradual increase to 50 mg bid

22. For patients with major depressive disorder, raising the dose of paroxetine (Paxil and others) or another selective serotonin reuptake inhibitor (SSRI) antidepressant always increases the likelihood of a good clinical outcome (ie, there is a positive dose-response relationship).

- a. True
- b. False

23. Which one of the following drugs is *not* a cholinesterase inhibitor?

- a. Donepezil (Aricept)
- b. Galantamine (Razadyne)
- c. Iloperidone (Fanapt)
- d. Rivastigmine (Exelon)

24. Mortality rates are higher for patients who have major depressive disorder and comorbid anxiety than for patients who have depression alone.

- a. True
- b. False

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