

Care CEUs

Mental Health Disorders: Identification and Treatment

1. Major depressive disorder may refer to a disorder characterized by depression that occurs most days of the week for a period of 2 weeks or longer, leading to clinically significant distress or impairment in social, occupational, or other important areas of functioning.

- A. True
 - B. False
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2. A 28-year-old male patient has questions regarding major depressive disorder. Which of the following educational points should be expressed to the patient?

- A. Anhedonia is a symptom of major depressive disorder.
 - B. Fatigue is not typically a symptom of major depressive disorder.
 - C. Major depressive disorder does not typically cause clinically significant distress or impairment in social functioning.
 - D. In order to be diagnosed with major depressive disorder, the symptoms of major depressive disorder must result from another medical condition.
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3. A fellow health care professional has questions regarding generalized anxiety disorder. Which of the following informational points of interest should be communicated to the health care professional regarding generalized anxiety disorder?

- A. Irritability is not a symptom of generalized anxiety disorder.
 - B. Mania is a symptom of a generalized anxiety disorder.
 - C. In order for an individual to be diagnosed with generalized anxiety disorder, he or she must exhibit symptoms for at least 2 weeks.
 - D. The anxiety, worry, or physical symptoms associated with generalized anxiety disorder typically cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
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4. Which of the following statements is most accurate?

- A. Bipolar I disorder is characterized by the occurrence of 1 or more manic or mixed episodes.
 - B. Bipolar I disorder is characterized by the occurrence of 1 or more hypomanic or mixed episodes.
 - C. Bipolar 2 disorder is characterized by the occurrence of 1 or more manic or mixed episodes.
 - D. Bipolar 2 disorder is characterized by the occurrence of 1 or more manic episodes.
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5. Which of the following statements regarding the DSM-5 criteria for bipolar II disorder is most accurate?

- A. In order to be diagnosed with bipolar II disorder, an individual must have experienced at least 1 major depressive episode.
 - B. In order to be diagnosed with bipolar II disorder, an individual must have experienced at least 1 major depressive episode before the age of 65.
 - C. In order to be diagnosed with bipolar II disorder, an individual must have experienced at least 2 major depressive episodes.
 - D. In order to be diagnosed with bipolar II disorder, an individual must have experienced at least 2 major depressive episodes before the age of 65.
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6. Interpersonal therapy is a form of long-term psychotherapy, which typically lasts several years.

- A. True
 - B. False
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7. Which of the following statements regarding electroconvulsive therapy (ECT) is most accurate?

- A. ECT is typically used as first line therapy to treat mental health disorders for patients < 25 years of age.
 - B. ECT is typically used as first line therapy to treat mental health disorders for patients > 25 years of age.
 - C. ECT is typically used as first line therapy to treat mental health disorders for patients > 65 years of age.
 - D. ECT is often used for patients where other therapeutic options have failed.
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8. Which of the following statements is most accurate?

- A. 20 mg/day is the maximum recommended dose of Celexa for patients who are greater than 60 years of age.
 - B. 30 mg/day is the maximum recommended dose of Celexa for patients who are greater than 60 years of age.
 - C. 40 mg/day is the maximum recommended dose of Celexa for patients who are greater than 60 years of age.
 - D. 60 mg/day is the maximum recommended dose of Celexa for patients who are greater than 60 years of age.
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9. A fellow health care professional has questions regarding Prozac. Which of the following points of interest should be expressed to the health care professional.

- A. A typical adult starting dose for Prozac is 20 mg daily.
- B. A typical adult starting dose for Prozac is 80 mg daily.
- C. Prozac may be taken with monoamine oxidase inhibitors (MAOIs).

D. Prozac may be taken with monoamine oxidase inhibitors (MAOIs) if the patient is < 65 years of age.

10. Lexapro is not approved for use in pediatric patients less than 12 years of age.

- A. True
 - B. False
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11. Which of the following statements is most accurate?

- A. Ativan is not recommended for use in patients with primary depressive disorder or psychosis.
 - B. Ativan is indicated for the treatment of primary depressive disorder.
 - C. Ativan is indicated for the treatment of psychosis.
 - D. Ativan may be used to treat primary depressive disorder in patients over the age of 65.
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12. Warnings associated with Valium include the following: concomitant use of benzodiazepines, including Valium, and opioids may result in profound sedation, respiratory depression, coma, and death.

- A. True
 - B. False
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13. Which of the following statements is most accurate?

- A. Lithium toxicity is not closely related to serum lithium concentrations.
 - B. Lithium toxicity is only related to serum lithium concentrations when doses of lithium exceed 300 mg daily.
 - C. Lithium toxicity is closely related to serum lithium concentrations, however lithium toxicity cannot occur at doses close to therapeutic concentrations.
 - D. Lithium toxicity is closely related to serum lithium concentrations, and can occur at doses close to therapeutic concentrations.
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14. Which of the following statements is most accurate?

- A. Lamictal is indicated for the maintenance treatment of bipolar I disorder in patients aged 16 years or younger.
 - B. Lamictal is indicated for the maintenance treatment of bipolar I disorder in patients aged 18 years or younger.
 - C. Lamictal is not typically associated with Stevens-Johnson syndrome.
 - D. Lamictal carries warnings regarding Stevens-Johnson syndrome.
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15. Breastfeeding is not recommended while taking Zyprexa.

- A. True

B. False

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