

# 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.

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**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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