

Child & Adolescent Psychiatry Alerts 2018 Self-Assessment Module 7: Peer Comparison

You recently participated in an ABPN-approved Self-Assessment activity relevant to your specialty and/or subspecialty. This peer comparison report provides you with feedback on your performance, relative to your peers, on the test module. In order to recognize your current knowledge base and to identify specific topics where further study may be needed, please review your answers to the following questions and compare them with those of your peers.

1) Sensory integration (SI) therapy is a therapeutic physical activity that uses controlled sensory inputs to focus a patient's attention. SI therapies include:

| | |
|--|----------------|
| Coordination, sensory, and balance trainings | 12.50 % |
| Activity and occupational therapies | 0.00 % |
| Sensory-motor training | 0.00 % |
| All of the above | 87.50 % |

2) While some parents of children with ADHD may prefer SI therapy to the more cumbersome recommended multimodal therapy, according to the results of a population-based study, they should be advised that without behavioral management and/or pharmacotherapy, SI therapy alone may worsen their child's long-term outcome.

| | |
|-------------|-----------------|
| True | 100.00 % |
| False | 0.00 % |

3) In the study, rates of all of the following except _____ were significantly higher over up to 9 years of follow-up in children who received SI therapy than in a propensity-score matched group of children who did not.

| | |
|------------------------|-----------------|
| Conduct disorder | 0.00 % |
| Emotional disturbances | 0.00 % |
| Schizophrenia | 100.00 % |
| Adjustment disorder | 0.00 % |

4) Benefits of extended-release oral amphetamine suspension (Dyanavel XR) include:

| | |
|---|-----------------|
| Easy ingestion | 0.00 % |
| Individualized dosing | 0.00 % |
| Rapid onset, followed by 12 or more hours of clinical effects | 0.00 % |
| All of the above | 100.00 % |

5) In a laboratory-classroom-based study, extended-release oral amphetamine suspension produced positive effects that were similar to those reported with other long-acting stimulants; however, one-fourth of patients who received the agent reported:

| | |
|---------------------------|-----------------|
| Headache | 0.00 % |
| Decreased appetite | 100.00 % |
| Dry mouth | 0.00 % |
| Insomnia | 0.00 % |

6) In a group of high-risk adolescents comprised mainly of girls with emerging borderline personality disorder, dialectical behavior therapy (DBT) was more effective than manualized individual and group supportive therapy (IGST) at reducing _____ during 6 months of treatment.

| | |
|---------------------------------------|---------|
| Suicide attempts | 12.50 % |
| Nonsuicidal self-injury and self-harm | 0.00 % |
| Suicidal ideation | 0.00 % |
| All of the above | 87.50 % |

7) In the study, participants in the DBT group had higher rates of treatment completion, attended more sessions, and spent more weeks in treatment than those in the IGST group; between-group differences in outcomes _____ accounted for by these differences in treatment exposure.

| | |
|-----------------|---------|
| Were | 37.50 % |
| Were not | 62.50 % |

8) According to results of a meta-analysis, a wide range of universal interventions improve self-regulation. While most intervention types had similar effects, the effect size was largest for interventions that were based on:

| | |
|-------------------------------|----------|
| Yoga or mindfulness | 0.00 % |
| Exercise | 0.00 % |
| Social/personal skills | 100.00 % |
| Family activities | 0.00 % |

9) Improvements in self-regulation did not translate to improved academic, health, or behavioral outcomes.

| | |
|--------------|---------|
| True | 12.50 % |
| False | 87.50 % |

10) While the analysis provides evidence for a range of interventions, _____-based programs might be more feasible to provide than others.

| | |
|--------------------------|----------|
| School-curriculum | 100.00 % |
| Family | 0.00 % |
| Community | 0.00 % |
| Yoga | 0.00 % |

11) In a group of antipsychotic-naïve children and adolescents newly started on an atypical antipsychotic for aggression, improvements in irritability, aggression, and overall symptoms were similar with olanzapine, risperidone, and aripiprazole.

| | |
|-------------|----------|
| True | 100.00 % |
| False | 0.00 % |

12) Metabolic changes, including increases in total body fat and decreased insulin sensitivity, affected patients who received any of the 3 study medications. However, these changes were greatest with:

| | |
|-------------------|----------|
| Aripiprazole | 0.00 % |
| Risperidone | 0.00 % |
| Olanzapine | 100.00 % |
| None of the above | 0.00 % |

13) During the 12 weeks of study treatment, diabetes did not develop in any of the 144 study patients, but _____ did show impaired fasting glucose levels.

| | |
|-----|----------|
| 140 | 0.00 % |
| 62 | 0.00 % |
| 27 | 0.00 % |
| 9 | 100.00 % |