

Child & Adolescent Psychiatry Alerts 2018 Self-Assessment Module 8: 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) The proprietary delivery system of a new extended-release methylphenidate formulation (Jornay PM) delays initial methylphenidate release for up to _____ hours, followed by a controlled release throughout the day.

2	0.00 %
3	0.00 %
6	0.00 %
10	100.00 %

2) An NIMH-funded intervention, As Safe As Possible (ASAP), was developed to address a critical gap in clinical care between hospital discharge and outpatient care, when risk of suicide is high. The ASAP program pairs several inpatient modules with use of a post-discharge:

Group therapy schedule	0.00 %
Smartphone app	100.00 %
Nutrition program	0.00 %
Music therapy class	0.00 %

3) In a preliminary study, which comprised 66 adolescents, ASAP was numerically but not statistically superior to treatment as usual at reducing suicide attempts (16% vs 31%) and at:

Prolonging the time to the next attempt	100.00 %
Reducing anxiety symptoms	0.00 %
Increasing time in school	0.00 %
All of the above	0.00 %

4) Results of a literature review suggest that suicide prevention programs can have unintended negative consequences in young patients, but they are uncommon and do not outweigh the benefits of the programs.

True	100.00 %
False	0.00 %

5) Potential negative consequences may include _____; there is also the potential for adverse consequences when there are to help young people identified as at risk.

An increase in maladaptive attitudes related to suicide or help-seeking	0.00 %
Increased distress associated with screening questions	0.00 %
A possible contagion effect	0.00 %
All of the above	100.00 %

6) An internet-delivered CBT program for OCD, BIP OCD, uses computer-delivered text, films, illustrations, and exercises focusing on psychoeducation, exposure with response prevention, and relapse prevention. The intervention uses about _____ the amount of therapist time as face-to-face CBT.

Three-times	0.00 %
Twice	0.00 %
One-third	100.00 %
One-quarter	0.00 %

7) In a pilot study of BIP OCD in 11 younger children (mean age, 9.5 years) with DSM-5 OCD, all participants completed treatment and experienced a mean decrease in CY-BOCS score from 21 pretreatment to 10 post-treatment. Modest _____ in CY-BOCS score were seen at the 3-month follow-up.

Additional decreases	100.00 %
Increases	0.00 %

8) In a large cohort study in Medicaid-insured young people, current atypical antipsychotic use was associated with an increased risk of cardiovascular events, relative to former use. Higher doses _____ confer greater risk.

Did	100.00 %
Did not	0.00 %

9) In this study, during atypical antipsychotic exposure, concomitant use of a/an _____ was associated with increased cardiovascular risk compared with non-use.

Stimulant medication	0.00 %
Benzodiazepine	0.00 %
SSRI or SNRI	100.00 %
Tricyclic antidepressant	0.00 %

10) In a randomized trial, omega-3 fatty acid monotherapy _____ significantly more effective than placebo in adolescents with depression, a finding that contrasts the few prior studies in pediatric depression.

Was	0.00 %
Was not	100.00 %

11) In a randomized trial, RETHink—an online therapeutic video game based on 2 evidence-based interventions that focus on _____—reduced emotional problems and depression in a randomized trial of healthy children and adolescents.

Cultivating rational beliefs to replace irrational ones	12.50 %
Fostering positive emotions	0.00 %
Fostering positive social behaviors	0.00 %
All of the above	87.50 %

12) Compared with other study treatments, participants who played the RETHink game demonstrated greater improvement in awareness and relationships problems, but there were no between-group differences in:

Prosocial behavior	100.00 %
Suicidal ideation	0.00 %
School attendance	0.00 %
All of the above	0.00 %