

Psychiatry Alerts Drug 2019 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) A cohort study found that risk of preterm delivery and other placenta mediated complications are elevated in women treated with lithium or mood-stabilizing anticonvulsants during the first half of pregnancy. However, after adjustment for treatment indication, risk was no longer elevated, suggesting that the increase is associated with the underlying illness rather than the medications.

True	100.00 %
False	0.00 %

2) Risk of these complications was _____ in study participants who continued to fill prescriptions for lithium or mood-stabilizing anticonvulsants during the second half of pregnancy, compared with those who stopped taking the medication.

Higher	0.00 %
Lower	100.00 %
Unchanged	0.00 %

3) Clinical guidelines provide conflicting recommendations on antidepressant dosing. However, imaging studies indicate that about 80% serotonin transporter occupancy occurs at minimum therapeutic doses of SSRIs and venlafaxine; further dose increases do not increase this proportion and occupancy above 80% does not confer increased efficacy.

True	86.00 %
False	14.00 %

4) According to the results of a systematic review and meta-analysis, to provide the optimal balance between antidepressant efficacy and tolerability, commonly prescribed agents should be used at the low-to-medium end of the licensed dosing range. For SSRIs, dose-related efficacy peaked and acceptability was optimized in the range of _____ fluoxetine equivalents.

5-15	0.00 %
20-40	90.00 %
30-60	0.00 %
70-80	10.00 %

5) A marked increase in total clozapine plasma concentrations into toxic ranges has been reported in patients with inflammation, and clinical guidelines call for decreasing the clozapine dose by _____ in these patients.

One-third	0.00 %
Three-quarters	0.00 %
Half	86.00 %
None of the above	14.00 %

6) However, the increased plasma concentrations in these patients are generally not accompanied by toxic adverse effects. The results of a laboratory experiment suggest that because the change is associated with decreased levels of unbound clozapine (i.e., the pharmacologically active fraction), lowering the dose in patients with inflammation may increase risk of:

Agranulocytosis	0.00 %
Noncompliance	0.00 %
Drug interactions	0.00 %
Psychiatric deterioration	100.00 %

7) Evidence has suggested a possible relationship between inflammation and depression; because they have strong antiinflammatory properties, statins have been evaluated as potential depression treatments, but results have been mixed. Results of a recent meta-analysis _____ the use of statins as adjuncts to SSRI therapy in patients with major depressive disorder.

Support	100.00 %
Do not support	0.00 %

8) According to the American Psychiatric Association, there is no scientific evidence supporting the use of medical marijuana for any psychiatric indication. There is however, evidence of a strong association between cannabis use and onset and/or worsening of psychiatric disorders, particularly in adolescents. Despite this guidance, medical marijuana has been approved in many states for psychiatric indications including:

Tourette's disorder and autism	0.00 %
PTSD and anxiety	0.00 %
Agitation in Alzheimer's disease	0.00 %
All of the above	100.00 %

9) In a placebo controlled trial, the cannabis agonist nabiximols, delivered via nasal spray, was _____ in treatment-seeking patients with cannabis dependence.

Not effective	0.00 %
Moderately effective	100.00 %
Significantly effective	0.00 %

10) In the study, patients who received nabiximols reported significantly fewer days of illicit cannabis use than those who received placebo. However, _____ did not differ between the groups.

Cravings	0.00 %
Withdrawal symptoms	0.00 %
Cannabis-related problems	14.00 %
All of the above	86.00 %

11) Results of a large case-control study indicate that strong anticholinergic drugs are associated with increased risk of dementia. Specific anticholinergic drug categories associated with increased risk include all of the following except:

Antidepressants	0.00 %
Antipsychotics	0.00 %
Antihistamines	100.00 %
Antiparkinson agents	0.00 %

12) For anticholinergics as a whole, the association _____ associated with cumulative exposure.

Was	100.00 %
Was not	0.00 %

13) In patients with moderate-to-severe Alzheimer's disease, the synthetic oral THC analogue nabilone (Casamet) was moderately effective at reducing:

Confusion	0.00 %
Agitation	100.00 %
Paranoia	0.00 %
All of the above	0.00 %

14) In the study, the most common adverse effect of nabilone, which usually improved with a dose reduction, was:

Headache	14.00 %
Dizziness	0.00 %
Constipation	0.00 %
Sedation	86.00%