“WOMEN AND DEPRESSION” (A036)
2010 Videoconference Series
Quiz for General CEUs, Act 48, CADC/CCDP, CPRP, NBCC, PCHA, Psychologist, and Social Work/LPC/LMFT Continuing Education Credit (2.0 credit hours)

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Pittsburgh, PA 15213

MULTIPLE CHOICE – Please select the BEST answer.

1. Risks of untreated maternal depression include:
   A. Increased depression levels and treatment resistance
   B. Suicide attempt
   C. Missed OB visits and cigarette smoking
   D. Preterm birth
   E. Infant motor delays
   F. All of the above

2. In the risk benefit discussion, the domains of reproductive toxicity related to untreated maternal depression or in utero drug exposure may include:
   A. Intrauterine fetal loss
   B. Birth defects like congenital cardiac malformations
   C. Fetal growth impairment
   D. Neonatal toxicity like respiratory distress, jitteriness that resolves spontaneously within two weeks
   E. Behavioral teratogenicity, e.g. decreased IQ of children compared to maternal IQ
   F. All of the above

3. A 25-year old woman learns she is eight weeks pregnant. She takes Zoloft 50mg daily. Treatment is optimized by:
   A. Stopping the treatment immediately because she is pregnant
   B. Tell her to come back to the clinic after she has the baby
   C. Give her Benadryl to help her sleep
   D. Give her Ativan 1mg tid because she seems nervous – tell her it is safe
   E. Tell her to reduce the dose to 25mg daily even though she notices she has developed early insomnia which is an early warning sign that she may be relapsing
   F. Review the reproductive risks, explore for past preterm birth, explore her treatment preferences and discuss med and non-med treatment options. If she intends to continue antidepressant explain about possible changes in dose needs
4. **Which of the following statements are true?**

   A. The prevalence of postpartum depression is 14.5%; the rates are higher among adolescent mothers and women who live in inner city communities
   
   B. Postpartum psychosis is a psychiatric emergency; occur in 1/1000 in the general population; higher rates found in women with bipolar disorder
   
   C. The EPDS is a self report tool to screen for postpartum depression; cut-off score of 10 or greater suggests risk for PPD; score of 15 or greater suggests risk for depression in pregnancy
   
   D. None of the above
   
   E. All of the above

5. **Which of the following statements are true?**

   A. The treatment goal should be a 50% or greater improvement in the Hamilton Depression Rating Scale
   
   B. The treatment goal should be complete remission of symptoms and partial functional recovery, e.g. able to do housework but unable to read a newspaper article
   
   C. Most postpartum patients improve when prescribed sertraline 50mg daily
   
   D. Nortriptyline 75mg daily is an appropriate maintenance dose for breastfeeding mothers
   
   E. The side effects of sertraline are less burdensome than the side effects of nortriptyline

6. **Symptoms of bipolar disorder include:**

   A. Grandiosity
   
   B. Less need for sleep
   
   C. Pressured speech
   
   D. Flight of ideas
   
   E. A & B only
   
   F. All of the above

7. **Complications of untreated maternal depression include:**

   A. Suicide
   
   B. Impaired functioning at work, home, relationships
   
   C. Preterm delivery
   
   D. Preeclampsia (hypertension in pregnancy)
   
   E. A, B, & C
   
   F. All of the above

8. **Treatment planning for women with bipolar disorder who are pregnant includes all of the following except:**

   A. Encourage polypharmacy
   
   B. Identify risk factors and cardinal symptoms
   
   C. Prenatal vitamins
   
   D. Smoking cessation

9. **Findings regarding maternal depression vary across studies because:**

   A. Differences in study group characteristics
   
   B. Differences in definition of exposure
   
   C. Differences in proportions of SSRI agents
   
   D. A & B only
   
   E. All of the above

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10. Women with bipolar disorder are more likely to have:
   A. Misdiagnosis of unipolar depression and poor response to antidepressant therapy
   B. Depressive episodes
   C. Problems with alcohol
   D. Generalized anxiety disorder
   E. A & B only
   F. All of the above

TRUE/FALSE – Please indicate whether the statements below are true or false.
11. There is a greater risk for relapse of depression for women with three or more children.
   A. True
   B. False

12. Significantly more women who discontinued medication compared to women who maintained antidepressant treatment suffered recurrent maternal depression.
   A. True
   B. False
Office of Education and Regional Programming

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APPLICATION/VALIDATION SHEET FOR CONTINUING EDUCATION CREDIT FOR General CEUs, Act 48, CADC/CCDP, CPRP, NBCC, PCHA, Psychologists, and Social Work/LPC/LMFT (2.0 CREDIT HOURS)

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☐ Act 48: Educators (please complete Act 48 packet) ☐ CAC/CCDP: Certified Addiction Counselor

☐ CEU: General Continuing Education Credit ☐ CPRP: Certified Rehabilitation Practitioners

☐ NBCC: National Board of Certified Counselors ☐ PCHA: Personal Care Home Administrators

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☐ $30 for Act 48, CADC/CCDP, CEU, CPRP, NBCC, PCHA, Psychologist, or Social Work credit

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