



“INTERPERSONAL AND SOCIAL RHYTHM THERAPY FOR BIPOLAR DISORDER” (A017)

2008 Videoconference Series

Quiz for General CEUs, CAC/CCDP, CPRP, NBCC, Personal Care Home Administrators, Psychologist or Social Work/LPC/LMFT Continuing Education Credit (2.0 credit hours)

DIRECTIONS: Complete this test after viewing the web cast of the videoconference listed above.

In order for Western Psychiatric Institute and Clinic to record that you completed the training, please complete this test and the Application/Validation for Continuing Education Credit on the next page. After finishing, sign where indicated on the second page and return both forms by mail to:

Jennifer Lichok
WPIC/OERP
4601 Baum Building, Room 178
3811 O'Hara Street
Pittsburgh, PA 15213

MULTIPLE CHOICE - Choose the BEST answer to each of the following multiple choice questions.

- 1. Which of the following statements about the IPSRT therapist is true?**
 - A. The therapist should redirect concerns about psychotropic medication to the prescribing physician because these issues are outside of the purview of IPSRT
 - B. The therapist maintains a neutral stance with the patient in order to facilitate the development of the transference
 - C. IPSRT therapists should have a good understanding of the etiology, course and epidemiology of bipolar disorder
 - D. Both A and C
- 2. Which of the following is an example of a treatment strategy used in IPSRT?**
 - A. Encourage regular daily schedules
 - B. Discuss the impact of bipolar disorder on career aspirations
 - C. Identify all potential interpersonal triggers of mood symptoms
 - D. All of the above
- 3. Which of the following problem areas is unique to IPSRT?**
 - A. Interpersonal deficits
 - B. Role dispute
 - C. Mourning the lost healthy self
 - D. Interpersonal role transition
- 4. Ms. A is a college sophomore who is being treated for Bipolar I disorder. She comes to you for psychotherapy. She has applied for a job at the university's library that will require her to work from 6-11 pm on Monday, Wednesday and Friday and from 8-10 am on Tuesday and Thursday. A characteristic IPSRT intervention would be to:**
 - A. Explore the impact of a rotating shift schedule on Ms. A's social rhythm regularity and encourage her to request more regular hours
 - B. Discuss the meaning of her decision to work in a library given the fact that Ms. A's mother, who died when the patient was a teenager, was herself a librarian
 - C. Explain that a biphasic work schedule will replicate the social rhythms that are characteristic of bipolar disorder
 - D. Focus on her vocational goals and help her understand how her decision to work in a library now will affect future job prospects in her chosen field

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5. **Sleep patterns of individuals with bipolar disorder are typically:**
 - A. Phase advanced, such that they are often awake and active early in the morning
 - B. Phase-delayed, such that they typically stay up late and have trouble awakening in the morning
 - C. Biphasic, such that REM sleep is more pronounced during depressive state and less evident during manic states
 - D. Phase shifted, but the direction is unpredictable
6. **The “instability” model of bipolar disorder postulates that:**
 - A. Individuals with bipolar disorder are inherently unstable and are therefore vulnerable to emotional outbursts
 - B. Disturbances in circadian rhythms represent pathways into mood episodes
 - C. Mood episodes cause circadian rhythm disruption
 - D. Both B and C
7. **Mr. B has a characteristic pattern of becoming hypomanic when he travels for work. He is planning to travel to Europe for a business meeting in a few weeks. As his IPSRT therapist, you would recommend that he:**
 - A. Start to change his sleep schedule now (i.e. go to bed a little later and wake up a little later each day) in order to facilitate a more gradual transition to the new time zone
 - B. Take extra sleeping medications with him on his trip so that he can regulate his sleep more effectively when he arrives in Europe
 - C. Talk to his wife about helping him monitor his mood while he is away and when he returns
 - D. All of the above
8. **Which of the following statements about the Maintenance Therapies in Bipolar Disorder study is true?**
 - A. Maintenance treatment with IPSRT was associated with a reduced risk of recurrence, regardless of acute treatment
 - B. Acute treatment with IPSRT was associated with a reduced risk of recurrence, regardless of maintenance treatment
 - C. Receipt of IPSRT as either an acute or maintenance treatment was associated with reduced risk of recurrence
 - D. Those who received IPSRT during both acute and maintenance treatment were least likely to experience a recurrence
9. **The interpersonal inventory is defined as:**
 - A. A careful review of the patient’s relationships with his or her family of origin, with a specific focus on early childhood experiences
 - B. A careful review of the patient’s current relationships, with a focus on non-reciprocal expectations between the patient and important people in his or her life
 - C. A general assessment of the patient’s interpersonal skills such as capacity for assertiveness, ability to correctly interpret social cues, and ability to sustain close relationships
 - D. All of the above

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- 10. The 5-item version of the Social Rhythm Metric includes all of the following activities EXCEPT:**
- A. First contact with another person
 - B. Breakfast
 - C. Dinner
 - D. To bed
- 11. IPSRT is designed to address all of the following paths to a new episode of bipolar illness EXCEPT:**
- A. Non-adherence to medication
 - B. Stressful life events, especially interpersonal events and changes in social roles
 - C. Disruptions in social rhythms
 - D. Automatic negative thoughts leading to negative mood states
- 12. Which of the following is an example of social zeitstorer?**
- A. A trip from New York to Los Angeles
 - B. A 9:00 am – 5:00 pm job
 - C. Living with a spouse who consistently gets up at 5:00 pm to go to work
 - D. Both A and C



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- \$30 for CAC/CCDP, CPRP, NBCC, PCHA, Psychologist or Social Work/LPC/LMFT credit only.
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