

“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)

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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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