Behavioral Treatments of Obesity with Mental Health Clients (A077)

Webcast

Quiz for General CEUs, Act 48, CADC, CPRP, NBCC, PCHA, Psychologist, and Social Work/LPC/LMFT

Continuing Education Credit (2.0 credit hours)

DIRECTIONS: Complete this test after viewing the webcast of the webcast 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 as indicated on the second page and return both forms by mail to:

Jennifer Lichok
WPIC/OERP
3811 O’Hara Street
Champion Commons, Third Floor
Pittsburgh, PA 15213

MULTIPLE CHOICE – Please choose the BEST answer.

1. What is the current standard that is used to determine obesity?
   a. Body Weight
   b. Weight and height
   c. Adiposity levels
   d. BMI

2. Which of the following BMI levels are considered to indicate obesity in adults?
   a. 18-25
   b. <18
   c. > 30
   d. >25 and <30

3. What is agreed upon as a major contributing factor to the obesity epidemic in the US?
   a. Heredity
   b. Environment
   c. Eating out
   d. Increased portion sizes served in restaurants

4. What are the evidence-based treatments for obesity?
   a. Cognitive behavioral treatments
   b. Pharmacotherapy
   c. Bariatric surgery
   d. All of the above

5. Which component of a cognitive behavioral intervention has consistently been associated with successful weight loss?
   a. Stimulus control
   b. Self-monitoring
   c. Goal setting
   d. Psychoeducation
6. What specific dietary guidelines are associated with obesity treatment?
   a. Eat only very low calorie foods
   b. Avoid all meats and desserts
   c. Eat a variety of foods that includes plenty of whole grain products, vegetables and fruits
   d. All of the above

7. What physical activity levels are currently recommended for all US adults?
   a. Sixty minutes of moderate exercise on 7 days each week
   b. Thirty minutes of vigorous exercise on 5 days each week
   c. Thirty minutes of moderate exercise on 5 days each week
   d. Sixty minutes of vigorous exercise on 5 days each week

8. Which of these are included in cognitive behavioral approaches to healthy lifestyle change in obesity treatment?
   a. Stimulus control
   b. Goal setting
   c. Self monitoring calories and physical activity
   d. All of the above

9. What is the average weight loss over a standard obesity treatment protocol of about 20 weeks?
   a. About 20 lbs
   b. About 10 lbs
   c. About 15 lbs
   d. Ranges from about 5 to 10 lbs

10. What is the most effective treatment for class III obesity (BMI > 40)?
    a. 30 week cognitive behavioral treatment program with long term follow up
    b. Pharmacotherapy and 24 week cognitive behavioral program
    c. Bariatric surgery
    d. There is no effective treatment for class III obesity

11. Overall, which of the modifications listed below are recommended for individuals with mental health clients?
    a. Duration of treatment should be less than 12 weeks
    b. Duration of treatment should be longer than 16 weeks
    c. Expectations for weight loss need to be reduced from what is anticipated in clients without mental health concerns
    d. It remains unclear what modifications consistently lead to desired outcomes (maintained weight loss) in these clients due to few clinical trials

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

INSTRUCTIONS: In order for Western Psychiatric Institute and Clinic to record the credit you earn by viewing
this program, we request that you follow the directions below:
1. Print your name, address, and social security number clearly below.
2. Sign the statement affirming your attendance at the session.
3. Return with payment to: Jennifer Lichok
   WPIC/OERP
   3811 O’Hara Street
   Champion Commons, Third Floor
   Pittsburgh, PA 15213

I hereby affirm that I viewed the videoconference web cast indicated above:

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TYPE OF CREDIT: Please Indicate Your Certification Needs
☐ Act 48: Educators (please complete Act 48 packet) ☐ CADC: Certified Alcohol and Drug Counselor
☐ CEU: General Continuing Education Credit ☐ CPRP: Certified Psychiatric Rehabilitation Practitioners
☐ NCC: National Board of Certified Counselors ☐ PCHA: Personal Care Home Administrators
☐ Psychologist ☐ SW/LPC/LMFT: Social Work (LCSW, MSW)

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

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Send these two forms to the above address. If your score is 80% or above, you will receive a certificate via mail. If you have any questions, contact Jennifer Lichok at lichokjl@upmc.edu or 412-204-9088.