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CME Objectives

After studying the articles by Nakata and Bradley et al, you should be able to:

- Screen for depression in patients who report that they work long hours and receive insufficient sleep
- Use emotion dysregulation as a core target in the treatment of a range of psychological disorders

Accreditation Statement

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Financial Disclosure

All individuals in a position to influence the content of this activity were asked to complete a statement regarding all relevant personal financial relationships between themselves or their spouse/partner and any commercial interest. The CME Institute has resolved any conflicts of interest that were identified. In the past year, Alan J. Gelenberg, MD, Editor in Chief, has been a consultant for Axis Healthcare, Dey Pharma, PGxHealth, Myriad Genetics, and Zynx Health; and has been a stock shareholder of Healthcare Technology Systems. No member of the CME Institute staff reported any relevant personal financial relationships. **Faculty financial disclosure appears with each article.**

This pretest is designed to facilitate your study of the material.

1. Which patient has significantly higher odds for depression when all other factors such as job type and industry are controlled?
 - a. Mr W, who sleeps < 6 h/d and works >10 h/d
 - b. Mr X, who sleeps 8 h/d and works 8 h/d
 - c. Mr Y, who sleeps 6 h/d and works 8 h/d
 - d. Mr Z, who sleeps < 6 h/d and works 6 h/d
2. Emotion dysregulation appears to have greater influence than negative affect on all of the following forms of psychopathology *except*:
 - a. Substance abuse
 - b. Suicide attempt
 - c. Depression
 - d. Posttraumatic stress

For Pretest answers and Posttest, see pages 729–730.

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Or, take the Posttest and send the completed Registration form to the address or fax number listed on the form.

Unanswered questions will be considered incorrect and so scored. Answer sheets, once graded, will not be returned. All replies and results are confidential. The CME Institute of Physicians Postgraduate Press, Inc., will keep only a record of participation, which indicates that you completed the activity and the number of *AMA PRA Category 1 Credits* you have been awarded. Correct answers to the Posttest will be available upon request after the submission deadline.

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Nakata

pp 605–614

Bradley et al

pp 685–691

1. Which patient has significantly higher odds for depression when all other factors such as job type and industry are controlled?
 - a. Ms A, who sleeps < 6 h/d and works > 10 h/d
 - b. Ms B, who sleeps 8 h/d and works 8 h/d
 - c. Ms C, who sleeps 6 h/d and works 8 h/d
 - d. Ms D, who sleeps < 6 h/d and works 6 h/d
2. Which patients have significantly higher odds for depression when all other factors such as job type and industry are controlled?
 - a. Those who work 6 to 8 h/d and perceive their daily sleep amount as sufficient
 - b. Those who work > 8 to 10 h/d and perceive their daily sleep amount as sufficient
 - c. Those who work > 10 h/d and perceive their daily sleep amount as sufficient
 - d. Those who work any number of hours (6 or more h/d) but perceive their daily sleep amount as insufficient
3. A person who sleeps a longer duration may be as dissatisfied with the amount as someone who sleeps a shorter duration, although this study did not have the statistical power to examine those who slept > 8 h/d.
 - a. True
 - b. False
4. Emotion dysregulation had statistically significantly greater influence than negative affect on all of the following forms of psychopathology, according to linear regression analysis, *except*:
 - a. Posttraumatic stress
 - b. Alcohol abuse
 - c. Drug abuse
 - d. Depression
5. Which variable was *not* significantly associated with a history of suicide attempt, according to logistic regression analysis?
 - a. Female gender
 - b. Childhood trauma
 - c. Negative affect
 - d. Emotion dysregulation
6. Mr Z has borderline personality disorder. Your treatment goals may include reduction of affective arousal, increase in affect tolerance, and development of psychosocial coping skills to be used in times of increased emotional distress.
 - a. True
 - b. False

Answers to Prefest: 1.a 2.c



REGISTRATION FORM

Circle the one correct answer for each question.

1. a b c d
2. a b c d
3. a b
4. a b c d
5. a b c d
6. a b

Deadline for submission

For a credit certificate to be issued, please complete this Registration Form no later than May 31, 2014. Online submissions will receive credit certificates immediately. Faxed or mailed submissions will receive credit certificates within 6 to 8 weeks.

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	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. The method of presentation held my interest and made the material easy to understand.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. This activity provided a balanced, scientifically rigorous presentation of therapeutic options related to the topic, without commercial bias.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The educational content was relevant to the stated educational objectives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Never	Not Very Often	Sometimes	Very Often	Always
4. How often do you currently use the following clinical strategies?					
A. Evaluate depression in patients who report that they work long hours and receive insufficient sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. Target emotion dysregulation in the treatment of patients with substance use, posttraumatic stress, borderline personality, and other disorders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. How often do you plan to use the following clinical strategies?					
A. Evaluate depression in patients who report that they work long hours and receive insufficient sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B. Target emotion dysregulation in the treatment of patients with substance use, posttraumatic stress, borderline personality, and other disorders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I need to know more about (suggest future topics): _____					
7. How much time (in hours) did you spend completing this CME activity? _____					
8. What is your preferred format for CME activities? Check one.					
<input type="checkbox"/> Print media (eg, journals, supplements, and newsletters)	<input type="checkbox"/> Internet text	<input type="checkbox"/> Internet multimedia	<input type="checkbox"/> Audio CD		