



Continuing Medical Education

Three articles in this issue form the basis of a short course with questions that can be answered for up to 1 hour of category 1 CME credit each by visiting <http://cme.psychiatryonline.org/> and clicking on “American Journal of Psychiatry CME.”

CME credit is issued only online, and a paid subscription to the AJP CME course program is required.

This month's courses appear on pages 1197–1200.

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Coming in the November 2009 issue*

THE AMERICAN JOURNAL OF PSYCHIATRY

Genome-Wide Linkage and Follow-Up Association Study of Postpartum Mood Symptoms

P.B. Mahon, J.L. Payne, D.F. MacKinnon, F.M. Mondimore, F.S. Goes, B. Schweizer, D. Jancic, NIMH Genetics Initiative Bipolar Disorder Consortium, BiGS Consortium, W.H. Coryell, P.A. Holmans, J. Shi, J.A. Knowles, W.A. Scheftner, M.M. Weissman, D.F. Levinson, J.R. DePaulo, Jr., P.P. Zandi, and J.B. Potash

Anxiety and Outcome in Bipolar Disorder

W. Coryell, D. Solomon, J. Fiedorowicz, J. Endicott, P. Schettler, and L. Judd

Enhancing Multiyear Guideline Concordance for Bipolar Disorder Through Collaborative Care

M.S. Bauer, K. Biswas, and A.M. Kilbourne

Relations of Pre-Onset Cannabis, Alcohol, and Tobacco Use with the Age at Onset of Prodrome and Age at Onset of Psychosis in First-Episode Patients

M. Compton, M. Kelley, C. Ramsay, M. Pringle, S. Goulding, M. Esterberg, T. Stewart, and E. Walker

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Continuing Medical Education

You now have an opportunity to earn CME credits by reading articles in *The American Journal of Psychiatry*. Three articles in this issue each comprise a short course for up to 1 hour category 1 CME credit each. The course consists of reading the article and answering three multiple-choice questions with a single correct answer. CME credit is issued only online. Readers who want credit must subscribe to the AJP Continuing Medical Education Course Program (cme.psychiatryonline.org), select *The American Journal of Psychiatry* at that site, take the course(s) of their choosing, complete the evaluation form, and submit their answers for CME credit. There is no minimum threshold score necessary for the credit. A link from the question to the correct answer in context will be highlighted in the associated article. A certificate for each course will be generated upon successful completion. This activity is sponsored by the American Psychiatric Association.

Information for Participants

Objectives: After evaluating a specific journal article, participants should be able to demonstrate an increase in their knowledge of clinical medicine. Participants should be able to understand the contents of a selected research or review article and to apply the new findings to their clinical practice.

Participants: This program is designed for all psychiatrists in clinical practice, residents in Graduate Medical Education programs, medical students interested in psychiatry, and other physicians who wish to advance their current knowledge of clinical medicine.

Explanation of How Physicians Can Participate and Earn Credit: In order to earn CME credit, subscribers should read through the material presented in the article. After reading the article, complete the CME quiz online at cme.psychiatryonline.org and submit your evaluation and study hours (up to 1 AMA PRA Category 1 Credit™).

Credits: The American Psychiatric Association designates this educational activity for a maximum of 1 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. The American Psychiatric Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Information on Courses

Title: Suicide Attempts, Gender, and Sexual Abuse: Data From the 2000 British Psychiatric Morbidity Survey

Faculty: Paul E. Bebbington, Ph.D., F.R.C.P., F.R.C.Psych., Claudia Cooper, Ph.D., M.R.C.Psych., Sarah Minot, M.Sc., M.R.C.Psych., Traolach S. Brugha, M.D., F.R.C.Psych., Rachel Jenkins, M.D., F.R.C.Psych., Howard Meltzer, Ph.D., Michael Dennis, M.D., M.R.C.Psych.

Affiliations: Department of Mental Health Sciences, UCL (P.E.B., C.C., S.M.); Department of Health Sciences, University of Leicester, Leicester General Hospital (T.S.B., H.M.); Institute of Psychiatry, Kings College London (R.J.); and the School of Medicine, Swansea University (M.D.).

Disclosures: All authors report no competing interests.

Discussion of unapproved or investigational use of products*: No

Title: A Developmental Twin Study of Church Attendance and Alcohol and Nicotine Consumption: A Model for Analyzing the Changing Impact of Genes and Environment

Faculty: Kenneth S. Kendler, M.D., John Myers, M.S.

Affiliation: Department of Psychiatry and the Virginia Institute for Psychiatric and Behavioral Genetics, Virginia Commonwealth University School of Medicine

Disclosures: All authors report no competing interests.

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Title: The Epidemiology of At-Risk and Binge Drinking Among Middle-Aged and Elderly Community Adults: National Survey on Drug Use and Health

Faculty: Dan G. Blazer, M.D., Ph.D., Li-Tzy Wu, Sc.D.

Affiliations: Department of Psychiatry and Behavioral Sciences, Duke University Medical Center

Disclosures: All authors report no competing interests.

Discussion of unapproved or investigational use of products*: No

* American Psychiatric Association policy requires disclosure by CME authors of unapproved or investigational use of products discussed in CME programs. Off-label use of medications by individual physicians is permitted and common. Decisions about off-label use can be guided by scientific literature and clinical experience.

Exams are available online only at cme.psychiatryonline.org

INFORMATION TO PARTICIPANTS

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Estimated Time to Complete: 1 Hour

Begin date October 1, 2009 – End date September 30, 2011

EXAMINATION QUESTIONS

Select the single best answer for each question below.

Suicide Attempts, Gender, and Sexual Abuse: Data From the 2000 British Psychiatric Morbidity Survey

Paul E. Bebbington et al.

Am J Psychiatry 2009; 166:1135–1140

QUESTION 1. Considering reports of sexual abuse and suicidal behavior by participants in this study, which of the following statements is true?

- A. The experience of sexual abuse was equally common in men and women.
- B. Lifetime suicide attempts were more common in men compared to women.
- C. The experience of sexual abuse was associated with a near tenfold increase in the occurrences of a suicide attempt within the past year.
- D. Gender had a significant effect on suicidal behavior, even when the experience of sexual abuse was taken into account.

QUESTION 2. The data analysis for this study involved calculating the “population attributable risk fraction,” which allowed for an estimate of which of the following?

- A. The proportion of suicide attempts that can be ascribed to the experience of sexual abuse
- B. The strength of the relationship between suicidal thinking and suicide attempts
- C. The relative effect of gender and sexual abuse on lifetime suicide attempts
- D. The strength of association between gender and suicidal thinking

QUESTION 3. Considering the relationship between current affective state (as measured by the Clinical Interview Schedule-Revised [CIS-R]) and suicidal behavior, which of the following statements is true?

- A. Each unit increase in the CIS-R score increases the likelihood of attempted suicide by less than 5%.
- B. Controlling for CIS-R score removes the association between sexual abuse and suicide attempts in the past year.
- C. Controlling for sexual abuse removes the association between CIS-R score and suicidal thoughts in all periods of assessment.
- D. The association suggests strongly that the effect of sexual abuse on suicidal behavior originates in its persistent effect on mood.

EVALUATION QUESTIONS

This evaluation form is adapted from the MedBiquitous Journal-Based Continuing Education Guidelines 28 November 2005.

This evaluation will appear online at the end of each CME course. Participants must complete this evaluation in order to receive credit. Select the response which best indicates your reaction to the following statements about this activity.

STATEMENT 1. The activity achieved its stated objectives.

- 1. Strongly agree
- 2. Agree
- 3. Neutral
- 4. Disagree
- 5. Strongly disagree

STATEMENT 2. The activity was relevant to my practice.

- 1. Strongly agree
- 2. Agree
- 3. Neutral
- 4. Disagree
- 5. Strongly disagree

STATEMENT 3. I plan to change my current practice based on what I learned in the activity.

- 1. Strongly agree
- 2. Agree
- 3. Neutral
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- 5. Strongly disagree

STATEMENT 4. The activity validated my current practice.

- 1. Strongly agree
- 2. Agree
- 3. Neutral
- 4. Disagree
- 5. Strongly disagree

STATEMENT 5. The activity provided sufficient scientific evidence to support the content presented.

- 1. Strongly agree
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- 3. Neutral
- 4. Disagree
- 5. Strongly disagree

STATEMENT 6. The activity was free of commercial bias toward a particular product or company.

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A Developmental Twin Study of Church Attendance and Alcohol and Nicotine Consumption: A Model for Analyzing the Changing Impact of Genes and Environment

Kenneth S. Kendler and John Myers
Am J Psychiatry 2009; 166:1150–1155

QUESTION 1. Individual differences in church attendance in adulthood is largely a result of which of the following?

- A. Common and individual specific environmental effects
- B. Additive genetic and individual specific environmental effects
- C. Additive genetic and common environmental effects
- D. Only additive genetic effects

QUESTION 2. This paper provides data consistent with which of the following developmental theories?

- A. As individuals mature, they increasingly shape their own social environment in large part as a result of their genetically influenced temperament.
- B. As individuals mature, they play less and less of a role in shaping their own social environment.
- C. As individuals mature, they increasingly shape their own social environment in large part as a result of their environmentally influenced temperament
- D. As individuals mature, they become less and less religious.

QUESTION 3. As individuals develop from childhood into adulthood, the inverse relationship between church attendance and alcohol and nicotine use changes in which of the following ways?

- A. The relationship becomes stronger and changes from being largely a result of genetic factors to largely a result of environmental factors.
- B. The relationship becomes weaker and changes from being largely a result of genetic factors to being largely a result of environmental factors.
- C. The relationship becomes stronger and changes from being largely a result of environmental factors to being largely a result of genetic factors.
- D. The relationship becomes weaker and changes from being largely a result of genetic factors to being largely a result of environmental factors.

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The Epidemiology of At-Risk and Binge Drinking Among Middle-Aged and Elderly Community Adults: National Survey on Drug Use and Health

Dan G. Blazer et al.

Am J Psychiatry 2009; 166:1162–1169

QUESTION 1. The frequency of alcohol use in a community sample of men 50+ years of age was observed to be approximately which of the following?

- A. 45%
- B. 55%
- C. 55%
- D. 75%

QUESTION 2. Which of the following describes the relationship of alcohol use with educational achievement/income level?

- A. Binge drinking was positively associated with higher income level among women.
- B. Alcohol use was positively associated with a college education in men only.
- C. Alcohol use was positively associated with attending college in both sexes.
- D. There was no relationship between alcohol use and education.

QUESTION 3. One group not previously recognized that may be at special risk for binge drinking is which of the following?

- A. Middle aged white men who have not previously used alcohol
- B. African American women who use alcohol
- C. Caucasian women who use alcohol
- D. African American men who use alcohol

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