

**“ASSESSMENT AND MONITORING OF BIPOLAR SPECTRUM DISORDERS
IN CHILDREN AND ADOLESCENTS” (A343)**

Videoconference Webcast

Original Broadcast Date: September 11, 2019

Quiz for General CEUs, CADC, NBCC, Psychologist, and Social Work/LPC/LMFT
Continuing Education Credit (2.0 credit hours)

DIRECTIONS: Complete this test after viewing the videoconference webcast listed above. In order for UPMC Western Psychiatric Hospital to record that you completed the training, please complete this test and the Application/Validation for Continuing Education Credit (CEU) on the next page. Please note: A passing score of 80% or above is required to receive CEUs. After finishing, sign as indicated on the second page and return both forms by mail to:

**Nancy Mundy
OERP/WPH
3811 O’Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213**

Multiple choice and TRUE/FALSE Questions

1. **What differentiates a hypomanic episode from a manic episode?**
 - a) Hypomania is associated with functional change
 - b) Hypomania has more mood symptoms
 - c) Hypomania lasts a minimum of 7 days
 - d) Hypomania is associated with psychosis
2. **Which one of these factors increases the risk of bipolar disorder the most?**
 - a) Having an ADHD diagnosis
 - b) Having a parent with bipolar disorder
 - c) Having a sibling who abuses alcohol
 - d) History of abuse
3. **A distinct period of abnormally/persistently elevated, expansive, or irritable mood and abnormally/persistently increased activity or energy level (along with pressured speech, decreased need for sleep, and increased goal directed activity), which lasts most of the day, meets criteria for a manic episode if it:**
 - a) Lasts at least for 2 days
 - b) Includes grandiose delusions
 - c) The patient gets admitted to the hospital anytime during the course of the manic episode
 - d) Lasts at least for 4 days
4. **Irritability is a very common symptom in youth. When would it be suggestive of a bipolar disorder?**
 - a) If it is explosive or severe
 - b) If it does not respond to therapy
 - c) If it intensifies from the baseline, and clusters with other manic symptoms during the manic episode
 - d) If it is chronic
5. **A teenager presents with a hypomanic episode. There is no past history of major depressive episode, but he had one more hypomanic episode before. Based on this information, this patient meets criteria for Bipolar II disorder. TRUE/FALSE**

6. **What is the key sleep symptom in bipolar disorders?**
 - a) Insomnia
 - b) Hypersomnia
 - c) Irregular sleep
 - d) Decreased need for sleep
7. **What is the most common presentation of “other bipolar and related disorders” in youth?**
 - a) Episodes include fewer manic symptoms
 - b) Episodes include most manic symptoms but last shorter
 - c) Episodes do not include functional impairment
 - d) Episodes do not happen in school
8. **Which is NOT correct about pediatric bipolar disorders?**
 - a) Patients may show developmental progression from other specified bipolar to bipolar I/II
 - b) Some patients with poor presentation in the beginning may improve over time
 - c) Monitoring mood, energy, and sleep may help identify new episodes early
 - d) Neurocognitive problems will completely improve in between mood episodes
9. **Which comorbid condition with bipolar disorder is rare in children but the rate increases over time in adolescents and young adults?**
 - a) ADHD
 - b) Substance use disorders
 - c) Conduct disorder
 - d) Anxiety disorders
10. **When a child with ADHD has a manic episode, we will count distractibility as a part of manic symptom if**
 - a) Distractibility gets intensified during the manic episode
 - b) Distractibility worsens in the evenings
 - c) Distractibility worsens in the morning
 - d) Distractibility is linked to irritability
11. **Which one is correct for pediatric bipolar disorder?**
 - a) It never occurs in preteens
 - b) It onsets usually after age 25
 - c) It is frequently comorbid with anxiety disorders
 - d) It does not increase risk for suicide
12. **A teenager with full blown manic episode experiences concurrent 4 depressive symptoms. What would be an appropriate diagnosis for the mood episode?**
 - a) Atypical manic episode
 - b) Manic episode with mixed depressive features
 - c) Mixed manic/depressive episode
 - d) Depressive episode with mixed manic symptoms

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

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2. Sign the statement affirming your attendance at the session.
3. Return with payment to:

Nancy Mundy
OERP/WPH
3811 O’Hara Street
Champion Commons Building, Third Floor
Pittsburgh, PA 15213

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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 email. If you have any questions, contact Nancy Mundy at mundynl@upmc.edu or 412-204-9090.