

“ANHEDONIA: INABILITY TO EXPERIENCE PLEASURE” (A106)

Videoconference Webcast

Original Broadcast Date: April 8, 2015

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

MULTIPLE CHOICE – Please choose the BEST answer.

- 1. What are features of persistent depressive disorder?**
 - A. A depressed mood that occurs for more days than not
 - B. Medical condition e.g. cancer
 - C. Lasts less than 6 months
 - D. Manic episodes
- 2. Persistent depressive disorder:**
 - A. Has a clear onset
 - B. Is equally frequent in children
 - C. Less common among first-degree relatives of individuals with Bipolar I
 - D. More common in men
- 3. Individuals diagnosed with Somatic Symptom Disorder:**
 - A. Are primarily treated in general medical settings
 - B. May also have physical conditions such as heart disease
 - C. Do not have to have medically unexplained somatic symptoms
 - D. All of the above
- 4. Seasonal Affective Disorder (SAD) is:**
 - A. A unique diagnostic entity
 - B. Not a unique diagnostic entity
 - C. Full remission of mood symptoms do not occur at a set time of year
 - D. Accounted for by seasonally related psychosocial stressors
- 5. What are some of the significant findings of prevalence?**
 - A. Over half those with mood disorders are treated
 - B. Avoid blaming
 - C. Longer recovery time, higher rates of recurrence and chronicity
 - D. National comorbidity study found a lifetime rate of 25%

6. **In the symptom comparison of Dysthymic and Non-Depressed controls:**
 - A. Non-depressed controls had more family dysfunction
 - B. Dysthymic had more positive life events
 - C. Non-Depressed Controls had more self-blame
 - D. Dysthymic had a higher rate of negative major life events
7. **Psychotherapy should be limited to:**
 - A. Focus on the current problems
 - B. Time limited
 - C. Aimed at symptom change
 - D. All of the above
8. **What are the benefits of self-help programs?**
 - A. Intense emotional openness
 - B. Validation of feelings
 - C. Charismatic dependency
 - D. No screening of members
9. **What are some ways to reduce unhelpful variation?**
 - A. Outcome driven benchmarks, Best practice models, Outcome measurement
 - B. Re-Shaping Expectations
 - C. Level of care, Re-Shaping Expectations
 - D. Guided Discovery
10. **The evaluations of clinical guidelines have shown:**
 - A. No improvement
 - B. Significant improvement in the process of care and outcomes showed improvement
 - C. Validation of feelings
 - D. Perceptions of how chance will occur
11. **What is one of the ten steps in “Time Effective Psychotherapy”?**
 - A. Overall rise in depression rate
 - B. Keep things the same
 - C. Negotiate with the client to frame the outcome in clear terms
 - D. DSM-5
12. **The stages of change include:**
 - A. Consciousness training, Feedback
 - B. Choice, Commitment
 - C. Counter conditioning, Stimulus control
 - D. Action, Decision Making, Maintenance, Contemplation
13. **What are some examples of stress inoculation?**
 - A. Time allocation, Sleep, Exercise
 - B. Maladaptive patterns
 - C. Mood disruption
 - D. Major Depression

After completing the quiz, PLEASE NOTE THAT IT IS IMPORTANT FOR THE ONGOING ACCREDITATION OF OUR PROGRAMS THAT YOU COMPLETE AN EVALUATION. To obtain APA, NCC and LSW, LCSW, LPC, LMFT credit, it is mandatory for you to complete this evaluation. Please go to the following link and be sure to enter the entire address including the “https://” text. The evaluation should take less than 10 minutes to complete. Please put the entire address into your web browser: <https://www.surveymonkey.com/r/t298a>

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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)**

INSTRUCTIONS: In order for UPMC Western Psychiatric Hospital 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:

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

I hereby affirm that I viewed the videoconference webcast indicated above:

Signature **Date Completed**

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<input type="checkbox"/> CADC: Certified Alcohol and Drug Counselor
<input type="checkbox"/> CEU: General Continuing Education Credit
<input type="checkbox"/> NCC: National Certified Counselors
<input type="checkbox"/> Psychologist
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PAYMENT ENCLOSED:

- \$30
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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 Nancy Mundy at mundynl@upmc.edu or 412-204-9090.