

**“IDENTIFYING THE BIPOLAR PRODROME: WHO IS AT HIGHEST RISK, AND WHAT CAN WE DO?”  
(A348)**

Videoconference Webcast  
Original Broadcast Date: March 4, 2020

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**

**TRUE/FALSE and Multiple Choice Questions**

1. Bipolar disorder is characterized by episodic and durable changes in mood and associated symptoms, including mania (elevated/irritable mood and increased energy) and depression.  
TRUE/FALSE
2. What is true about the risk for developing bipolar disorder in offspring of parents with bipolar disorder?
  - a. Almost all youth with a family history will develop bipolar disorder
  - b. Risk is not elevated above the general population
  - c. In the Pittsburgh Bipolar Offspring Study, approximately 20-25% of at-risk youth developed bipolar spectrum disorder by early adulthood
  - d. None of the above
3. What are the most important predictors for onset of bipolar disorder?
  - a. Early manic symptoms, later depression, family history of anxiety
  - b. Early anxiety/depression, mood lability, later manic symptoms, younger age of parental mood disorder onset
  - c. Early ADHD, later manic symptoms, older age of parental mood disorder onset
  - d. No symptomatic predictors have been identified
4. Bipolar disorder almost always starts suddenly with a manic or hypomanic episode  
TRUE/FALSE
5. What is the main purpose of a risk calculator in psychiatry and other fields of medicine?
  - a. Predict on an individual level who will have a particular outcome
  - b. Identify causes of disorder
  - c. Describe characteristics of populations
6. Which statement is NOT true about the BIOS risk calculator predicting bipolar onset?

- a. The risk calculator includes measures of mood lability and subthreshold manic symptoms
  - b. The risk score can be interpreted as the probability that a given individual will develop bipolar disorder within the next five years
  - c. The risk calculator uses neuroimaging and genetic biomarkers
7. What is the primary limitation of the BIOS risk calculator?
- a. It has not been externally validated
  - b. The accuracy is too low to be useful
  - c. Risk calculators are not useful tools in medicine
8. Risk calculators can be used to identify who is at most risk for a disorder, in order to intervene early TRUE/FALSE
9. Which therapy currently has the strongest evidence base for preventing mood onset in youth at risk for BD?
- a. Play Therapy
  - b. Family Focused Treatment
  - c. Cognitive Behavioral Therapy
  - d. Dialectical Behavior Therapy
10. Interpersonal Social Rhythms Therapy was developed in Pittsburgh for individuals with bipolar disorder, and has been shown to decrease manic symptoms in at-risk youth TRUE/FALSE
11. What is NOT an element of mindfulness?
- a. Paying attention to the present moment
  - b. Attitude of non-judgement
  - c. Stopping your thoughts
12. A 12-year old girl presents to your clinic. She has severe generalized anxiety disorder and has failed a good trial of CBT; thus, medication is indicated. She also has a family history of bipolar disorder. What is the most appropriate way to proceed?
- a. Prescribe a mood stabilizer. An antidepressant could make her manic.
  - b. Review risks, benefits, and alternatives; first-line treatment will still be an SSRI, but family should be educated about side effects.
  - c. Prescribe a benzodiazepine. An antidepressant could make her manic.

**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/T348-VC>**

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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 email address below.
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**

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

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date Completed**

**PLEASE PRINT CLEARLY:**

	<b>Mailing Address</b>
<b>Name</b>	<b>City</b>
	<b>State</b>
	<b>Zip Code</b>
<b>Phone #</b>	<b>Email address</b>

**TYPE OF CREDIT: *Please Indicate Your Certification Needs***

<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
<input type="checkbox"/> SW/LPC/LMFT: Social Work (LCSW, LSW)

**PAYMENT ENCLOSED:**

- \$30
- Check # \_\_\_\_\_ (Check payable to OERP/WPH)

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](mailto:mundynl@upmc.edu) or 412-204-9090.

## **Continuing Education Credit**

Each program is offered for the designated number of continuing education credits

### **CERTIFIED ADDICTION COUNSELORS: CADC**

Western Psychiatric Hospital, Office of Educational Resources and Planning is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program. This program is being offered for 2.0 continuing education credits.



### **COUNSELORS: NCC**

Western Psychiatric Hospital is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. UPMC Western Psychiatric Hospital is solely responsible for all aspects of the program. This program is being offered for 2.0 continuing education credits.

National Certified Counselors are required to accrue 100 clock hours of continuing education activities that meet guidelines in each five-year certification period. There is no restriction on the percentage of those hours that may be accrued from distant learning courses.



### **PSYCHOLOGISTS**

UPMC Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is being offered for 2.0 continuing education credits.

### **LICENSED/CLINICAL SOCIAL WORKERS, LICENSED PROFESSIONAL COUNSELORS, LICENSED MARRIAGE AND FAMILY THERAPISTS: LSW/LCSW/LPC/LMFT**

This program is offered for 2.0 hours of social work continuing education provided through UPMC Western Psychiatric Hospital's Office of Educational Resources and Planning, a PA-approved provider of social work continuing education in accordance with all the applicable educational and professional standards of the Pennsylvania State Board of Social Workers, Marriage and Family Therapist. This program is being offered for 2.0 continuing education credits. These clock hours satisfy requirements for LSW/LCSW, LPC and LMFT renewal. For more information, call (412) 204-9085.

### **MENTAL HEALTH PROFESSIONALS: CEU**

Nurses and other health care professionals are awarded .2 of Continuing Education Units (CEU). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.