Bipolar Disorder and Substance Use Disorder

1) A person is diagnosed with bipolar I disorder after having at least one manic episode and one depressive episode in an alternating pattern. The episodes must have lasted at least
   a) 7 days
   b) 2 weeks
   c) 3 weeks
   d) 1 month

2) A person with Bipolar II disorder is at higher risk for suicide when compared to a person diagnosed with bipolar I disorder.
   a) True
   b) False

3) The alterations in neurotransmitters associated with bipolar disorder most commonly affect changes in all the following EXCEPT
   a) Melatonin
   b) Dopamine
   c) Serotonin
   d) Norepinephrine

4) The average age of onset for bipolar disorder is
   a) 10 years
   b) 15 years
   c) 20 years
   d) 25 years

5) Approximately _____ of adults with bipolar illness are thought to have had symptoms dating back into childhood.
   a) 10%
   b) 20%
   c) 30%
   d) 40%

6) The diagnostic criteria for bipolar disorder are the same for a 40-year-old as they would be for a 10-year-old.
   a) True
   b) False

7) All the following are true EXCEPT
   a) Women are more likely to struggle with rapid cycling
   b) Substance use with bipolar disorder is more common in women
   c) Men with bipolar disorder tend to have more severe conditions than women
   d) Men are more commonly diagnosed at younger ages than women
8) Which is a symptom of mania?
   a) Grandiosity
   b) Insomnia
   c) Distractedness
   d) all the above

9) To be diagnosed with hypomania, a person MUST have all the following symptoms EXCEPT
   a) Irritability
   b) Euphoria
   c) Expansiveness
   d) Grandiosity

10) Patients with a bipolar II disorder and hypomania may experience psychosis.
    a) True
    b) False

11) Criteria from the DSM-V state that depressive episodes associated with bipolar disorder occur for a significant portion of the day, every day, for at least
    a) 1 week
    b) 2 weeks
    c) 3 weeks
    d) 1 month

12) All the following statements about rapid cycling are true EXCEPT
    a) It is not an illness itself
    b) It is more common among women
    c) It is more common in those with bipolar I disorder
    d) Depressive episode seem more common among those with rapid cycling

13) Approximately _____ of people diagnosed with bipolar disorder develop some form of substance use disorder as well.
    a) 30%
    b) 45%
    c) 60%
    d) 75%

14) The National Institute on Drug Abuse estimates that _____ of a person’s vulnerability to addiction is related to genetic influence.
    a) 10 to 20%
    b) 20 to 40%
    c) 40 to 60%
    d) 60 to 80%
15) An event or item that sets off an episode to where the person develops symptoms of his or her illness is called a
   a) Precursor
   b) Sentinel event
   c) Spark
   d) Trigger

16) Which term describes when a person transitions between high and low ends of the spectrum of bipolar disorder symptoms?
   a) Kindling
   b) Switching
   c) Cresting
   d) Flipping

17) A report in the journal *Psychiatry* showed that a person with bipolar disorder who uses _____ is at risk of developing psychosis associated with mania.
   a) Stimulants
   b) Alcohol
   c) Heroin
   d) Cannabis

18) Mania associated with antidepressant use has been found in up to _____ of patients with bipolar disorder.
   a) 20%
   b) 40%
   c) 60%
   d) 80%

19) A report in *Current Psychiatry* demonstrated that among patients taking mood stabilizing medications for bipolar disorder, up to ____ had sub-therapeutic plasma levels of medications in their bodies, demonstrating non-compliance with taking the drugs on a regular basis.
   a) 20%
   b) 40%
   c) 60%
   d) 80%

20) A patient who is in the manic phase of their illness may not show up for their appointment because of feelings of _____ in which that believe they are doing so well that attendance is not needed.
   a) Goal focused activities
   b) Grandiosity
   c) Pleasure-seeking activities
   d) Irritability
21) The patient may drink alcohol or use drugs to combat some uncomfortable feelings, which can further perpetuate substance use and physical addiction, and create a _____ cycle of substance use where alcohol or drug use is followed by a phase of recovery after intoxication or feeling high, followed by further depression and by more substance use to feel better.
   a) Perpetual
   b) Positive
   c) Feedback
   d) Negative

22) Which type of therapy for patients uses thought recognition and methods to change behavior based on changing thought processes?
   a) Eye Movement Desensitization and Reprocessing
   b) Rational Emotive Therapy
   c) Cognitive Behavioral Therapy
   d) Dialectical Behavior Therapy

23) Which therapy involves recognizing thoughts and emotions that may be negative or uncomfortable and then accepting them as they are, rather than immediately attempting to change them?
   a) Eye Movement Desensitization and Reprocessing
   b) Rational Emotive Therapy
   c) Cognitive Behavioral Therapy
   d) Dialectical Behavior Therapy

24) According to the U.S. Department of Health and Human Services, the detoxification process should consist of all the following components EXCEPT _____ to be considered adequate for treatment.
   a) Holistic discharge planning
   b) Evaluation
   c) Stabilization
   d) Fostering patient readiness into treatment

25) Which is a type of group therapy designed to focus on bipolar disorder and co-occurring substance use?
   a) Integrated group therapy
   b) Person centered group therapy
   c) Interpersonal process group therapy
   d) Psychoeducational group therapy

26) Antidepressant medications are the first line of treatment for patients with bipolar disorder when they suffer from bouts of severe depression.
   a) True
   b) False
27) Quetiapine and risperidone are examples of  
   a) Antianxiety drugs  
   b) Antidepressants  
   c) Atypical antipsychotic drugs  
   d) Anticonvulsant drugs  

28) Lamotrigine is a type of _____ that helps to control rapid swings in mood.  
   a) Antianxiety drug  
   b) Antidepressant  
   c) Atypical antipsychotic drug  
   d) Anticonvulsant drug  

29) As many as _____ of teens and young adults with dual diagnoses have responded to lithium treatment by reducing or eliminating substance use disorder symptoms.  
   a) 30%  
   b) 45%  
   c) 60%  
   d) 75%  

30) Which is a drug that has been approved by the FDA for the treatment of substance use, including alcohol and opioid dependence?  
   a) Naltrexone  
   b) Lithium  
   c) Carbamazepine  
   d) Topiramate