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) 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

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

4) 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

5) Which is a symptom of mania?
   a) Grandiosity
   b) Insomnia
   c) Distractedness
   d) all the above

6) To be diagnosed with hypomania, a person MUST have all the following symptoms EXCEPT
   a) Irritability
   b) Euphoria
   c) Expansiveness
   d) Grandiosity
7) 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

8) 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

9) 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

10) 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

11) 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

12) A patient who is in the manic phase of their illness may not show up for their appointment because of feelings of ____ in which they believe they are doing so well that attendance is not needed.
   a) Goal focused activities
   b) Grandiosity
   c) Pleasure-seeking activities
   d) Irritability
13) 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

14) 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

15) 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

16) 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

17) 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

18) Quetiapine and resperidone are examples of
   a) Antianxiety drugs
   b) Antidepressants
   c) Atypical antipsychotic drugs
   d) Anticonvulsant drugs
19) 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

20) 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