Women And Bipolar Spectrum Disorders

1) A diagnosis of bipolar category I is made when a patient exhibits symptoms of a manic episode that lasts for at least ____ and that is significant enough to impair the patient’s functioning in social or occupational responsibilities.
   a) 1 week
   b) 2 weeks
   c) 1 month
   d) 2 months

2) All the following are symptoms of mania EXCEPT
   a) Feelings of grandiosity
   b) Racing thoughts and flight of ideas
   c) Increased pursuit of pleasure
   d) Social withdrawal and isolation

3) Episodes of depression associated with bipolar disorder cause symptoms that last for at least
   a) 1 week
   b) 2 weeks
   c) 1 month
   d) 2 months

4) The common neurotransmitters associated with bipolar disorder include changes in levels of all the following EXCEPT
   a) Dopamine
   b) Norepinephrine
   c) Melatonin
   d) Serotonin

5) The average age of diagnosis of bipolar I disorder is
   a) 15 years
   b) 18 years
   c) 21 years
   d) 24 years

6) Which is the hallmark of the diagnosis of bipolar disorder category II?
   a) Hypomania
   b) Dysthymia
   c) Substance abuse
   d) Sleep disturbance
7) Women are at higher risk of developing rapid cycling, which occurs as at least ____ mood episodes experienced in one year.
   a) 2
   b) 4
   c) 6
   d) 8

8) The categories of bipolar disorder beyond types I and II have sometimes been called the ____ forms of the disorder.
   a) Evasive
   b) Softer
   c) Subtle
   d) Hidden

9) The response of moving between depression and mania as a result of bipolar treatment is sometimes referred to as a
   a) See saw
   b) Transition
   c) Tripwire
   d) Switch

10) Which medication requires regular blood testing to check for therapeutic levels in the body and to avoid toxicity?
    a) Lamotrigine
    b) Olanzapine
    c) Lithium
    d) Carbamazepine

11) Which is an antipsychotic medications commonly prescribed for bipolar treatment?
    a) Lamotrigine
    b) Olanzapine
    c) Lithium
    d) Carbamazepine

12) Which has been described as a state of hypomania - with all of the energy and goal-focused activity but without the impairment?
    a) Enthusia
    b) Hyperthymia
    c) Avidity
    d) Ecstasia
13) Category IV of the bipolar spectrum is then classified as someone having a hyperthymic temperament without hypomania but who also has periods of
   a) Melancholia
   b) Psychosis
   c) Clinical depression
   d) Normalcy

14) A person with bipolar disorder category V has at least one blood relative who suffers from
   a) Depression
   b) Rapid cycling
   c) A mood disorder
   d) Bipolar disorder

15) Mood stabilizers, such as ___ or ___ may be of benefit to control the patient’s mood without causing further episodes of depression and potentially avoiding the subtle manic symptoms that can occur with other types of antidepressants.
   a) Quetiapine, Fluoxetine
   b) Fluoxetine, Sertraline
   c) Sertraline, Lamotrigine
   d) Lamotrigine, Quetiapine

16) It is thought that impulse control disorders are caused in part by altered levels of neurotransmitters in the brain. Those neurotransmitters related to impulse control and risk-taking includes
   a) Melatonin and Dopamine
   b) Dopamine and Serotonin
   c) Serotonin and Histamine
   d) Histamine and Melatonin

17) The U. S. Food and Drug Administration (FDA) has approved the use of ___ for treatment of bulimia.
   a) Quetiapine
   b) Fluoxetine
   c) Sertraline
   d) Lamotrigine

18) People who are obese and who have BED have been shown to have lower levels of ___ receptors when compared to their normal-weight counterparts.
   a) Dopamine
   b) Norepinephrine
   c) Melatonin
   d) Serotonin
19) With control of binge eating behavior, the patient may or may not lose weight, although some research has shown that ____ may be useful in considering the behaviors that contribute to weight gain and that prevent weight loss.
   a) ECT  
   b) EMDR  
   c) CBT  
   d) EFT

20) Which includes the dramatic and emotional personality disorders?
   a) Cluster A  
   b) Cluster B  
   c) Cluster C  
   d) Cluster D

21) Which personality disorder is commonly associated with bipolar disorder - some of their symptoms may overlap, making diagnosis difficult between the two conditions?
   a) Borderline  
   b) Histrionic  
   c) Narcissistic  
   d) Antisocial

22) Which cluster of personality disorders are considered to be the fearful disorders, characterized by anxiety and depression?
   a) Cluster A  
   b) Cluster B  
   c) Cluster C  
   d) Cluster D

23) Approximately ____ of adults with ADHD have co-occurring depression or bipolar disorder.
   a) 20%  
   b) 40%  
   c) 60%  
   d) 80%

24) According to Jain and Jain of Psychiatric Advisor, a patient who presents with comorbid bipolar disorder and ADHD should be treated first for
   a) ADHD  
   b) Bipolar disorder  
   c) Bipolar disorder and ADHD concurrently  
   d) Neither Bipolar disorder or ADHD
25) According to Monzon, et al., of the *Psychiatric Times*, up to ____ of women with previously diagnosed bipolar disorder experience some element of postpartum psychosis after giving birth.
   a) 5%
   b) 10%
   c) 20%
   d) 30%

26) A study found in the *Archives of Women’s Mental Health* showed that ____ is an effective form of treatment for postpartum psychosis and is well tolerated without adverse effects to the mother or the infant.
   a) ECT
   b) EMDR
   c) CBT
   d) EFT