

## Chapter 39. Bipolar Disorder, Self-Assessment Questions

1. A history of which of the following is the key feature of bipolar disorder with rapid cycling according to the *DSM-5*?

- A. A major depressive episode switching to mania
- B. Mania switching to a major depressive episode
- C. More than five manic episodes in 12 months
- D. More than three mood episodes in 12 months

2. Factors that increase risk of suicide in individuals with bipolar disorder include:

- A. A high number of depressive episodes
- B. Late age of onset
- C. Low educational status
- D. Negative family history of bipolar disorder

3. Epidemiologic studies show patients with bipolar I disorder spend:

- A. More time manic than depressed
- B. More time depressed than manic
- C. The same amount of time manic and depressed

D. More time acutely ill than stable

4. Another psychiatric illness that can include a history of manic episodes is:

A. Major depressive disorder

B. Panic disorder

C. Schizoaffective disorder

D. Schizophrenia

5. Which of the following would be the *least* appropriate initial choice for pharmacologic therapy of a patient with a manic episode?

A. Divalproex

B. Lamotrigine

C. Quetiapine

D. Risperidone

6. The primary treatment for acute bipolar depression is:

A. Antidepressant drugs

B. Family and interpersonal therapy

C. Electroconvulsive therapy

D. Mood-stabilizing drugs

7. Which of the following second-generation antipsychotic drugs is FDA approved for treatment of acute bipolar depression as monotherapy?

A. Lamotrigine

B. Lurasidone

C. Risperidone

D. Ziprasidone

8. The recommended therapeutic serum concentration range for lithium, inclusive of both acute and maintenance therapy in otherwise healthy, nonelderly adults is:

A. 0.3 to 0.8 mEq/L (mmol/L)

B. 0.6 to 1 mEq/L (mmol/L)

C. 0.6 to 1.5 mEq/L (mmol/L)

D. 1.1 to 1.5 mEq/L (mmol/L)

9. Divalproex is more likely than other mood-stabilizing drugs to cause which of the following?

A. Increased serum creatinine

B. Leukopenia

C. Hypothyroidism

D. Thrombocytopenia

10. Which mood stabilizer is most associated with a potentially life-threatening rash?

A. Carbamazepine

B. Lamotrigine

C. Lithium

D. Divalproex

11. Which of the following drugs classified as a mood-stabilizing drug is FDA approved for the treatment of bipolar disorder in children and adolescents?

A. Carbamazepine

B. Divalproex

C. Lamotrigine

D. Lithium

12. Which mood-stabilizing drug is associated with neural tube defects?

A. Clonazepam

B. Divalproex

C. Lithium

D. Lamotrigine

13. When adding divalproex to the therapy of a patient already taking lamotrigine, the dosage of lamotrigine should:

A. Stay the same

B. Be increased by 50%

C. Be decreased by 50%

D. Lamotrigine should be discontinued

14. Which category of patients is most likely to experience weight gain due to second-generation antipsychotic therapy?

A. Children and adolescents

B. Middle-aged adults

C. Older adults (age greater than 65)

D. Young adults

15. Which of the following mood-stabilizing drugs induces its own metabolism?

A. Carbamazepine

D. Divalproex

C. Lamotrigine

D. Lithium

## Answers

1. D

2. A

3. B

4. C

5. B

6. D

7. B

8. C

9. D

10. B

11. D

12. B

13. C

14. A

15. A