

# THE JOURNAL OF CLINICAL PSYCHIATRY

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## **Antidepressants and Risks of Suicide and Suicide Attempts: A 27-Year Observational Study**

Andrew C. Leon, David A. Solomon, Chunshan Li,  
Jess G. Fiedorowicz, W. H. Coryell, Jean Endicott,  
and Martin B. Keller

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Work Hours, Sleep Sufficiency, and Prevalence  
of Depression Among Full-Time Employees:  
A Community-Based Cross-Sectional Study

Emotion Dysregulation and Negative Affect:  
Association With Psychiatric Symptoms

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### CME Objectives

After studying the articles by Nakata and Bradley et al, you should be able to:

- Screen for depression in patients who report that they work long hours and receive insufficient sleep
- Use emotion dysregulation as a core target in the treatment of a range of psychological disorders

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This pretest is designed to facilitate your study of the material.

- 1. Which patient has significantly higher odds for depression when all other factors such as job type and industry are controlled?**
  - a. Mr W, who sleeps <6 h/d and works >10 h/d
  - b. Mr X, who sleeps 8 h/d and works 8 h/d
  - c. Mr Y, who sleeps 6 h/d and works 8 h/d
  - d. Mr Z, who sleeps <6 h/d and works 6 h/d
- 2. Emotion dysregulation appears to have greater influence than negative affect on all of the following forms of psychopathology *except*:**
  - a. Substance abuse
  - b. Suicide attempt
  - c. Depression
  - d. Posttraumatic stress

*For Pretest answers and Posttest, see pages 729–730.*