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Nakata pp 605–614 Bradley et al pp 685–691

- Which patient has significantly higher odds for depression when all other factors such as job type and industry are controlled?
 - a. Ms A, who sleeps < 6 h/d and works > 10 h/d
 - b. Ms B, who sleeps 8 h/d and works 8 h/d
 - c. Ms C, who sleeps 6 h/d and works 8 h/d
 - d. Ms D, who sleeps < 6 h/d and works 6 h/d
- 2. Which patients have significantly higher odds for depression when all other factors such as job type and industry are controlled?
 - a. Those who work 6 to 8 h/d and perceive their daily sleep amount as sufficient
 - b. Those who work > 8 to 10 h/d and perceive their daily sleep amount as sufficient
 - c. Those who work > 10 h/d and perceive their daily sleep amount as sufficient
 - d. Those who work any number of hours (6 or more h/d) but perceive their daily sleep amount as insufficient
- 3. A person who sleeps a longer duration may be as dissatisfied with the amount as someone who sleeps a shorter duration, although this study did not have the statistical power to examine those who slept > 8 h/d.
 - a. True
 - b. False

- 4. Emotion dysregulation had statistically significantly greater influence than negative affect on all of the following forms of psychopathology, according to linear regression analysis, *except*:
 - a. Posttraumatic stress
 - b. Alcohol abuse
 - c. Drug abuse
 - d. Depression
- 5. Which variable was *not* significantly associated with a history of suicide attempt, according to logistic regression analysis?
 - a. Female gender
 - b. Childhood trauma
 - c. Negative affect
 - d. Emotion dysregulation
- 6. Mr Z has borderline personality disorder. Your treatment goals may include reduction of affective arousal, increase in affect tolerance, and development of psychosocial coping skills to be used in times of increased emotional distress.
 - a. True
 - b. False

Answers to Pretest: 1.a 2.c



| Circle the one correct answer for each question. | | | | | | | nt or t | type | | | | | |
|--|--|---------|--------|---------|---|-----------|--|----------------------|-------------------|---------------|---------------|-------------------|--|
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| Pl | ease e | valua | te the | effec | tiveness of this CME activity. | | | Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree | |
| The method of presentation held my interest and made the materia to understand. | | | | | | erial eas | у | | | | | | |
| 2. | 2. This activity provided a balanced, scientifically rigorous presentat therapeutic options related to the topic, without commercial bias. | | | | | | | | | | | | |
| 3. | The educational content was relevant to the stated educational of | | | | | | es. | | | | | | |
| | | | | | | | | Never | Not Very Often | Sometimes | Very Often | Always | |
| 4. How often do you currently use the following clinical strategies? | | | | | | | | | | | | | |
| | | | | | in patients who report that they d receive insufficient sleep | | | | | | | | |
| | su | bstan | | , postt | regulation in the treatment of patients wit raumatic stress, borderline personality, | h | | | | | | | |
| 5. | How | often | do yo | u plan | to use the following clinical strategies? | | | | | | | | |
| | | | | | in patients who report that they d receive insufficient sleep | | | | | | | | |
| | su | bstan | | , postt | regulation in the treatment of patients wit raumatic stress, borderline personality, | h | | | | | | | |
| 6. | I need | l to kı | now n | nore al | bout (suggest future topics): | | | | | | | | |
| | | | | | urs) did you spend completing this CME | activity | ? | | | | | | |
| 8. | | • | - | | format for CME activities? Check one. | ☐ Inte | orn of | toyt - | Internet m | ultimadia | ☐ Aud | io CD | |
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