Anxiety Module 2

Treating anxiety disorders in primary care

CPD QUESTIONNAIRE

EARN FREE CPD POINTS

Complete, scan and email to **cemarir@denovomedica.com** or **admin@denovomedica.com**. Alternatively, you can complete this questionnaire online at **www.denovomedica.com**. Fill in your details using **clear block letters** and mark the answers with a tick (✓).

I agree that my CPD-accredited certificate will be forwarded to my e-mail address. (Online) _____

(Signature of healthcare professional)

First Name		**Profession**	
Surname		**Telephone**	
HPC No.		**City**	
E-mail		**Sales Rep.**	

1. What proportion of GAD patients receives treatment?

☐ **A** One-quarter ☐ **B** One-third ☐ **C** One-half

2. Sixty to eighty percent of GAD patients also suffer from:

☐ **A** Major depression requiring treatment ☐ **B** ADHD

3. The major area of the brain which provokes the anxiety state is the:

☐ **A** Anterior cingulate cortex ☐ **B** Ventromedial frontal cortex ☐ **C** Amygdala

4. As shown using PET, trait-anxious people have weaker fibre linkage pathways between the ventromedial frontal cortex and the anterior cingulate cortex.

☐ **A** True ☐ **B** False

5. Factors that must be assessed when considering pharmacological or psychological treatment for anxiety are:

☐ **A** Severity and duration of symptoms
☐ **B** Comorbid physical illness
☐ **C** Current concomitant medication
☐ **D** All of the above
☐ **E** A and C

6. Of patients with GAD and panic disorder, what proportion should be treated at primary care level?

☐ **A** 50-60% ☐ **B** 60-70% ☐ **C** 80-90%

7. Which statement is true?

☐ **A** CBT does not work in all patients with anxiety
☐ **B** CBT should be part of the treatment strategy in anxiety management
☐ **C** A and B

8. Psychodynamic therapy has been shown to be efficacious in:

☐ **A** MDD ☐ **B** Social anxiety disorder ☐ **C** A and B

9. Which treatment for anxiety disorder is the preferred first-line drug or drug class?

☐ **A** SSRIs
☐ **B** SNRIs
☐ **C** Pregabalin
☐ **D** A and C

10. The antidepressant venlafaxine has a slow onset of action due to a flat dose-response curve.

☐ **A** True ☐ **B** False

11. Which statement is false? When using antidepressants for the treatment of GAD:

☐ **A** Continue therapy for 3-6 months after remission
☐ **B** When tapering-off an SSRI, fluoxetine can be useful as a switch
☐ **C** A and B

12. Which statement is true? Combination therapy is recommended for the treatment of GAD:

☐ **A** As a first-line strategy for crisis management
☐ **B** When, after 4-6 weeks, there is no response to one therapy
☐ **C** A and B

13. For the treatment of both panic disorder and social phobia, which agent has been found effective in randomised controlled trials, although not approved for use in anxiety disorder?

☐ **A** Mirtazapine
☐ **B** Gabapentin
☐ **C** Valproate
☐ **D** Inositol

14. Which of the SSRIs is recommended for treatment of panic disorder?

☐ **A** Fluoxetine ☐ **B** Citalopram ☐ **C** A and B

15. Recommended therapies for separation anxiety disorder include:

☐ **A** Psychotherapy ☐ **B** Carbamazepine ☐ **C** A and B

© 2020 deNovo Medica