

TRAINING TOOLKIT
FOR
OVERVIEW OF MENTAL HEALTH MEDICATIONS
FOR CHILDREN AND ADOLESCENTS
FALL 2011

SELF-ASSESSMENT

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Module 1. General Information about Medications

Part 1. Pharmacology; FDA Approval Process

1-1. Which of the following cannot prescribe psychotropic medications in Georgia?

- a. Physician's assistant
- b. Nurse practitioner
- c. Psychologist
- d. Psychiatrist
- e. Family doctor
- f. Cardiologist

1-2. What is the name of the federal agency that approves the indication and dosing information contained on the package insert of medications?

Module 1. General Information about Medications

Part 2. Generics; Metabolism

1-3. Which organ is the most responsible for metabolism of medications.

- a. Heart
- b. Kidney
- c. Lung
- d. Brain
- e. Liver

1-4. Which of the following are FDA requirements for generics?

- a. Contains identical amounts of same active drug as brand
- b. Same route of administration
- c. Same indications
- d. Same dosage form
- e. All of the above

Module 1. General Information about Medications

Part 3. Drug Interactions; Labels

1-5. Name six factors affecting drug interactions.

1-6. Name at least one mental health medication used for children and adolescents that has received a black box warning.

Module 2. Depressive Disorders

2-1. *How long must a person's mood be altered to meet criteria for a major depressive episode?*

- a. 1 day
- b. 2 days
- c. 1 week
- d. 2 weeks
- e. 1 month
- f. 2 months

2-2. *What is the minimum length of time an antidepressant medication should be taken, at the same dose on a daily basis, before efficacy is evaluated?*

- a. 1–2 days
- b. 3–4 days
- c. 1–2 weeks
- d. 3–4 weeks

2-3. *Which of the following medications is in a class of antidepressant medications that is considered to be the most dangerous in overdose?*

- a. Duloxetine
- b. Fluoxetine
- c. Imipramine
- d. Paroxetine
- e. Sertraline
- f. Venlafaxine

Module 3. Bipolar Disorder

3-1. Indicate whether each of the following statement is True or False.

- a. An episode of mania is required for the diagnosis of Bipolar I Disorder.

True [] False []

- b. A major depressive episode is required for the diagnosis of Bipolar I Disorder.

True [] False []

- c. Untreated episodes of mania typically last longer than untreated episodes of depression.

True [] False []

3-2. What is the difference between hypomania and mania?

3-3. Which of the following mood stabilizers require monitoring of serum medication levels.

- a. Carbamazepine
- b. Lamotrigine
- c. Lithium
- d. Valproic acid

Module 4. Anxiety Disorders

4-1. List three different mental illnesses that are classified as anxiety disorders.

4-2. In the fear pathway, what portion of the brain is activated?

- a. Amygdala
- b. Cerebrum
- c. Cerebellum
- d. Hippocampus
- e. Hypothalamus

4-3. Which medications may be used by a physician to treat anxiety disorders in children.

- a. Citalopram
- b. Escitalopram
- c. Fluoxetine
- d. Fluvoxamine
- e. Paroxetine
- f. Sertraline
- g. All of the above

4-4 Indicate whether the following statement is True or False:

In the treatment of Generalized Anxiety Disorder (GAD) in children and youth, benzodiazepines have been associated with worsening or emergence of depression.

TRUE [] FALSE []

4-5. Indicate whether the following statement is True or False:

Antidepressants are not preferred in the treatment of GAD because they may not be tolerated well in the long term if chronic anxiety is present.

TRUE [] FALSE []

Module 5. ADHD and Behavior Disorders

5-1. Which of the following is a stimulant medication indicated for the treatment of attention-deficit/hyperactivity disorder (ADHD) that is not a scheduled medication?

- a. Atomoxetine
- b. Dextroamphetamine
- c. Methylphenidate

5-2. Which of the following side effects can be caused by stimulant medications:

- a. Increased appetite
- b. Decreased sleep
- c. Increased blood pressure
- d. Decreased heart rate (pulse)

5-3. Indicate whether the following statement is True or False:

The FDA has not approved any medications specifically for the treatment of Oppositional Defiant Disorder (ODD) or Conduct Disorder (CD).

TRUE [] FALSE []

5-4. Which of the following mental illnesses are classified as Disruptive Behavior Disorders?

- a. ADHD
- b. Bipolar Disorder
- c. CD
- d. Intermittent Explosive Disorder
- e. ODD

Module 6. Drugs of Abuse

Part 1. General Information; Dependency; Alcohol

6-1. What are five of the most commonly abused drugs?

6-2. Which part of the brain affected by extensive alcohol use by an adolescent can result in impaired memory formation?

Module 6. Drugs of Abuse

Part 2. Marijuana and Other Drugs

6-3. Indicate whether each of the following statements is True or False.

- a. Children with untreated ADHD are more likely to develop a substance use disorder.

TRUE [] FALSE []

- b. Heroin intoxication can result in constricted pupils

TRUE [] FALSE []

- c. If marijuana and cocaine were used on the same day by an adolescent, they would likely both be present in a urine drug test one week later.

TRUE [] FALSE []

- d. Withdrawal from alcohol and benzodiazepines can be lethal.

TRUE [] FALSE []

- e. Withdrawal from heroin and cocaine is often lethal.

TRUE [] FALSE []

Module 7. Miscellaneous Medications

7-1. Which of the following medications, taken in excess, is most likely to cause psychotic symptoms?

- a. Fluoxetine
- b. Methylphenidate
- c. Sertraline
- d. Venlafaxine

7-2. Prescription opioid abuse (e.g., Lortab, Vicodin, Oxycontin, Percocet) occurs in what percentage of 12th graders?

- a. 0–2%
- b. 2–4%
- c. 4–6%
- d. 6–8%
- e. 8–10%

7-3. Robo-tripping refers to the abuse of which of the following?

- a. Amphetamines
- b. Chlorpheniramine
- c. Dextromethorphan
- d. Lortab
- e. Xanax

ANSWERS—Page A.1

Module 1: General Information about Medications

Part 1: Pharmacology; FDA Approval

- 1-1: c – Psychologist
- 1-2: FDA (Food and Drug Administration)

Part 2: Generics; Metabolism

- 1-3: e – Liver
- 1-4: e – All of the above

Part 3: Drug Interactions; Labels

- 1-5: Age, Nutrition, Pharmacogenetics, Co-morbid conditions, Hormones, Other drugs
- 1-6: Go to <http://blackboxrx.com/> for a comprehensive list; click on the tab for Therapeutic Classes, then Psychiatric Agents

Module 2: Depressive Disorders

- 2-1: d – 2 weeks
- 2-2: d – 3–4 weeks
- 2-3: c – Imipramine

Module 3: Bipolar Disorder

- 3-1: a – True
 - b – False
 - c – False

3-2: Hypomania is generally a mild to moderate level of mania, characterized by optimism, pressure of speech and activity, and decreased need for sleep. Generally, hypomania does not inhibit functioning like mania. Many people with hypomania are actually more productive than usual, while manic individuals have difficulty completing tasks due to a shortened attention span.

- 3-3: c – Lithium

ANSWERS—Page A.2

Module 4: Anxiety Disorders

4-1: a – Generalized Anxiety Disorder (GAD)

b – Panic Disorder

c – Obsessive-Compulsive Disorder (OCD)

4-2: a – Amygdala

4-3: f - All the medications listed may be used by a physician to treat anxiety disorders in children

4-4: True

4-5: False

Module 5: ADHD and Behavior Disorders

5-1: a – Atomoxetine

5-2: b – Decreased sleep

c – Increased blood pressure

5-3: False

5-4: a – ADHD

c – Conduct Disorder (CD)

e – Oppositional Defiant Disorder (ODD)

ANSWERS—Page A.3

Module 6: Drugs of Abuse

Part 1: General Information; Dependency; Alcohol

6-1: Most commonly abused drugs:

- Alcohol
- Marijuana
- Cocaine
- Methamphetamine
- LSD
- Rohypnol/GHB
- Inhalants
- Ecstasy
- Prescription drugs

Part 2: Marijuana and other drugs

6-2: Hippocampus

6-3: a – True
b – True
c – False
d – True
e – True

Module 7: Miscellaneous Medications

7-1: b – Methylphenidate
7-2: e – Prescription opioid abuse occurs in 8–10% of 12th graders
7-3: c – Dextromethorphan