

## ON-LINE SELF STUDY EXAM FORM

**In order to receive CE credit, each participant is required to:**

**Read** the related continuing education article.

**Complete the exam** by circling the chosen answer for each question. Be sure to answer all questions and to give only one response per question unless otherwise stated in the question. Unanswered questions will be marked as incorrect.

**Complete the evaluation form.**

**Mail or fax** the original or a photocopy of the signed exam page and the completed evaluation form for each article that credit is requested for, along with a \$25.00 fee to: American Psychotherapy Association, Attn: CE Department, 2750 East Sunshine, Springfield, MO 65804 OR Fax to: 417-823-9959.

If the exam is passed with a grade of 70 percent or above, a certificate of completion for 1.0 continuing education credit will be mailed. The participants that do not pass the exam are notified as such and will have a second opportunity to complete the exam. Any questions, grievances or comments can be directed to the CE Department at telephone (417) 823-0173, Fax (417) 823-9959, or email: [cedept@americanpsychotherapy.com](mailto:cedept@americanpsychotherapy.com).

*Continuing education credits for participation in this activity may not apply toward license renewal in all states. It is the responsibility of each participant to verify the requirements of his/her state licensing board(s).*

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Article: **“Primer for Prescription Medicines: Anxiolytics--Benzodiazepines”**

Learning Objectives: After studying this article, the reader should be able to:

1. Know the mayor indications for the use of the benzodiazepines.
2. Know some alternative medications that are effective for anxiety.
3. Recognize the major adverse effects of the benzodiazepines.

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**Exam: Please circle the chosen answer for each question. Be sure to answer all questions and give only one response per question unless otherwise stated in the question.**

1. The medications which have been shown to effectively treat anxiety disorders include:
  - a. Benzodiazepines
  - b. Selective Serotonin Re-uptake Inhibitors
  - c. Tricyclic antidepressants
  - d. All of the above
2. The benzodiazepines are named for:
  - a. The person who discovered the first of them, Maurice Benzodiazol
  - b. Their chemical structure
  - c. Their toxic effects
  - d. None of the above
3. This family of medicines is used for:
  - a. Anxiety disorders
  - b. Insomnia
  - c. Seizures
  - d. All of the above
4. These medicines all by themselves may cause:
  - a. Akathisia
  - b. Paradoxical rage reaction
  - c. Respiratory depression
  - d. All of the above
5. The withdrawal syndrome from benzodiazepines:
  - a. Is nonexistent
  - b. Is mild and not dangerous
  - c. Is potentially life-threatening
  - d. None of the above

6. Benzodiazepines should be used very cautiously in conjunction with:
  - a. Acetaminophen (Tylenol-<sup>TM</sup>)
  - b. Clozapine (Clozaril-<sup>TM</sup>)
  - c. Valproate (Depakote-<sup>TM</sup>)
  - d. None of the above
  
7. The effects of benzodiazepines are:
  - a. Irreversible
  - b. Reversible with flumazenil (Mazicon-<sup>TM</sup>, Romazicon-<sup>TM</sup>)
  - c. Reversible with clozapine (Clozaril-<sup>TM</sup>)
  - d. Reversible with valproate (Depakote-<sup>TM</sup>)
  
8. Patients should not take their benzodiazepine with:
  - a. Apple Juice
  - b. Grape juice
  - c. Grapefruit juice
  - d. Any of the above

**Evaluation: (1-3 rating section) Please circle one**

(1=Poor 2=Satisfactory 3= Excellent)

1. The author presented material clearly. 1 2 3
2. The stated learning objectives were met. 1 2 3
3. New knowledge or technique was gained. 1 2 3

**Comment section:**

4. What change(s) do you plan to make in your practice as a result of reading this article? \_\_\_\_\_

Statement of completion: I attest to having completed the CE activity myself.

\_\_\_\_\_  
Signature Date

Name: \_\_\_\_\_

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