SELF-ASSESSMENT ACTIVITY SUBMISSION

All sessions will submit 3 questions to be used in the Mental Health Service Conference Self-Assessment Activity. Each question should be multiple choice with 4 possible options but only 1 correct answer. In addition, it is required to submit an explanation of the correct answer with 1-3 references is required. Please see below for an example of a self-assessment activity question:

Example Question and Answers:
A patient with major depressive disorder and type 2 diabetes mellitus presents with a major depressive episode recurrence and poor glycemic control. Which of the following interventions has the most evidence for control of depressive symptoms and glycemic control?
  a. Mirtazapine
  b. Sertraline (Correct Answer)
  c. Paroxetine
  d. Citalopram

Example Explanation:
Diabetes is a risk factor for the development of depression. Treatment for comorbid diabetes and depression should target both medical and psychological outcomes. Prioritize treatments that are likely to improve both glucose control and depressive symptoms, such as weight-neutral antidepressants such as sertraline or CBT with psychoeducation. Emphasize lifestyle modification, including sleep hygiene, healthy diet, exercise, and avoidance of substance use. The antidepressants that induce significant weight gain (e.g., paroxetine, mirtazapine, tricyclic antidepressants) could decrease glycemic control by increasing insulin resistance.

Example References:
Gregory JM, Rosenblat JD, McIntyre RS.Deconstructing diabetes and depression: clinical context, treatment strategies, and new directions. FOCUS Volume 14, Issue 2, Spring 2016, pp. 184-193

Wharton S, Raiber L, Serodio KJ, et al.Medications that cause weight gain and alternatives in Canada: a narrative review. Diabetes Metab Syndr Obes. 2018 Aug 21;11:427-438