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Title: *Innovative approaches to treating Eating Disorders with Ketamine, Esketamine and Psychedelic Medicines*

Presenter: *Reid Robison, MD*

Date/Time: *Wednesday, September 18th, 2024 at Noon MST*

Credit: One (1) Continuing Education Credit Awarded

**Posttest (For reference only. You must take and pass the test online for CE credit.)**

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#1 - What is ketamine's on-label use?

1. Depression
2. Suicidality
3. Anesthesia
4. Chronic Pain

#2- Which of the following was not an outcome of the group-based KAP study that took place at Center for Change?

1. Improvements in depression & anxiety
2. G-KAP was well-tolerated and safe
3. Feasibility of implementing in a residential treatment center
4. Increased cost and increased side effects when using a group-based format

#3- What are the three main components of ketamine-assisted psychotherapy (KAP)?

1. Preparation, Dosing, Integration
2. Preparation, Dosing, Occupational Therapy
3. Screening, Therapy, Follow-up
4. Screening, Dosing, Screening

#4 - Which of the following is esketamine (Spravato) FDA-approved for?

1. Treatment-resistant depression
2. Gout
3. Anesthesia
4. Psychosis

#5 - Which of the following are important considerations for integrating psychedelic medicine within conventional eating disorder treatment models?

1. There are no dietary preparation considerations required for ketamine or psychedelic therapy.
2. Adolescents treatment is contraindicated with ketamine.
3. Psychedelics clearly only target comorbidities, rather than direct eating disorder pathology, thus ED specialists do not to be involved in treatment planning.

4. Psychedelics, including ketamine, may serve to increase psychological flexibility and openness, and may potentially reduce fears related to recovery, so that ED-specific interventions are easier to receive

#6 - Which of the following is not considered "classic" psychedelic or hallucinogen?

1. LSD
2. Psilocybin
3. MDMA
4. DMT

#7 - MDMA is often classified as the following

1. Antihypertensive
2. Empathogen
3. Antiemetic
4. Dissociative anesthetic

#8 - MDMA was used in Phase III clinical trials for which of the following conditions

1. Postpartum depression
2. Bipolar
3. PTSD
4. Panic disorder

#9 - Psilocybin is currently in phase three trials for which of the following:

1. Schizophrenia
2. Major depressive disorder and treatment-resistant depression
3. Cannabinoid withdrawal
4. Autism

#10 - How many medications are currently FDA-approved for the treatment of Anorexia Nervosa?

1. One
  2. Two
  3. Three
  4. None
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