



# Depression with Atypical Features

## Part I: Recognition, Diagnosis, and Management

Release Date: June 20, 2006

Credit Expiration Date: August 21, 2007

**This activity offers CE credit for:**

- Physicians (CME)
- Nurses (CNE)
- Psychologists (CEP)
- Social Workers (NASW)
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- Pharmacists (CPE)

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**Statement of Need**

Depression with atypical features is characterized by mood reactivity in conjunction with any two of the following—hypersomnia, leaden paralysis, hyperphagia, and interpersonal rejection sensitivity. Some data show that patients with depression with atypical features experience greater functional impairment than their non-atypical counterparts, as well as exhibiting more interpersonal sensitivity, more chronic dysphoria, and more bipolar II disorder.<sup>1</sup> There is some uncertainty regarding how to best characterize patients with depression with atypical features because patients with bipolar disorder, anxious depression, and personality disorder all share similar presentations.<sup>2</sup> Over the years, treatment of depression with atypical features has ranged from monoamine oxidase inhibitors (MAOIs), tricyclic antidepressants, selective serotonin reuptake inhibitors, bupropion, venlafaxine, and cognitive behavioral therapy.<sup>3</sup> Emerging data demonstrate that newer delivery systems may provide a statistically significant and improved antidepressant benefit.<sup>4</sup> In this first of a two-part evidence-based and interactive CME Outfitters/psychCME TALK series, the experts will help clinicians to recognize, diagnose, and manage depression with atypical features.

<sup>1</sup> Agosti V, Stewart JW. Atypical and non-atypical subtypes of depression: comparison of social functioning, symptoms, course of illness, co-morbidity and demographic features. *J Affect Disord* 2001 Jun;65(1):75-9.

<sup>2</sup> Nierenberg AA, Alpert JE, Pava J, Rosenbaum JF, Fava M. Course and treatment of atypical depression. *J Clin Psychiatry* 1998;59 (Suppl 18):5-9.

<sup>3</sup> Liebowitz MR, et al. Antidepressant specificity in atypical depression. *Arch Gen Psychiatry* 1988;45:129-37.

<sup>4</sup> Amsterdam J. A double-blind, placebo-controlled trial of the safety and efficacy of selegiline transdermal system without dietary restrictions in patients with major depressive disorder. *J Clin Psychiatry* 2003;64:208-214.

**Activity Goal**

To provide evidence-based educational information and clinical context regarding the efficacy of medications used in the treatment of depression with atypical features.

**Learning Objectives**

- At the end of this CE activity, participants should be able to:
- Differentiate the unique symptomatology of depression with atypical features from other depressive disorders.
  - Compare and contrast the receptor profiles of various treatment options for patients with depression with atypical features.
  - Evaluate the strength of evidence for novel treatments and delivery systems in patients with depression with atypical features.

**Target Audience**

Physicians, physician assistants, nurse practitioners, nurses, psychologists, social workers, certified case managers, pharmacists, and other healthcare professionals with an interest in mental health.

**Commercial Support**

CME Outfitters, LLC, gratefully acknowledges an educational grant from Bristol-Myers Squibb Company in support of this CE activity.

**Credit Information**

**CME Credit (Physicians):** CME Outfitters, LLC, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CME Outfitters, LLC, designates this educational activity for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Note to Physician Assistants:** AAPA accepts Category I credit from AOACCME, Prescribed credit from AAFP, and AMA Category I CME credit for the PRA from organizations accredited by ACCME.

**CNE Credit (Nurses):** This Educational Activity is presented by CME Outfitters, LLC, which has been approved as a provider of continuing education by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. It has been assigned code 5UYSJZ-PRV-0496. 1.2 contact hours (Pharmacology)

**CEP Credit (Psychologists):** CME Outfitters is approved by the American Psychological Association to sponsor continuing education for psychologists. CME Outfitters maintains responsibility for this program and its content. (1.0 CE credits)

**NASW Credit (Social Workers):** This program was approved by the National Association of Social Workers (provider #886407722) for 1 continuing education contact hour.

**CCMC Credit (Certified Case Managers):** This program has been approved for 1 hour by the Commission for Case Manager Certification (CCMC).

**CPE Credit (Pharmacists):** CME Outfitters, LLC, is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. 1.0 contact hours (0.1 CEUs)

Universal Program Number:  
 376-999-06-012-L01 (live interactive session)  
 376-999-06-012-H01 (recorded activities)

To receive credit, participants must review all activity materials in their entirety, score 70% or above on a post-test, and fully complete and return both the credit request form and activity evaluation. A certificate or statement of credit will be mailed within 4-6 weeks to all who successfully complete these requirements.



# Depression with Atypical Features

## Part I: Recognition, Diagnosis, and Management

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| <p><input type="checkbox"/> <b>June 20, 2006</b><br/>                 2:15 p.m.–3:15 p.m. ET<br/>                 1:15 p.m.–2:15 p.m. CT<br/>                 12:15 p.m.–1:15 p.m. MT<br/>                 11:15 a.m.–12:15 p.m. PT</p>    | <p><input type="checkbox"/> <b>July 10, 2006</b><br/>                 3:15 p.m.–4:15 p.m. ET<br/>                 2:15 p.m.–3:15 p.m. CT<br/>                 1:15 p.m.–2:15 p.m. MT<br/>                 12:15 p.m.–1:15 p.m. PT</p>      | <p><input type="checkbox"/> <b>July 24, 2006</b><br/>                 12:15 p.m.–1:15 p.m. ET<br/>                 11:15 a.m.–12:15 p.m. CT<br/>                 10:15 a.m.–11:15 a.m. MT<br/>                 9:15 a.m.–10:15 a.m. PT</p>  |
| <p><input type="checkbox"/> <b>June 21, 2006</b><br/>                 3:15 p.m.–4:15 p.m. ET<br/>                 2:15 p.m.–3:15 p.m. CT<br/>                 1:15 p.m.–2:15 p.m. MT<br/>                 12:15 p.m.–1:15 p.m. PT</p>      | <p><input type="checkbox"/> <b>July 14, 2006</b><br/>                 1:15 p.m.–2:15 p.m. ET<br/>                 12:15 p.m.–1:15 p.m. CT<br/>                 11:15 a.m.–12:15 p.m. MT<br/>                 10:15 a.m.–11:15 a.m. PT</p>  | <p><input type="checkbox"/> <b>July 25, 2006</b><br/>                 12:15 p.m.–1:15 p.m. ET<br/>                 11:15 a.m.–12:15 p.m. CT<br/>                 10:15 a.m.–11:15 a.m. MT<br/>                 9:15 a.m.–10:15 a.m. PT</p>  |
| <p><input type="checkbox"/> <b>June 26, 2006</b><br/>                 5:15 p.m.–6:15 p.m. ET<br/>                 4:15 p.m.–5:15 p.m. CT<br/>                 3:15 p.m.–4:15 p.m. MT<br/>                 2:15 p.m.–3:15 p.m. PT</p>       | <p><input type="checkbox"/> <b>July 18, 2006</b><br/>                 8:15 p.m.–9:15 p.m. ET<br/>                 7:15 p.m.–8:15 p.m. CT<br/>                 6:15 p.m.–7:15 p.m. MT<br/>                 5:15 p.m.–6:15 p.m. PT</p>       | <p><input type="checkbox"/> <b>July 28, 2006</b><br/>                 12:15 p.m.–1:15 p.m. ET<br/>                 11:15 a.m.–12:15 p.m. CT<br/>                 10:15 a.m.–11:15 a.m. MT<br/>                 9:15 a.m.–10:15 a.m. PT</p>  |
| <p><input type="checkbox"/> <b>June 27, 2006</b><br/>                 1:15 p.m.–2:15 p.m. ET<br/>                 12:15 p.m.–1:15 p.m. CT<br/>                 11:15 a.m.–12:15 p.m. MT<br/>                 10:15 a.m.–11:15 a.m. PT</p>  | <p><input type="checkbox"/> <b>July 19, 2006</b><br/>                 12:15 p.m.–1:15 p.m. ET<br/>                 11:15 a.m.–12:15 p.m. CT<br/>                 10:15 a.m.–11:15 a.m. MT<br/>                 9:15 a.m.–10:15 a.m. PT</p> | <p><input type="checkbox"/> <b>August 8, 2006</b><br/>                 8:15 a.m.–9:15 a.m. ET<br/>                 7:15 a.m.–8:15 a.m. CT<br/>                 6:15 a.m.–7:15 a.m. MT<br/>                 5:15 a.m.–6:15 a.m. PT</p>       |
| <p><input type="checkbox"/> <b>June 29, 2006</b><br/>                 12:15 p.m.–1:15 p.m. ET<br/>                 11:15 a.m.–12:15 p.m. CT<br/>                 10:15 a.m.–11:15 a.m. MT<br/>                 9:15 a.m.–10:15 a.m. PT</p> | <p><input type="checkbox"/> <b>July 20, 2006</b><br/>                 1:15 p.m.–2:15 p.m. ET<br/>                 12:15 p.m.–1:15 p.m. CT<br/>                 11:15 a.m.–12:15 p.m. MT<br/>                 10:15 a.m.–11:15 a.m. PT</p>  | <p><input type="checkbox"/> <b>August 21, 2006</b><br/>                 1:15 p.m.–2:15 p.m. ET<br/>                 12:15 p.m.–1:15 p.m. CT<br/>                 11:15 a.m.–12:15 p.m. MT<br/>                 10:15 a.m.–11:15 a.m. PT</p> |

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