

**INTERACTIVE CE BROADCAST via Satellite, Internet, or Telephone: REGISTER TODAY!**

# Augmenting Antidepressants with Atypical Antipsychotics in Major Depressive Disorder

**Premiere Date: Wednesday, June 11, 2008**

**LIVE Broadcast: 12:00 p.m.–1:00 p.m. ET**

11:00 a.m.–12:00 p.m. CT  
10:00 a.m.–11:00 a.m. MT  
9:00 a.m.–10:00 a.m. PT

**Taped Re-Air: 3:00 p.m.–4:00 p.m. ET**

2:00 p.m.–3:00 p.m. CT  
1:00 p.m.–2:00 p.m. MT  
12:00 p.m.–1:00 p.m. PT

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This activity offers CE credit for:

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

All other clinicians will either receive a CME Attendance Certificate or may choose any of the types of CE credit being offered.

You can also register for this neuroscienceCME TV activity at [www.neuroscienceCME.com/CMW309](http://www.neuroscienceCME.com/CMW309) For more information or to register by phone for this one-hour activity, call CME Outfitters at **877.CME.PROS**.

**STATEMENT OF NEED**

Major depressive disorder (MDD) is a debilitating illness that affects 13% of the U.S. population.<sup>1</sup> Antidepressant (AD) medications, including SSRIs, SNRIs, tricyclic antidepressants, and novel agents such as bupropion, have been the mainstay of treatment. Data from the NIMH-sponsored Sequenced Treatment Alternatives to Relieve Depression (STAR\*D) trial showed that only one-third of those with MDD achieved remission after initial treatment with an AD; an additional 25% remit after switching to another AD.<sup>2</sup> These findings underscore the need for alternative treatment strategies for patients who do not remit with ADs alone.

Atypical antipsychotics can be effective adjunct medications for the treatment of MDD. These agents have an array of pharmacodynamic and pharmacokinetic properties that clinicians need to understand. Translating our understanding of the link between the neurobiology of depression and the differential responses seen among patients with traditional AD treatment is critical to identifying optimal treatment strategies. In this case-based neuroscienceCME activity, faculty will discuss strategies for improving rates of remission, the neurobiological underpinnings of MDD, mechanisms of action of pharmacotherapies, and evidence-based augmentation strategies with atypical antipsychotics.

<sup>1</sup> Hasin DS, Goodwin RD, Stinson FS, Grant BF. Epidemiology of major depressive disorder: results from the National Epidemiologic Survey on Alcoholism and Related Conditions. *Arch Gen Psychiatry* 2005;62:1097-1106.  
<sup>2</sup> Trivedi MH, Rush AJ, Wisniewski SR, et al. Evaluation of outcomes with citalopram for depression using measurement-based care in STAR\*D: implications for clinical practice. *Am J Psychiatry* 2006;163:28-40.

**ACTIVITY GOAL**

To describe the neurobiology of depression as it relates to mechanisms of drug action, and discuss augmentation strategies with atypical antipsychotics for the substantial group of patients who do not remit with traditional antidepressants.

**LEARNING OBJECTIVES**

At the end of this CE activity, participants should be able to:

- Identify remission rates among patients treated for major depressive disorder and strategies to improve remission rates in depression.
- Explain the neurobiology of depression and the mechanisms by which traditional antidepressants and atypical antipsychotic medications exert their effects.
- Compare and contrast the efficacy and safety of atypical antipsychotics when used as augmentation to traditional antidepressants in the management of depression.

**TARGET AUDIENCE**

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

**COMMERCIAL SUPPORT**

CME Outfitters, LLC, and CME LLC gratefully acknowledge an educational grant from Bristol-Myers Squibb Company and Otsuka America Pharmaceuticals, Inc., in support of this CE activity.

**FAX completed form to 240.243.1033**

**YES! Register me for this LIVE evidence-based neuroscienceCME TV activity on June 11, 2008.**

Site Name: \_\_\_\_\_ # Participants: \_\_\_\_\_

Individual Name: \_\_\_\_\_ Degree: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Practice Setting:  Community Mental Health  State Mental Health  Primary Care  Private Practice  Other: \_\_\_\_\_ Phone: \_\_\_\_\_

Fax: \_\_\_\_\_ Email: \_\_\_\_\_



**FACULTY INFORMATION**

**Mark Hyman Rapaport, MD**

Chairman, Department of Psychiatry and Mental Health  
Cedars-Sinai Medical Center  
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Los Angeles, CA

**Andrew A. Nierenberg, MD**

Associate Director, Depression Clinical and Research Program  
Massachusetts General Hospital  
Associate Professor of Psychiatry  
Harvard Medical School  
Boston, MA

**MODERATOR**

**Charles B. Nemeroff, MD, PhD**

Reunette W. Harris Professor and Chairman  
Department of Psychiatry and Behavioral Sciences  
Emory University School of Medicine  
Atlanta, GA

**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)*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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It has been assigned code 6WASUP-PRV-0636. 1.0 contact hours will be awarded upon successful completion. This activity is co-provided with CME LLC.

**Note to Nurse Practitioners:** The content of this CNE activity pertains to 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)

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

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Universal Program Number:  
376-999-08-012-L01-P (live presentation)  
376-999-08-012-H01-P (recorded programs)

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This continuing education activity is provided by



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