

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 201506A)

	True	False
1. Deliberate self-harm specifically refers to teenagers slashing their wrists.	<input type="checkbox"/>	<input type="checkbox"/>
2. Only female teenagers engage in deliberate self-harm.	<input type="checkbox"/>	<input type="checkbox"/>
3. There are a variety of different reasons why adolescents engage in deliberate self-harm.	<input type="checkbox"/>	<input type="checkbox"/>
4. Adolescents who self-harm may feel embarrassed or ashamed about their self-harm act and tend to hide it from others.	<input type="checkbox"/>	<input type="checkbox"/>
5. Primary care physicians play an important role in educating family members about deliberate self-harm in adolescents.	<input type="checkbox"/>	<input type="checkbox"/>
6. Most teenagers who self-harm have other high-risk behaviours, which need to be elicited by the physician.	<input type="checkbox"/>	<input type="checkbox"/>
7. Teenagers who self-harm engage in such acts daily even if they say otherwise.	<input type="checkbox"/>	<input type="checkbox"/>
8. Teenagers who have difficulties expressing emotions have a higher risk of self-harm.	<input type="checkbox"/>	<input type="checkbox"/>
9. Teenagers who come from families with constant conflicts are at a higher risk of self-harm.	<input type="checkbox"/>	<input type="checkbox"/>
10. Perfectionistic, high-performing teens are at a lower risk of self-harm.	<input type="checkbox"/>	<input type="checkbox"/>
11. Adjustment disorders are commonly found in teenagers who self-harm.	<input type="checkbox"/>	<input type="checkbox"/>
12. Teenagers who say they self-harm to punish themselves are simply trying to make themselves look good to the doctor.	<input type="checkbox"/>	<input type="checkbox"/>
13. Self-harm does not help teenagers to feel better in acute situations.	<input type="checkbox"/>	<input type="checkbox"/>
14. Teenagers who self-harm will not commit suicide.	<input type="checkbox"/>	<input type="checkbox"/>
15. If self-harm marks are noticed in a clinic, it would be best to avoid bringing up the subject of self-harm, unless the patient does so.	<input type="checkbox"/>	<input type="checkbox"/>
16. If parents are anxious on discovering their teenager's self-harm behaviour, advise them that it is a normal teenage behaviour that is not worrisome.	<input type="checkbox"/>	<input type="checkbox"/>
17. Being non-critical in approach to adolescent deliberate self-harm sends the message that it is an acceptable behaviour.	<input type="checkbox"/>	<input type="checkbox"/>
18. Teenagers who self-harm due to auditory hallucinations need urgent psychiatric care.	<input type="checkbox"/>	<input type="checkbox"/>
19. Teenagers who self-harm in response to life stressors may benefit from practical problem-solving advice.	<input type="checkbox"/>	<input type="checkbox"/>
20. Advising parents to keep penknives, medications and other dangerous objects away from a teenager who self-harms is good initial advice.	<input type="checkbox"/>	<input type="checkbox"/>

Doctor's particulars:

Name in full : _____
MCR number : _____ Specialty: _____
Email address : _____

SUBMISSION INSTRUCTIONS:

(1) Log on at the SMJ website: <http://www.sma.org.sg/publications/smjcurrentissue.aspx> and select the appropriate set of questions. (2) Provide your name, email address and MCR number. (3) Select your answers and click "Submit".

RESULTS:

(1) Answers will be published in the SMJ August 2015 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 31 July 2015. (3) Passing mark is 60%. No mark will be deducted for incorrect answers. (4) The SMJ editorial office will submit the list of successful candidates to the Singapore Medical Council. (5) One CME point is awarded for successful candidates.

Deadline for submission: (June 2015 SMJ 3B CME programme): 12 noon, 24 July 2015.