

## **Project PEACE Part 2: Mood Disorders**

### **ACTIVITY DESCRIPTION**

This course offers a comprehensive overview of mood disorders, with a focus on both their clinical features and management strategies. In the first module, you will explore the symptoms and diagnostic criteria of various mood disorders, including major depressive disorder, persistent depressive disorder, premenstrual dysphoric disorder, bipolar disorder types one and two, cyclothymia, and mood disorders associated with substances or other medical conditions. The second module will build upon this foundational knowledge, focusing on effective management strategies for mood disorders. You will learn about both pharmacological and non-pharmacological treatments and interventions, gaining a thorough understanding of how to best support individuals with mood disorders.

### **TARGET AUDIENCE**

This accredited continuing education activity is intended for primary care providers (physicians, NPs, PAs), and Nurses (RNs).

### **EDUCATIONAL OBJECTIVES**

At the conclusion of this accredited continuing education activity, the participant should be better able to:

- Describe mood disorders using a biopsychosocial framework.
- Distinguish between various mood disorders.
- Identify the features and diagnostic criteria for each mood disorder.
- Describe various non-pharmacological treatments for mood disorders.
- Identify the pharmacological treatments for mood disorders.

### **ACCREDITED CONTINUING EDUCATION**



In support of improving patient care, University of Nebraska Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

#### ***Physicians/Physician Assistants***

The University of Nebraska Medical Center designates this enduring material for a maximum of 0.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### ***Nurses/Nurse Practitioners***

The University of Nebraska Medical Center designates this activity for 0.5 ANCC contact hours. Nurses should only claim credit for the actual time spent participating in the activity.

## METHOD OF PARTICIPATION

Release Date: January 20, 2026

Expiration Date: January 19, 2027

The estimated time to complete this enduring material is 30 minutes.

1. Complete all modules associated with this course.
2. Sign in to <https://cmetracker.net/UNMCCE/Publisher?page=pubOpen#/myPortal>  
If you need to create an account, enter your email address, click New User? Create Account, then follow the prompts.
3. On your dashboard, Click **Evaluate an Activity**
4. Enter Activity Code **70370**
5. Complete the online evaluation.

Your certificate will be saved in your UNMC CCE Account portal under **Certificates & Transcripts**.

## DISCLOSURE DECLARATION

As a jointly accredited provider, the University of Nebraska Medical Center (UNMC) ensures accuracy, balance, objectivity, independence, and scientific rigor in its educational activities and is committed to protecting learners from promotion, marketing, and commercial bias. Faculty (authors, presenters, speakers) are encouraged to provide a balanced view of therapeutic options by utilizing either generic names or other options available when utilizing trade names to ensure impartiality.

All faculty, planners, and others in a position to control continuing education content participating in a UNMC-accredited activity are required to disclose all financial relationships with ineligible companies. As defined by the Standards for Integrity and Independence in Accredited Continuing Education, ineligible companies are organizations whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. The accredited provider is responsible for mitigating relevant financial relationships in accredited continuing education. Disclosure of these commitments and/or relationships is included in these activity materials so that participants may formulate their own judgments in interpreting its content and evaluating its recommendations.

This activity may include presentations in which faculty may discuss off-label and/or investigational use of pharmaceuticals or instruments not yet FDA-approved. Participants should note that the use of products outside currently FDA-approved labeling should be considered experimental and are advised to consult current prescribing information for FDA-approved indications.

All materials are included with the permission of the faculty. The opinions expressed are those of the faculty and are not to be construed as those of UNMC.

## DISCLOSURES

The accredited provider has mitigated and is disclosing identified relevant financial relationships for the following faculty, planners, and others in control of content prior to assuming their roles.

### ***Faculty***

The faculty below have nothing to disclose:

Mark Aksamit, MPAS, PA-C, CAQ-Psych

### ***Planning Committee***

The following planning committee members have nothing to disclose:

Valeta Creason-Wahl, CAPM, MMP

Missy Edwards

Heidi Keeler, PhD, MSN/MBA, RN

Matthew Kelly, MD

Riley Machal, MD

Renee Paulin, DNP, MSN, RN, CWOHN

Brenda Ram, CMP, CHCP

## QUESTIONS?

Please contact Missy Edwards via email at missy.edwards@unmc.edu if you have any questions.