

**Journal of Pediatric Gastroenterology, Hepatology and Nutrition**  
**January 2018 CME Article**

*Development of the aim to decrease anxiety and pain treatment (ADAPT) for pediatric functional abdominal pain disorders*

**Learning Objectives**

1. To understand the role of clinical anxiety in FAPD in relation to clinical outcomes (increased pain-related disability and higher levels of pain symptoms) and in attenuating response to cognitive behavioral interventions for pain.
2. Recognize that current cognitive behavioral approaches for pain do not generally target anxiety in the management of FAPD.
3. Appreciate how a brief CBT that targets both pain and anxiety symptoms may be a feasible and beneficial approach to be used as part of the management of FAPD.

**Acknowledgement of Commercial Support:**

No commercial support was received for this activity.

**Physicians**

**Accreditation Statement**

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**Principal Faculty and Credentials**

Faculty credentials are listed in the Journal articles

**Disclosure of Conflict of Interest**

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All individuals in a position to control the content of CME are listed in the journal and had no relevant financial relationships to disclose.

We acknowledge the potential presence of limitations on information, including, but not limited to: data that represents ongoing research; interim analysis; preliminary data; unsupported opinion; or approaches to care that, while supported by some research studies, do not represent the only opinion or approach to care supported by research.

**Date of Release:**

January 1, 2018

**Date of Expiration:**

January 1, 2020

**Necessary Hardware and Software:**

- Adobe

Compatible Web Browser listed below:

- Internet Explorer version 6.0 or higher
- Mozilla Firefox 1.0 or higher
- Netscape Navigator 6.0 or higher

- Apple – Safari

**Estimated Time to Complete this Activity:**

It is estimated that it will take 1 hour to read the articles and complete the posttest.

**Method of Physician Participation:**

All participants read an article, take a post-test with a minimum of 60% passing score and complete an activity evaluation at the end of the activity before being able to print a certificate of completion.

**Policy on Privacy and Confidentiality:**

The personal information collected on this evaluation site is used only for our records and is not distributed to any individuals or companies.

**Bibliographic Sources**

References are provided in the Journal article.

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**Contact Information:**

For questions on CME credit for this activity, contact [blia@amedcoemail.com](mailto:blia@amedcoemail.com) or 651-789-3722.