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## PSI Perinatal Mental Health Certification PMHC Exam Latest Update 2025-2026 Actual 135 Exam Questions with 100% Verified Correct Answers with Guaranteed A+ Verified by Professor

9 steps to wellness-Jane Honikman - **CORRECT ANSWER** a model of social support and guidance and intervention

1. education
- 2.sleep/rest
3. nutrition
4. exercise and time for self
5. sharing with non-judgmental listeners
6. emotional support
7. practical support
8. finding supportive resources
9. plan of action

ACE - **CORRECT ANSWER** Adverse Childhood Experiences  
abuse, neglect, house hold dysfunction

acupuncture - **CORRECT ANSWER** benefits pain, nausea, sleep  
contraindicated for inducing labor  
mixed benefits regarding mood

Alcohol use in pregnancy - **CORRECT ANSWER** 8.5% of women drank within last month, most during first trimester (17.9%)

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## **Postpartum Support International Perinatal Mental Health Certification Sample Questions (Q19-Q24):**

### **NEW QUESTION # 19**

17. Which best describe Postpartum Depression?

- A. Symptoms requiring immediate treatment
- B. Feelings of sadness during the first two weeks postpartum
- **C. More serious problem requiring followup and treatment from provider**

**Answer: C**

### **NEW QUESTION # 20**

6. In follow-up appointments or visits with parents and their new baby, it may be useful if the nurse can identify parental behaviors that can either facilitate or inhibit attachment. What is a facilitating behavior?

- A. The parents make no effort to interpret the actions or needs of the infant.
- B. The parents have difficulty naming the infant.
- C. The parents do not move from fingertip touch to palmar contact and holding.
- **D. The parents hover around the infant, directing attention to and pointing at the infant.**

**Answer: D**

### **NEW QUESTION # 21**

28. What is an appropriate indicator for performing a contraction stress test?

- A. History of preterm labor and intrauterine growth restriction
- B. Increased fetal movement and small for gestational age
- C. Adolescent pregnancy and poor prenatal care
- **D. Maternal diabetes mellitus and postmaturity**

**Answer: D**

### **NEW QUESTION # 22**

32. Four hours after a difficult labor and birth, a primiparous woman refuses to feed her baby, stating that she is too tired and just wants to sleep. The nurse should:

- **A. take the baby back to the nursery, reassuring the woman that her rest is a priority at this time.**
- B. recognize this as a behavior of the taking-hold stage.
- C. record the behavior as ineffective maternal-newborn attachment.
- D. tell the woman she can rest after she feeds her baby.

**Answer: A**

### **NEW QUESTION # 23**

43. Which of the following situations would require a referral to the nearest emergency department for urgent psychiatric evaluation of suspected postpartum psychosis?

- A. A new mother discloses that her life has been so stressful since the baby's arrival that she has thoughts of wanting to "escape" and get her old, pre-motherhood life back.
- **B. A new mother's partner states she has become increasingly paranoid and accusatory toward him and others and on several**

- C. A new mother reports she spends a great deal of time worrying that she will accidentally drop or otherwise harm her baby and is fearful of being left home alone with him.
- D. A new mother completes a routine depression screen in her doctors office and indicates that she "sometimes" has thoughts of harming herself.

### NEW QUESTION # 24

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