

100% Pass 2026 Postpartum Support International PMHC: Latest New Perinatal Mental Health Certification Exam Format

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%)

P.S. Free & New PMHC dumps are available on Google Drive shared by Fast2test: <https://drive.google.com/open?id=1YqFrefdMI11YUlt67Ys-R5aCtGOEW0sn>

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Postpartum Support International Perinatal Mental Health Certification Sample Questions (Q41-Q46):

NEW QUESTION # 41

49. Jenny is eight months postpartum. She reports feeling agitated and irritable with difficulty falling asleep; racing thoughts, and excessive concerns about the baby. She states: "Sometimes, it feels like I can't breathe with chest pains; rapid heart rate, numbness or tingling. I feel like I'm going crazy." Which perinatal mental health disorder does the clinical presentation and features demonstrate?

- A. Perinatal Depression
- B. Perinatal Psychosis Disorder
- C. Perinatal Anxiety Disorder
- D. Perinatal Bipolar Disorder

Answer: C

NEW QUESTION # 42

106. Bonding between a mother and her newborn:

- A. is not affected by a traumatic birth
- B. can be helped with support for the mother-infant dyad
- C. is best if the mother is alone with the baby for the first hour after birth.
- D. must happen within the first 12 hours after birth

Answer: B

NEW QUESTION # 43

73. Lesbian and gay couples transitioning to parenthood after adoption are at increased risk for depression. Which of the following is NOT a protective measure?

- A. Relationship quality
- B. Living in a gay-friendly neighborhood
- C. Perceived workplace support
- D. High socio-economic status

Answer: D

NEW QUESTION # 44

60. Prenatal anxiety:

- A. affects up to 20% of women.
- B. is most effectively treated with increased physical activity.
- C. does not affect the fetus.
- D. is more common in higher socio-economic groups.

Answer: A

NEW QUESTION # 45

46. Perinatal Obsessive-Compulsive Disorder (OCD):

- A. results in postpartum psychosis.

- Answer: B**

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