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Postpartum Support International Perinatal Mental Health Certification Sample Questions (Q82-Q87):

NEW QUESTION # 82

11. Mothers that have experienced postpartum depression in the past have a decreased risk for postpartum depression in the future.

- A. True
- B. False

Answer: B

NEW QUESTION # 83

44. What is the MOST comprehensive way to diagnose for the presence of paternal Perinatal Mood and Anxiety Disorders (PMADs)?

- A. Ask questions about family history of mental health or substance abuse
- B. Ask if there have been any thoughts about self-harm
- C. Complete clinical interviews with the father and partner if applicable
- D. Administer the Edinburgh Postnatal Depression Scale (EPDS).

Answer: A

NEW QUESTION # 84

63. Case Study

Aliya is currently pregnant with her second child at 25 weeks gestation Her first child is 20 months old. She is coming to you to help her decide if what she is experiencing is normal for pregnancy or if she is having symptoms of a perinatal mood disorder. During her interview, she describes poor sleep, increased tearfulness, low energy, and irritability. She states that her first child sleeps well and is not interrupting her sleep, and that she is not waking up due to increased urination or physical discomforts of pregnancy. She reports that she has not ever been as tearful as she is now, including during her previous postpartum period She states that she has been tested by her obstetrician (OB) care provider for anemia and thyroid dysfunction and her lab results were normal. She is noticing that her irritability is affecting her relationship with her partner She worries that she is "pushing him away:" even though he is trying to be supportive.

Question: Which of the following common problems during pregnancy would NOT significantly affect Aliya's sleep?

- A. Increased thirst during the night
- B. Increased blood pressure
- C. Vivid dreams
- D. Restless Legs Syndrome (RLS)

Answer: B

NEW QUESTION # 85

61. Case Study

Aliya is currently pregnant with her second child at 25 weeks gestation Her first child is 20 months old. She is coming to you to help her decide if what she is experiencing is normal for pregnancy or if she is having symptoms of a perinatal mood disorder. During her interview, she describes poor sleep, increased tearfulness, low energy, and irritability. She states that her first child sleeps well and is not interrupting her sleep, and that she is not waking up due to increased urination or physical discomforts of pregnancy. She reports that she has not ever been as tearful as she is now, including during her previous postpartum period She states that she has been tested by her obstetrician (OB) care provider for anemia and thyroid dysfunction and her lab results were normal. She is noticing that her irritability is affecting her relationship with her partner She worries that she is "pushing him away:" even though he is trying to be supportive.

Question: In the scenario. Aliya is describing increased tearfulness. Her symptoms occur daily for the last two weeks and are affecting her functioning. In addition to depressed mood, what other symptom would she need in order to meet the criteria of DSM-5 diagnosis of Major Depressive Disorder, with peripartum onset?

- A. Anhedonia
- B. Excessive guilt
- C. Suicidal ideation
- D. Psychomotor retardation

Answer: A

NEW QUESTION # 86

54. Postpartum psychosis:

- A. can be managed in an outpatient clinic.
- B. usually resolves quickly without treatment.
- C. is a medical emergency.
- D. usually begins after three months postpartum.

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