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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, household 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 (Q95-Q100):

NEW QUESTION # 95

85. Which of the following examples shows how a peer support specialist provides assistance?

- A. Facilitating therapy groups
- B. Being available for 24-hour emergency support
- C. Suggesting appropriate referrals
- D. Giving advice to a new mother

Answer: C

NEW QUESTION # 96

42. Which of the following collaborative care models focuses on adjusting the treatment intensity to the severity and presentation of postpartum depression?

- A. Screen and refer
- B. Stepped care
- C. Motivational interviewing
- D. Integrative care

Answer: B

NEW QUESTION # 97

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

Answer: A

NEW QUESTION # 98

45. Which of these factors has been found to have the MOST impact on whether screening for perinatal depression improves maternal mental health?

- A. Selecting women to screen who have known risk factors for perinatal depression
- B. Using the Edinburgh Postnatal Depression Scale (EPDS) rather than other screening tools
- C. Screening at least once every trimester of pregnancy and once within six weeks postpartum
- D. Developing a systematic follow-up of all positive screens with assessment and access to treatment

Answer: D

NEW QUESTION # 99

57. Which of the following can interfere with patient engagement and collaboration? (Select all that apply.)

- A. Lack of family support
- B. Childcare provided at the treatment site
- C. Telemental health providers
- D. Stigma and poor self-worth

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