

Free PDF Quiz Postpartum Support International - Valid Valid PMHC Exam Duration



PSI POSTPARTUM SUPPORT INTERNATIONAL

Perinatal Mental Health Disorders

Perinatal: Anytime during pregnancy and postpartum

Disorders: Depression (PPD), Anxiety (PPA), Panic Disorder, Obsessive Compulsive Disorder (OCD), Postpartum PTSD, Bipolar Disorders, Perinatal Psychosis

Symptoms

- Feelings of guilt, shame or hopelessness
- Feelings of anger, rage, or irritability, or scary and unwanted thoughts
- Lack of interest in the baby or difficulty bonding with the baby
- Loss of interest, joy or pleasure in things you used to enjoy
- Disturbances of sleep and appetite
- Crying and sadness, constant worry or racing thoughts
- Physical symptoms like dizziness, hot flashes, and nausea
- Possible thoughts of harming the baby or yourself

Risk Factors

- History of depression, anxiety, or OCD
- Thyroid imbalance, diabetes, endocrine disorders
- Lack of support from family and friends
- Pregnancy or delivery complications, infertility, miscarriage or infant loss
- Premenstrual Syndrome (PMS)
- Financial stress or poverty
- Abrupt discontinuation of lactation
- History of abuse
- Unwanted or unplanned pregnancy

Treatment Options

- Counseling
- Medication
- Support from others
- Exercise
- Adequate sleep
- Healthy diet
- Bright light therapy
- Yoga
- Relaxation techniques

Postpartum Support International | Postpartum.net
Call the PSI HelpLine at 1-800-944-4773 (English and Español) or Text/Texto "Help" to 800-944-4773 (English) or 971-203-7773 (Español).
Download **Connect by PSI** in your app store for Mental Health support and resources.

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Postpartum Support International Perinatal Mental Health Certification Sample Questions (Q52-Q57):

NEW QUESTION # 52

81. Which of the following screening tools is MOST commonly used to assess perinatal individuals?

- A. MADRS (Montgomery-Asberg Depression Rating Scale)
- **B. The EPDS (Edinburgh Postnatal Depression Scale)**
- C. The Ham-D (Hamilton Depression Rating Scale)
- D. The BPRS (Brief Psychiatric Rating Scale)

Answer: B

NEW QUESTION # 53

7. Which statement regarding postpartum depression (PPD) is essential for the nurse to be aware of when attempting to formulate a plan of care?

- A. PPD symptoms are consistently severe.
- B. Only mental health professionals should teach new parents about this condition.
- **C. PPD can easily go undetected.**
- D. This syndrome affects only new mothers.

Answer: C

NEW QUESTION # 54

96. Mary Rose delivered her daughter 3 days ago and her milk has just come in. She has noticed that each time she begins to breastfeed she is overcome with sadness and extreme anxiety. She finds herself tearful and is unsure what is happening. Mary Rose is MOST likely experiencing:

- A. PMAD.
- B. PMD.
- **C. D-MER**
- D. POCD

Answer: C

NEW QUESTION # 55

29. The nurse sees a woman for the first time when she is 30 weeks pregnant. The woman has smoked throughout the pregnancy, and fundal height measurements now are suggestive of growth restriction in the fetus. In addition to ultrasound to measure fetal size, what would be another tool useful in confirming the diagnosis?

- A. Amniocentesis
- B. Contraction stress test (CST)
- C. Daily fetal movement counts
- **D. Doppler blood flow analysis**

Answer: D

NEW QUESTION # 56

106. Bonding between a mother and her newborn:

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

- D. can be helped with support for the mother-infant dyad

Answer: D

NEW QUESTION # 57

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Answers

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