

# Exam PMHC Consultant | Valid Test PMHC Test

## 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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## Valid Test PMHC Test | PMHC Best Practice

After seeing you struggle, BraindumpStudy has come up with an idea to provide you with the actual and updated Postpartum Support International PMHC practice questions so you can pass the PMHC certification test on the first try and your hard work doesn't go to waste. Updated PMHC Exam Dumps are essential to pass the Perinatal Mental Health Certification (PMHC) certification exam so you can advance your career in the technology industry and get a job in a good company that pays you well.

## Postpartum Support International Perinatal Mental Health Certification Sample Questions (Q22-Q27):

### NEW QUESTION # 22

69. Transcranial Magnetic Stimulation (TMS) falls into which category as a treatment for mood disorders?

- A. Emerging
- B. First line
- C. Common
- D. High Risk

Answer: A

### NEW QUESTION # 23

88. Prenatal massage has been shown to:

- A. decrease estrogen levels in pregnant women
- B. increase prenatal complications.
- C. increase incidences of prematurity and low birth weight
- D. reduce depression and anxiety

Answer: D

### NEW QUESTION # 24

58. Newborns of depressed mothers have a biochemical and physiological profile that is strongly associated with:

- A. the psychosocial environment of the mother during pregnancy
- B. the mother's biochemical/physiological profile.
- C. the interaction of the mother's and father's biochemical/physiological profile
- D. the psychotropic medication taken by the mother during pregnancy.

Answer: A

### NEW QUESTION # 25

51. Which symptoms are included under the diagnostic criteria for PPD?

- A. Low mood, fatigue, sleep disturbance
- B. Sleep disturbance appetite changes, hallucinations
- C. Hallucinations, delusions, low mood
- D. Appetite changes, low mood, delusions

Answer: A

### NEW QUESTION # 26

77. As a healthcare provider what is an important factor in integrating cultural humility within your practice with mothers'?

- A. Using your own values to guide your work with mothers
- B. Basing your understanding of the client's worldview on her race, ethnicity and nationality
- C. Ongoing self-reflection to better understand your own biases
- D. Reviewing everything about your client's cultural experiences

Answer: C

### NEW QUESTION # 27

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