

# Latest PMHC Exam Bootcamp - PMHC Certification Exam

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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, house hold dysfunction

acupuncture - **CORRECT ANSWER** benefits pain, nausea, sleep contraindicated for inducing labor mixed benefits regarding mood

Alcohol use in pregnancy - **CORRECT ANSWER** 3.5% 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 (Q99-Q104):**

### **NEW QUESTION # 99**

55. When compared to mothers who are not anxious or depressed, mothers with PMADs are more likely to describe their babies as:

- A. good sleepers.
- B. **fussy and difficult to soothe.**
- C. unattractive
- D. happy and even-tempered

**Answer: B**

### **NEW QUESTION # 100**

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

**Answer: B**

### **NEW QUESTION # 101**

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 # 102**

65. Motherhood can include some emotional vulnerability and periods of distress that are expected and can be tolerated. Which of the following are outside of normal expectations for a new mother?

- A. **Persistent feelings of sadness**
- B. Fantasies of having her old life back
- C. Wanting to limit visitors
- D. Repeatedly forgetting where she puts things

**Answer: A**

### **NEW QUESTION # 103**

100. Which of the following screening tools would be helpful to determine trauma history as part of perinatal mood disorder risk

assessment?

- A. ACES Questionnaire
- B. Healthy Living Questionnaire
- C. C-SSRS Questionnaire
- D. CAGE-AID Questionnaire

**Answer: A**

#### **NEW QUESTION # 104**

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