

# PMHC Exam Blueprint & Reliable Study PMHC Questions

## 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%)

P.S. Free 2025 Postpartum Support International PMHC dumps are available on Google Drive shared by FreeCram  
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For the recognition of skills and knowledge, more career opportunities, professional development, and higher salary potential, the Postpartum Support International PMHC certification exam is the proven way to achieve these tasks quickly. Overall, we can say that with the Perinatal Mental Health Certification (PMHC) exam you can gain a competitive edge in your job search and advance your career in the tech industry.

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## Postpartum Support International Perinatal Mental Health Certification Sample Questions (Q59-Q64):

### NEW QUESTION # 59

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

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

**Answer: D**

### NEW QUESTION # 60

4. A primiparous woman is in the taking-in stage of psychosocial recovery and adjustment following birth. Recognizing the needs of women during this stage, the nurse should:

- A. promote maternal independence by encouraging her to meet her own hygiene and comfort needs.
- B. provide time for the mother to reflect on the events of and her behavior during childbirth.
- C. recognize the woman's limited attention span by giving her written materials to read when she gets home rather than doing a teaching session now.
- D. foster an active role in the baby's care.

**Answer: B**

### NEW QUESTION # 61

88. Prenatal massage has been shown to:

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

**Answer: A**

### NEW QUESTION # 62

31. When making a visit to the home of a postpartum woman 1 week after birth, the nurse should recognize that the woman would characteristically:

- A. vacillate between the desire to have her own nurturing needs met and the need to take charge of her own care and that of her newborn.
- B. have reestablished her role as a spouse/partner.
- C. express a strong need to review events and her behavior during the process of labor and birth.
- D. exhibit a reduced attention span, limiting readiness to learn.

**Answer: A**

### NEW QUESTION # 63

52. Case Study Question

You are a perinatal therapist in a community-based private practice Jackie comes to see you early in the second trimester of her pregnancy after screening at-risk for depression on a routine mood screen in her obstetrician's office. When you assess her she

meets diagnostic criteria for depression She has a history of depression that has responded well to selective serotonin reuptake inhibitors (SSRIs) in the past She does not want to take medication now, though, because she says she does not want to do anything that might harm her baby. She says she recently heard a radio news story describing a research study that found "high risks of birth defects" among babies whose mothers took SSRIs while they were pregnant.

Question: After a thorough discussion, Jackie becomes receptive to considering medication but is adamant that she does not want to see a psychiatrist. Which of the following is the BEST option for meeting Jackie's needs?

- A. Inform her she has to see a psychiatrist because psychotropic medications during pregnancy are high- risk.
- B. Ask her to let you know if she changes her mind about seeing a psychiatrist and not pursue the issue any further for the time being.
- C. Recommend that she have a consultation with a reproductive psychiatrist if she wants to continue in therapy with you and give her the name and number of a psychiatrist that you collaborate with regularly.
- **D. Ask her to sign a release so you can communicate with her Obstetrical provider's office to assess his or her comfort level prescribing medication and work collaboratively to monitor Jackie's mood**

**Answer: D**

## NEW QUESTION # 64

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