

# Real Postpartum Support International PMHC PDF Questions [2025]-The Greatest Shortcut Towards Success



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## Postpartum Support International Perinatal Mental Health Certification Sample Questions (Q64-Q69):

### NEW QUESTION # 64

76. What is a known adverse developmental effect of perinatal malnutrition for an infant?

- A. Cerebral palsy
- B. Compromised autoimmune outcomes
- C. Poor neuro-cognitive outcomes
- D. Fragile X syndrome

**Answer: C**

**NEW QUESTION # 65**

89. Which of the following factors carries the highest risk for developing perinatal depression?

- A. Personal history of depression
- B. The "baby blues"
- C. Mother's birth order
- D. Unintended pregnancy

**Answer: A**

**NEW QUESTION # 66**

62. Case Study

Aliya is currently pregnant with her second child at 25 weeks gestation. Her first child is 20 months old. She is coming to you to help her decide if what she is experiencing is normal for pregnancy or if she is having symptoms of a perinatal mood disorder. During her interview, she describes poor sleep, increased tearfulness, low energy, and irritability. She states that her first child sleeps well and is not interrupting her sleep, and that she is not waking up due to increased urination or physical discomforts of pregnancy. She reports that she has not ever been as tearful as she is now, including during her previous postpartum period. She states that she has been tested by her obstetrician (OB) care provider for anemia and thyroid dysfunction and her lab results were normal. She is noticing that her irritability is affecting her relationship with her partner. She worries that she is "pushing him away," even though he is trying to be supportive.

Question: After assessing Aliya, you move to treatment planning. You seek Aliya's participation in the process, help her explore the treatment options, and assess her values and preferences before reaching a decision together. This process is called:

- A. active listening
- B. strengths-based, stepped-care treatment planning
- C. therapeutic communication
- D. patient-centered, collaborative treatment planning

**Answer: D**

**NEW QUESTION # 67**

87. A common FIRST symptom of postpartum psychosis is:

- A. ego-dystonic intrusive thoughts
- B. increased startle response
- C. insomnia without fatigue
- D. compulsions.

**Answer: C**

**NEW QUESTION # 68**

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

- A. Exhibit a reduced attention span, limiting readiness to learn.
- B. Have reestablished her role as a spouse or partner.
- C. Express a strong need to review the events and her behavior during the process of labor and birth.
- D. 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.

**Answer: D**

#### **NEW QUESTION # 69**

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