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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** 8.5% 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 (Q70-Q75):

NEW QUESTION # 70

107. Which of the following is considered a social support intervention?

- A. Partner assisted therapy
- B. Dyadic intervention
- C. Helpline
- D. Light therapy

Answer: C

NEW QUESTION # 71

27. A woman who is at 36 weeks of gestation is having a nonstress test. Which statement indicates her correct understanding of the test?

- A. "This test will help to determine whether the baby has Down syndrome or a neural tube defect."
- B. "This test observes for fetal activity and an acceleration of the fetal heart rate to determine the well-being of the baby."
- C. "I should have my husband drive me home after the test because I may be nauseated."
- D. "I will need to have a full bladder for the test to be done accurately."

Answer: B

NEW QUESTION # 72

73. Lesbian and gay couples transitioning to parenthood after adoption are at increased risk for depression. Which of the following is NOT a protective measure?

- A. Perceived workplace support
- B. Living in a gay-friendly neighborhood
- C. High socio-economic status
- D. Relationship quality

Answer: C

NEW QUESTION # 73

1. 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. exhibit a reduced attention span, limiting readiness to learn.
- B. express a strong need to review events and her behavior during the process of labor and birth.
- C. have reestablished her role as a spouse/partner.
- 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 # 74

23. Which of the following is the most common kind of placental adherence seen in pregnant women?

- A. Increta
- B. Placenta previa
- **C. Accreta**
- D. Percreta

Answer: C

NEW QUESTION # 75

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