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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 (Q52-Q57):**

### **NEW QUESTION # 52**

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. foster an active role in the baby's care.
- **C. provide time for the mother to reflect on the events of and her behavior during childbirth.**
- D. 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.

**Answer: C**

### **NEW QUESTION # 53**

3. Parents can facilitate the adjustment of their other children to a new baby by:

- A. emphasizing activities that keep the new baby and other children together.
- B. reducing stress on other children by limiting their involvement in the care of the new baby.
- C. having the mother carry the new baby into the home so she can show him or her to the other children.
- **D. having the children choose or make a gift to give to the new baby on its arrival home.**

**Answer: D**

### **NEW QUESTION # 54**

102. You are a mandated reporter for suspected child abuse. You have a postpartum mother who describes an incident between her and her child that you are not sure is reportable in response, you should:

- A. not report it because you don't want to cause undue stress on the mother.
- B. report it because you have to keep the child safe.
- C. contact the mother's partner and ask her/him to report the incident.
- **D. call the protective services line to consult.**

**Answer: D**

### **NEW QUESTION # 55**

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

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

**Answer: B**

### **NEW QUESTION # 56**

37. Which statement regarding postpartum depression (PPD) is essential for the nurse to be aware of when attempting to formulate a plan of care?

- A. Only mental health professionals should teach new parents about this condition.

- B. PPD symptoms are consistently severe.
- **C. PPD can easily go undetected.**
- D. This syndrome affects only new mothers.

**Answer: C**

## NEW QUESTION # 57

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