We offer free update service for one year!
https://www.certqueen.com

Exam : **PMHC**

Title : Perinatal Mental Health Certification

Version : DEMO

1.Which of the following factors carries the highest risk for developing perinatal depression?
A. The” baby blues "
B. Unintended pregnancy
C. Mother’s birth order
D. Personal history of depression
Answer: D

2.Untreated anxiety during pregnancy may lead to which pregnancy outcome?
A. Reduced fetal activity
B. Increased gestational weight
C. Increased fetal head circumference
D. Reduced gestational weight
Answer: D

3.In the past, factors to determine whether a woman was likely to have a high-risk pregnancy were evaluated primarily from a medical point of view. A broader, more comprehensive approach to high-risk pregnancy has been adopted. There are now four categories based on threats to the health of the woman and the outcome of pregnancy.
Which of the options listed here is not included as a category?
A. Biophysical
B. Psychosocial
C. Geographic
D. Environmental
Answer: C
Explanation:
Explanation:
The fourth category is correctly referred to as the sociodemographic risk category.

4.Which of the following represents an effect of untreated mood disorder on the mother-infant dyad?
A. Preference for father by infant
B. Cognitive changes in the infant
C. Increased bonding with the infant
D. Extended breastfeeding of the infant
Answer: B

5.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.
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. therapeutic communication.
C. patient-centered, collaborative treatment planning.
D. strengths-based, stepped-care treatment planning.
Answer: C