

Name: \_\_\_\_\_

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Date Training Completed: \_\_\_\_\_

## **CPSP Virtual Understanding and Managing Perinatal Mood and Anxiety Disorders Training Post-Test**

*Please circle the correct answer*

1. PMADs impact the overall well-being of the family unit.
  - a. True
  - b. False
  
2. Which stage captures the entire pregnancy all the way through the baby's first birthday?
  - a. Perinatal
  - b. Prenatal
  - c. Postpartum
  
3. Baby blues is a period of normal adjustment after having a baby when women may feel physically and emotionally overwhelmed (not considered a disorder).
  - a. True
  - b. False
  
4. The following are factors that differentiate between Baby Blues and PMADs EXCEPT:
  - a. Severity
  - b. Emotional symptoms
  - c. Duration
  - d. Need for intervention
  
5. All of the following diagnoses can be considered a PMAD, EXCEPT:
  - a. Postpartum OCD
  - b. Perinatal Depression
  - c. Borderline Personality Disorder
  - d. Panic Disorder

6. Birth Trauma can be caused by:
  - a. Difficult, long, painful labor
  - b. Emergency c-section
  - c. Medical reasons
  - d. All the above
  
7. Which screening tool addresses anxiety, depression, and suicidal ideation?
  - a. PHQ-9
  - b. Edinburgh Postnatal Depression Scale
  - c. GAD-7
  - d. None of the above
  
8. PMADs encompass a range of mood and anxiety disorders.
  - a. True
  - b. False
  
9. The following are strategies for a multidisciplinary approach EXCEPT:
  - a. Using open-ended questions
  - b. Providing a non-judgmental space
  - c. No eye-contact
  - d. Be comfortable with silence
  
10. Engaging in regular physical activity during both pregnancy and postpartum holds the potential for significant positive impacts on mental well-being.
  - a. True
  - b. False