

# Mindful Continuing Education

## Depression in New Mothers

1. The baby blues are experienced by what percentage of women?

- A. 50-60 %
  - B. 60-70%
  - C. 70-80%
  - D. 80-90%
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2. According to the author, risk factors for postpartum depression may include each of the following EXCEPT:

- A. Experiencing postpartum depression in a previous pregnancy, a family history of depression or mood disorders or a stressful life
  - B. Pregnancy complications, a baby born with special needs or health, or twins, triplets, or multiples born
  - C. A diagnosis of an anxiety disorder, a personality disorder, or a co-occurring mental health/substance abuse issue
  - D. Having issues in your relationship, having a compromised immune system, or experiencing financial hardship
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3. The baby blues is equally as dangerous as postpartum depression for most women.

- A. True
  - B. False
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4. Which attachment style do people strive for with their children?

- A. Secure
  - B. Avoidant
  - C. Anxious
  - D. Disorganized
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5. A multidisciplinary treatment team involves which of the following providers?

- A. Therapist
  - B. Massage therapist
  - C. Psychiatrist
  - D. Physician
  - E. Any professional above and any who will benefit the ongoing health of the mother
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**6. Women with depression are more likely to misuse substances?**

- A. True**
  - B. False**
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**7. Interpersonal therapy, which has been found to be clinically beneficial for women with postpartum depression, explores four different interpersonal problems, including role transition, role dispute, interpersonal deficits, and:**

- A. Grief**
  - B. Unwanted thoughts and feelings**
  - C. Lack of personal acceptance**
  - D. Relationship issues**
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**8. Of the following treatment services, what is most likely one that should be started right away for women with postpartum depression?**

- A. Medication**
  - B. Group therapy**
  - C. Family therapy**
  - D. Individual therapy**
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**9. What should be completed as soon as possible once a provider begins working with a new mother with depression?**

- A. A long term plan for what recovery looks like**
  - B. Safety plan**
  - C. Goal setting**
  - D. Cope ahead plan**
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**10. The diagnosis of postpartum depression will involve a screening tool for depression.**

- A. True**
  - B. False**
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