

# Psych CE

## 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%
- 

**2. Postpartum depression is experienced by what percentage of women?**

- A. 5-10 %
  - B. 10-20%
  - C. 20-30%
  - D. 25-30%
- 

**3. The baby blues is equally as dangerous as postpartum depression for most women**

- A. True
  - B. False
- 

**4. Which attachment style do people strive for with their children?**

- A. Secure
  - B. Avoidant
  - C. Anxious
  - D. Disorganized
- 

**5. A multidisciplinary treatment team involves which of the following providers?**

- A. Therapist
  - B. Psychiatrist
  - C. Physician
  - D. Any professional above and any who will benefit the ongoing health of the mother
- 

**6. Women with depression are more likely to misuse substances?**

- A. True
  - B. False
-

**7. The best therapy modality for working with new mothers will be person centered to her**

- A. True – it depends on the mother and what is going on with her health
  - B. False – only a few will work best
- 

**8. Mental health professionals have a moral and ethical responsibility to understand the unique health needs of women experiencing postpartum depression. Will their symptoms present differently than people with depression?**

- A. Yes- they will identify symptoms much different than someone experiencing depression without a baby
  - B. No – generally the symptoms of depression are consistent (sadness, feelings of worthlessness, isolation, etc.) regardless if a woman is in postpartum or not, however they might be impacted by life transition
- 

**9. 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
- 

**10. 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
- 

**11. The diagnosis of postpartum depression will involve a screening tool for depression**

- A. True
  - B. False
-