

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
