

Perinatal Mood Disorders (PMD) Video – Pre-test

Name: _____

Title: _____

Agency: _____



1. **I feel confident in my ability to recognize, assess, support and treat (where applicable) women with PMD in my practice:**
 - very confident
 - moderately confident
 - not very confident
 - not at all confident

2. **PMD can be distinguished from PP blues by the:**
 - Coping ability of the woman
 - Severity of symptoms and lack of improvement within two weeks
 - Lack of improvement by 6 weeks postpartum

3. **Mood or anxiety disorders during pregnancy**
 - Occur at a rate similar to post partum mood disorders
 - Are not common, because pregnancy is a protective factor
 - Occur frequently due to pregnant women's inclination to worry

4. **The top reasons why women with PMD are under diagnosed and under treated are:**
 - The knowledge and attitudes of care providers
 - These conditions are self-limiting and women will recover on their own
 - Lack of treatment options and lack of research of effective treatments

5. **The most commonly used tool to screen for PMD is:**
 - The Beck Depression Inventory
 - The Edinburgh Postnatal Depression Screen
 - The Alpha tool

6. **Interviews should assess for sleeping difficulties because**
 - Pregnant and new mothers don't sleep much
 - Sleep deprivation can greatly increase symptoms
 - Getting 6-8 hours of continuous sleep at night is essential for recovery

7. **When women share that they have ruminating thoughts or intrusive images, health care providers should:**
 - Assess the client for risk of harming herself or her infant
 - Involve child protection services
 - Have the client admitted to the nearest psychiatric unit

8. **Effective treatment for PMD are:**
 - Medications, nutrition and exercise
 - Counseling and parenting classes
 - Medication, counseling and support

9. **Women at risk for bipolar disorder or psychosis**
 - Should be treated with antidepressants because counseling is not enough
 - Should have child protection services involved
 - Should be assessed carefully and may need mood stabilizers or anti-psychotics

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Please send my certificate to the following address:
