

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

- A. 5-10 %
 - B. 10-20%
 - C. 20-30%
 - D. 25-30%
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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. Psychiatrist
 - C. Physician
 - D. 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. 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
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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
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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
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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
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11. The diagnosis of postpartum depression will involve a screening tool for depression

- A. True
 - B. False
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