

PMH-C - Perinatal Mental Health Certification Practice Test Questions and Answers

1. Why is informed consent important in perinatal care?

- A) To prevent the need for any medical interventions
- B) To ensure the mother's full understanding and agreement to care decisions
- C) To eliminate the need for healthcare provider explanations
- D) To make decisions for the mother without her input

2. In PMH-C practice, reliability in assessment refers to:

- A) The cost of the assessment tool
- B) The consistency and reproducibility of results
- C) The speed of administration
- D) The popularity of the instrument

3. How does perinatal anxiety impact both mother and child?

- A) It improves maternal bonding and child development
- B) It increases stress and negatively affects both mother and child
- C) It has no impact on the child's development
- D) It enhances maternal relaxation and emotional health

4. What is the role of cultural competency in perinatal care?

- A) To disregard cultural differences in care
- B) To understand and respect cultural beliefs and practices to improve care outcomes
- C) To limit patient autonomy based on cultural practices
- D) To avoid any cultural considerations during medical procedures

Answers: 1-B 2-B 3-B 4-B

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