Mindful Continuing Education

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. According to the author, risk factors for postpartum depression may include each of the following EXCEPT:

A. Experiencing postpartum depression in a previous pregnancy, a family history of depression or mood disorders or a stressful life

B. Pregnancy complications, a baby born with special needs or health, or wins, triplets, or multiples born

C. A diagnosis of an anxiety disorder, a personality disorder, or a co-occurring mental health/substance abuse issue

D. Having issues in your relationship, having a compromised immune system, or experiencing financial hardship

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. Massage therapist
- C. Psychiatrist
- D. Physician

E. 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. Interpersonal therapy, which has been found to be clinically beneficial for women with postpartum depression, explores four different interpersonal problems, including role transition, role dispute, interpersonal deficits, and:

A. Grief

- B. Unwanted thoughts and feelings
- C. Lack of personal acceptance
- D. Relationship issues

8. 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

9. 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

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

A. True

B. False

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