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Postpartum Psychiatric Disorders

1. Which of the following best represents a risk factor for postpartum psychiatric disorders?

A. History of two or more pregnancies
B. History of four or more pregnancies
C. Hormonal changes
D. Hypotension

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2. A health care professional has questions about the baby blues. Which of the following informational points of interest should be communicated to the health care professional?

A. The baby blues can last up to two weeks.
B. The baby blues can last up to two months.
C. Ativan should be used to treat the baby blues.
D. Lithium may be used to treat the baby blues.

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3. Which of the following best represents a sign/symptom associated with postpartum depression?

A. Glossitis
B. Polydipsia
C. Feelings of excessive guilt
D. Increased energy

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4. Which of the following statements is most accurate?

A. Postpartum obsessive-compulsive disorder is associated with anxiety.
B. Postpartum obsessive-compulsive disorder is associated with compulsions about food and weight gain.
C. Postpartum obsessive-compulsive disorder is associated with agoraphobia.
D. Postpartum obsessive-compulsive disorder is associated with a fear of being left alone with an infant for two or more hours.

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5. A 24-year-old new mother has questions regarding postpartum bipolar disorder. Which of the following educational points should be expressed to the patient?

A. Postpartum bipolar disorder only affects men.
B. Postpartum bipolar disorder can begin during pregnancy or in the weeks after childbirth.
C. Postpartum bipolar disorder is associated with avoidance symptoms, cognition and mood symptoms, and extreme weight gain.
D. Postpartum bipolar disorder is not associated with mania.

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6. Which of the following best represents a sign/symptom associated with postpartum psychosis?

A. Increased need for sleep
B. Delusions
C. Hypotension
D. Hypoglycemia

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7. A 32-year-old new mother is interested in engaging in physical activity to help prevent postpartum psychiatric disorders. Therefore, the new mother has questions regarding physical activity. Which of the following educational points should be expressed to the new mother?

A. Individuals should get at least 60 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period.
B. Individuals should get at least 90 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period.
C. Individuals should get at least 150 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period.
D. Individuals should avoid moderate-intensity aerobic activity during pregnancy and the postpartum period.

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8. A 29-year-old new mother is interested in breastfeeding to help prevent postpartum depression. Therefore, the new mother has questions about breastfeeding. Which of the following educational points should be expressed to the new mother?

A. The American Academy of Pediatrics recommends that infants be exclusively breastfed for about the first two months.
B. The American Academy of Pediatrics recommends that infants be exclusively breastfed for about the first four months.
C. The American Academy of Pediatrics recommends that infants be exclusively breastfed for about the first six months with continued breastfeeding along with introducing appropriate complementary foods for one year or longer.
D. The American Academy of Pediatrics recommends that infants be exclusively breastfed for about the first eight months with continued breastfeeding along with introducing appropriate complementary foods for one year or longer.

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9. Which of the following statements best decides interpersonal therapy (IPT)?

A. IPT may refer to a type of therapy that involves the use of psychotherapy and SSRIs.
B. IPT may refer to a type of therapy that involves the use of psychotherapy and benzodiazepines.
C. IPT may refer to a type of therapy that is characterized by the process of helping an individual change negative patterns of thought and behavior.
D. IPT may refer to an evidence-based therapy that is based on the theory that interpersonal and life events impact mood, and mood impacts interpersonal and life events.

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10. A health care professional has questions regarding brexanolone. Which of the following informational points of interest should be communicated to the health care professional?

A. Brexanolone should be administered by mouth twice a day.
B. Brexanolone should be administered by mouth three times per day.
C. Brexanolone should be administered as a continuous intravenous infusion over 24 hours.
D. Brexanolone should be administered as a continuous intravenous infusion over 60 hours.

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