1. Perinatal Depression (PND) is one of the most common complications experienced by pregnant and postpartum mothers. Risk factors for PND include:
   a. Young maternal age
   b. Lower social economic status
   c. History of IPV
   d. a and c
   e. All the above

2. Protective factors for PND include:
   a. Stable housing
   b. Employment
   c. Social support
   d. Attending well child visits
   e. All the above

3. The Common Factors mnemonic "HELP" for **Hope**, **Empathy**, **L²anguage/Loyalty**, **P³ermission, Partnership, Plan** approach in healthcare delivery builds trust and a therapeutic relationship between providers and patients/families. This approach is helpful because:
   a. It is a strengths-based approach and acknowledges the assets and protective factors of the patient and family.
   b. It uses a child and family's own language to reflect the providers understanding of the issue or problem thus giving the child/family an opportunity to correct any misperceptions.
   c. It is a trauma informed approach.
   d. It utilizes "cultural humility" concepts of "asking permission" and "respecting a family's culture"
   e. All the above

4. What are factors to consider when providing Mom with her Edinburgh results?
   a. Knowledge of resources in the local community.
   b. Having a plan designed for the family.
   c. Asking permission to share the results with a referral agency.
   d. Using the language of the family.
   e. All the above

5. How can PND impact the baby?
   a. Brain development.
   b. Can jeopardize maternal/infant bonding at a critical time period.
   c. Absence of positive interactions with Mom can lead to activation of stress response in baby.
   d. The baby will be nurtured by Grandma and there will be little impact.
   e. a, b, and c
   f. All the above

Answer Key:

1. (e) all of the above
2. (e) all of the above
3. (e) all of the above
4. (e) all of the above
5. (e) a, b, and c