Dropping the Baby and Other Scary Thoughts

Questions from Chapter 1

1. Because of the increase in public awareness of postpartum depression and anxiety disorders, expectations that new mothers should always feel good have significantly lowered.
   a. True
   b. False

2. What is a natural response to threatening triggers?
   a. Accommodation
   b. Anxiety
   c. Hiding
   d. Defensiveness

3. What is the term the authors use to encompass any and all categories of upsetting thinking that can interfere with the wellbeing of a new mother?
   a. Wounded mind
   b. Cognitive misrepresentations
   c. Reflective twists
   d. Scary thoughts

4. The concept that was initially used to characterize a thinking style associated with depression but that has been shown by Aldao, Nolen-Hoeksema and Schweizer (2010) to also be important in the understanding of anxiety is:
   a. Rumination
   b. Excessive worry
   c. Obsessions
   d. Compulsions

5. When determining whether a scary thought is problematic, it is not the content of the thought itself that is the most important, rather it is the ______
   a. Frequency of the thought
   b. Perception that others hold
   c. Environment in which it is experienced
   d. Level of distress and meaning attached to it

Questions from Chapter 2

6. According to Abramowitz, Schwartz and Moore (2003) scary thoughts are a common phenomenon with all new parents.
   a. True
   b. False
7. A new mother has an increased risk of experiencing scary thoughts if:
   a. She has a history of an anxiety disorder
   b. She has a history of depression
   c. She tends to be a worrier
   d. All of the above

8. Which statement is NOT true regarding the nature of scary thoughts
   a. They can be in the form of images or impulses
   b. Sexual thoughts about the baby are common
   c. If the thoughts are of harm to the baby, emergency intervention is always required
   d. Thoughts are typically focused on the baby

9. According to one of Abramowitz's studies (Abramowitz, Khandker, Nelson, Deacon & Rygwal, 2006), what percent of new mothers experience obsessive thoughts about their baby at some point following their baby's birth
   a. 25%
   b. 40%
   c. 66%
   d. 91%

10. Research shows that approximately one-third of women have stressful childbirth experiences (Creedy, Shochet, & Housfall, 2000). According to Lyons (1998), what percent truly believe that they or their baby would die during childbirth?
   a. Between 2% and 5%
   b. Between 10% and 15%
   c. Between 15% and 25%
   d. Between 20% and 40%

11. One of the ways we know that a woman will not act on her scary thoughts is
   a. If she promises not to
   b. If her thoughts are ego-dystonic and in conflict with whom she fundamentally believes herself to be
   c. If she thinks she is crazy
   d. When her thoughts do not create anxiety

12. Mothers who are tempted to avoid contact with their baby in an effort to reduce anxiety triggers may discover it makes things better in the long run
   a. True
   b. False

Questions from Chapter 3

13. If a clinician overreacts to a new mother's scary thoughts, the mother will be more likely to get the proper attention and intervention
   a. True
   b. False
14. According to research (Hettema, Neale, & Kendler, 2001; Levinson, 2006), the likelihood of inheriting psychiatric disorders like major depression, generalized anxiety disorder, and panic disorder is roughly
   a. 10-15%
   b. 15-25%
   c. 30-50%
   d. 60-80%

15. The neurotransmitter that is associated with anxiety and depression is
   a. Estrogen
   b. Progesterone
   c. Serotonin
   d. Oxytocin

16. People who have inaccurate beliefs about worry tend to all the following EXCEPT
   a. Engage in excessive worry
   b. Believe that worrying prevents bad things from happening
   c. Believe that it will make them better prepared to handle bad things when they happen
   d. Have realistic beliefs that might actually predict catastrophic outcomes

17. Which of the follow is a specific thinking pattern associated with scary thoughts in new mothers who have never before had intrusive thoughts
   a. Overestimation of threat/inflated responsibility
   b. Excessive need to control daydreams
   c. Misinterpretation of environmental cues
   d. Perfectionism and inability to compromise

Questions from Chapter 4

18. Research shows that ____ percentage of women with postpartum depression report aggressive (obsessive) thoughts of harming their babies (Jennings, Ross, Popper, & Elmore, 1999; Wisner, Peindl, Gliotti, & Hanusa, 1999)
   a. 15% – 20%
   b. 23% – 40%
   c. 41% – 57%
   d. 59% – 65%

19. The majority of obsessive thoughts experienced in the postpartum period pertain to the new baby. Typically, compulsive behaviors related to this fall in the following categories EXCEPT
   a. Women who check excessively, usually to prevent a perceived catastrophe such as harm coming to the baby
   b. Women who wash or clean excessively to prevent contamination
   c. Women who hoard and accumulate excessively
20. Whereas obsessive thoughts are very common, psychotic thoughts are very uncommon. According to Kendall, Chalmers, & Platz (1987) they occur in
   a. 1 or 2 out of 1,000 postpartum women
   b. 5 out of 1,000 postpartum women
   c. 10 out of 1,000 postpartum women

21. Which of the following factors increase the risk that someone who experiences suicidal ideation will act on her thoughts
   a. Frequency of the thoughts
      i. Duration of the thoughts
   b. Intensity of the thoughts
   c. All of the above

Questions from Chapter 5

22. The factors that contribute to a women's reluctance to disclose her scary thoughts include all the following EXCEPT
   a. The Critical Inner Voice
   b. The Maintenance
   c. The Depression
   d. The Propaganda

23. Which of the following leads to an endless string of anxiety-driven worries
   a. What if thinking
   b. Crazy thinking
   c. Controlled thinking
   d. Borderline thinking

24. Healthcare providers might fail to ask whether a mother is having scary thoughts because they are
   a. Unaware of how common this phenomenon is with postpartum women
   b. Presume scary thoughts are associated with severe illnesses
   c. Lack sufficient information and skill sets to intervene appropriately
   d. All of the above

Questions from Chapter 6

25. It is estimated that as many as _____ of women with postpartum distress (i.e., depression and anxiety) have symptoms that remain undetected (Peindl, Wisner, & Hanusa, 2004)
   a. 15%
   b. 25%
   c. 45%
   d. 50%
26. According to Clay & Seehusen (2004) which of the following is NOT mentioned as an opportunity to use a brief screening tool for postpartum anxiety and depression
   a. 1 month well-baby appointment with pediatrician or family physician
   b. 2 month well-baby appointment with pediatrician or family physician
   c. 6 month well-baby appointment with pediatrician or family physician
   d. 12 month well-baby appointment with pediatrician or family physician

27. What is the primary universal screening question that all healthcare providers should ask a new mother regarding the presence of scary thoughts
   a. How are you feeling?
   b. Are you feeling nervous?
   c. Are you having thoughts that are scaring you?
   d. Do you feel suicidal?

Questions from Chapter 7

28. Which of the following statements is NOT true
   a. Denying the feelings and thoughts will not make them go away
   b. Panicking will make them worse
   c. Resistance makes the thoughts seem less intrusive
   d. Distraction will help for a while

29. Thought suppression can have a paradoxical affect and actually help stifle unwanted thoughts
   a. True
   b. False

30. One of the strengths of online support is the ___________ of the participant, which has been associated with greater disclosure of emotion (Miller, 2006)
   a. Motivation
   b. Technological ability
   c. Anonymity
   d. Age

31. Low levels of omega-3 fatty acids in the diet are associated with low levels of ___________, which is linked with anxiety and depression
   a. Serotonin
   b. Neuron development
   c. Sunlight
   d. Fish consumption
Questions from Chapter 8

32. Which statement is NOT true of cognitive self-help strategies for scary thoughts?
   a. The goal of cognitive strategies is not simply thinking positively or thinking the opposite of the scary thought.
   b. Thinking positively or thinking the opposite can be just as unrealistic as the scary thought.
   c. The goal is to consider all pieces of information, both good and bad, that pertain to the scary thought and then construct a new statement that takes all of this information into account.
   d. All are true.

33. Cognitive Behavioral Therapy (CBT) is based on the concept that when a person experiences a negative emotion, it is likely that it is tied to a negative automatic thought. According to the authors, the most central question to ask oneself is:
   a. Why would I be thinking this?
   b. What do I hope to gain from this?
   c. What is wrong with me?
   d. What thought was running through my mind in that situation?

34. Constructing an accurate response to an automatic thought that feels exaggerated – one that reflects perspective and insight is called a
   a. Reflective measure
   b. Balanced response
   c. Objective reply
   d. Impartial mediation

35. One technique the authors share that is useful in reducing the intensity of negative emotions and can be used to prompt cognitive strategies is
   a. Coping cards
   b. Hiking
   c. Aerobic exercise
   d. Medication trials

Questions from Chapter 9

36. Supportive psychotherapy involves the interface between two clinical directives. Which of the following is NOT associated with supportive therapy?
   a. Interventions on behalf of the client
   b. Being with the client
   c. Holding the client
   d. Taking notes during the session

37. Antidepressants are predominantly used for depression and are not helpful in the treatment of anxiety.
   a. True
   b. False
38. During exposure therapy, anxiety is expected to increase, but overtime, anxiety will decrease by a process called ___________________. This means that the mind and body adjust to the source of anxiety and the initial arousal eventually decreases (Wiegartz & Gyoerkoe, 2009)
   a. Simulation
   b. Relaxation
   c. Core Beliefs
   d. Habituation

Questions from Chapter 10

39. The authors conclude that an increase in _______________ reduces stress, lowers levels of distress, and can result in a weakening of scary thoughts
   a. Caffeine
   b. Exercise
   c. Omega 3 fatty acids
   d. Social Support

40. The authors state that the flip side to asking for help is
   a. Accepting it when it is offered – and accepting it without guilt
   b. Helping others when able
   c. Knowing when it’s the right time for help
   d. Understanding why help is needed

41. According to Papp, Goeke-Morey, & Cummings (2007), the following two skills are associated with high-functioning marriages
   a. Intimacy and self-awareness
   b. Communication and conflict resolution
   c. Financial management and organization
   d. Sense of humor and accommodation

Questions from Chapter 11

42. The authors state that the first step in breaking the cycle of unwanted thoughts is for the postpartum woman to
   a. Get herself to an emergency room
   b. Read a self-help book
   c. Acknowledge that she is having these thoughts
   d. Do her best to push the thoughts out of her mind

Questions from Chapter 12

43. The authors say that accepting the current state of anxiety is not difficult if one is accustomed to thinking negatively
   a. True
   b. False