

## CPSP Virtual Paternal Mental Health Insights Post-Test

*Please circle the correct answer(s).*

Name: _____
Clinic: _____
Phone: _____
Email: _____
Date Training Completed: _____

1. It is estimated that 1 in 4 men will experience some degree of postpartum depression.
  - a. True
  - b. False
  
2. Rates for Paternal Postpartum Depression (PPD) increase when mother experiences PPD
  - a. True
  - b. False
  
3. Select **all** the contributing factors for paternal mental health
  - a. Feeling disconnected from baby
  - b. Partner's mental health
  - c. Hormones
  - d. All the above
  
4. All are barriers to seeking help:
  - a. Stigma
  - b. Lack of awareness
  - c. Limited services/resources
  - d. All of the above
  
5. Individual therapy, Group therapy and support groups are all great recourses for fathers
  - a. True
  - b. False

**THIS SECTION TO BE COMPLETED  
BY LA COUNTY CPSP STAFF**

Score: \_\_\_ / 10 = \_\_\_\_\_ %

Passing:  YES     NO

Follow-up call completed:  YES

**Please submit your completed test to LA County  
CPSP: Email: [cpsp@ph.lacounty.gov](mailto:cpsp@ph.lacounty.gov)**