**CPSP Virtual Paternal Mental Health**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Clinic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Training Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Post-Test**

*Please circle the correct answer(s).*

1. Is 'mental health' the same as 'mental health disorder' or 'mental illness'?
2. True
3. False
4. Paternal mental health symptoms can begin as early as the third trimester, particularly in fathers with a history of mental health challenges
   1. True
   2. False
5. Select **all** the contributing factors for paternal mental health
   1. Feeling disconnected from baby
   2. Partner’s mental health
   3. Hormones
   4. All the above
6. All are barriers to seeking help:
   1. Stigma
   2. Lack of awareness
   3. Limited services/resources
   4. All of the above
7. **Which of the following are common stressors that may contribute to paternal mental health challenges?**
   1. Financial and responsibility pressures
   2. Anxiety about the partner’s labor and delivery
   3. Relationship changes with the partner
   4. All of the above

**Please submit your completed test to**

**LA County CPSP: Email:** [**cpsp@ph.lacounty.gov**](mailto:cpsp@ph.lacounty.gov)

1. When is the peak onset of paternal mental health issues most likely to occur postpartum**?**
   1. 0–1 month postpartum
   2. 1-3 month postpartum
   3. 3-6 month postpartum
   4. 6-12 month postpartum
2. Men may experience different symptoms of perinatal mental health disorders compared to women, often displaying irritability, anger, or withdrawal rather than sadness or tearfulness
   1. True
   2. False
3. Children of fathers with mental health disorders are at higher risk for:
   1. Internalizing disorders (e.g., anxiety, depression)
   2. Externalizing disorders (e.g., aggression, defiance)
   3. Impaired social, emotional, and behavioral functioning
   4. All of the above

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

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

Score: \_\_\_/ 8 = \_\_\_\_\_\_\_\_%\_\_

Passing: 🞎YES 🞎NO

Follow-up call completed: 🞎YES