

Identifying and Treating Perinatal Anxiety



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Disclosure(s): Dr. Mulvihill, Dr. Caskey, Ms. Mason, the planning committee members, and reviewers who contributed to this activity have no relevant financial conflicts of interest to disclose.

Purpose: To provide education to primary care providers on identifying and treating perinatal anxiety.

Learning Objectives:

Upon completion of this activity, participants should be able to:

- Describe the prevalence and presentation of perinatal anxiety and related disorders
- Discuss the obstetric provider's role in recognition, patient engagement, referral, and treatment of perinatal anxiety
- Describe important issues regarding pharmacologic and nonpharmacologic perinatal treatment of anxiety disorders

Target Audience: Physicians, physician assistants, and nurse practitioners

Type of Activity: Knowledge-based

Fee: Free

Release and Most Recent Review Date: January 13, 2023

Expiration Date: November 15, 2023

Estimated time to complete activity: 1.0 hour CME (1.0 AMA PRA Category 1 Credit)

Location: Please visit <https://docassistillinois.org/> to participate in this activity.

Continuing Medical Education Statement:



The University of Illinois College of Medicine at Chicago is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

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The University of Illinois College of Medicine at Chicago designates this Enduring Material CME activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

How to Earn Credit:

Participants must complete the activity as described above in the Continuing Medical Education Statement. To answer the questions, click on your selected choice for each answer then proceed to the next question. We recommend that you print a copy of your answers before you submit them to us. Once completed, click on 'Finish Attempt', then click on 'Submit All and Finish' at the bottom of the page. Your post-test will automatically be graded. If you successfully complete the post-test (score of 70% or higher), a confirmation message will appear at the top of the page underneath your grade. You will have a chance to review the correct answers and answer rationale. If you receive a score lower than 70%, you will receive a message at the top of the page underneath your grade notifying you that you did not pass the post-test. You will have 2 additional opportunities to pass the post-test and receive credit.

Hardware/Software and Internet Requirements can be found at <https://medicinece.uic.edu/>

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