

CHAPTER – 13: Reproductive Health

1. What is the primary goal of reproductive health?

- a) To ensure access to fertility treatments**
- b) To promote well-being in all aspects of reproductive life**
- c) To increase the birth rate**
- d) To prevent sexually transmitted infections**

2. Which of the following is a common method of contraception?

- a) Antibiotics**
- b) Vaccines**
- c) Birth control pills**
- d) Pain relievers**

3. What does the term "family planning" refer to?

- a) Managing family finances**

Deciding the number and spacing of

children

- c) Planning family vacations**
- d) Choosing a family doctor**

4. Which organization is known for its work in reproductive health and rights worldwide?

- a) WHO**
- b) UNICEF**
- c) Planned Parenthood**
- d) Red Cross**

5. What is an important factor in maintaining reproductive health?

- a) Regular exercise**
- b) Balanced diet**
- c) Regular health check-ups**
- d) All of the above**

6. Which of the following methods is used to prevent sexually transmitted infections (STIs)?

- a) Birth control pills**

- b) Condoms
 - c) Hormonal implants
 - d) IUDs
7. What is the purpose of pre-natal care?
- a) To treat infections
 - b) To prepare for childbirth
 - c) To monitor the health of the mother and fetus during pregnancy
 - d) To diagnose reproductive disorders
8. Which condition is characterized by the presence of endometrial tissue outside the uterus?
- a) Fibroids
 - b) Endometriosis
- c) Polycystic ovary syndrome (PCOS)
- d) Ovarian cysts
9. What is the primary method for diagnosing cervical cancer?
- a) Ultrasound
 - b) Pap smear
 - c) Blood test
 - d) MRI
10. Which hormone is commonly associated with reproductive health and fertility in women?
- a) Insulin
 - b) Cortisol
 - c) Estrogen
 - d) Thyroxine
11. Which procedure is used to test for sexually transmitted infections (STIs)?
- a) Biopsy
 - b) Pap smear
 - c) Blood test
 - d) Ultrasound
12. What is the primary function of contraceptive implants?

- a) To prevent ovulation
- b) To increase fertility
- c) To provide protection from STIs
- d) To manage menstrual cycles

13. Which form of contraception is considered permanent?

- a) Birth control pills
- b) IUDs
- c) Sterilization
- d) Condoms

14. What is the primary purpose of a gynecological examination?

- a) To assess bone health
- b) To evaluate reproductive health and screen for disorders
- c) To diagnose heart disease
- d) To check for diabetes

15. Which term describes the use of hormones to prevent pregnancy?

- a) Hormonal contraception
- b) Barrier methods
- c) Surgical contraception
- d) Natural methods

16. What is a common symptom of polycystic ovary syndrome (PCOS)?

- a) Excessive bleeding
- b) Irregular periods and excess hair growth
- c) Frequent urination
- d) Joint pain

17. Which reproductive health service is aimed at preventing unintended pregnancies?

- a) Fertility treatments
- b) Contraceptive methods
- c) Prenatal care
- d) Postnatal care

18. What does the term "sexual health" encompass?

- a) Only prevention of STIs
- b) Only reproductive health
- c) Overall well-being in sexual and reproductive life
- d) Only contraception

19. Which method is used to provide long-term contraception?

- a) Birth control pills
- b) Condoms
- c) IUDs
- d) Spermicides

20. What is the role of the Pap smear test?

- a) To diagnose breast cancer
- b) To screen for cervical cancer
- c) To test for HIV
- d) To check for pregnancy

21. Which of the following is an emergency contraceptive method?

- a) IUD
- b) Birth control pills
- c) Condoms
- d) Morning-after pill

22. What is a common cause of infertility in women?

- a) Endometriosis
- b) Frequent exercise
- c) High stress levels
- d) Poor diet

23. Which type of contraception requires a prescription from a healthcare provider?

- a) Condoms
- b) Birth control pills
- c) Male condoms
- d) Female condoms

24. What is the role of prenatal vitamins?

- a) To manage pregnancy symptoms

- b) To ensure adequate nutrition for the mother and fetus
 - c) To prevent STIs
 - d) To enhance fertility
25. Which condition involves the presence of fibrous tissue in the breast?
- a) Endometriosis
 - b) Breast cancer
 - c) Fibrocystic breast disease
 - d) Ovarian cysts
26. Which is a method of natural contraception?
- a) Birth control pills
 - b) Condoms
 - c) Calendar method
 - d) Sterilization
27. What does the term "reproductive rights" refer to?
- a) Rights related to the choice of contraception and reproductive health
 - b) Rights to access fertility treatments
 - c) Rights to choose a partner
 - d) Rights related to marriage
28. Which reproductive health issue is characterized by painful menstruation?
- a) Dysmenorrhea
 - b) Endometriosis
 - c) PCOS
 - d) Fibroids
29. What is the purpose of a fertility treatment?
- a) To prevent pregnancy
 - b) To enhance fertility and assist in conception
 - c) To diagnose reproductive disorders
 - d) To manage menstrual cycles
30. Which of the following is a symptom of menopause?

- a) Heavy bleeding
- b) Hot flashes
- c) Increased appetite
- d) Hair loss

31. Which method of contraception is used during sexual activity to prevent pregnancy and STIs?

- a) Birth control pills
- b) IUDs
- c) Condoms
- d) Spermicides

32. What is the purpose of a sperm count test?

- a) To check for STIs
- b) To assess male fertility
- c) To evaluate hormone levels
- d) To diagnose prostate cancer

33. Which method of contraception is considered reversible?

- a) Sterilization
- b) Contraceptive implants
- c) Vasectomy
- d) Tubal ligation

34. What is a common treatment for an ectopic pregnancy?

- a) Medication to dissolve the embryo
- b) Surgical removal of the embryo
- c) Hormonal therapy
- d) Bed rest

35. Which hormone is involved in stimulating milk production postpartum?

- a) Estrogen
- b) Progesterone
- c) Prolactin
- d) Oxytocin

36. What is the purpose of counseling in reproductive health?

- a) To provide financial advice
 - b) To offer emotional and psychological support
 - c) To provide medical treatments
 - d) To offer dietary guidance
37. Which reproductive health issue involves abnormal growths in the uterus?
- a) Endometriosis
 - b) Fibroids
 - c) PCOS
 - d) Cysts
38. What does the term "STI" stand for?
- a) Sexually Transmitted Infection
 - b) Sexual Transmission Illness
 - c) Sexually Transmitted Immunity
 - d) Sexual Therapy Infection
39. Which method of contraception is based on avoiding intercourse during fertile periods?
- a) Barrier method
 - b) Hormonal method
 - c) Natural method
 - d) Surgical method
40. Which hormone helps in regulating the menstrual cycle?
- a) Insulin
 - b) Cortisol
 - c) Estrogen
 - d) Adrenaline
41. What is the role of the progestin in hormonal contraceptives?
- a) To prevent ovulation
 - b) To enhance fertility
 - c) To regulate menstrual cycles
 - d) To increase libido
42. What is the most common method for diagnosing a pregnancy?

- a) **Ultrasound**
 - b) **Blood test**
 - c) **Urine test**
 - d) **Physical examination**
- 43. What is the purpose of a hysterectomy?**
- a) **To treat infertility**
 - b) **To remove the uterus**
 - c) **To perform a cervical biopsy**
 - d) **To correct a prolapsed uterus**
- 44. Which of the following is a benefit of breastfeeding?**
- a) **Reduces the risk of breast cancer**
 - b) **Provides immunity to the baby**
 - c) **Helps in postpartum weight loss**
 - d) **All of the above**
- 45. What is the primary goal of sex education?**
- a) **To promote abstinence**
 - b) **To provide accurate information about sexuality and reproductive health**
 - c) **To encourage early sexual activity**
 - d) **To discuss only contraception**
- 46. Which hormone is crucial for the development of male secondary sexual characteristics?**
- a) **Estrogen**
 - b) **Progesterone**
 - c) **Testosterone**
 - d) **Luteinizing hormone**
- 47. What is the purpose of a prenatal ultrasound?**
- a) **To monitor fetal growth and development**
 - b) **To detect STIs**
 - c) **To check for cervical cancer**
 - d) **To assess bone density**
- 48. Which reproductive health issue is**

characterized by the growth of abnormal cells in the cervix?

- a) Endometriosis
- b) Cervical cancer
- c) Ovarian cysts
- d) Fibroids

49. What is the role of contraceptive patches?

- a) To provide temporary infertility
- b) To prevent ovulation through hormone release
- c) To provide barrier protection
- d) To manage menstrual symptoms

50. Which method of contraception is used to prevent pregnancy by altering the endometrial lining?

- a) Birth control pills
- b) IUD
- c) condoms
- d) Spermicides

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