

Reproductive Health

1. Reproductive health is the well-being of
 - (A) physical aspects
 - (B) emotional and behavioural aspects
 - (C) social aspects
 - (D) All of the above

2. Family planning programme was initiated in
 - (A) 1951
 - (B) 1920
 - (C) 1930
 - (D) 1950

3. Indicators of improved reproductive health of the society are
 - (A) better detection and cure of STDs
 - (B) improved medical facilities
 - (C) decreased maternal and infant mortality rates
 - (D) All of the above

4. Population explosion is
 - (A) increased frequency of diseases in population
 - (B) rapid increase in population number
 - (C) rapid decrease in population number
 - (D) None of the above

5. Which of the following are the consequences of over population?

- (A) It increases the poverty of a country
- (B) It leads to shortage of food supply
- (C) It results in unemployment
- (D) All of the above

6. Natural methods of contraception are the natural ways to

- (A) increase spermicidal activity
- (B) prevent fertilisation
- (C) decrease mortality
- (D) increase mortality

7. Periodic abstinence is avoiding sex during

- (A) follicular phase
- (B) ovulatory phase
- (C) menstrual phase
- (D) None of the above

8. The lifespan of a sperm in female body is

- (A) 1-2 days
- (B) 3 days
- (C) 4 days
- (D) Only 1 day

9. Coitus interruptus is the withdrawal method of natural contraception involving

- (A) withdrawal of penis from vagina before ejaculation
- (B) withdrawal of penis from vagina after ejaculation
- (C) sex during ovulation
- (D) no sex during ovulation

10. Lactational amenorrhea is the

- (A) absence of menses in adult age
- (B) absence of menses in elderly age
- (C) absence of menses during lactation
- (D) no menses during pregnancy

11. Spermicidal creams are used in addition to condoms, diaphragms, cervical cap and vaults for

- (A) lubrication
- (B) killing germs
- (C) increasing contraceptive effectiveness
- (D) None of the above

12. Example of the non-medicated IUD is

- (A) Cu-T
- (B) Cu-7
- (C) Multiload-375
- (D) Lippes loop

13. Copper releasing IUDs are used for suppressing the

- (A) activity of ova

- (B) activity of the uterus
- (C) motility of the sperms
- (D) motility of ova

14. Lippes loop prevent contraception by

- (A) preventing ovulation
- (B) phagocytosis of sperms
- (C) suppressing sperm motility
- (D) All of the above

15. Oral contraceptives have hormonal preparation of

- (A) progesterone
- (B) oestrogen
- (C) Both (A) and (B)
- (D) None of these

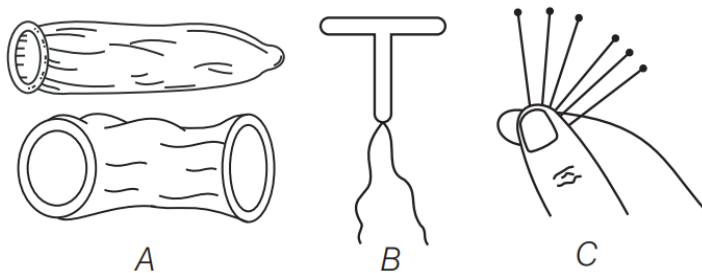
16. Pills have to be taken daily for period of ...A... days starting preferably within first five days of menstrual cycle. After a gap of ...B... days, it has to be repeated in the same pattern.

- (A) A-27, B-1
- (B) A-21, B-7
- (C) A-22, B-5
- (D) A-24, B-4

17. Implants (the progesterone or progesterone-oestrogen combination) are used by the females usually under the

- (A) skin of the inner arm above elbow
- (B) vagina
- (C) upper skin of stomach
- (D) cervix

18. Choose the correct option from A, B and C



- (A) A–Condoms, B–Copper-T, C–Implants
- (B) A–Tubectomy, B–Implants, C–Copper-T
- (C) A–Vasectomy, B–Condoms, C–Copper-T
- (D) A–Copper-T, B–Condoms, C–Implants

19. Administration of progesterone, progesterone- oestrogen combination or IUDs are effective within hours of coitus.

- (A) 72
- (B) 48
- (C) 24
- (D) 96

20. What is the difference in oral contraceptives and hormonal implants?

- (A) They differ in their sites of implantation
- (B) They differ in their duration of action
- (C) Both (A) and (B)

(D) None of the above

21. MTP helps to overcome pregnancy that result due to

- (A) rapes
- (B) unsafe sex
- (C) failure of contraceptives
- (D) All of the above

22. During which phase of the pregnancy MTP is safe?

- (A) 1st trimester
- (B) 2nd trimester
- (C) 3rd trimester
- (D) 4th trimester

23. MTP is being ...A... to abort even normal foetus. Specially when sex of the foetus is ...B... . Choose the correct option for A and B.

- (A) A–used, B–male
- (B) A–misused, B–female
- (C) A–used, B–abnormal
- (D) A–misused, B–male

24. The other names for STIs or STDs are

- (A) venereal diseases
- (B) reproductive tract infections
- (C) Both (A) and (B)
- (D) None of these

25. Hepatitis-B and HIV spread through

- (A) sharing needles
- (B) transfusion of blood
- (C) infected mother to child
- (D) All of these

26. A couple can be infertile because of

- (A) physical defect
- (B) congenital defect
- (C) psychological defect
- (D) All of these

27. IVF in which the early zygote with up to 8 blastomeres is transferred to the Fallopian tube is called

- (A) ZIFT
- (B) GIFT
- (C) ICSI
- (D) IUI

28. IUT Stands for

- (A) Inter Uterine Transfer
- (B) Intra Uterine Transfer
- (C) In-Uterus Transfer
- (D) None of these

29. IVF in which embryo with more than 8 blastomeres is transferred into female body is called

- (A) IUT
- (B) GIFT
- (C) ZIFT
- (D) ICSI

30. Specialised health care units help in diagnosis and corrective treatment of disorders which result in fertility. However, when such connections are not possible, couples are advised

- (A) in vitro fertilisation
- (B) Artificial insemination
- (C) in vivo fertilisation
- (D) All of the above

31. GIFT can be advised to couples where female partner is

- (A) unable to produce eggs
- (B) unable to support a foetus
- (C) unable to provide suitable environment for fertilisation and maturation of foetus
- (D) All of the above

Answer Key

1	(D)	2	(A)	3	(D)	4	(B)	5	(D)
6	(b)	7	(B)	8	(B)	9	(A)	10	(c)
11	(c)	12	(D)	13	(c)	14	(B)	15	(c)
16	(B)	17	(A)	18	(A)	19	(A)	20	(c)
21	(D)	22	(A)	23	(B)	24	(c)	25	(D)
26	(D)	27	(A)	28	(B)	29	(A)	30	(D)
31	(d)								

HINTS & EXPLANATIONS

1. (D) The term 'reproductive health' simply refers to healthy reproductive organs with normal functions. However, in broader perspectives it includes a total well-being in all aspects of reproduction, i.e. emotional, behavioural, physical and social.
3. (D) There are some indicators of improved reproductive health of the society. These include better awareness about sex related problems, pre-natal care of the mother, medically assisted deliveries, post-natal care of the mother and infant, decrease maternal and infant mortality, small families, better detection and cure of Sexually Transmitted Diseases (STDs), increased medical facilities for sex related problems, etc.
7. (B) Periodic abstinence is avoiding sex during ovulatory phase, i.e. from day 10th-17th of the menstrual cycle. It is also known rhythm method. It is done as a contraceptive method because chances of fertilisation are very high during this period.
10. (C) Lactational amenorrhea is the absence of menstruation during lactation. It is a natural contraception method in which the chances of conception are almost nil in a breastfeeding mother due to the absence of ovulation. This method is effective only up to a maximum period of six months after childbirth.
11. (C) Spermicidal creams contain chemicals, which kill the sperms. If they are used along with the barrier contraceptive methods, then these increases contraceptive efficiency.
13. (C) The copper releasing IUDs, release Cu^+ ions which suppress the sperm motility and the fertilising capacity of sperms.
15. (C) Oral contraceptives have hormonal preparation of small doses of either progesterone or progesterone-oestrogen combination in the form of tablets. These are used by females.
16. (B) Pills have to be taken daily for 21 days starting within the first 5 days of menstrual cycle. After a gap of 7 days (during which menstruation occurs) these has to be repeated in the same pattern till the female desires to prevent conception.

17. (A) Implants, i.e. six matchstick-sized capsules containing steroids are inserted under the skin of the inner arm above the elbow. These steroid capsules slowly release the synthetic progesterone or progesterone-oestrogen combination for about 5 years.
22. (A) MTP (Medical Termination of Pregnancy) is considered as safe until 1st trimester (12 weeks) of the pregnancy. It becomes more risky after the 1st trimester period of pregnancy, as the foetus becomes intimately associated with the maternal tissue.
24. (C) The other name for Sexually Transmitted Diseases (STDs) are Venereal Diseases (VDs) or Reproductive Tract Infections (RTIs). These diseases or infections are transmitted through sexual intercourse with infected persons.
25. (D) Mode of infection of AIDS and hepatitis-B are same. These diseases spread from an infected person to healthy person through sharing of needles, transfusion of blood and from infected mother to child. Both diseases are also incurable.
26. (D) A large number of couples are unable to produce children inspite of unprotected sex, i.e. are infertile. The reasons for this could be physical, congenital diseases, drugs, immunological or even psychological defect.
27. (A) In ZIFT (Zygote Intra Fallopian Transfer), the zygote up to 8-celled stage is transferred to Fallopian tube, rest of the development takes place as that of the natural zygote in the uterus.
29. (A) If an embryo containing more than 8 blastomeres (cells) is transferred into uterus of female's body then, it is called as IUT (Intra Uterine Transfer). It is also a method of IVF.
30. (D) IVF (In Vitro Fertilisation), AI (Artificial Insemination) and in vivo fertilisation are all procedures of ART (Assisted Reproductive Technologies). When the correction of infertility related disorders is not possible couples are advised to have children through these processes