Reproductive Health

Standard difficulty · 20 questions · 40 marks · Time: 42 minutes

Name: _____ Date: _____ Score: ____ / 40

Show your working for Sections B and C. Answers are on the last page — try every question first!

Section A — Choose the correct answer — 8 × 1 = 8 marks

1. India launched its national family planning programme in:
(a) 1971 **(b)** 2000 **(c)** 1947 **(d)** 1951

2. Condoms are:
(a) a barrier method
(b) a surgical method (in males)
(c) a surgical method (in females)
(d) an oral (once-a-week, non-steroidal) pill

3. Genital herpes is caused by:
(a) a virus **(b)** a protozoan (Trichomonas)
(c) a bacterium (Neisseria) **(d)** a virus (herpes simplex)

4. GIFT means:
(a) transfer of an ovum from a donor into the fallopian tube of a woman who cannot make ova
(b) transfer of an embryo with more than 8 blastomeres into the uterus
(c) injection of a sperm directly into an ovum in the laboratory
(d) fertilisation outside the body, then transfer of the embryo

5. A population has a birth rate of 26 and a death rate of 11 per 1,000 people per year. Its growth rate is:
(a) 0.15% per year **(b)** 3.7% per year **(c)** 15% per year **(d)** 1.5% per year

6. Emergency contraceptives are effective if used within:
(a) 72 hours of intercourse **(b)** 1 hour of intercourse only
(c) 7 days of intercourse **(d)** 30 days of intercourse

7. Which of these is a natural method?
(a) Lactational amenorrhoea **(b)** Vasectomy
(c) Progestasert and LNG-20 **(d)** Condoms

8. Assertion (A): AIDS can be passed on through sexual contact with an infected person.
Reason (R): Sexually transmitted infections spread through contact with infected body fluids.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Section B — Short answer — 8 × 2 = 16 marks

9. What is meant by reproductive health?

10. A town of 1,800,000 people has a birth rate of 27 and a death rate of 14 per 1,000 per year. How many people does it gain in a year, and what is its growth rate?

11. What kind of contraceptive is Progestasert and LNG-20, and how does it prevent pregnancy?

12. Distinguish between IVF–ET and GIFT.

13. Name the cause of trichomoniasis and of genital herpes. Give two ways to avoid STIs.

14. India's population was about 548 million in 1971 and about 846 million in 1991. About how many times did it grow, and what was the increase?

15. Why is sex education in schools useful?

16. Classify (i) progestogen–oestrogen injections and implants and (ii) Progestasert and LNG-20 as contraceptive methods, and give one advantage of each.

Section C — Word problems — 4 × 4 = 16 marks

17. Describe the different methods of contraception with examples.

18. A district of 4,100,000 people has a birth rate of 34 and a death rate of 5 per 1,000 per year. Find the number added in one year and the growth rate. List three reasons for rapid population growth and three measures to control it.

19. Compare these contraceptive methods: (i) condoms; (ii) lactational amenorrhoea; (iii) periodic abstinence. For each, give its type, how it works and one limitation.

20. A couple cannot have children. Explain how artificial insemination (IUI) and ICSI could help them, describe each procedure, and give two reasons why such methods are not open to everyone.

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Answer key

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Q	Answer	Working
1	**(d) 1951**	—
2	**(a) a barrier method**	—
3	**(d) a virus (herpes simplex)**	—
4	**(a) transfer of an ovum from a donor into the fallopian tube of a woman who cannot make ova**	—
5	**(d) 1.5% per year**	(26 − 11) per 1,000 = 1.5%
6	**(a) 72 hours of intercourse**	—
7	**(a) Lactational amenorrhoea**	—
8	**(a) Both A and R are true, and R is the correct explanation of A.**	A is true: AIDS is caused by a virus (HIV) and spreads through body fluids. R is true and explains A.
9	**According to WHO, total well-being in all aspects of reproduction: physical, emotional, behavioural and social.**	—
10	**23,400 people; 1.3% per year**	1,800,000 × (27 − 14)/1,000
11	**a hormone-releasing IUD; it acts in the uterus to stop fertilisation or implantation**	—
12	**IVF–ET: fertilisation outside the body, then transfer of the embryo; GIFT: transfer of an ovum from a donor into the fallopian tube of a woman who cannot make ova**	—
13	**trichomoniasis: a protozoan (Trichomonas); genital herpes: a virus (herpes simplex). Avoid sex with unknown or several partners, always use condoms, and seek early treatment if in doubt**	—
14	**about 1.54 times; 298 million**	846 ÷ 548
15	**it gives correct information and removes myths about sex-related matters and reproductive health**	—
16	**progestogen–oestrogen injections and implants: a hormonal method; Progestasert and LNG-20: a hormone-releasing IUD. Advantages depend on the method: natural methods have no side effects; barriers also protect against STIs; IUDs and pills are highly**	—

Q	Answer	Working
	effective; surgical methods are permanent	
17	**Natural: periodic abstinence (days 10–17), withdrawal, lactational amenorrhoea. Barrier: condoms, diaphragms, cervical caps and vaults, often with spermicides. IUDs: non-medicated (Lippes loop), copper-releasing (CuT, Cu7, Multiload 375), hormone-releasing (Progestasert, LNG-20). Hormonal: oral pills (including Saheli), injections and implants. Surgical (terminal): vasectomy and tubectomy.**	—
18	**118,900 people; 2.9% per year. Reasons: fewer deaths of mothers and infants, better health care, more people of reproductive age. Measures: education and awareness, contraception, raising the marriageable age (18 for women, 21 for men), incentives for small families**	—
19	**condoms: a barrier method; lactational amenorrhoea: a natural method; periodic abstinence: a natural method. Natural methods have a high failure rate; barriers must be used every time; IUDs and pills can cause side effects such as bleeding or nausea; surgical methods are hard to reverse**	—
20	**artificial insemination (IUI): placing semen from the husband or a donor into the vagina or uterus. ICSI: injection of a sperm directly into an ovum in the laboratory. Each suits couples whose infertility has a cause that technique can get around. Limits: they need expensive specialised facilities and trained staff, and there are emotional, ethical and social issues; adoption is another option**	—