



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES**

**DEPARTMENT OF NURSING & MIDWIFERY SCIENCES**

**END OF SEMESTER APRIL 2026 EXAMINATIONS**

**COURSE CODE AND TITLE: BSM 319: Adolescent and Youth Health**

**DATE: 9<sup>TH</sup> APRIL-2026**

Duration: 2 HOURS

Start: 9:00 AM

Finish: 11:00 AM

**INSTRUCTIONS**

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks) Section II: Short Answer Questions (30 marks) and Section III: Long Answer Questions (20 marks)
3. Answer ALL Questions.
4. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

## **SECTION I: MULTIPLE CHOICE QUESTIONS 20 MARKS**

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1. Among the core assets of adolescents, a positive sense of self worth is:
  - a. Connection
  - b. Competence
  - c. Character
  - d. Confidence
2. Regarding the changes that take place during adolescence, self-image, intimacy, relation with adults and peers group is categorized as:
  - a. Biological changes
  - b. Social changes
  - c. Emotional changes
  - d. Cognitive changes
3. In regard to the youth friendly services, when health services that adolescent users need are provided on the spot or through referral linkages is referred to as:
  - a. Acceptable
  - b. Affordable
  - c. Effective
  - d. Appropriate
4. The term “adolescent” is drawn from the Latin word “adolescent” implying:
  - a. Nature
  - b. Mature
  - c. Maturing
  - d. Naturing
5. An adolescent who is a rape victim and is experiencing intense fear, denial, anger, the nurse understands that this phase of trauma syndrome to be
  - a. A cute phase
  - b. Out adjustment phase
  - c. Reorganizing
  - d. Integration and recovery
6. The factors contributing to the high incidence of adolescent pregnancy include:
  - a. Lack of contraceptives

- b. Lack of knowledge on long term consequences
  - c. Increase knowledge on contraceptive
  - d. Accessibility to youth friendly services
7. In relation to the public health implications of gonorrhoea diagnosed in a 16 year old, a nurse should be most interested in:
- a. Finding clients contacts
  - b. Interviewing the clients parents
  - c. Instructing the client about birth control measures
  - d. Asking on sexual behaviors
8. The right age to begin sexuality education:-
- a. Around 8 years
  - b. Around 12 years
  - c. Around 18 years
  - d. None of the above
9. The leading cause of death among 15-19 year old girls:-
- a. Diarrheal diseases
  - b. Pregnancy and childbirth complications
  - c. Road injury
  - d. Self-harm
10. Community adolescent health involves:
- a. Establishing youth services
  - b. Political involvement
  - c. Issuance of food to the needy
  - d. Talent involvement
11. The common earliest sign of anorexia nervosa in adolescent males is:
- a. Extreme food restriction
  - b. Compulsive exercise
  - c. Binge eating
  - d. Purging
12. A characteristic feature of Bulimia Nervosa is:
- a. Intense fear of gaining weight, leading to starvation

- b. Recurrent episodes of binge eating followed by compensatory behaviors
  - c. Excessive focus on the texture of food
  - d. Extreme weight loss resulting in a very low BMI
- 13.** A common metabolic complication in the refeeding syndrome of an eating disorder is:
- a. Hyperkalemia
  - b. Hypophosphatemia
  - c. Hyponatremia
  - d. Hypocalcemia
- 14.** Mentorship of an adolescent towards Life skill training should focus on:
- a. Sexuality
  - b. Growing up
  - c. Decision making
  - d. Relationships
- 15.** The most influential adolescent stakeholder is considered as:
- a. Fathers
  - b. Mothers
  - c. Peers
  - d. Teachers
- 16.** Adolescents have a sense of right & wrong and respect for standards of right behavior through:
- a. Character change
  - b. Confidence display
  - c. Competence display
  - d. Connection with others
- 17.** A key characteristic of Binge-Eating Disorder involves:
- a. Purging after eating
  - b. Extreme restriction of food
  - c. Eating large amounts of food without regular compensatory behaviors
  - d. Intense fear of fatness
- 18.** Barriers to adolescent utilization of contraceptives are due to:
- a. Lack of motive to use

- b. Think that they are not at risk
- c. Clinics are not friendly
- d. Lack of time for explanation

**Indicate as true/false (each is half a mark)**

- 19. Contraceptives availability is a right of every adolescent. True/False
- 20. The female condom can be reused if washed thoroughly with jik True /False
- 21. The classification of the sexually transmitted infections includes discharges, wounds, pain and child birth involvement True/false
- 22. The 7 Cs in Sexually transmitted infections mean: condom use, counseling, chemical use, contact tracing, client coming back, client selection, compliance. True/False

**SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)**

- 1. State three (3) roles of health care providers in averting adolescent pregnancies (5 marks)
- 2. Outline five roles of the community in preventing mental health illnesses among the youth (5 marks)
- 3. Highlight four (4) eating disorders among the youths and offer remedies (4 marks)
- 4. State five (5) health needs of the adolescents and youths (5 marks)
- 5. Explain three (3) aspects that should be considered friendly when offering youth services.(6 marks)
- 6. State five objectives of the adolescent health policy (5 marks)

**SECTION III: LONG ANSWER QUESTION – (20 MARKS)**

- 1. Explain five (5) barriers to adolescent reproductive health services. (10 Marks)
- 2. Discuss atleast two sustainable development goals that link to sexual and reproductive health. (10 marks)