



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
MASTER OF PUBLIC HEALTH
END OF SEMESTER EXAMINATION APRIL 2025

UNIT CODE: MSH 720 **UNIT NAME:** Adolescent, Sexual and Reproductive Health
DATE: April, 2025
TIME: Three Hours **Start:** **Finish:**

INSTRUCTIONS

1. This exam is marked out of 100 marks
2. This Examination comprises TWO Sections
Section A: Compulsory Question (25 marks)
Section B: Long Answer Questions (75 marks)

SECTION A: COMPULSORY (25 Marks)

Short Answer Questions

1. a) Define the following terms used in sexual and reproductive health
 - I. Adolescences (2 marks)
 - II. Reproductive Health (2 marks)
 - III. Sexual Health (2 marks)
 - IV. Youth Friendly Services (2 marks)
 - V. Gender identity (2 marks)

- b) Child marriage is a harmful practice, outline five disadvantages related to this practice. (5 marks)

c) The HIV pandemic has had longstanding effects in the low- and middle-income countries; outline five socioeconomic effects it has had on adolescents **(5 marks)**

d) Access to contraception is crucial for adolescent health; list five benefits that contraception confer to adolescents. **(5 marks)**.

SECTION B

ANSWER ANY THREE (3) QUESTIONS (75 Marks)

Long Answer Questions

2. A study was carried out in a community that had poor utilization of maternal health services such as family planning and facility deliveries. The results indicated that the women struggled to access the services due to many issues; one of the findings indicated that majority of the women who did not use these services needed their husbands to sanction the decision on whether to seek services or not.
 - a) Give two reasons why the husbands might not have been supporting the seeking of maternal health services from the facilities. **(4 marks)**
 - b) In order to have more utilization of services in this situation, male involvement is critical;
 - I. In the context of reproductive and maternal health, describe the meaning of Male involvement? **(2marks)**
 - II. In relation to utilization of maternal health services, give three reasons why male involvement is important **(3 marks)**
 - III. It is important to start male engagement early in the lives of men; outline six positive effects of this intervention in maternal health. **(6 marks)**
 - c) Male involvement needs to be done comprehensively;
 - I. Outline three components of comprehensive Male involvement **(3 marks)**
 - II. Outline seven barriers that hinder male involvement in sexual and reproductive health **(7 marks)**
3. Jane is a 14-year-old girl who discloses to you that she intends to undergo circumcision in the coming holiday despite the fact that the disadvantages of this practice have been discussed in their class.
 - a) Outline the four types of female genital mutilation (FGM) **(4 marks)**
 - b) Describe five potential reasons why she is still considering undergoing this practice despite the discussion on the disadvantages of FGM? **(5 marks)**
 - c) Outline six potential negative outcomes of FGM **(6 marks)**

- d) Describe five interventions that would be help Jane and other girls in her community to avoid going through. **(10 marks)**
4. Life skills are important in the lives of adolescents;
- a) Describe the meaning of the term “Life skills” according to the World Health Organisation **(2 marks)**
 - b) Outline five set of skills that are part of life skills **(5 marks)**
 - c) Describe three challenges faced in promoting life skills among adolescents **(6 marks)**
 - d) Healthy relations are important in the lives of adolescents;
 - i. Describe two benefits of healthy relationships **(2 marks)**
 - ii. Outline five marks of a healthy relationships **(5 marks)**
 - e) Intense negative peer pressure can result from some interactions; outline five symptoms of intense peer pressure; **(5 marks)**
5. Sexual and gender-based violence (SGBV) is a major public health challenge.
- a. Define sexual and gender-based violence **(2 marks)**
 - b. List three causes of SGBV **(3 marks)**
 - c. Describe five forms of SGBV **(10 marks)**
 - d. Explain five guiding principles important in addressing SGBV **(10 marks)**
6. The Safe motherhood initiative was launched in Nairobi in 1987.
- a. Explain why the safe motherhood introduced? **(2marks)**
 - b. Describe three reasons why it is critical to invest in improving maternal health. **(3 marks)**
 - c. Dealing with maternal mortality remains a challenge particularly in the low- and middle-income countries. Describe five challenges that contribute to maternal mortality **(10 marks)**
 - d. Explain how each of the challenges mentioned above can be mitigated. **(10 marks)**