



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
MASTER OF PUBLIC HEALTH
END OF SEMESTER EXAMINATION **AUGUST 2026**

UNIT CODE: MSH 720 **UNIT NAME** Adolescent, Sexual and Reproductive Health
DATE: **4TH** August, 2026
TIME: **Three Hours** **Start:** **1600** Hours **Finish** **1900** Hours

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. Explain the following terms;
 - a. Sexual Health (2 marks)
 - b. Adolescence (2 marks)
 - c. Unintended pregnancy (2 marks)
 - d. Gender based violence (2 marks)
 - e. Child Marriage (2 marks)
2. Describe the importance of the following concepts in Adolescent Sexual and Reproductive Health.
 - a. Male involvement (5 marks)
 - b. Body image (5 marks)
 - c. Comprehensive Sexuality Education (5 marks)

SECTION B (Set 5 Questions)

ANSWER ANY THREE (3) QUESTIONS (75 Marks)

Long Answer Questions

3. Mary is a 15-year-old girl who is scheduled to undergo circumcision over the long holiday. She approaches one of the teachers because she is not sure if to play along with her family or to refuse and face some potential consequences.
 - a. Indicate the four types of female genital mutilation (FGM) (4 marks)
 - b. Describe five potential reasons why she is still considering undergoing this practice. (5 marks)
 - c. Explain six potential negative outcomes of FGM (6 marks)
 - d. Describe five interventions that would help Jane and other girls in her community to avoid going through FGM. (10 marks)
4. You are running an ASRH club in a school where a teacher brings to your attention of Nyatuto, a very bright fourteen-year-old girl who has shown changes in her general behaviour over the last few months. Around the same period, her academic performance has been noted to be on the decline. On further inquiry, it was established that she had received a phone as a gift from one of her aunties and that she had access to internet.
 - a. Illustrate five potential negative effects that Nyatuto might have experienced related with the use of the phone. (10 marks)
 - b. Discuss five practical ways (10 marks)
 - c. Describe practical ways to support Nyatuto to navigate the issues that she is going through. (5marks).
5. Life skills are important in the lives of adolescents;
 - a.
 - i. Describe the meaning of the term “Life skills” (2 marks)
 - ii. Explain five set of skills that are part of life skills (5 marks)
 - iii. Describe three challenges faced in promoting life skills among adolescents (6 marks)
 - b. Healthy relations are important in the lives of adolescents;
 - i. Describe two benefits of healthy relationships (2 marks)
 - ii. Identify five marks of a healthy relationship (5 marks)
 - iii. Intense negative peer pressure can result from some interactions; indicate five symptoms of intense peer pressure; (5 marks)
6. The HIV/AIDs pandemic has been an area of great public health concern for several decades, and continues to be a challenge particularly among the adolescents.
 - a. Describe vulnerabilities faced by adolescents in regards to HIV/AIDS. (10 marks)

- b. Discuss the impact HIV/AIDS has had on sexual reproductive health of adolescents and youths. (10 marks)
 - c. Explain five ways that adolescents can be supported to overcome the challenges occasioned by HIV/AIDS. (5 marks)
7. Adolescents have unique ASRH needs;
- a. Explain five challenges faced by adolescents in meeting their Sexual and Reproductive Health services (10 marks)
 - b. You are in charge of a health facility, discuss various ways in which you would encourage adolescents to seek services in that facility. (10 marks)
 - c. Explain how male involvement can promote ASRH services utilization among the adolescents. (5 marks)

