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Instructions : This paper consists of 140 multiple choice questions. You are required to answer all questions. For each question, you are advised to read through the four options with letters a, b, c and d. Use HB Pencil to shade the correct answers appropriately as indicated on the given OMR answer sheet.

Time Allowed: 1hr 30 minutes

1. Dental caries can be caused by excessive intake of: (A) Meat and fish (B) Fruit and fiber (C) Milk and cheese (D) Sweet and sugar
2. The following are factors that encourage the spread of HIV infection in a community EXCEPT: (A) Stigma and discrimination (B) care and support for HIV positive people (C) widow inheritance (D) poverty
3. An example of host factors that may influence the acquisition of HIV include the following (A) the presence of other STIs (B) sexual intercourse during menstruation (C) lack of circumcision (D) All the above
4. Gender Violence is (A) Any act that results in or is likely to result in physical, sexual or psychological harm or suffering to men or women (B) physical or sexual abuse of a female by a male (C) All of the above (D) None of the above
5. Treatment of STIs services can be accessed in the following places (A) Market (B) Traditional healers (C) Youth and adolescent clinic (D) from friends
6. All but one of the following are examples of drugs that change the mood of their users (A) Alcohol (B) Nescafe (C) Indian hemp (D) Cocaine
7. Good nutrition will ensure the following EXCEPT: (A) Normal weight for height, strong muscles and moderate body fat (B) Resistance to disease and maintenance of good health (C) Ability to concentrate with efficient productivity (D) Stunting and wasting
8. The following methods will contribute positively to reducing HIV transmission from mother to her child (A) Educating and testing women of child bearing age (B) HIV counselling and testing (C) Use of antiviral drugs by positive pregnant women (D) All the above
9. One can know his/her HIV status by (A) looking out for symptoms (B) going for a laboratory test (C) attending a workshop on HIV (D) asking a friend
10. The behaviours of individuals are influenced by all but one of the following factors: (A) The environment in which the individual lives (B) The influence of significant persons in the individual's life (C) The resources that are available in the community the individual live (D) The name of the community where the individual was born
11. All but one of the following is not a challenge faced by students of the University of Ibadan (A) Sharing a room with fellow students (B) Heavy academic workload (C) Living and adapting to a completely new environment (D) None of the above
12. Taking a lot of animal fat should be avoided because of its high content of: (A) Protein (B) Mineral (C) Cholesterol (D) fat soluble vitamins
13. To get full benefit of condoms it must be used (A) Consistently and correctly (B) Only with promiscuous

partners (C) All of the above (D) None of the above

14. HIV will infect (A) all vertebrate animals (B) both plants and animals (C) only humans (D) All the above

15. _____ is a Life skill programme with the objective of non-discriminatory, equally benefit women and men and aim at correcting gender imbalances (A) Stereotype Responsiveness (B) Masculine and Feminine Response (C) Sex Responsiveness (D) Physiological Response

16. The advantage of early detection of HIV include (A) Likelihood of long, healthy life (B) enrollment for antiretroviral therapy (C) Can protect partner from becoming infected (D) All of the above

17. Which of the following is the best definition of health (A) A state of complete physical, mental and social well being and not merely the absence of diseases (B) A state of complete social happiness and not merely absence of diseases (C) A state of best physical and social well being (D) None of the above

18. A negative HIV result means the following EXCEPT (A) evidence of the presence of virus not found (B) the person may not have the virus (C) the person is resistant to HIV (D) the person may be in window period

19. The best way of preventing diarrhoea is to: (A) Cook food thoroughly before eating (B) Wash fruits well before eating them (C) Wash hands with soap after using the toilet (D) All the above

20. The best definition of sexuality education is (A) A process of providing information, skills and services to enable individuals adopt safe sexual practices (B) A process of encouraging individuals to have positive attitude about sexual practices (C) A process of providing information for HIV prevention and care for those already infected (D) A process of informing young persons to ensure that they remain healthy

21. The following is true of adolescence (A) A time of self-definition (B) A period of acquiring a sense of identity (C) A period full of life experimentation (D) All of the above

22. A series of self developmental sessions where basic skills are taught is _____ (A) Communication Skills (B) Behaviour Modifying Skills (C) Building Skills (D) Life Building Skills

23. The theoretical perspective which views the youth subculture as a reaction of subordinated groups that challenge the hegemony of the dominant culture thus accounting for factors such as gender, ethnicity and age is (A) Marxian perspective (B) Functionalist perspective (C) Post-structuralist perspective (D) Feminist perspective

24. All but one of the following is an advantage of exercise (A) Makes an individual feel better about himself/herself (B) Helps individuals maintain healthy weight (C) Helps to prevent diseases such as malaria (D) Helps to prevent stress

25. _____ is not another word for youth (A) Young person (B) Teen (C) Adolescent (D) Child

26. The most common route of transmission of pathogen in underdeveloped countries is (A) Sexual (B) fecal-oral (C) Mother to child (D) Contaminated needle

27. The agent of the following diseases are easily

transmitted by droplet contacts such as coughing

or sneezing (A) Yellow fever (B) Tuberculosis (C) Syphilis (D) All the above

28. The following individuals have sickle cell disease EXCEPT (A) HbSS (B) HbAS (C) Hb SD (D) HbSC

29. The most predominant mode of transmission of HIV among the adult population in Nigeria is (A) blood transfusion (B) mother to child transmission (C) sexual intercourse (D) sharing of sharp object

30. The following are the functions of reproductive system (A) Production of egg and sperm cells (B) Transportation and sustenance of these cells (C) Nurturing the developing offspring (D) All the above

31. Sickle cell disease is as a result of a disorder in (A) protein portion of the haemoglobin (B) the red cells of th

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body (C) gene controlling the formation of the haemoglobin (D), All the above
32. In the context of non-communicable diseases, the computer revolution is (A) an advantage to man (B) a disadvantage to man (C) has no role to play (D) is in-significant
33. Not everyone that is infected with HIV has AIDS because (A) One can be infected with HIV for a long time before developing AIDS (B) AIDS only develop at the late stage of HIV infection (C), All the above (D) none of the above
34. In ejaculation (A) Ejaculation occurs when sexually arousing impulses reach a certain level and there is increase of penile sympathetic nerve activity (B) There is contraction of reproductive ducts and glands and the emptying of their contents into the urethra (C), Ejaculation is associated with generalized muscle contraction, increased heart rate, and increased blood pressure (D) All the above
35. Core life skill education is the ability to do all the following EXCEPT _____ (A) Communicate, including listen, build empathy, be assertive, and negotiate (B) Make decisions, solve problem and think critically and creatively (C) Cope with emotions and stress (D), Take risk with little or no consultation
36. The following are types of counseling in HIV/AIDS services EXCEPT (A) Pre-HIV test Counselling (B) Post-HIV test Counselling (C) Advisory counselling (D), On-going HIV counselling
37. The following diseases agents are transmitted by arthropod vectors EXCEPT (A) Yellow fever (B) sleeping sickness (C) Malaria (D), Influenza
38. One of the following behaviours can shorten the lifespan of an individual (A), Smoking of cigarette (B) Eating healthy (C) All of the above (D) None of the above
39. The most effective way to avoid contact with sexually transmitted infections is (A) Use condom (B) Use of preventive drugs (C), Abstinence (D) Monogamy
40. One of the features of HIV is that it has many strain/subtypes. This has implication in (A) vaccine development (B) diagnosis of infection with HIV (C) response to drug (D) All the above
41. The following are erectile or ejaculatory problems (A) Testicular torsion (B) Premature ejaculation (C) Scrotal varicocoele (D) Mumps orchitis
42. In Nigeria, support for HIV/AIDS program come from various sources including (A) USG PEPFAR (B) Global Fund (C) Federal government of Nigeria (D), All of the above
43. The following will encourage sexual transmission of HIV EXCEPT (A) Stage of infection (B) Virulence of the virus (C), Use of condom (D) None of the above
44. HIV stands for (A) Human influenza virus (B), Human immunodeficiency virus (C) Horse immune virus (D) None of the above
45. Non-communicable diseases are becoming more important because of (A) increasing life expectancy (B) dietary and lifestyle changes (C), All the above (D) None of the above
46. AIDS is caused by (A) Poor feeding (B) Poor hygiene (C) infection with viruses (D), infection with HIV
47. The normal components of the cells are obtained from (A) Fat (B) Protein (C) Carbohydrate (D), Food
48. Genital ulcer diseases include the following EXCEPT (A) Syphilis (B) Chancroid (C), HIV (D) Granuloma inguinale
49. Programmes that have proven effective or have shown evidence of improving youth's reproductive and sexual health include all EXCEPT _____ (A) Use of media information (B) Development of self esteem (C), Decision making (D) Communication and Interpersonal skills
50. Viruses possess as their genetic material (A), either DNA or RNA (B) both DNA and RNA (C) neither DNA nor

RNA (D) All the above

51. Gonorrhea is caused by (A) *Chlamydia trachomatis* (B) *Neisseria gonorrhoeae* (C) HIV (D) *Candida albicans*

52. The following group of organisms can cause STI EXCEPT (A) Bacteria (B) Viruses (C) Protozoan (D) None of the above

53. The HIV strain that was first isolated in the University of Ibadan is (A) Subtype C (B) CRF02-AG (C) CRF01-AE (D) Subtype B

54. In HIV testing (A) Screening test is all that is needed to say someone is HIV positive (B) 'Window' period is the after HIV exposure when antibodies to HIV are not detectable in the blood (C) Blood is the only body fluid used for HIV test (D) A test done once and is negative is all that is needed to say one is negative

55. All but one of the following is a consequence of risky sexual activities among young persons (A) Unwanted pregnancy (B) Sexually transmitted infections (C) Dropping out of school (D) Honour and respect

56. HIV transmission through blood and blood product can be prevented by: (A) screening of blood for presence of HIV (B) rejecting blood transfusion even when necessary (C) transfusing blood from family member without prior HIV testing (D) none of the above

57. The cell in the body that HIV infects is called (A) HIV cell (B) CD4 bearing cells (C) B-cells (D) leucocytes

58. The following statements are true about treatment of HIV infection EXCEPT (A) anti-retroviral drugs are designed to reduce the quantity of virus in the body (B) the drugs do cure HIV (C) drugs decrease the occurrence of opportunistic infection (D) Used in combination

59. The arm of the body that protects it against infection is called (A) protective system (B) immune system (C) responsive system (D) reproductive system

60. The following are examples of non-communicable disease EXCEPT (A) Dementia (B) Stroke (C) Meningitis (D) Hypertension

61. In Reproductive system (A) The primary organs are the ovaries and the testes (B) Production of eggs and sperms are functions of the secondary organs (C) Production of hormones is a not an important function of reproductive system (D) None of the above

62. The following are barriers to HIV counseling and testing (A) Stigma (B) Self trust (No need because I am faithful) (C) Presumed lack of access to care and support services (D) All the above

63. The Three C Model is a programme which encompasses all EXCEPT _____ (A) In ability to cope with life challenges (B) Help to identify Challenges (C) Help to take informed choices (D) Awareness on consequences of taking a particular choices

64. Treatment of STIs services can be accessed in the (A) Market (B) Traditional healers (C) Youth and adolescent clinic (D) From friends

65. HIV causes AIDS by (A) assisting the immune cells (B) latent infection (C) destroying the cell that is at the centre of the immune system (D) none of the above

66. Pathogens are (A) Disease causing microbes (B) Harmful to health (C) Transmitted from one person to another (D) All the above

67. A baby from a couple with blood haemoglobin genotype AS/AS has (A) 25% Chance of being SS (B) 50% Chance of being SS (C) 5% Chance of being AA (D) No chance of being SS

68. Genes constitute the basis of life because (A) they control biologically inherited traits (B) they are genetic materials (C) they cannot change (D) None of the above

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69. Routine HIV test will detect (A) virus (B) antibody (C) viral genome (D) none of the above
70. HIV is transmitted through the following EXCEPT (A) Sexual intercourse (B) Hand Shake (C) blood transfusion (D) use of contaminated needle
71. All of the following EXCEPT one is an example of life-skills that adolescents need to cope with daily life challenges: (A) Refusal skills (B) Assertiveness skills (C) Negotiation skills (D) Dressing skills
72. Non-communicable diseases (NCD) are (A) non-infectious health conditions (B) are not caused by any known causative agents (C) are not acquired by person-to-person contact (D) All the above
73. AIDS is (A) Acquired infectious disease syndrome (B) Acquired immune down syndrome (C) Acquired immunodeficiency syndrome (D) None of the above
74. Whitish foul smelling vaginal discharge with associated itching may be caused by the following infections (A) Candidiasis (B) Trichomoniasis (C) Bacteria vaginosis (D) Urinary tract infections
75. Secondary sexual development in girls involves (A) enlargement of the ovaries (B) enlargement of the uterus (C) growth of pubic hair (D) All of the above
76. The most effective method of preventing indirect transmission (A) Proper cooking of food materials (B) Irradiation (C) Hand washing (D) Abstinence
77. The period of adolescent is divided into (A) Early and Late adolescence (B) Early, Mid and late adolescence (C) Early adolescence and youth (D) None of the above
78. The most effective way to prevent malaria is by (A) Avoiding mosquito bite (B) Use of weekly preventive drug (C) Vaccination (D) Avoiding stressful conditions
79. Vitamin A is important for growth and vision and can be obtained from: (A) Yam (B) Cowpea (C) Liver (D) sugarcane
80. The following are true of sickle cell disease (A) it is an inherited disease (B) it is an acquired disease (C) it is contagious (D) it is acquired by living in a crowded environment
81. Some of the problems associated with excessive intake of energy include the following EXCEPT for: (A) Overweight and obesity (B) Hypertension (C) Diabetes mellitus (D) Constipation
82. The following may be indication of advanced HIV infection or AIDS EXCEPT (A) rapid weight loss (B) profuse night sweats (C) persistent or recurring cough (D) malaria
83. The following are the advantages of the condom (A) It prevents both sexually transmitted diseases and unwanted pregnancy (B) Its use does not require the prescription of a health worker (C) It can be purchased over-the-counter (D) All the above
84. The following are non-communicable diseases except _____ (A) Cancer (B) Stroke (C) HIV (D) Kidney failure
85. In reproduction (A) Erection is the part of sympathetic nerve activity (B) The penis is both an organ of copulation and urinary excretion (C) There is more blood going out of the penis during erection (D) none of the above
86. A major problem with alcohol use is that it (A) Impairs the judgement of the user (B) Is a major cause of road-traffic accidents (C) Is a gate-way to the use of other more serious substances (D) Is readily available
87. In HIV care (A) Anybody accidentally exposed to body fluid should seek medical advice immediately (B) All HIV positive person need to take drug for the rest of their lives (C) Frequent exposure to body fluid is not a problem because there are drugs to be taken to prevent one from being infected (D) None of the above

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88. An HIV positive result means (A) The person has the virus (B) the person has AIDS (C) the person will soon die (D) All the above

89. The following is true about Post-exposure prophylaxis (A) administered after a needle stick injury (B) administered after a rape (C) most effective when administered within 24 hours of exposure (D) All the above

90. _____ is not common to the perception of youth worldwide irrespective of the culture? (A) Physical maturity (B) Transition to adulthood (C) Chronological age (D) Economic independence

91. One of the followings is the best statement about abstinence from sex: (A) It has 100% guarantee to prevent sexually transmitted diseases and unwanted pregnancy (B) It is the only method of controlling population growth in Nigeria (C) It is a reliable option for young persons who want to prove their love to their partners (D) None of the above

92. HIV-2 is found mostly in _____ (A) Europe (B) North America (C) West Africa (D) Asia

93. The following can be transmitted from mother to Child (A) Human immunodeficiency virus (B) Hepatitis B virus (C) Syphilis (D) All the above

94. The following statements about rate of HIV infection in Nigeria are true EXCEPT (A) higher among the youths (B) varies from region to region (C) less than 1% (D) Declining

95. The following are way of preventing sexual transmission of HIV EXCEPT: (A) abstaining from sexual intercourse (B) proper and consistent use of condom (C) being faithful to your spouse (D) practicing anal sex

96. HIV cannot be transmitted through the following activities (A) caring for HIV positive persons (B) common use of toilet (C) playing with someone who is HIV positive (D) All the above

97. Challenges faced by youths in the university entails all EXCEPT _____ (A) Accommodation problem (B) Transition of experience from secondary to university (C) Adaptation to new environment (D) Misplace sense of direction

98. The following are the most important things an individual need to do stay healthy except (A) Eating well (B) Read well (C) Exercising well (D) Resting well

99. The most effective way of combating HIV infection today is by: (A) use of vaccine (B) preventing exposure to the virus (C) Killing all HIV positive people (D) none of the above

100. HIV diagnosis is done in two stages. The first stage is called (A) confirmation (B) screening (C) polymerase chain reaction (D) none of the above

101. Herpes simplex infection is an example of (A) Bacterial STI (B) Viral STI (C) Fungi STI (D) Protozoal STI

102. Vitamin A performs the following functions except: (A) It is an antioxidant (B) Helps in maintaining healthy eyes and skin (C) Needed for normal growth and reproduction (D) It serves as antibody, fighting infections

103. The following is true about cancer (A) occur when cells proliferate uncontrollably (B) can arise in any organ (C) All of the above (D) None of the above

104. The following are common means of direct contact of transmission is (A) sexual activity (B) Respiratory (C) Inanimate object (D) All the above

105. The following are the characteristics of a girl presenting for HIV counselling and testing following sexual assault EXCEPT (A) Highly emotional (B) Abusive (C) Anxious (D) Non-communicative and in shock

106. The reproductive system (A) Is critical for survival of the organism because an individual cannot live long, healthy and happy life without reproducing (B) The major function is to ensure continuity of the species (C) It can be changed easily by doctors (D) It is the same in men and women

107. Transmission of HIV from mother to her child can occur during the following EXCEPT (A) during pregnancy (B) during delivery (C) during breast feeding (D) during child care
108. The following are the importance of HIV counseling and testing EXCEPT (A) It is vital for identifying HIV-positive persons to provide services (B) It is an opportunity to know somebody else secrete (C) It provides an entry point to comprehensive HIV/AIDS treatment (D) It helps identify and reduce behaviors that increase HIV transmission risks
109. The following statement is not correct in HIV/AIDS Programme and services (A) Individuals should be able to 'opt out' of counselling or testing (B) Counselling and testing must be truly voluntary (C) Pre-test counselling is a session taken after HIV test is performed (D) HIV counselling is an interaction between a counsellor and a counselee on HIV and AIDS issues with the purpose of empowering the counselee to make informed decisions and face the challenges associated with his/her HIV status.
110. The most abundant nutrient in the body is: (A) Protein (B) Carbohydrate (C) Fat (D) Water
111. Non-communicable diseases can be prevented and controlled by (A) health awareness (B) people seeking care once they notice unusual symptoms or growths in any part of the (C) eating healthy (D) All the above
112. Some of the benefits in knowing one's HIV status include (A) ability to access available care and treatment (B) Enhances ability to protect self and sexual partner (C) All the above (D) none of the above
113. Sexually transmitted infection is defined as (A) Diseases caused by drinking dirty water (B) Diseases originated from eaten dirty food (C) Diseases acquired through sexual intercourse (D) Diseases that do not have any cause
114. How many hours of physical activities do an individual need to carry out every month to stay health? (A) Half an hour (B) Three hours (C) Two and half hour (D) Five hours
115. During post-test counseling for HIV positive patient (A) Further clarification of understanding is done (B) The counsellor should review benefits of knowing HIV status with the patient (C) The patient should be assisted to address immediate concerns (D) All the above
116. In HIV counseling and testing (A) Information on patient's HIV status is kept private (B) Information about patient's HIV status cannot be shared among providers directly involved in care (C) Post-test results is given in group (D) Disclosure of one's result should not be encouraged because it is a confidential issue
117. HIV infection in infants born to positive mothers cannot be established using routine HIV antibody test because: (A) Babies do not produce antibodies (B) difficulty of differentiating mother's and baby's antibodies (C) HIV does not cross from mother to child (D) none of the above
118. The male external genitalia consist of (A) The ovaries (B) The testes (C) The prostate gland (D) Cyst
119. HIV cannot be transmitted through the following ways (A) coughing and sneezing (B) mosquito bite (C) All the above (D) none of the above
120. The following disease agent can be transmitted to human through dog bite (A) Typhoid fever (B) Hay fever (C) Rabies virus (D) Lassa fever
121. Features of Sickle cell disease include (A) delayed puberty (B) low blood level (C) yellowness of the eyes (D) All the above
122. Sexual intercourse with multiple partner (A) increases your success rate (B) Increases your chance of acquiring STIs (C) increases your respect (D) None of the above
123. The first case of HIV in Nigeria was reported in (A) 1986 (B) 1982 (C) 1996 (D) 1999

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124. The following are examples of opportunistic infection in HIV EXCEPT (A) Pneumocystis jirovecii (B) Tuberculosis (C) malignancies such as Kaposi's sarcoma (D) poliomyelitis
125. Kwashiorkor is a disease resulting from lack of: (A) Protein (B) Fat (C) carbohydrates (D) Vitamins
126. The following is not a symptom of AIDS (A) Prolong fever (B) Measles (C) Swollen lymph nodes (D) Tuberculosis
127. A confirmed HIV test results can either be or (A) Average, negative or positive (B) negative, positive or indeterminate (C) good, bad or poor (D) none of the above
128. Most HIV infection in children is acquired (A) sexually (B) from their mother (C) from needle stick injury (D) All the above
129. Opportunistic infections are (A) viral infections (B) bacterial infections (C) infections that take advantage of a weak immune system (D) difficult infections
130. Gender mainstreaming is (A) The process of assessing the implications for women and men of planned action (B) Clusters of learned expectations of male and females (C) Role sharing (D) None of the above
131. The following are done during post-test counseling (A) Provide the patient with his/her HIV test result (B) Help the patient understand what the result means (C) Encourage risk-reducing behavior (D) All the above
132. Challenges faced by youths in the university entails all EXCEPT _____ (A) Accommodation problem (B) Transition of experience from secondary to university (C) Adaptation to new environment (D) Regular attendance of lectures
133. The best method to prevent acquisition of STI is (A) Avoid premarital sex (B) Engage in multiple sex partnership (C) Patronizing commercial sex workers (D) Engage in "aristo" relationship
134. The HIV types differ in the following characteristic EXCEPT (A) Rate of transmission of the virus (B) Mode of transmission (C) Global distribution (D) None of the above
135. The following are the associated problems with the testes (A) Cryptorchidism (B) Testicular torsion (C) Germinal cell atresia (D) All the above
136. The two HIV types of HIV are (A) HIV-1 and HIV-2 (B) HIV-A and HIV-B (C) HIV-C and HIV-D (D) None of the above
137. Gender equality means that (A) Females have more rights, freedom and opportunities than males (B) Disparity between or among individuals due to sex (C) Both males and females have equal rights, freedoms, conditions and opportunities for realizing their full potential (D) All of the above
138. Caffeine is an example of (A) A stimulant (B) A sedative (C) A volatile inhalant (D) An opioid
139. The following are known menstrual problems in women EXCEPT (A) Menorrhagia and Amenorrhea (B) Metrorrhagia and Galactorrhea (C) All of the above (D) none of the above
140. Deficiency of calcium can result in the following except: (A) Rickets (B) Beriberi (C) Enlarged wrists or ankles (D) Stunted growth