Section I: STDs: An Overview

1. Which of the following are known to cause and transmit reproductive tract infections?
   a. Sexual intercourse.
   b. Infected blood.
   c. Overgrowth of normally present organisms in the genital tract.
   d. Medical procedures.
   e. Breastfeeding.
   f. All of the above.

2. The following statements pertain to sexually transmitted diseases (STDs). Please indicate whether each statement is True or False.
   a. Bacterial infections such as gonorrhea and chlamydia are only a concern for women and do not affect men. True □ False □
   b. Viral STDs cannot be cured. True □ False □
   c. Pregnant women with syphilis, HIV and herpes may transmit the infection to their newborns. True □ False □
   d. The presence of another STD does not increase the risk of HIV transmission. True □ False □
   e. Consistent and correct use of condoms is the most effective way for sexually active people to prevent the transmission of both bacterial and viral STDs. True □ False □

3. Which of the following STDs are curable? Check all that apply.
   a. Syphilis.
   b. HIV/AIDS.
   c. HPV.
   d. Gonorrhea.
   e. Chlamydia.
   f. Herpes.

4. STDs are on the rise globally. Which of the following factors contribute to the global spread of STDs? Check all that apply.
   a. Inadequate health services.
   b. Poverty and commercial sex work.
   c. Disruption to traditional family life.
   d. Legal and cultural obstacles to condom promotion and use.
   e. Lack of gender equity.
5. Public health strategies for reducing the spread of STDs include which of the following? Check all that apply.
   a. Promoting consistent and correct condom use.
   b. Targeting core transmitters, such as sex workers, truck drivers and military men.
   c. Using mass media, comic books, posters and magazine to help change social norms.
   d. Offering STD services through family planning/maternal-child health clinics.

6. The following statements pertain to reducing STD risk among women, men and adolescents. Please indicate whether each statement is True or False.
   a. Reaching men is not critical to STD prevention programs as long as women are provided with services. True □ False □
   b. STDs are often asymptomatic in women and tend to go untreated. True □ False □
   c. About 70% of existing STD infections are among young adults 15 to 24 years old. True □ False □
   d. Men are biologically more vulnerable to STDs than women. True □ False □

Section II: STD Prevention

7. Check all that apply. Counseling for STD prevention and treatment should:
   a. Include approaches that target individuals, couples and peer groups.
   b. Ignore skills training for clients.
   c. Include assessing each client’s STD risk.
   d. Discuss the immorality of having multiple sex partners.
   e. Promote the correct and consistent use of condoms.

8. Check all that apply. Clients need skills to:
   a. Move them through the five stages of behavioral change in order to change personal risky sexual behaviors.
   b. Negotiate risk reduction.
   c. Improve communications within their relationships.
   d. Learn to reuse male condoms effectively.
9. During a counseling session, a client should be informed of the degree of STD protection a particular contraceptive method offers. Which of the following contraceptive methods provide some protection against STDs when used correctly and consistently? Check all that apply.
   a. Male latex condoms.
   b. Injectables.
   c. Combined oral contraceptives.
   d. Female condoms.
   e. Spermicides.
   f. IUDs.

10. Which of the following are appropriate examples of dual method use to prevent pregnancy and the transmission of STDs? Check all that apply.
   a. Condoms with emergency contraceptive pills (ECPs), as needed.
   b. Condoms and oral contraceptives.
   c. IUD with ECPs, as needed.
   d. IUD and condoms.

11. Please indicate whether the following statement is True or False.
   One example of dual method use entails using the condom as the primary method for both STD and pregnancy prevention, with use of emergency contraception as a backup if the condom is not used, breaks or slips.
   True ☐ False ☐

12. The following statements pertain to use of condoms for STD prevention. Please indicate whether each statement is True or False.
   a. Oil-based lubricants may be used with latex condoms. True ☐ False ☐
   b. Although condoms protect against STDs, many side effects have been reported. True ☐ False ☐
   c. Most condom breakage is due to human error. True ☐ False ☐
   d. Laboratory studies have found that female condoms protect against both bacterial and viral STDs. True ☐ False ☐
   e. Male condoms can be reused, if necessary. True ☐ False ☐

13. The best method for preventing the spread of STDs, including HIV/AIDS, is:
   a. Spermicides.
   b. Male condoms.
   c. Emergency contraceptive pills.
   d. Injectables.
14. Key messages during counseling for correct female condom use include which of the following? Check all that apply.
   a. Lubrication is always needed because the female condom is not pre-lubricated.
   b. Do not use the female condom with the male condom.
   c. It is important to place the penis inside the female condom during intercourse.
   d. The female condom should remain in place for at least 6 hours after intercourse.

15. Male condoms should be stored:
   a. In a cool, dark, dry location, away from pests, if possible.
   b. For no more than five years.
   c. Choices a. and b.
   d. None of the above.

Section III: STD Management

16. The following are statements about STD management. Please indicate whether each statement is True or False.
   a. Effective STD management includes diagnosis, treatment and the four Cs. True □ False □
   b. STD management should never be offered by family planning clinics. True □ False □
   c. STD management includes laboratory-based, clinical (without laboratory support) and syndromic approaches. True □ False □
   d. None of the approaches to STD management works well with asymptomatic clients. True □ False □

17. Health care providers should emphasize the four Cs of STD management. What are the four Cs? Check the four that apply.
   a. Counseling and education.
   b. Condom promotion.
   c. Complications awareness.
   d. Compliance with treatment.
   e. Community participation.
   f. Contacting partners for diagnosis.
18. The following statements pertain to the syndromic approach to STD diagnosis and treatment. Please indicate whether each statement is True or False.
   a. The syndromic approach treats for all possible causes of a particular syndrome. True □ False □
   b. It is not important to take local prevalence of STDs into account when using the syndromic approach. True □ False □
   c. Specialized equipment is not necessary for the syndromic approach. True □ False □
   d. The syndromic approach typically results in overtreatment. True □ False □

19. The syndromic approach is least accurate in diagnosing:
   a. Genital ulcer syndrome in men and women.
   b. Urethral discharge syndrome in men.
   c. Lower abdominal pain syndrome in women.
   d. Vaginal discharge syndrome in women.

20. The following statements pertain to specific syndromes. Please indicate whether each statement is True or False.
   a. If urethral discharge, with or without painful urination, is confirmed in a man, he should be treated for gonorrhea and chlamydia. True □ False □
   b. If a woman complains of abnormal vaginal discharge and also has tenderness or pain in her lower abdomen, the provider should use the lower abdominal pain algorithm. True □ False □
   c. Algorithms used in syndromic management should always incorporate the four Cs of STD diagnosis and treatment. True □ False □

21. The three most common causes of genital ulcer syndrome are:
   a. Gonorrhea.
   b. Syphilis.
   c. Chancroid.
   d. Genital herpes.
   e. Vaginitis.

22. Vaginal discharge syndrome is a good indicator of:
   a. Cervicitis.
   b. Gonorrhea.
   c. Syphilis.
   d. Vaginitis.
23. The following statements pertain to STD screening, vaccination, and treatment. Please indicate whether each statement is True or False.
   a. HIV testing can detect infection immediately after exposure. True □ False □
   b. Screening and treatment of pregnant women for syphilis is effective, easy to do and affordable. True □ False □
   c. Pap smears can detect early stages of HIV. True □ False □
   d. A vaccine for Hepatitis B is available. True □ False □
   e. Drugs for treating STDs and AIDS-related infections are tolerant of excessive sunlight, moisture and heat. True □ False □
   f. Before integrating clinical STD management services into family planning clinics, program managers should assess staff expertise and available infrastructure and assure that minimal training, supervision and technical standards are in place. True □ False □

24. A woman comes into your clinic complaining of lower abdominal pain and vaginal discharge. To properly diagnose and treat her, which of the following do you do? Check all that apply.
   a. Use the vaginal discharge algorithm first.
   b. Use the lower abdominal pain algorithm first.
   c. Take a history and perform a physical exam, checking in particular for abdominal “rebound tenderness.”
   d. If appropriate, treat or refer her for PID.

25. A man comes into your clinic complaining of discharge from his penis and painful urination. To properly diagnose and treat him, which of the following do you do? Check all that apply.
   a. Use the urethral discharge algorithm.
   b. Use the genital ulcer algorithm.
   c. Check for other symptoms of STDs such as a genital ulcer or swollen glands.
   d. Confirm the discharge and treat for gonorrhea and chlamydia.
Sexually Transmitted Diseases

Contraceptive Technology and Reproductive Health Series:
Sexually Transmitted Diseases
Post-test Answer Key

Section I: STDs : An Overview

1. Which of the following are known to cause and transmit reproductive tract infections?
   a. Sexual intercourse.
   b. Infected blood.
   c. Overgrowth of normally present organisms in the genital tract.
   d. Medical procedures.
   e. Breastfeeding.
   f. All of the above.

2. The following statements pertain to sexually transmitted diseases (STDs). Please indicate whether each statement is True or False.
   a. Bacterial infections such as gonorrhea and chlamydia are only a concern for women and do not affect men. True □ False □
   b. Viral STDs cannot be cured. True □ False □
   c. Pregnant women with syphilis, HIV and herpes may transmit the infection to their newborns. True □ False □
   d. The presence of another STD does not increase the risk of HIV transmission. True □ False □
   e. Consistent and correct use of condoms is the most effective way for sexually active people to prevent the transmission of both bacterial and viral STDs. True □ False □

3. Which of the following STDs are curable? Check all that apply.
   a. Syphilis.
   b. HIV/AIDS.
   c. HPV.
   d. Gonorrhea.
   e. Chlamydia.
   f. Herpes.

4. STDs are on the rise globally. Which of the following factors contribute to the global spread of STDs? Check all that apply.
   a. Inadequate health services.
   b. Poverty and commercial sex work.
   c. Disruption to traditional family life.
   d. Legal and cultural obstacles to condom promotion and use.
   e. Lack of gender equity.
5. Public health strategies for reducing the spread of STDs include which of the following? Check all that apply.
   a. Promoting consistent and correct condom use.
   b. Targeting core transmitters, such as sex workers, truck drivers and military men.
   c. Using mass media, comic books, posters and magazine to help change social norms.
   d. Offering STD services through family planning/maternal-child health clinics.

6. The following statements pertain to reducing STD risk among women, men and adolescents. Please indicate whether each statement is **True** or **False**.
   a. Reaching men is not critical to STD prevention programs as long as women are provided with services. **False**
   b. STDs are often asymptomatic in women and tend to go untreated. **True**
   c. About 70% of existing STD infections are among young adults 15 to 24 years old. **True**
   d. Men are biologically more vulnerable to STDs than women. **False**

**Section II: STD Prevention**

7. Check all that apply. Counseling for STD prevention and treatment should:
   a. Include approaches that target individuals, couples and peer groups.
   b. Ignore skills training for clients.
   c. Include assessing each client’s STD risk.
   d. Discuss the immorality of having multiple sex partners.
   e. Promote the correct and consistent use of condoms.

8. Check all that apply. Clients need skills to:
   a. Move them through the five stages of behavioral change in order to change personal risky sexual behaviors.
   b. Negotiate risk reduction.
   c. Improve communications within their relationships.
   d. Learn to reuse male condoms effectively.
9. During a counseling session, a client should be informed of the degree of STD protection a particular contraceptive method offers. Which of the following contraceptive methods provide some protection against STDs when used correctly and consistently? Check all that apply.
   a. Male latex condoms.
   b. Injectables.
   c. Combined oral contraceptives.
   d. Female condoms.
   e. Spermicides.
   f. IUDs.

10. Which of the following are appropriate examples of dual method use to prevent pregnancy and the transmission of STDs? Check all that apply.
   a. Condoms with emergency contraceptive pills (ECPs), as needed.
   b. Condoms and oral contraceptives.
   c. IUD with ECPs, as needed.
   d. IUD and condoms.

11. Please indicate whether the following statement is True or False.

   One example of dual method use entails using the condom as the primary method for both STD and pregnancy prevention, with use of emergency contraception as a backup if the condom is not used, breaks or slips.
   True ☐ False ☐

12. The following statements pertain to use of condoms for STD prevention. Please indicate whether each statement is True or False.

   a. Oil-based lubricants may be used with latex condoms. True ☐ False ☐
   b. Although condoms protect against STDs, many side effects have been reported. True ☐ False ☐
   c. Most condom breakage is due to human error. True ☐ False ☐
   d. Laboratory studies have found that female condoms protect against both bacterial and viral STDs. True ☐ False ☐
   e. Male condoms can be reused, if necessary. True ☐ False ☐

13. The best method for preventing the spread of STDs, including HIV/AIDS, is:

   a. Spermicides.
   b. Male condoms.
   c. Emergency contraceptive pills.
   d. Injectables.
14. Key messages during counseling for correct female condom use include which of the following? Check all that apply.
   a. Lubrication is always needed because the female condom is not pre-lubricated.
   b. **Do not use the female condom with the male condom.**
   c. **It is important to place the penis inside the female condom during intercourse.**
   d. The female condom should remain in place for at least 6 hours after intercourse.

15. Male condoms should be stored:
   a. In a cool, dark, dry location, away from pests, if possible.
   b. For no more than five years.
   c. **Choices a. and b.**
   d. None of the above.

Section III: STD Management

16. The following are statements about STD management. Please indicate whether each statement is **True or False**.
   a. Effective STD management includes diagnosis, treatment and the four Cs. **True □ False □**
   b. STD management should never be offered by family planning clinics. **True □ False □**
   c. STD management includes laboratory-based, clinical (without laboratory support) and syndromic approaches. **True □ False □**
   d. None of the approaches to STD management works well with asymptomatic clients. **True □ False □**

17. Health care providers should emphasize the four Cs of STD management. What are the four Cs? Check the four that apply.
   a. **Counseling and education.**
   b. **Condom promotion.**
   c. Complications awareness.
   d. **Compliance with treatment.**
   e. Community participation.
   f. **Contacting partners for diagnosis.**
18. The following statements pertain to the syndromic approach to STD diagnosis and treatment. Please indicate whether each statement is **True** or **False**.
   a. The syndromic approach treats for all possible causes of a particular syndrome. **True** □ **False** □
   b. It is not important to take local prevalence of STDs into account when using the syndromic approach. **True** □ **False** □
   c. Specialized equipment is not necessary for the syndromic approach. **True** □ **False** □
   d. The syndromic approach typically results in overtreatment. **True** □ **False** □

19. The syndromic approach is **least** accurate in diagnosing:
   a. Genital ulcer syndrome in men and women.
   b. Urethral discharge syndrome in men.
   c. Lower abdominal pain syndrome in women.
   d. **Vaginal discharge syndrome in women.**

20. The following statements pertain to specific syndromes. Please indicate whether each statement is **True** or **False**.
   a. If urethral discharge, with or without painful urination, is confirmed in a man, he should be treated for gonorrhea and chlamydia. **True** □ **False** □
   b. If a woman complains of abnormal vaginal discharge and also has tenderness or pain in her lower abdomen, the provider should use the lower abdominal pain algorithm. **True** □ **False** □
   c. Algorithms used in syndromic management should always incorporate the four Cs of STD diagnosis and treatment. **True** □ **False** □

21. The **three** most common causes of genital ulcer syndrome are:
   a. Gonorrhea.
   b. **Syphilis.**
   c. Chancroid.
   d. Genital herpes.
   e. Vaginitis.

22. Vaginal discharge syndrome is a good indicator of:
   a. Cervicitis.
   b. Gonorrhea.
   c. Syphilis.
   d. **Vaginitis.**
23. The following statements pertain to STD screening, vaccination, and treatment. Please indicate whether each statement is True or False.
   a. HIV testing can detect infection immediately after exposure. True □ False □
   b. Screening and treatment of pregnant women for syphilis is effective, easy to do and affordable. True □ False □
   c. Pap smears can detect early stages of HIV. True □ False □
   d. A vaccine for Hepatitis B is available. True □ False □
   e. Drugs for treating STDs and AIDS-related infections are tolerant of excessive sunlight, moisture and heat. True □ False □
   f. Before integrating clinical STD management services into family planning clinics, program managers should assess staff expertise and available infrastructure and assure that minimal training, supervision and technical standards are in place. True □ False □

24. A woman comes into your clinic complaining of lower abdominal pain and vaginal discharge. To properly diagnose and treat her, which of the following do you do? Check all that apply.
   a. Use the vaginal discharge algorithm first.
   b. Use the lower abdominal pain algorithm first.
   c. Take a history and perform a physical exam, checking in particular for abdominal “rebound tenderness.”
   d. If appropriate, treat or refer her for PID.

25. A man comes into your clinic complaining of discharge from his penis and painful urination. To properly diagnose and treat him, which of the following do you do? Check all that apply.
   a. Use the urethral discharge algorithm.
   b. Use the genital ulcer algorithm.
   c. Check for other symptoms of STDs such as a genital ulcer or swollen glands.
   d. Confirm the discharge and treat for gonorrhea and chlamydia.