Section I: Overview of Barrier Methods

1. The following are statements regarding all barrier methods. Please indicate whether each statement is True or False.
   a. Barrier methods are safe and have no systemic effects. True □ False □
   b. Use of barrier methods never requires partner cooperation. True □ False □
   c. Barrier methods have special requirements for storage and resupply. True □ False □
   d. Barrier methods are a good choice for women who cannot use hormonal methods, young adults and anyone with an increased STD risk. True □ False □
   e. In some settings, barrier methods may be expensive compared to other methods. True □ False □

2. Check all that apply. Barrier methods of contraception:
   a. Work by physically or chemically blocking the passage of sperm.
   b. Include Norplant, IUDs and oral contraceptives.
   c. Must be used in a correct and consistent manner to be effective.
   d. Have more side effects than hormonal methods.

3. 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.

4. Which of the following contraceptive methods have large differences (10 percent or greater) in failure rates for “typical” versus “correct and consistent” use? Check all that apply.
   a. Diaphragm.
   b. IUD.
   c. Spermicides.
   d. Female sterilization.
   e. Male and female condoms.
5. Important issues to cover when counseling women for barrier methods include all of the following except which one?
   a. Characteristics and possible side effects.
   b. Instructions for monthly clinical check-ups.
   c. Partner cooperation and participation.
   d. Where to get more supplies.
   e. Importance and effectiveness of correct and consistent use.
   f. Use of emergency contraceptive pills, if needed.

6. Counseling techniques that can be used to teach couples how to be successful users of barrier methods include which two of the following activities?
   a. Role-play for communication skills.
   b. In-depth discussions of the female menstrual cycle for timing of method.
   c. Practice inserting female methods.
   d. Discussion of the need for aseptic conditions.

Section II: Method Information

7. The following statements pertain to characteristics of condoms. Please indicate whether each statement is True or False.
   a. Consistent and correct use of the male latex condom is an effective way to prevent pregnancy. True □ False □
   b. Oil-based lubricants may be used with latex condoms. True □ False □
   c. Male latex condoms protect against most types of STDs, including HIV. True □ False □
   d. Most male and female condom breakage is due to human error. True □ False □
   e. Laboratory studies have found that female condoms likely protect against both bacterial and viral STDs. True □ False □
   f. A new male condom should be used for each act of intercourse. True □ False □

8. Male latex and plastic condoms prevent the passage of:
   a. Sperm only.
   b. Sperm and bacterial STDs.
   c. Sperm, bacterial STDs and HIV.
   d. None of the above.

9. Check all that apply. According to World Health Organization (WHO) guidelines, diaphragms and cervical caps should not be used by:
   a. Women with cervical or vaginal abnormalities.
   b. Women during first six weeks after childbirth.
   c. Women who have been unsuccessful users of hormonal contraceptives.
   d. Nulliparous women with no uterine abnormalities.
10. Check all that apply. Behaviors that can lead to condom breakage, contamination or slippage include:
   a. Using an expired condom.
   c. Using a new condom for each act of intercourse.
   d. Unrolling a condom wrong side out and then flipping it over.

11. Which of the following contraceptives should be left in place for at least six hours after the last sex act? Check all that apply.
   a. Diaphragm.
   b. Male condom.
   c. Spermicides.
   d. Female condom.
   e. Cervical cap.
   f. Vaginal sponge.

12. The following are statements regarding specific barrier methods. Please indicate whether each statement is True or False.
   a. The vaginal sponge is effective for 24 hours, can be used for multiple sex acts and should not be reused after removal. True □ False □
   b. A woman who gains or loses weight, has a baby or has a second or third trimester abortion may need to be refitted for her cervical cap. True □ False □
   c. A cervical cap can be left in place for up to 48 hours. True □ False □
   d. Femcap and Lea's shield are two new barrier methods made of silicone rubber that can be worn for 48 hours. True □ False □
   e. Opening a condom package with teeth or a sharp object, unrolling condoms before putting them on, having intercourse for more than 20 minutes or having especially intense intercourse can cause breakage or slippage of the male condom. True □ False □
13. The following are statements regarding programmatic concerns. Please indicate whether each statement is True or False.
   a. Locations for obtaining barrier methods of contraception include pharmacies, retail stores, bars, restaurants, hotels and workplaces. True □ False □
   b. Community-based distribution programs have not been successful in increasing condom use and are being phased out except for reaching remote rural communities. True □ False □
   c. Family planning clinics who are unable to meet the needs of clients with STDs should work to establish a referral network that can help diagnose and treat these clients. True □ False □
   d. Social marketing programs, which are never subsidized, work around the so-called four Ps: products, prices, places and promotion. True □ False □

14. Which of the following are appropriate examples of dual method use? Check all that apply.
   a. Condoms with ECPs, as needed.
   b. Condoms with oral contraceptives.
   c. IUD with ECPs, as needed.
   d. IUD with male or female condoms.

15. 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 □

16. Condoms should be stored:
   a. In a well-ventilated location with no pests or pollution, if possible.
   b. In a cool, dark, climate-controlled location on pallets.
   c. Choices a. and b.
   d. None of the above.
Section IV: Summary – Apply Your Knowledge

17. You have been asked to counsel a 19 year-old woman for contraception. What information should you give her? Check all that apply.
   a. Choices for dual method use for both pregnancy and STD prevention.
   b. Emergency contraceptive pills (ECPs) as a potential backup method.
   c. Moral views of her profession.
   d. Communication skills for talking with her male partner about condom use.

18. Family planning programs who provide STD prevention services should include which of the following in the services they offer? Check all that apply.
   a. Basic information about STDs.
   b. Assessment of client risk.
   c. A pelvic examination.
   d. Counseling about safe sexual behaviors.
   e. Promotion and distribution of condoms.

19. You have a female client currently using oral contraceptives who complains about breakthrough bleeding, weight gain and extreme mood swings. She would like recommendations for different contraceptive options. Which two of the following methods would be appropriate for her?
   a. Diaphragm.
   b. Norplant.
   c. Male or female condoms.
   d. Depo-Provera.

20. You are jointly counseling a man and a woman in search of new contraceptive options. The man states that he does not like male condoms because of the interruption required. The woman states that she has been unsuccessful with all the hormonal methods she has used. Which of the following are viable options to suggest? Check all that apply.
   a. Counsel the man in ways to make putting on a condom an enjoyable part of sexual foreplay.
   b. Give information on Lactational Amenorrhea Method (LAM).
   c. Give information on female barrier methods.
   d. Give information on injectables.
Section I: Overview of all Barrier Methods

1. The following are statements regarding all barrier methods. Please indicate whether each statement is True or False.
   a. Barrier methods are safe and have no systemic effects. True □ False □
   b. Use of barrier methods never requires partner cooperation. True □ False □
   c. Barrier methods have special requirements for storage and resupply. True □ False □
   d. Barrier methods are a good choice for women who cannot use hormonal methods, young adults and anyone with an increased STD risk. True □ False □
   e. In some settings, barrier methods may be expensive compared to other methods. True □ False □

2. Check all that apply. Barrier methods of contraception:
   a. Work by physically or chemically blocking the passage of sperm.
   b. Include Norplant, IUDs and oral contraceptives.
   c. Must be used in a correct and consistent manner to be effective.
   d. Have more side effects than hormonal methods.

3. 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.

4. Which of the following contraceptive methods have large differences (10 percent or greater) in failure rates for “typical” versus “correct and consistent” use? Check all that apply.
   a. Diaphragm.
   b. IUD.
   c. Spermicides.
   d. Female sterilization.
   e. Male and female condoms.
5. Important issues to cover when counseling women for barrier methods include all of the following except which one?
   a. Characteristics and possible side effects.
   b. Instructions for monthly clinical check-ups.
   c. Partner cooperation and participation.
   d. Where to get more supplies.
   e. Importance and effectiveness of correct and consistent use.
   f. Use of emergency contraceptive pills, if needed.

6. Counseling techniques that can be used to teach couples how to be successful users of barrier methods include which two of the following activities?
   a. Role-play for communication skills.
   b. In-depth discussions of the female menstrual cycle for timing of method.
   c. Practice inserting female methods.
   d. Discussion of the need for aseptic conditions.

Section II: Method Information

7. The following statements pertain to characteristics of condoms. Please indicate whether each statement is True or False.
   a. Consistent and correct use of the male latex condom is an effective way to prevent pregnancy. True ☐ False ☐
   b. Oil-based lubricants may be used with latex condoms. True ☐ False ☐
   c. Male latex condoms protect against most types of STDs, including HIV. True ☐ False ☐
   d. Most male and female condom breakage is due to human error. True ☐ False ☐
   e. Laboratory studies have found that female condoms likely protect against both bacterial and viral STDs. True ☐ False ☐
   f. A new male condom should be used for each act of intercourse. True ☐ False ☐

8. Male latex and plastic condoms prevent the passage of:
   a. Sperm only.
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9. Check all that apply. According to World Health Organization (WHO) guidelines, diaphragms and cervical caps should not be used by:
   a. Women with cervical or vaginal abnormalities.
   b. Women during first six weeks after childbirth.
   c. Women who have been unsuccessful users of hormonal contraceptives.
   d. Nulliparous women with no uterine abnormalities.
10. Check all that apply. Behaviors that can lead to condom breakage, contamination or slippage include:
   a. **Using an expired condom.**
   c. Using a new condom for each act of intercourse.
   d. **Unrolling a condom wrong side out and then flipping it over.**

11. Which of the following contraceptives should be left in place for at least six hours after the last sex act? Check all that apply.
   a. **Diaphragm.**
   b. Male condom.
   c. Spermicides.
   d. Female condom.
   e. **Cervical cap.**
   f. **Vaginal sponge.**

12. The following are statements regarding specific barrier methods. Please indicate whether each statement is **True** or **False**.
   a. The vaginal sponge is effective for 24 hours, can be used for multiple sex acts and should not be reused after removal. **True** □ False □
   b. A woman who gains or loses weight, has a baby or has a second or third trimester abortion may need to be refitted for her cervical cap. **True** □ False □
   c. A cervical cap can be left in place for up to 48 hours. **True** □ False □
   d. Femcap and Lea’s shield are two new barrier methods made of silicone rubber that can be worn for 48 hours. **True** □ False □
   e. Opening a condom package with teeth or a sharp object, unrolling condoms before putting them on, having intercourse for more than 20 minutes or having especially intense intercourse can cause breakage or slippage of the male condom. **True** □ False □
Section III: Barrier Methods and Reproductive Health: Programmatic Concerns

13. The following are statements regarding programmatic concerns. Please indicate whether each statement is True or False.
   a. Locations for obtaining barrier methods of contraception include pharmacies, retail stores, bars, restaurants, hotels and workplaces. True □ False □
   b. Community-based distribution programs have not been successful in increasing condom use and are being phased out except for reaching remote rural communities. True □ False □
   c. Family planning clinics who are unable to meet the needs of clients with STDs should work to establish a referral network that can help diagnose and treat these clients. True □ False □
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   c. Moral views of her profession.
   d. Communication skills for talking with her male partner about condom use.

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   d. Counseling about safe sexual behaviors.
   e. Promotion and distribution of condoms.

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   b. Give information on Lactational Amenorrhea Method (LAM).
   c. Give information on female barrier methods.
   d. Give information on injectables.