

MCH4

1. What is the most common cause of anemia during pregnancy?

- a) Folate deficiency
- b) Vitamin B12 deficiency
- c) Iron deficiency
- d) Blood loss from previous pregnancies

Answer: c)

2. When is peak hemodilution observed during pregnancy?

- a) 16–20 weeks
- b) 24–26 weeks
- c) 30–34 weeks
- d) Postpartum

Answer: b)

3. Which of the following is NOT a risk factor for anemia during pregnancy?

- a) Twin or multiple pregnancies
- b) Smoking
- c) Low folate intake
- d) Adequate iron supplementation

Answer: d)

4. What is the definition of anemia during the second trimester of pregnancy?

- a) Hemoglobin <10.0 g/dL
- b) Hemoglobin <10.5 g/dL
- c) Hemoglobin <11.0 g/dL
- d) Hemoglobin <12.0 g/dL

Answer: b)

5. What percentage of reproductive-age females are estimated to be anemic globally?

- a) 20%
- b) 30%
- c) 40%
- d) 50%

Answer: b)

6. What is the most common cause of megaloblastic anemia during pregnancy?

- a) Iron deficiency
- b) Folate deficiency
- c) Vitamin B12 deficiency

d) Hemorrhage

Answer: b)

7. Which complication is NOT associated with anemia during pregnancy?

a) Placental abruption

b) Increased maternal mortality

c) Preterm birth

d) Decreased fetal RBC production

Answer: d)

8. Which of the following is a major cause of urinary tract infections during pregnancy?

a) Hormonal changes causing smooth muscle relaxation

b) Increased fetal RBC production

c) Excess iron supplementation

d) Decreased uterine size

Answer: a)

9. When is screening for asymptomatic bacteriuria recommended?

a) 6–8 weeks

b) 12–16 weeks

c) 20–24 weeks

d) 30–34 weeks

Answer: b)

10. What is the global prevalence of gestational diabetes mellitus (GDM)?

a) 10%

b) 17%

c) 25%

d) 35%

Answer: b)

11. Which of the following is NOT a risk factor for GDM?

a) Previous GDM pregnancy

b) Pre-pregnancy BMI ≥ 30

c) Older maternal age (≥ 35 years)

d) Smoking during pregnancy

Answer: d)

12. What is the most common fetal complication of GDM?

a) Type 1 diabetes

b) Obesity

- c) Macrosomia
- d) Autism spectrum disorder

Answer: c)

13. What is the percentage risk of developing type 2 diabetes within 5–10 years after GDM?

- a) 20%
- b) 30%
- c) 50%
- d) 70%

Answer: c)

14. What is the leading cause of maternal mortality worldwide?

- a) Unsafe abortion
- b) Severe bleeding
- c) Complications from delivery
- d) Infections

Answer: b)

15. Which of the following maternal mortality causes accounts for 75% of deaths?

- a) Severe bleeding, infections, high blood pressure, delivery complications, unsafe abortion
- b) Obstructed labor, infections, and diabetes
- c) Heart disease, severe bleeding, and preterm birth
- d) Accidents, infections, and delivery complications

Answer: a)

16. What is the WHO's first priority in reducing maternal mortality?

- a) Addressing causes of morbidity
- b) Strengthening health systems for data collection
- c) Addressing inequalities in MCH service access
- d) Ensuring postpartum care

Answer: c)

17. How often does the WHO recommend postpartum evaluations?

- a) Day 1, Day 7, Day 14, and Six weeks
- b) Day 3, Day 7, Week 4, and Week 8
- c) First 24 hours, Day 3, Day 7–14, and Six weeks
- d) First week, Second week, Fourth week, and Eighth week

Answer: c)

18. What percentage of maternal deaths occur in low and lower-middle-income countries?

- a) 50%

b) 60%

c) 75%

d) 95%

Answer: d)

19. Which is NOT part of postnatal care?

a) Physical monitoring

b) Emotional support

c) Treatment of fetal anemia

d) Family planning advice

Answer: c)

20. What is the leading contributor to anemia of pregnancy globally?

a) Folate deficiency

b) Iron deficiency

c) Vitamin B12 deficiency

d) Hemorrhage

Answer: b)

MCH5

1. What is the most critical period for childhood development?

a) Adolescence

b) Early childhood

c) Middle childhood

d) Prenatal stage

Answer: b)

2. Which of the following is essential for optimal brain development in children?

a) Only genetic factors

b) Environmental stimulation and nutrition

c) Lack of caregiver interaction

d) Late interventions in adolescence

Answer: b)

3. What is the primary goal of Well-Baby Clinic visits?

a) Treat common childhood illnesses

b) Monitor and support healthy child development

c) Administer emergency medical care

d) Focus on adolescent vaccinations

Answer: b)

4. How many visits are recommended during the neonatal period?

- a) 2 visits
- b) 3 visits
- c) 4 visits
- d) 5 visits

Answer: b)

5. At what ages are Well-Baby Clinic visits scheduled during infancy?

- a) 0, 6, 12 months
- b) 6, 10, 14 weeks, and 9 months
- c) 6, 12, 18 months
- d) 1, 2, 3, 4 years

Answer: b)

6. What is the definition of neonatal mortality?

- a) Deaths between 0–12 months
- b) Deaths within the first 7 days
- c) Deaths within 28 days after birth
- d) Deaths before 1 year

Answer: c)

7. What is the primary cause of delivery-related perinatal mortality?

- a) Asphyxia
- b) Infections
- c) Uncontrolled hypertension
- d) IUGR (Intrauterine Growth Restriction)

Answer: a)

8. What is the weight classification for low birth weight (LBW)?

- a) Less than 2000 g
- b) Less than 2500 g
- c) Between 2500–3000 g
- d) Greater than 4000 g

Answer: b)

9. Which maternal infection can cause congenital syphilis?

- a) HIV
- b) Tetanus
- c) Syphilis
- d) Hepatitis B

Answer: c)

10. What intervention is essential to reduce neonatal tetanus?

- a) Zinc supplementation
- b) Antiretroviral therapy
- c) Tetanus toxoid immunization
- d) Calcium supplementation

Answer: c)

11. What is the main effect of maternal zinc supplementation?

- a) Reduces maternal hypertension
- b) Reduces preterm births
- c) Prevents neural tube defects
- d) Increases birth weight

Answer: b)

12. What factor increases the risk of preterm birth and low birth weight?

- a) Maternal folate supplementation
- b) Controlled diabetes
- c) Uncontrolled hypertension
- d) Vaccinations during pregnancy

Answer: c)

13. How much reduction in neonatal mortality is achieved with maternal tetanus toxoid vaccination?

- a) 50%
- b) 70%
- c) 80%
- d) 94%

Answer: d)

14. What is the WHO-recommended intervention to prevent hypertensive disorders in pregnancy?

- a) Zinc supplementation
- b) Calcium supplementation
- c) Iron supplementation
- d) Protein supplementation

Answer: b)

15. What is a major complication associated with maternal HIV infection?

- a) Stillbirth
- b) Preterm birth
- c) Mother-to-child transmission of HIV

d) Low maternal calcium levels

Answer: c)

16. Which intervention is critical for reducing perinatal mortality in populations with food insecurity?

a) Protein-energy supplementation

b) High iron intake

c) Zinc supplementation

d) Antibiotic treatment

Answer: a)

17. What percentage of babies with congenital syphilis die before or shortly after birth?

a) 10%

b) 21%

c) 50%

d) 70%

Answer: c)

18. What antenatal intervention reduces the risk of neural tube defects?

a) Zinc supplementation

b) Calcium supplementation

c) Folic acid supplementation

d) Iron supplementation

Answer: c)

19. What causes perinatal mortality due to ruptured uterus and cord prolapse?

a) Sepsis

b) Asphyxia

c) IUGR

d) Pre-eclampsia

Answer: b)

20. How is vertical transmission of HIV reduced during pregnancy?

a) Maternal vaccinations

b) Antiretroviral therapy (ART)

c) Zinc supplementation

d) Calcium supplementation

Answer: b)

MCH6

1. According to WHO, what age group defines adolescence?

- A. 8-16 years
- B. 10-19 years
- C. 12-21 years
- D. 9-18 years

Answer: B. 10-19 years

2. What is the focus of early adolescence (10-13 years)?

- A. Emotional separation from parents
- B. Growth and pubertal changes
- C. Career decisions
- D. Improved cognitive processes

Answer: B. Growth and pubertal changes

3. When does peak height velocity (PHV) typically occur for boys?

- A. 10-11 years
- B. 11-12 years
- C. 13-15 years
- D. 17-19 years

Answer: C. 13-15 years

4. When does peak height velocity (PHV) typically occur for girls?

- A. 8-9 years
- B. 11-12 years
- C. 14-16 years
- D. 17-19 years

Answer: B. 11-12 years

5. Which brain region matures last during adolescence?

- A. Hippocampus
- B. Prefrontal cortex
- C. Amygdala
- D. Cerebellum

Answer: B. Prefrontal cortex

6. What percentage of adolescents were insufficiently physically active in 2016?

A. 51%

B. 67%

C. 75%

D. 81%

Answer: D. 81%

7. What is anticipatory socialization?

A. Learning rights and obligations for future roles

B. Emotional bonding with parents

C. Building physical strength

D. Reducing peer pressure

Answer: A. Learning rights and obligations for future roles

8. Which of the following is a major public health challenge among adolescents?

A. Obesity

B. Anemia

C. Substance use

D. All of the above

Answer: D. All of the above

9. What is the leading nutritional deficiency associated with adolescent morbidity?

A. Vitamin A deficiency

B. Iodine deficiency

C. Iron deficiency anemia

D. Protein deficiency

Answer: C. Iron deficiency anemia

10. What influences the timing of peak height velocity?

A. Genetics and nutrition

B. Environment only

C. Emotional stability

D. Peer pressure

Answer: A. Genetics and nutrition

11. Which of the following factors contribute to mental health issues in adolescents?

- A. Exposure to violence
- B. Poverty and stigma
- C. Living in fragile settings
- D. All of the above

Answer: D. All of the above

12. How does recreational screen time affect adolescents?

- A. Improves sleep
- B. Leads to disturbed sleep and physical inactivity
- C. Reduces obesity risk
- D. Enhances mental health

Answer: B. Leads to disturbed sleep and physical inactivity

13. In which WHO region is adolescent obesity most prevalent?

- A. Southeast Asia
- B. Europe
- C. The Americas
- D. Africa

Answer: C. The Americas

14. What are the consequences of alcohol and drug use in adolescence?

- A. Behavioral and academic problems
- B. Increased social standing
- C. Improved neurocognitive function
- D. Physical fitness

Answer: A. Behavioral and academic problems

15. What percentage of adolescents globally were estimated to be current drinkers in 2016?

- A. 10%
- B. 20%
- C. 25%
- D. 30%

Answer: C. 25%

16. What is peer socialization?

- A. Aligning behavior with peer norms to gain acceptance
- B. Bonding exclusively with family members
- C. Choosing social norms independently
- D. None of the above

Answer: A. Aligning behavior with peer norms to gain acceptance

17. What proportion of adolescent girls in 21 countries are anaemic?

- A. 10%
- B. 25%
- C. 33%
- D. 50%

Answer: C. 33%

18. Why are adolescents more susceptible to peer pressure?

- A. To gain social status and avoid exclusion
- B. Due to hormonal imbalances
- C. They rely on parents for approval
- D. They are physically weaker

Answer: A. To gain social status and avoid exclusion

19. What percentage of adolescents worldwide are living with HIV (2022)?

- A. 1 million
- B. 1.7 million
- C. 2.5 million
- D. 3 million

Answer: B. 1.7 million

20. What is the most common micronutrient deficiency in adolescents?

- A. Calcium
- B. Vitamin D
- C. Iron
- D. Zinc

Answer: C. Iron