Appendix D

Participants’ Self-Assessment of Knowledge and Attitudes: Pretest/Posttest
Participants’ Self-Assessment of Knowledge and Attitudes: Pretest/Posttest

Name (or number): ______________________________ Date: ______________

Decide whether each of the following statements is T (true) or F (false). Write your response for each statement in the space provided.

1. _____ In integrated SRH counseling, the purpose of listening to clients is to allow the service provider to obtain enough information from the client to be able to decide how to tailor the discussion and the information presented.

2. _____ In integrated SRH counseling, closed-ended questions are more effective for meeting clients’ needs than open-ended questions, because they allow the service provider to see more clients in less time.

3. ____ In integrated SRH counseling, being able to reflect on the pros and cons of all alternatives enables clients to find their own solutions to their problems.

4. ____ A principal purpose of integrated SRH counseling is to help service providers assist clients to take responsibility for making and implementing decisions concerning their problems.

5. ____ In integrated SRH counseling, it is not appropriate for service providers to share their personal reactions to their clients’ sexual behavior.

6. ____ In integrated SRH counseling, service providers should always use clinical terminology with clients, to enable clients to improve their knowledge.

7. ____ The same sexual behavior may be risky in one situation and not in another.

The following are multiple-choice questions. Please circle the correct response for each question. Unless otherwise indicated, there is only one correct response for each question.

8. Which of the following is not a responsibility of service providers in counseling young people?
   a. Be a reliable, factual source of information about SRH
   b. Create an atmosphere of privacy, respect, and trust
   c. Advise the client about the morality of his or her behavior
   d. Engage in a dialogue or an open discussion with the client

9. Which of the following is not required for a client to be able to make an informed choice?
   a. Service provider’s recommendation
   b. Availability of appropriate information
   c. Voluntary decision-making process
   d. Availability of adequate service options
10–13. Which of the following indicates that a service provider is effectively listening to a client? (There are four correct responses.)
   a. Occasionally paraphrasing or summarizing what the client has said
   b. Looking at the client when he or she is talking
   c. Thinking about what you will say next to the client
   d. Writing or reading notes when the client is speaking
   e. Asking specific questions related to what the client has told you
   f. Interrupting the client to give him or her advice
   g. Nodding your head or making encouraging sounds when the client is talking

Please answer the following questions in the space provided.

Define the terms:

14. Informed choice

15. Informed consent

Name five client rights that apply to the provision of SRH services.

16. 

17. 

18. 

19. 

20. 

Name five types of health services that are considered to be the components of SRH care.

21. 

22. 

23. 

24. 

25. 

**Self-Assessment**

Name four categories of behavior that people use to control their partners in sexual relationships.

26. __________________________________________________________________________
27. __________________________________________________________________________
28. __________________________________________________________________________
29. __________________________________________________________________________

Match the terms with their definitions, by placing the number of the definition in front of the term to which it applies.

<table>
<thead>
<tr>
<th>Number</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>_____</td>
<td>Gender</td>
</tr>
<tr>
<td>_____</td>
<td>Gender role</td>
</tr>
</tbody>
</table>

30. Socially and culturally defined attitudes, behaviors, expectations, and responsibilities for males and females

31. How an individual or society defines “female” or “male”

The following are examples of questions that a provider might ask in the context of an SRH consultation. Review the questions below, and write C (for closed-ended) and O (for open-ended), as appropriate, in the space provided.

32. _____ Do you remember what to do if you miss one pill?
33. _____ How old are you?
34. _____ How do you feel now?
35. _____ When did the bleeding start?
36. _____ How would you feel about using the pill?
37. _____ Is your home far from this clinic?
38. _____ How did you feel when you first found out you were pregnant?
39. _____ What do you plan to do to protect yourself from getting pregnant again?
40. _____ How would you feel about not having any more children?
41. _____ How many children do you have?
42. _____ What questions or concerns does your husband or partner have about your condition?
43. _____ Do you realize that a tubal sterilization is permanent?
44. _____ What do you know about HIV and STIs?
45. _____ Do you have any idea if your partner has other sexual partners?
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Self-Assessment

For REDI:

In SRH counseling, the acronym “REDI” refers to certain steps in counseling. What is the step represented by each of these letters?

46. R: ________________
47. E: ________________
48. D: ________________
49. I: ________________

Review the activities below, and write the letter for the activity, as appropriate, in the space provided next to the corresponding step of REDI.

50. R: _______
51. E: _______
52. D: _______
53. I: _______

Activities:

a. Help the client consider how his or her family might react to his or her choice of actions.

b. Offer ideas for improving communication and negotiation with the client’s partner.

c. Ask about the client’s relationships and behaviors that might put him or her at risk for an unintended pregnancy or a sexually transmitted infection.

d. Assure the client of confidentiality.

For GATHER:

In counseling, the acronym “GATHER” refers to certain steps in counseling. What step is represented by each of the letters?

46. G: ________________
47. A: ________________
48. T: ________________
49. H: ________________
50. E: ________________
51. R: ________________
Review the activities below, and write the letter for the activity, as appropriate, in the space provided next to the corresponding step of GATHER.

52. G: ________
53. A: ________
54. T: ________
55. H: ________
56. E: ________
57. R: ________

Activities:

a. Assist the client to identify his or her options and the pros and cons of each.
b. Ask the client to repeat the instructions. Listen carefully to make sure that he or she remembers and understands important information.
c. Briefly describe the prevention and treatment measures in which the client is interested.
d. Explain what will happen during the visit.
e. Ask the client what he or she knows about the prevention or treatment measures that are of interest.
f. Invite the client to come back at any time for any reason.
Appendix D

Answers to:
Participants' Self-Assessment of Knowledge and Attitudes: Pretest/Posttest

Decide whether each of the following statements is T (true) or F (false). Write your response for each statement in the space provided.

1. __F__ In integrated SRH counseling, the purpose of listening to clients is to allow the service provider to obtain enough information from the client to be able to decide how to tailor the discussion and the information presented.

2. __F__ In integrated SRH counseling, closed-ended questions are more effective for meeting client’s needs than open-ended questions, because they allow the service provider to see more clients in less time.

3. __T__ In integrated SRH counseling, being able to reflect on the pros and cons of all alternatives enables clients to find their own solutions to their problems.

4. __T__ A principal purpose of integrated SRH counseling is to help service providers assist clients to take responsibility for making and implementing decisions concerning their problems.

5. __T__ In integrated SRH counseling, it is not appropriate for service providers to share their personal reactions to their clients' sexual behavior.

6. __F__ In integrated SRH counseling, service providers should always use clinical terminology with clients, to enable clients to improve their knowledge.

7. __T__ The same sexual behavior may be risky in one situation and not in another.

The following are multiple-choice questions. Please circle the correct response for each question. Unless otherwise indicated, there is only one correct response for each question.

8. Which of the following is not a responsibility of service providers in counseling young people?
   a. Be a reliable, factual source of information about SRH
   b. Create an atmosphere of privacy, respect, and trust
   c. Advise the client about the morality of his or her behavior
   d. Engage in a dialogue or an open discussion with the client

9. Which of the following is not required for a client to be able to make an informed choice?
   a. Service provider's recommendation
   b. Availability of appropriate information
   c. Voluntary decision-making process
   d. Availability of adequate service options
Appendix D

Self-Assessment: Answers

10–13. Which of the following indicates that a service provider is effectively listening to a client? (There are four correct responses.)

a. Occasionally paraphrasing or summarizing what the client has said
b. Looking at the client when he or she is talking
c. Thinking about what you will say next to the client
d. Writing or reading notes when the client is speaking
e. Asking specific questions related to what the client has told you
f. Interrupting the client to give him or her advice
g. Nodding your head or making encouraging sounds when the client is talking

Please answer the following questions in the space provided.

Define the terms:

14. Informed choice

Correct answers should have at least three of the following elements, although exactly the same wording is not required:

Informed choice is an individual’s well-considered, voluntary decision based on options, information, and understanding.

15. Informed consent

Correct answers should have at least three of the following elements, although exactly the same wording is not required:

Informed consent is a medical, legal, and rights-based construct whereby the client agrees to receive medical treatment, to use a family planning method, or to take part in a study, (ideally) as a result of his or her informed choice.

16–20. Name five client rights that apply to the provision of SRH services.

Any five of the following are correct, although exactly the same wording is not required:

Information
Access to services
Informed choice
Safety of services
Privacy and confidentiality (can be listed separately)
Dignity, comfort, and expression of opinion (can be listed separately)
Continuity of care
Self-Assessment: Answers

21–25. Name five types of health services that are considered to be the components of SRH care.

Any five of the following are correct, although exactly the same wording is not required:

- Family planning information, counseling, and services
- Prevention and treatment of STIs and RTIs
- Diagnosis and treatment of HIV and AIDS
- Antenatal, postpartum, and delivery care
- Health care for infants
- Management of abortion-related complications
- Prevention and treatment of infertility
- Information, education, and counseling on human sexuality, SRH, and parenthood
- Diagnosis and treatment of cancers of the reproductive system

Name four categories of behavior that people use to control their partners in sexual relationships.

26. Physical
27. Emotional/Psychological
28. Financial
29. Sexual

Match the terms with their definitions, by placing the number of the definition in front of the term to which it applies.

31 Gender
30 Gender role

30. Socially and culturally defined attitudes, behaviors, expectations, and responsibilities for males and females

31. How an individual or society defines “female” or “male”

The following are examples of questions that a provider might ask in the context of an SRH consultation. Review the questions below, and write C (for closed-ended) and O (for open-ended), as appropriate, in the space provided.

32. C Do you remember what to do if you miss one pill?
33. C How old are you?
34. O How do you feel now?
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Self-Assessment: Answers

35. C  When did the bleeding start?
36. O  How would you feel about using the pill?
37. O  Is your home far from this clinic?
38. C  How did you feel when you first found out you were pregnant?
39. O  What do you plan to do to protect yourself from getting pregnant again?
40. O  How would you feel about not having any more children?
41. C  How many children do you have?
42. O  What questions or concerns does your husband or partner have about your condition?
43. C  Do you realize that a tubectomy is permanent?
44. O  What do you know about HIV and STIs?
45. C  Do you have any idea if your partner has other sexual partners?

For REDI:

In SRH counseling, the acronym “REDI” refers to certain steps in counseling. What is the step represented by each of these letters?

46. R: Rapport-building
47. E: Exploration
48. D: Decision making
49. I: Implementing the decision

Review the activities below, and write the letter for the activity, as appropriate, in the space provided alongside of the corresponding step of REDI.

50. R: d
51. E: e
52. D: a
53. I: b

Activities:

a. Help the client consider how his or her family might react to his or her choice of actions.

b. Offer ideas for improving communication and negotiation with the client’s partner.

c. Ask about the client’s relationships and behaviors that might put him or her at risk for an unintended pregnancy or a sexually transmitted infection.

d. Assure the client of confidentiality.
For GATHER:
In counseling, the acronym “GATHER” refers to certain steps in counseling. What step is represented by each of the letters?

46. G: Greet
47. A: Ask/Assess
48. T: Tell
49. H: Help
50. E: Explain
51. R: Return visit/Referral

Review the activities below, and write the letter for the activity, as appropriate, in the space provided next to the corresponding step of GATHER.

52. G: d
53. A: e
54. T: c
55. H: a
56. E: b
57. R: f

Activities:
- a. Assist the client to identify his or her options and the pros and cons of each.
- b. Ask the client to repeat the instructions. Listen carefully to make sure that he or she remembers and understands important information.
- c. Briefly describe the prevention and treatment measures in which the client is interested.
- d. Explain what will happen during the visit.
- e. Ask the client what he or she knows about the prevention or treatment measures that are of interest.
- f. Invite the client to come back at any time for any reason.