

Paper for the post of Counsellor

Name _____

Roll No. _____

SET- A

Signature of Candidate _____

1. What is the primary goal of NACO?
 - a) Elimination of HIV/AIDS from India by 2030
 - b) Increasing the number of HIV testing centers
 - c) Providing financial aid to HIV-positive individuals
 - d) Improving general healthcare services in India

2. Key qualities of effective counsellor includes all except:
 - a) Attempting beyond limitations
 - b) Patience
 - c) Maintaining confidentiality
 - d) Believing the client.

3. What are the two general aims of HIV and AIDS counselling?
 - a) HIV treatment and prevention
 - b) Prevention of HIV transmission and support for those affected by HIV
 - c) HIV testing and diagnosis
 - d) Support for healthcare providers dealing with HIV patients

4. Which body fluid is primarily responsible for the transmission of HIV?
 - a) Saliva
 - b) Sweat
 - c) Blood
 - d) Tears

5. What is the importance of regular HIV testing for high-risk individuals?
 - a) It helps identify individuals for vaccination.
 - b) It is necessary to access social support programs.
 - c) Early diagnosis allows for timely treatment and reduces transmission risk.
 - d) Regular testing is mandated by law in many countries.

6. What are some common challenges faced by people living with HIV/AIDS?
 - a) Inadequate access to healthcare and medication
 - b) Fear of discrimination and social isolation
 - c) Difficulty in finding employment
 - d) All of the above

7. Which of the following statement is true about HIV and AID?
 - a) HIV and AIDS is the same thing.
 - b) HIV is a curable disease.
 - c) AIDS is caused by a bacterial infection.
 - d) HIV weakens the immune system, leading to AIDS.

8. NACP was launched in INDIA in the year ____
 - a) 1992
 - b) 1985
 - c) 1982
 - d) 1984

9. HIV attacks a certain kind of cell in the Immune System. What is it?
 - a) Red Blood Cells
 - b) White Blood Cells called T cells
 - c) Platelets
 - d) Epithetical Cells

10. All of the following are risk factors for HIV transmission except:
 - a) Unprotected sexual intercourse with multiple partners
 - b) Sharing needles and syringes during drug use
 - c) Blood transfusion without screening donor's blood for HIV & syphilis.
 - d) Use of sterilized equipments in surgical procedures

11. Most Common Co-infection reported in People living with HIV:
 - a) Tuberculosis
 - b) Cholera
 - c) Dengue
 - d) Malaria

12. Role of Counselor in ART (Anti-Retroviral Therapy Centre):
- Provide preparedness counseling after registration
 - Adherence Counselling
 - Counselling of care-giver
 - All of the above
13. All of the following are the efficient current preventive methods for HIV infection, except?
- Safe & protected Sex
 - Use of available vaccines
 - Use of sterile injection needle
 - Safe blood transfusion method
14. Mandatory Blood tests usually done after blood donation include
- HIV
 - Hepatitis B
 - Hepatitis C
 - All of above
15. How many times a healthy male can donate blood in a year?
- Every four months
 - Once
 - Every three months
 - None of these
16. How can counsellors reduce HIV-related stigma and discrimination in their counselling sessions?
- By encouraging clients to disclose their HIV status publicly
 - By educating clients about the myths and facts related to HIV transmission
 - By advising clients to avoid social gatherings
 - By suggesting clients not reveal their HIV status to healthcare providers
17. What is PEP?
- Point Exposure prophylaxis
 - Post Exposure Prophylaxis
 - Pre-Exposure Prophylaxis
 - All of the above

18. When is the World Blood Donors Day celebrated?
- a) 1st December
 - b) 14th June
 - c) 31st July
 - d) 1st October
19. Different categories of High Risk Behaviour Groups include
- a) Injecting drug users
 - b) Men who have sex with men
 - c) Bridge populations (e.g. truck drivers and migrant workers)
 - d) All of the above
20. Bridge population for transmission of HIV AIDS into general population includes:
- a) Truckers and migrants
 - b) Homosexual Males
 - c) Commercial Sex Workers
 - d) All Pregnant women.
21. What is sociology?
- a) The study of society and human social behaviour.
 - b) The study of stars and celestial bodies.
 - c) The study of living organisms and their interactions.
 - d) The study of rocks and minerals.
22. National AIDS helpline number is :
- a) 1079
 - b) 1097
 - c) 1077
 - d) 1099
23. Which of the following statement is true about HIV test in an ICTC
- a) HIV test in an ICTC is Compulsory
 - b) ICTC has provision of results to be released in public domain
 - c) HIV test in an ICTC is voluntary
 - d) All of the above

24. When is the world AIDS day observed every year?
- a) 31st July
 - b) 1st May
 - c) 7th April
 - d) 1st December
25. Act notified by Govt. of India for protection of HIV Infected & affected persons is
- a) a) The HIV act 2019
 - b) b) The HIV and AIDS (Prevention and Control) Act, 2017
 - c) c) AIDS control act 2015
 - d) d) The HIV prevention of spread act 2004
26. 5 'Cs' in HIV Counselling and testing services (HCTC) do not include:
- a) Consent
 - b) Confidentiality
 - c) Connection
 - d) Coverage
27. Pregnant women registered for Antenatal care at a PHC should be screened for
- a) HIV
 - b) Syphilis
 - c) TB
 - d) All of the above
28. What is 95-95-95- goal under NACP programme
- a) 95% of people living with HIV should know their HIV status
 - b) 95% of people diagnosed with HIV should receive ART(anti-retroviral therapy)
 - c) 95% of people receiving ART should have viral suppression.
 - d) All of above.
29. When HIV Counselling is necessary?
- a) Pre Test & post Test
 - b) Psychological Support
 - c) Partner & family Counselling
 - d) All of the above

30. The ways to show you are listening to a client include
- a) Making eye contact
 - b) Summarizing (paraphrasing) information the client has told you and repeating back to check that you have understood
 - c) Both a and b
 - d) Interrogating, using 'why' questions
31. First Case of HIV detected in India in the year.
- a) 1980
 - b) 1982
 - c) 1984
 - d) 1986
32. What is the responsibility of a counsellor when interacting with blood donors?
- a) Administering medical tests to donors
 - b) Encouraging donors to donate blood regularly
 - c) Explaining the benefits of blood donation to recipients
 - d) Both b and c
33. Which of the following is NOT an appropriate approach for delivering HIV test results to clients?
- a) Face-to-face counselling with privacy and confidentiality
 - b) Informing the client in a public setting
 - c) Providing post-test counselling for emotional support
 - d) Referring the client to support groups if needed
34. Every HIV positive person must be tested for
- a) TB
 - b) Influenza
 - c) Malaria
 - d) None
35. When is it crucial for counsellors to maintain confidentiality regarding a client's HIV status?
- a) When discussing cases during team meetings
 - b) When reporting data to program authorities
 - c) When seeking guidance from senior counsellors
 - d) Always, to protect the client's privacy and trust

36. Which of the following statement is NOT true about HIV/AIDS?
- a) HIV stands for Human Immunodeficiency Virus.
 - b) HIV weakens the immune system, making it harder for the body to fight infections.
 - c) HIV can be transmitted through casual contact like hugging or handshakes.
 - d) AIDS stands for Acquired Immunodeficiency Syndrome.
37. Active listening in counselling involves:
- a) Providing solutions and advice to the client
 - b) Interrupting the client to speed up the session
 - c) Empathetic and attentive listening without interrupting
 - d) Sharing personal experiences to build rapport
38. Which stage of HIV infection is characterized by severe immune system damage and opportunistic infections?
- a) Asymptomatic stage
 - b) Acute infection stage
 - c) Chronic infection stage
 - d) AIDS stage
39. Diagnosis of HIV can be done by
- a) X-ray
 - b) Ultrasound
 - c) Blood test
 - d) Sputum test
40. What is the main mode of HIV transmission from an infected mother to her baby?
- a) During breastfeeding
 - b) Through sharing personal items
 - c) Inhaling contaminated air
 - d) Ingesting contaminated food
41. Which bodily fluids have a high concentration of the HIV virus?
- a) Urine and sweat
 - b) Blood and semen
 - c) Saliva and tears
 - d) Breast milk and vaginal fluid

42. What is the purpose of using open-ended questions in counselling?
- a) To gather specific information from the client.'
 - b) To limit the client's responses to short answers.
 - c) To encourage the client to explore their thoughts and feelings.
 - d) To conclude the counselling session quickly.
43. Which organ does the HIV virus primarily attack and weaken?
- a) Lungs
 - b) Liver
 - c) Immune system
 - d) Kidneys
44. Which sociological perspective focuses on the macro-level analysis of social structures and institutions?
- a) Symbolic interactionism
 - b) Functionalism
 - c) Conflict theory
 - d) Feminist theory
45. Which counselling approach focuses on exploring past experiences and childhood influences?
- a) Cognitive-behavioural counselling
 - b) Humanistic counselling
 - c) Psychodynamic counselling
 - d) Behavioural counselling
46. In which situation should a counsellor maintain confidentiality?
- a) When a client shares his risk behaviour
 - b) When a client shares their achievements
 - c) When a client seeks advice for daily routines
 - d) When a client asks about counsellor's personal life
47. Who should determine the appropriate treatment for individuals living with HIV?
- a) The patient's friends and family
 - b) A health-care professional or doctor
 - c) The government health department
 - d) HIV support groups

48. 108 is the Helpline number of _____
- a) Fire Safety
 - b) Ambulance
 - c) Women Helpline
 - d) National Emergency
49. Goal of 3Zeros for ending the AIDS epidemic are:
- a) Zero new Infections, Zero AIDS related Deaths, Zero Discriminations
 - b) Zero discrimination, Zero old infections, Zero morbidity
 - c) Both a & b
 - d) None of the above.
50. Which statement is not true about services provided at ICTC?
- a) Pre-test Counselling
 - b) Lab test for HIV diagnosis
 - c) Provision of HIV status of a person on request by any family member.
 - d) Post test counselling

Answer Key for question paper (SET-A) for Counsellor:-

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|-----|-----|-----|-----|
| 1. | (a) | 26. | (d) |
| 2. | (a) | 27. | (d) |
| 3. | (b) | 28. | (d) |
| 4. | (c) | 29. | (d) |
| 5. | (c) | 30. | (c) |
| 6. | (d) | 31. | (d) |
| 7. | (d) | 32. | (d) |
| 8. | (a) | 33. | (b) |
| 9. | (b) | 34. | (a) |
| 10. | (d) | 35. | (d) |
| 11. | (a) | 36. | (c) |
| 12. | (d) | 37. | (c) |
| 13. | (b) | 38. | (d) |
| 14. | (d) | 39. | (c) |
| 15. | (c) | 40. | (a) |
| 16. | (b) | 41. | (b) |
| 17. | (b) | 42. | (c) |
| 18. | (b) | 43. | (c) |
| 19. | (d) | 44. | (b) |
| 20. | (a) | 45. | (c) |
| 21. | (a) | 46. | (a) |
| 22. | (b) | 47. | (b) |
| 23. | (c) | 48. | (b) |
| 24. | (d) | 49. | (a) |
| 25. | (b) | 50. | (c) |