

# Menstruation, Menopause, Abortion, Abuse Exam 2 Practice (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. In the Cycle of Violence, which phase comes after the reconciliation phase?**
  - A. Tension building**
  - B. Incident of violence**
  - C. Avoidance**
  - D. Calm**
  
- 2. What are the impacts of sexual violence on victims?**
  - A. Psychological symptoms**
  - B. All of the above**
  - C. Cognitive symptoms**
  - D. Physical symptoms**
  
- 3. In athletes with secondary amenorrhea, which factor is commonly implicated?**
  - A. Pregnancy.**
  - B. Stress.**
  - C. Excessive exercise.**
  - D. Infections.**
  
- 4. Which of the following is NOT a common manifestation of endometriosis?**
  - A. Acute infection and fever.**
  - B. Dysmenorrhea.**
  - C. Heavy irregular periods.**
  - D. Infertility.**
  
- 5. What characterizes the incident of violence phase?**
  - A. Verbal arguments only**
  - B. A period of calm**
  - C. Medical complications**
  - D. An uncontrollable discharge of tension where violence occurs unpredictably**

- 6. According to the relationship described, when might hormone therapy not increase CAD risk?**
- A. MHT increases CAD risk in all ages**
  - B. MHT may not increase CAD risk if started between ages 50 and 59 with less than 10 years since menopause onset**
  - C. There is no relation between menopause and CAD**
  - D. MHT decreases CAD risk irrespective of age**
- 7. How does the United Nations define human trafficking?**
- A. The sale of goods across borders.**
  - B. The recruitment, transportation, or receipt of persons by means of coercion or deception for exploitation.**
  - C. Migration of workers.**
  - D. Voluntary relocation for work.**
- 8. What is a significant risk associated with medication abortion?**
- A. About 2% risk of complications, including incomplete expulsion and infection**
  - B. About 10% risk of hemorrhage**
  - C. No risk**
  - D. 50% risk of abortion failure**
- 9. Which statement best reflects a common misconception about violence from women?**
- A. Women are never violent.**
  - B. Men are always the perpetrators.**
  - C. Violence from women towards men receives no attention.**
  - D. Violence from women towards men receives minimal attention despite its occurrence.**
- 10. How is perimenopause defined?**
- A. The transition phase into menopause with irregular menstrual cycles until the final menstrual period.**
  - B. A phase with regular, predictable cycles.**
  - C. A period of life when fertility is at its peak.**
  - D. The time from menarche to ovulation.**

## Answers

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1. D
2. B
3. C
4. A
5. D
6. B
7. B
8. A
9. D
10. A

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## **Explanations**

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**1. In the Cycle of Violence, which phase comes after the reconciliation phase?**

- A. Tension building**
- B. Incident of violence**
- C. Avoidance**
- D. Calm**

In the Cycle of Violence, the reconciliation (honeymoon) phase is followed by a calm period. This calm is a temporary lull where conflict subsides, the abuser may apologize or promise to change, and the relationship feels peaceful for a time. Because this sense of safety and normalcy returns, it sets the stage for tensions to rise again, starting the cycle anew. So the phase that comes after reconciliation is the calm period, before tensions build once more and the cycle repeats.

**2. What are the impacts of sexual violence on victims?**

- A. Psychological symptoms**
- B. All of the above**
- C. Cognitive symptoms**
- D. Physical symptoms**

Sexual violence often affects multiple areas of a survivor's health, not just one. The impact spans emotional and mental well-being, thinking and memory, and physical health. Psychologically, people may experience anxiety, depression, and trauma-related symptoms like intrusive memories or hypervigilance. Cognitively, concentration problems, memory issues, and negative beliefs about oneself or the world can arise. Physically, there can be sleep disturbances, headaches, chronic pain, gastrointestinal problems, or gynecologic pain or dysfunction. Because these domains frequently interact and a survivor can experience effects across all of them, describing the impact as involving psychological, cognitive, and physical symptoms best captures the full picture. That's why the option indicating all of these areas is the most accurate.

**3. In athletes with secondary amenorrhea, which factor is commonly implicated?**

- A. Pregnancy.**
- B. Stress.**
- C. Excessive exercise.**
- D. Infections.**

Excessive exercise drives secondary amenorrhea through energy deficit that suppresses the hypothalamic-pituitary-ovarian axis. When the body's energy availability is chronically low, the brain reduces GnRH pulses, leading to lower LH and FSH, and consequently reduced estrogen production. This hormonal shift halts ovulation and menstruation, a pattern often seen in endurance athletes who have insufficient caloric intake or very high training loads. The body is signaling that it's not in a state to support reproduction, so the reproductive axis stays quiet. Pregnancy is a common consideration for amenorrhea in general, but in athletes the typical driver of menstrual cessation is this energy-deficiency-driven hypothalamic suppression, not pregnancy. Infections aren't a usual cause of secondary amenorrhea, and while stress can contribute, the dominant factor in athletes is the persistent energy deficit from intense training.

4. Which of the following is NOT a common manifestation of endometriosis?

- A. Acute infection and fever.**
- B. Dysmenorrhea.**
- C. Heavy irregular periods.**
- D. Infertility.**

Endometriosis shows up as chronic pelvic pain and reproductive symptoms because ectopic endometrial tissue responds to hormonal cycles, causing inflammation, scarring, and pain. The most typical features are painful periods (dysmenorrhea), sometimes heavy or irregular bleeding, and infertility due to distortion of pelvic anatomy and the inflammatory environment around the implants. Acute infection with fever, on the other hand, points to an infectious process like pelvic inflammatory disease rather than endometriosis. So the description of acute infection and fever doesn't fit this condition, while dysmenorrhea, heavy irregular periods, and infertility are common manifestations.

5. What characterizes the incident of violence phase?

- A. Verbal arguments only**
- B. A period of calm**
- C. Medical complications**
- D. An uncontrollable discharge of tension where violence occurs unpredictably**

The incident of violence is the explosive moment in the cycle of violence, where all the built-up tension erupts into violent action. It is best described as an uncontrollable discharge of tension in which violence occurs unpredictably, often with physical harm and little to no warning. Verbal arguments alone don't capture the loss of control and the potential for harm, and a period of calm refers to the aftermath or recovery phase rather than the eruption itself. Medical complications may follow, but they are consequences, not the defining feature of the incident.

6. According to the relationship described, when might hormone therapy not increase CAD risk?

A. MHT increases CAD risk in all ages

**B. MHT may not increase CAD risk if started between ages 50 and 59 with less than 10 years since menopause onset**

C. There is no relation between menopause and CAD

D. MHT decreases CAD risk irrespective of age

The main idea is that the cardiovascular effects of menopausal hormone therapy depend on when it's started relative to menopause. When hormone therapy is begun in the early postmenopausal period—roughly within the first decade after menopause and around ages 50 to 59—the risk of developing coronary artery disease may be neutral or not increased. This aligns with the “timing hypothesis,” which suggests estrogen’s effects on the blood vessels can be more favorable soon after menopause, potentially improving endothelial function and lipid profiles while avoiding harm seen in later years or longer time since menopause. So the statement that hormone therapy may not raise CAD risk if started in that early window best reflects this timing-based understanding. In contrast, starting therapy later after menopause or at older ages is not consistently associated with no risk and can even increase CAD risk in some scenarios, and the other choices ignore the important role of timing or overstate the protective effect across all ages.

7. How does the United Nations define human trafficking?

A. The sale of goods across borders.

**B. The recruitment, transportation, or receipt of persons by means of coercion or deception for exploitation.**

C. Migration of workers.

D. Voluntary relocation for work.

The main idea is that human trafficking revolves around using coercion, threats, or deception to move or handle people for the purpose of exploitation. The UN’s definition doesn’t focus on ordinary migration or voluntary work; it targets the use of force or tricks to compel someone into situations where they are exploited—whether it’s forced labor, sexual exploitation, slavery, servitude, or even organ removal. Crucially, exploitation is the end goal, and the methods to bring someone into that situation can include recruitment, transportation, or simply receipt of the person, with coercion or deception involved. That’s why the described approach fits best: it explicitly covers recruitment, transportation, or receipt by means of coercion or deception for exploitation, which captures both the means and the purpose that define trafficking. The other ideas describe general movement or trade rather than coercive or deceptive processes aimed at exploitation.

**8. What is a significant risk associated with medication abortion?**

- A. About 2% risk of complications, including incomplete expulsion and infection**
- B. About 10% risk of hemorrhage**
- C. No risk**
- D. 50% risk of abortion failure**

Medication abortion uses two medicines to end a pregnancy: one to stop the pregnancy from continuing and another to trigger contractions to expel it. It is very safe, with a small overall risk of complications—about 2%. The most common issues are incomplete expulsion, which may require a follow-up procedure, and infection. This is why the estimate around 2% including incomplete expulsion and infection best matches what's typically observed. It's not zero, and it isn't as high as 10% or 50%; serious problems like heavy hemorrhage are uncommon. If there are warning signs such as very heavy bleeding, fever, or severe pain, medical care should be sought promptly.

**9. Which statement best reflects a common misconception about violence from women?**

- A. Women are never violent.**
- B. Men are always the perpetrators.**
- C. Violence from women towards men receives no attention.**
- D. Violence from women towards men receives minimal attention despite its occurrence.**

Violence by women toward men does occur, but it is often overlooked or underreported because of gender norms and biases in how violence is discussed and studied. The best choice acknowledges that this violence happens yet receives minimal attention compared with male-perpetrated violence, reflecting how society and research tend to focus more on men as aggressors and women as victims. This explains why it's easy to miss or downplay female-perpetrated violence against men. It's not accurate to say women are never violent, since there are documented cases. It's also not true that men are always the perpetrators, as women can be perpetrators as well. And while violence by women toward men is not ignored entirely, it does not receive no attention at all; the attention it does get is typically far less than that given to violence against women or to male-perpetrated violence.

**10. How is perimenopause defined?**

- A. The transition phase into menopause with irregular menstrual cycles until the final menstrual period.**
- B. A phase with regular, predictable cycles.**
- C. A period of life when fertility is at its peak.**
- D. The time from menarche to ovulation.**

Perimenopause is the transition into menopause, driven by fluctuating hormones, that causes menstrual cycles to become irregular and unpredictable as ovarian function declines. This phase continues until the final menstrual period, at which point menopause is defined by 12 consecutive months without a period. Regular, predictable cycles describe the years before this transition, peak fertility occurs earlier in life, and the span from menarche to ovulation refers to puberty, not the approach to menopause.

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## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://mensmenopauseabortionabuse2.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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