

Pediatrics Adolescent Practice Exam (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. Which stage of Kohlberg's theory explains the influence of moral values on an individual's thought?**
 - A. Instrumental relativist orientation**
 - B. Good boy-nice girl orientation**
 - C. Society-maintaining orientation**
 - D. Universal ethical principle orientation**

- 2. Which sequence correctly represents the order of pubertal hormonal changes?**
 - A. 2, 3, 4, 1**
 - B. 2, 4, 3, 1**
 - C. 4, 2, 3, 1**
 - D. 3, 2, 4, 1**

- 3. Which sign indicates uterine development early in puberty?**
 - A. Adult-type hair**
 - B. Breast enlargement**
 - C. Physiologic leukorrhea**
 - D. Menarche**

- 4. Which adolescent age group has the highest risk of prolonged labor?**
 - A. 12 to 13 years**
 - B. 14 to 15 years**
 - C. 19 to 21 years**
 - D. 16 to 18 years**

- 5. Which of the following is a criterion for bariatric surgery in adolescents?**
 - A. Regular exercise**
 - B. Adherence to nutritional guidelines after surgery**
 - C. Avoidance of pregnancy for 3 months after surgery**
 - D. BMI of at least 40 with severe obesity**

- 6. Which medication is the first-line treatment for acne in adolescents?**
- A. Tretinoin**
 - B. Doxycycline**
 - C. Clindamycin**
 - D. Benzoyl peroxide**
- 7. Which characteristic best explains an adolescent who tries dangerous stunts on a bike without fearing life-threatening injury?**
- A. Animism**
 - B. Sense of invulnerability**
 - C. Imaginary audience**
 - D. Personal fable**
- 8. After bariatric surgery in adolescents, how long should pregnancy be avoided?**
- A. 3 months**
 - B. 6 months**
 - C. 12 months**
 - D. 24 months**
- 9. Which condition is commonly treated with miconazole or clotrimazole?**
- A. Candidiasis**
 - B. Bacterial vaginosis**
 - C. Gonorrhea**
 - D. Herpes simplex**
- 10. Which gland is directly stimulated by GnRH to release FSH and LH?**
- A. Anterior pituitary**
 - B. Hypothalamus**
 - C. Ovaries**
 - D. Adrenal glands**

Answers

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

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Explanations

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1. Which stage of Kohlberg's theory explains the influence of moral values on an individual's thought?

- A. Instrumental relativist orientation**
- B. Good boy-nice girl orientation**
- C. Society-maintaining orientation**
- D. Universal ethical principle orientation**

In Kohlberg's scheme, the stage where moral values shape thought about duties to society is the one focused on maintaining social order. Here, people reason that rules and laws exist for the good of the community, and moral decisions are evaluated by whether they uphold those structures. It's about fulfilling obligations to others and to social institutions, even when personal interests might differ. This reflects how moral values guide the way someone thinks—not just about what feels right or what earns approval, but about what keeps society functioning. Earlier stages emphasize personal gain or seeking approval, while later stages move toward abstract, universal principles; the emphasis here is on duties that preserve social order.

2. Which sequence correctly represents the order of pubertal hormonal changes?

- A. 2, 3, 4, 1**
- B. 2, 4, 3, 1**
- C. 4, 2, 3, 1**
- D. 3, 2, 4, 1**

Pubertal progression is a cascade that starts with the hypothalamus releasing GnRH in a pulsatile fashion. That GnRH stimulus tells the pituitary to secrete gonadotropins (LH and FSH). Those gonadotropins then act on the gonads to produce sex steroids (estrogen in girls, testosterone in boys). It is the rise in these gonadal hormones that drives the visible puberty changes, such as breast development and growth spurts in girls or facial and body hair and deepening voice in boys. As the levels of sex steroids rise, they feed back to the hypothalamus and pituitary to fine-tune the axis, completing the sequence. So the sequence that starts with the rise in gonadotropins, followed by the increase in gonadal steroids, then the appearance of pubertal changes, and finally the regulatory feedback, best reflects the order of pubertal hormonal changes.

3. Which sign indicates uterine development early in puberty?

- A. Adult-type hair**
- B. Breast enlargement**
- C. Physiologic leukorrhea**
- D. Menarche**

Rising estrogen during puberty drives maturation of the uterus and the lower genital tract, and physiologic leukorrhea is a direct sign of that process. This normal vaginal discharge results from estrogen-stimulated maturation of the vaginal epithelium and cervical mucus production, indicating that the reproductive tract is becoming functionally mature. Breast enlargement reflects estrogen's effect on breast tissue, not uterine development per se. Adult-type body hair arises mainly from androgen effects and isn't a marker of uterine maturation. Menarche marks the first menstrual period and comes after initial uterine and reproductive tract development has progressed, so it's a later sign.

4. Which adolescent age group has the highest risk of prolonged labor?

- A. 12 to 13 years**
- B. 14 to 15 years**
- C. 19 to 21 years**
- D. 16 to 18 years**

The key idea is pelvic maturity and how it affects labor progression. In very young adolescents, the pelvis is still immature and often narrower, which can lead to cephalopelvic disproportion—when the fetal head cannot pass easily through the birth canal. This mismatch slows labor, making dilation slower and descent harder, so labor tends to become prolonged. As adolescents grow older, pelvic dimensions increase and mature, reducing the likelihood of CPD and shortening labor duration. Therefore, the youngest age group has the highest risk for prolonged labor, with risk decreasing as age increases.

5. Which of the following is a criterion for bariatric surgery in adolescents?

- A. Regular exercise**
- B. Adherence to nutritional guidelines after surgery**
- C. Avoidance of pregnancy for 3 months after surgery**
- D. BMI of at least 40 with severe obesity**

In adolescents, bariatric surgery is reserved for those with very severe obesity who have not succeeded with non-surgical approaches, and who are ready to commit to long-term lifestyle changes. The most appropriate criterion among these is having a BMI of at least 40 kg/m² with severe obesity. This threshold reflects both the level of obesity that creates substantial health risk and the need for a more aggressive intervention when other measures haven't worked. The other items describe important aspects of care but do not determine eligibility. Regular exercise is beneficial for overall health and can support weight management, but it does not by itself qualify a teen for surgery. Adherence to nutritional guidelines after surgery is essential for successful outcomes, yet it's a postoperative requirement, not a preoperative eligibility criterion. Avoiding pregnancy for a period after surgery is important counseling and safety practice, but again it doesn't establish eligibility.

6. Which medication is the first-line treatment for acne in adolescents?

- A. Tretinoin
- B. Doxycycline
- C. Clindamycin
- D. Benzoyl peroxide**

Benzoyl peroxide is typically the first choice for treating acne in adolescence because it directly targets the bacteria on the skin (*Propionibacterium acnes*) and has anti-inflammatory and keratolytic effects, helping to prevent new lesions and clear existing ones. It works without promoting antibiotic resistance, and it's widely accessible over the counter, making it a practical starting point for mild to moderate acne. It can be used alone for milder cases or in combination with a retinoid or antibiotic if the acne is more inflammatory or widespread. Doxycycline is an oral antibiotic reserved for more moderate to severe or inflammatory acne and carries risks of systemic side effects and antibiotic resistance, so it isn't a first-line choice. Clindamycin, a topical antibiotic, can be effective but is best used with benzoyl peroxide to reduce resistance, rather than as the sole initial therapy. Tretinoin, a topical retinoid, is also a strong option—especially for comedonal acne—but many guidelines start with benzoyl peroxide (or use it in combination) to minimize irritation while addressing a broad range of lesions.

7. Which characteristic best explains an adolescent who tries dangerous stunts on a bike without fearing life-threatening injury?

- A. Animism
- B. Sense of invulnerability**
- C. Imaginary audience
- D. Personal fable

Adolescents often develop a sense of invulnerability—the belief that serious harm won't happen to them. That mindset lowers the perceived risk of dangerous actions, so a teen may ride a bike and attempt risky stunts without fearing life-threatening injury. This tendency is helped by brain development: reward systems are highly active while the impulse-control centers are still maturing, making thrill-seeking behaviors more appealing and riskier. Animism would involve giving life to inanimate objects, which isn't about risk perception. The imaginary audience describes fears about being watched or judged by others, not about personal risk, while the personal fable centers on feeling uniquely special and invincible in a broader sense; the situation here is best explained by the general sense of invulnerability driving risk-taking.

8. After bariatric surgery in adolescents, how long should pregnancy be avoided?

- A. 3 months
- B. 6 months
- C. 12 months**
- D. 24 months

After bariatric surgery, pregnancy should be delayed to let weight stabilize and nutritional stores recover. The first year after the operation involves rapid weight loss and shifts in nutrient absorption, which can lead to deficiencies in iron, folate, vitamin B12, calcium, and vitamin D. If pregnancy occurs during this period, there's a higher risk of fetal growth restriction, preterm birth, and other complications for both mother and fetus, because the developing baby relies on the mother's stores and intake for proper growth. Waiting about a year allows weight to plateau and lab values to normalize, giving a safer environment for fetal development and better pregnancy outcomes. While some guidelines acknowledge a window of 12-18 months depending on the procedure and nutritional status, the typical teaching is that about 12 months is the appropriate interval. Choices shorter than this don't give enough time for stabilization, and waiting much longer is generally unnecessary once nutritional status and weight have stabilized.

9. Which condition is commonly treated with miconazole or clotrimazole?

- A. Candidiasis**
- B. Bacterial vaginosis
- C. Gonorrhea
- D. Herpes simplex

Miconazole and clotrimazole are topical antifungals used to treat infections caused by *Candida* species. They work by blocking an enzyme in the fungal cell membrane (lanosterol 14- α -demethylase), which disrupts ergosterol synthesis and weakens the fungal cell membrane, stopping the growth of yeast. Because of this action, they are particularly effective for candidiasis, such as vaginal yeast infections or oral thrush, and are commonly used for localized mucocutaneous involvement. Bacterial vaginosis is due to an imbalance of vaginal flora and is treated with antibiotics like metronidazole or clindamycin, not antifungals. Gonorrhea and herpes simplex are sexually transmitted infections caused by bacteria and viruses, respectively, and require antibiotic or antiviral therapies, not antifungal agents.

10. Which gland is directly stimulated by GnRH to release FSH and LH?

- A. Anterior pituitary**
- B. Hypothalamus
- C. Ovaries
- D. Adrenal glands

GnRH from the hypothalamus acts directly on the anterior pituitary. It binds to GnRH receptors on gonadotrophs in the anterior pituitary, triggering signaling that increases the synthesis and release of the gonadotropins, FSH and LH, into the bloodstream. The hypothalamus is the source of GnRH, not the target. The ovaries and adrenal glands are regulated by the gonadotropins and ACTH, respectively, not by GnRH directly.

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.

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

<https://pedsadolescent.examzify.com>

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

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