

Chapter 01 Taking Charge of Your Health

True / False Questions

1. The wellness concept defines health as the absence of disease.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-01 Wellness: The New Health Goal

2. Wellness is largely determined by the decisions you make about how you live.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-01 Wellness: The New Health Goal

3. Self-control is one characteristic of a person who possesses good emotional health.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

4. A person who is devoutly religious is assured of good spiritual health.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

5. To achieve overall wellness, an individual must seek to develop at least four of the six dimensions of wellness.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

6. Social wellness requires participating in and contributing to your community and society.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

7. Occupational wellness is enhanced with high salaries and prestigious titles.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

8. Prior to the twentieth century, a person was most likely to die of a chronic disease.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Identify major health problems in Canada today.

Topic: 01-03 New Opportunities, New Responsibilities

9. During the early twentieth century people were more likely to die from infectious disease than from heart disease.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Identify major health problems in Canada today.

Topic: 01-03 New Opportunities, New Responsibilities

10. Length of life is synonymous with quality of life.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-03 New Opportunities, New Responsibilities

11. Poor lifestyle choices can be directly linked to mortality rates in the late twentieth century.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-03 New Opportunities, New Responsibilities

12. In the long run, what we do for ourselves has a great influence on our health.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-03 New Opportunities, New Responsibilities

13. Knowledge about health is all you need to undertake a behaviour change.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-03 New Opportunities, New Responsibilities

14. Most health problems occur at the same rate for men and women.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-03 New Opportunities, New Responsibilities

15. The estimated total cost of illness, disability, and death attributed to chronic diseases in Canada is \$150 billion.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Identify major health problems in Canada today.

Topic: 01-04 The Integrated Pan-Canadian Healthy Living Strategy

16. Women are more likely to be afflicted with Alzheimer's disease than men are.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

17. Groups who have high poverty rates most often have the worst health status.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

18. The costs associated with behaviour change far outweigh the benefits.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

19. Short-term benefits of behaviour change are important as a motivating force.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

20. Belief that you are in control of your own life is known as having an internal locus of control.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

21. Having an external locus of control is associated with motivation and commitment to change behaviour.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

22. Social support is not important for motivation during a behaviour change program.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

23. Expecting success in behaviour change actually decreases the likelihood of achieving success.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

24. Health journals are most effective as a behaviour change tool when they address only the specific target behaviour.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

25. The transtheoretical model has been shown to be an effective approach to lifestyle self-management.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

26. Working toward realistic goals will increase your chances of success.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-11 Enhancing Your Readiness to Change

27. Having incremental steps toward a long-term goal increases the chance that you will achieve the ultimate goal.

TRUE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-11 Enhancing Your Readiness to Change

28. Effective rewards and support for behaviour change can be provided by family and friends.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-11 Enhancing Your Readiness to Change

29. It would be fair to describe "slips" in the attempt to change behaviours as failures.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-12 Dealing with Relapse

30. Making changes in your original plan of action will decrease your chance of reaching your goal.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

31. If you are facing stress in your life, it might be necessary to delay a behaviour change program.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

32. Stress from other parts of a person's life often makes it more difficult to be successful in changing a behaviour.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

33. Making successful change in a health behaviour has the additional benefit of allowing you to feel better about yourself.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

34. Behaviour choices and actions impact only the health and wellness of the individual.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

Multiple Choice Questions

35. The six dimensions of wellness include all of the following, EXCEPT

- A. emotional wellness.
- B. environmental, or planetary, wellness.
- C. spiritual wellness.
- D.** dietary wellness.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

36. Which one of the following qualities contributes positively to one's physical wellness?

- A.** eating a balanced diet
- B. maintaining an optimistic attitude
- C. being open to new ideas
- D. maintaining satisfying relationships

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

37. Optimism, trust, and self-confidence are components of

- A. physical wellness.
- B.** emotional wellness.
- C. spiritual wellness.
- D. interpersonal wellness.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

38. Adam's parents are not unduly concerned about their son's ability to adapt to college because he has always had a good sense of humour, been curious, and demonstrated an openness to ideas. These qualities are reflective of Adam's _____ wellness.

- A. interpersonal
- B. spiritual
- C. intellectual**
- D. emotional

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

39. Spiritual wellness is best described as having

- A. a strong support network of family and friends.
- B. meaning and purpose in one's life.**
- C. the ability to express oneself creatively.
- D. the ability to share one's feelings.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

40. Reducing pollution and waste in the workplace is an example of promoting _____ wellness.

- A. social
- B. spiritual
- C. intellectual
- D. environmental**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

Chapter 01 - Taking Charge of Your Health

41. The six dimensions of wellness

- A. affect health independently of each other.
- B. are interrelated.**
- C. seldom influence one another.
- D. demonstrate the separateness of mind and body.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

42. The environmental health threats faced by our ancestors included all of the following, EXCEPT

- A. water pollution.
- B. poor sanitary conditions.
- C. acid rain.**
- D. food safety.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-03 New Opportunities, New Responsibilities

43. If you were born in 1900, your life expectancy was approximately

- A. 32 years.
- B. 47 years.**
- C. 62 years.
- D. 77 years.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-03 New Opportunities, New Responsibilities

44. The average life span in the twentieth century

- A. did not change significantly.
- B. increased slightly.
- C. nearly doubled.
- D. nearly tripled.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-03 New Opportunities, New Responsibilities

45. The top three causes of death among Canadians age 15 to 24 are

- A. accidents, cancer, and suicide.
- B. smoking, heart disease, and suicide.
- C. accidents, heart disease, and cancer.
- D. homicide, cancer, and accidents.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-02 Identify major health problems in Canada today.

Topic: 01-03 New Opportunities, New Responsibilities

46. The best response to behaviour-related diseases is

- A. chemical treatment.
- B. surgical treatment.
- C. prevention.
- D. rehabilitation.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-03 New Opportunities, New Responsibilities

47. Occupational wellness is measured by how much _____ the job offers.

- A. money
- B. happiness**
- C. prestige
- D. work

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

48. In the past 100 years, the major causes of death have shifted from _____ to _____.

- A. infectious diseases; chronic disease**
- B. accidents; AIDS
- C. childbirth; infectious diseases
- D. heart disease; cancer

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Identify major health problems in Canada today.

Topic: 01-02 The Dimensions of Wellness

49. The health determinant over which we have least control is

- A. diet.
- B. exercise.
- C. tobacco use.
- D. genetic makeup.**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

50. Which of the following is currently Canada's number-one cause of death?

- A. cancer
- B. heart disease
- C. unintentional injuries
- D. suicide

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-02 Identify major health problems in Canada today.

Topic: 01-03 New Opportunities, New Responsibilities

51. The single most important factor in determining an individual's level of wellness is

- A. genetics.
- B. environment.
- C. behaviour.
- D. age.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-03 New Opportunities, New Responsibilities

52. John, an Indigenous student, has chosen to incorporate exercise into his daily routine and to reduce the amount of salt in his diet after finding out that his blood pressure is high. His decision to make these lifestyle changes is most likely based on the following health concerns for Indigenous persons.

- A. They have a higher incidence of tuberculosis than males in other population groups.
- B. They have higher rates of heart disease and obesity.
- C. They have higher rates of infant mortality.
- D. They have higher suicide rates.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

53. When compared to the general Canadian population, those of French-Canadian heritage have

- A. higher overall death rates.
- B. shorter life expectancies.
- C. higher rates of Tay-Sachs disease.
- D. lower overall death rates.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

54. Men have higher rates of death than women from all of the following, EXCEPT

- A. suicide.
- B. unintentional injuries.
- C. stroke.
- D. homicide.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

55. Income and education are closely linked with health status. The _____ the poverty rate and the _____ the education level, the better the health.

- A. lower; higher
- B. lower; lower
- C. higher; higher
- D. higher; lower

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

56. Heart disease, a leading cause of death in Canada, is strongly related to all of the following EXCEPT

- A. a sedentary lifestyle.
- B. cigarette smoking.
- C. high levels of stress.
- D.** high levels of physical activity.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-03 New Opportunities, New Responsibilities

57. People with disabilities are more likely to

- A. have cancer.
- B.** be obese.
- C. have HIV.
- D. die at a young age.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

58. Gay, lesbian, bisexual, and transgender teens are at greater risk for

- A. cancer.
- B. obesity.
- C. asthma.
- D.** suicide.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

Chapter 01 - Taking Charge of Your Health

59. The complete set of genetic material in an individual's cells is referred to as her or his

- A. genes.
- B. genome.**
- C. proteome.
- D. RNA.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-07 Factors that Influence Wellness

60. The following are all environmental factors, EXCEPT the

- A. air you breathe.
- B. water you drink.
- C. amount of alcohol consumption in your home.
- D. genetic make-up in your body.**

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-02 The Dimensions of Wellness

61. The most common health issue affecting students' academic performance today is

- A. depression.
- B. alcohol abuse.
- C. stress.**
- D. relationship problems.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Identify major health problems in Canada today.

Topic: 01-05 Health Issues for Diverse Populations

62. The most harmful consequence of environmental abuse is

- A. pesticides.
- B. global warming.**
- C. contaminated drinking water.
- D. acid rain.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-08 Reaching Wellness Through Lifestyle Management

63. The "greenhouse" effect is

- A. an invisible insulating blanket that traps heat and increases the temperature of the atmosphere.**
- B. not yet proven.
- C. a complex system of burning coal.
- D. more pronounced in under-developed nations.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-08 Reaching Wellness Through Lifestyle Management

64. The first step in improving wellness by lifestyle management is to

- A. begin with a self-assessment.**
- B. ask friends what you should improve.
- C. ask your family for assistance.
- D. reward yourself.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-09 Getting Serious About Your Health

65. Integral to a successful plan to change an unhealthy behaviour is to
- A. start small.
 - B. pick your top three unhealthy behaviours.
 - C. keep the plan to yourself.
 - D. choose your most unhealthy behaviour.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-09 Getting Serious About Your Health

66. The behaviour one identifies for change is called
- A. bad news.
 - B. enabling behaviour.
 - C. target behaviour.
 - D. predisposed behaviour.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-09 Getting Serious About Your Health

67. Eduardo has identified gambling as a target behaviour because it is interfering with his schoolwork. To aid him in stopping this behaviour, he may need to
- A. find outside help.
 - B. use a self-management approach.
 - C. spend more time with his friends.
 - D. buy a self-help book.

Accessibility: Keyboard Navigation

Blooms: Create

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-09 Getting Serious About Your Health

68. A target behaviour can best be defined as
- A. several bad habits in need of change.
 - B. a lifelong habit you want to stop immediately.
 - C. an isolated behaviour that is the focus of your behaviour change plan.
 - D. a friend's behaviour that you urge him or her to change.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-09 Getting Serious About Your Health

69. The belief in one's ability to be successful in the performance of a given task is termed
- A. self-esteem.
 - B. self-concept.
 - C. self-efficacy.
 - D. self-fulfilling prophecy.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-09 Getting Serious About Your Health

70. A comparison survey of North American smokers and non-smokers found that
- A. smokers report more energy.
 - B. smokers report fewer days of troubled sleep.
 - C. non-smokers report fewer days of sadness.
 - D. non-smokers report eating more.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

71. A comparison survey of North American smokers and non-smokers found that
- A. smokers report more energy.
 - B. non-smokers report fewer days of troubled sleep.**
 - C. smokers report fewer days of sadness.
 - D. non-smokers report eating more.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

72. "Your ability to successfully take action and perform specific tasks" defines the term
- A. self-efficacy.**
 - B. self-control.
 - C. self-talk.
 - D. self-esteem.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

73. Those with an internal locus of control believe that events turn out as they do based on
- A. fate.
 - B. heredity.
 - C. their actions.**
 - D. luck.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

74. Donna is about 25 kilograms overweight, has tried a variety of diets, and has repeatedly failed to maintain weight loss. She defends her weight with the explanation that almost all of her relatives are overweight, and none has ever been successful with attempts to lose weight. Donna can best be described as
- A. being unmotivated.
 - B. having an external locus of control.**
 - C. having an internal locus of control.
 - D. being a victim of genetics.

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

75. The technique of visualization is one of the best ways to
- A. keep an eye on your future.
 - B. boost your confidence.**
 - C. improve physical strength.
 - D. heighten your senses.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

76. A strategy to increase your chances of success in the pursuit of a new behaviour is to
- A. rationalize temporary setbacks to minimize feelings of failure.
 - B. stick with the program, without adjustments, even during periods of high stress.
 - C. find a new behaviour to change if you experience a temporary failure.
 - D. frequently visualize goal attainment and enjoy its benefits.**

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

77. The precontemplation stage is characterized by

- A. an awareness of the problem.
- B. a modification of behaviour.
- C. a belief that there is no need for change.**
- D. a planning for change.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-11 Enhancing Your Readiness to Change

78. During a "stages of change" behaviour change program, some people may lapse. If this occurs, the best strategy for them is to

- A. learn from the lapse as they slip back to an earlier stage.**
- B. give up.
- C. choose a different behaviour for change.
- D. start over from the beginning.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-12 Dealing with Relapse

79. The order in which a behaviour change strategy is implemented is to

- A. analyze data, monitor behaviour, devise a plan of action, set goals, make contract.
- B. monitor behaviour, analyze data, set goals, devise a plan of action, make contract.**
- C. devise a plan of action, achieve goals, monitor behaviour, analyze data, make contract.
- D. make contract, achieve goals, devise a plan of action, monitor behaviour, analyze data.

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-12 Dealing with Relapse

80. Entries made into a health journal about a behaviour should note all the following, EXCEPT

- A. what the activity was.
- B. when and where it happened.
- C. how you felt at the time.
- D. what your friends/family did.**

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

81. Which of the following health journal information would be of little benefit in promoting personal behaviour change?

- A. identification of other people's reactions to your behaviour**
- B. descriptions of exactly what your behaviours are
- C. identification of when and where activities occurred
- D. recording your feelings at the time you were engaging in the behaviour

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

82. Anne wants to lose weight and is keeping a health journal to record her progress. Which of the following questions might be appropriately asked in the course of analyzing data from her health journal?

- A. When am I most likely to overeat?**
- B. What behaviour do I want to change?
- C. How many behaviours in my life are serious health threats?
- D. What will be the consequences of not changing my risky health behaviour?

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

83. The best plan for behaviour change
- A. begins with a negative self-assessment.
 - B. concentrates on several behaviours.
 - C. begins with a positive self-assessment
 - D.** works at change systematically.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

84. To help ensure success with a behaviour change program, you should
- A. consider potential genetic factors.
 - B.** develop a reward system.
 - C. re-evaluate your friendships.
 - D. avoid enlisting your family as support.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

85. Chances of success in behaviour management DECREASE if
- A. efforts are cost-effective.
 - B. change in behaviour is real and lasting.
 - C. programs are those that can be followed over a long time.
 - D.** environmental cues are ignored.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

86. According to the "SMART" criteria; a behaviour change such as "drink eight cups of water every day" is an example of being

- A. realistic.
- B. truthful.
- C. too easy.
- D.** specific.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

87. Rewards included in health action plans should

- A.** reinforce your efforts.
- B. be provided only when you reach your overall goal.
- C. be meaningful and affordable.
- D. increase in cost over time.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

88. A primary purpose of developing a personal contract for behaviour change is to

- A.** commit you to your word of behaviour modification.
- B. notify others of your intent to change your behaviour.
- C. prioritize the behaviours that you are considering changing.
- D. assess your motivation for changing a health behaviour.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

89. Writing a contract for behaviour change involves all of the following, EXCEPT

- A. setting a date to begin.
- B. clearly stating your goal.
- C. identifying the steps to be used to measure progress.
- D.** identifying the consequences of failure to reach the established goal.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

90. Someone you know at work who is attempting to lose weight has been repeatedly "derailed" by coworkers who bring high-calorie snacks to work every day. It would be fair to say that this person does NOT

- A. want to change.
- B.** have the support to change.
- C. have the skills to change.
- D. have the knowledge to change.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

91. Information from a health journal maintained after a behaviour change plan is put into action should be used to do all of the following, EXCEPT

- A. track progress.
- B. identify barriers to progress.
- C. make revisions in the plan.
- D.** identify new behaviours to change.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

92. Obstacles in the process of behaviour change

- A. are a sign of failure in the pursuit of a new behaviour.
- B. should be avoided, if possible, in the pursuit of a new behaviour.
- C. are a natural part of the process.
- D. often cause us to settle for a level of success that is less than our original goal.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

93. The most constructive response to a temporary setback in the pursuit of a new behaviour is

- A. not tolerating temporary failure.
- B. increasing rewards to make efforts more worthwhile.
- C. accepting the blame for failing if you return to your old behaviour.
- D. accepting the fact that problems may periodically occur.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

94. Which of the following is a positive social influence on health behaviours?

- A. personal skills
- B. attitudes
- C. supportive friends
- D. money

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

95. Which of the following is NOT a recommended strategy for maintaining behaviour change?

- A. assessing stress levels
- B. rationalizing**
- C. evaluating social influences
- D. refocusing

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-15 Staying with It

96. With regard to one's health, which one of the following elements is most within an individual's control?

- A. heredity
- B. health care
- C. environment
- D. behaviour**

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-15 Staying with It

97. Which of the following is an example of acting to modify the environment and support health behaviours?

- A. encouraging legislators to pass legislation increasing the number of public areas where smoking is allowed
- B. serving alcoholic drinks at your parties
- C. voting for measures that reduce air pollution**
- D. smoking your friend's cigarettes so that she does not have to

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-17 Making Changes in Your World

98. When evaluating health topics on the Internet, check the
- A. qualifications of the people behind the site.
 - B. latest media post on the topic.
 - C. testimonials for evidence.
 - D. blogs first.

Accessibility: Keyboard Navigation

Blooms: Evaluate

Difficulty: Easy

Learning Objective: 01-05 List some available sources of health information and explain how to think critically about them.

Topic: 01-09 Getting Serious About Your Health

99. Which of the following is NOT a modifiable risk factor?
- A. smoking
 - B. exercising
 - C. family history
 - D. healthy diet

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-01 Wellness: The New Health Goal

100. The six dimensions of wellness include all of the following, EXCEPT
- A. emotional wellness.
 - B. intellectual wellness.
 - C. activity wellness.
 - D. environmental wellness.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

Chapter 01 - Taking Charge of Your Health

101. Emotional wellness includes all of the following, EXCEPT

- A. attending to your own thoughts and feelings.
- B. monitoring your reactions.
- C. identifying obstacles to emotional stability.
- D.** making choices to avoid illnesses and injuries.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

102. Your ability to develop and maintain satisfying and supportive relationships is referred to as _____ wellness.

- A. emotional
- B. spiritual
- C.** interpersonal
- D. intellectual

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

103. Openness to new ideas, capacity to question, and creativity are components of

- A.** intellectual wellness.
- B. emotional wellness.
- C. spiritual wellness.
- D. interpersonal wellness.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

104. Altruism, compassion, and fulfillment are components of

- A. intellectual wellness.
- B. emotional wellness.
- C. spiritual wellness.**
- D. interpersonal wellness.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

105. Communication skills, intimacy, and satisfying relationships are components of

- A. intellectual wellness.
- B. emotional wellness.
- C. spiritual wellness.
- D. interpersonal wellness.**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

106. The level of happiness and fulfillment you gain through your work is referred to as

- A. intellectual wellness.
- B. emotional wellness.
- C. spiritual wellness.
- D. occupational wellness.**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

107. All of the following are key aspects of occupational wellness, EXCEPT

- A. enjoyable work.
- B. job dissatisfaction.**
- C. feelings of achievement.
- D. opportunities to learn and grow.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

108. All of the following are characteristic of people with low socioeconomic status, EXCEPT

- A. higher rates of death.
- B. less likely to have access to health services.
- C. more likely to engage in unhealthy habits.
- D. lower rates of injury.**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

109. The percentage of overweight or obese Canadians is

- A. 18 percent.
- B. 33 percent.
- C. 45 percent.
- D. 63 percent.**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-02 Identify major health problems in Canada today.

Topic: 01-05 Health Issues for Diverse Populations

110. The percentage of Canadian men that have not seen their doctor for a checkup in the past year is

- A. 10 percent.
- B. 20 percent.
- C. 30 percent.**
- D. 40 percent.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-02 Identify major health problems in Canada today.

Topic: 01-05 Health Issues for Diverse Populations

111. The percentage of Canadian women that have seen their doctor for a checkup in the past year is

- A. 25 percent
- B. 50 percent
- C. 70 percent
- D. 85 percent**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-02 Identify major health problems in Canada today.

Topic: 01-05 Health Issues for Diverse Populations

112. Men are more likely to experience all the following compared to women, EXCEPT

- A. cluster headaches.
- B. stronger immune systems.**
- C. higher rates of spit tobacco use.
- D. alcoholism.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

113. What percentage of First Nations people living on reserve have type 2 diabetes?

- A. 17 percent.
- B. 50 percent.
- C. 73 percent.
- D. 90 percent.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-02 Identify major health problems in Canada today.

Topic: 01-05 Health Issues for Diverse Populations

114. Canadians with low incomes and education have higher rates, on average, of all of the following, EXCEPT

- A. post traumatic stress disorder.
- B. traumatic injury.
- C. violent death.
- D. infant mortality.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Identify major health problems in Canada today.

Topic: 01-05 Health Issues for Diverse Populations

115. First Nations people living on reserve have TB infection rates ____ times higher than the Canadian average.

- A. 2
- B. 5
- C. 10
- D. 30

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-02 Identify major health problems in Canada today.

Topic: 01-05 Health Issues for Diverse Populations

116. All of the following are true of people living in rural areas of Canada as compared to their urban counterparts, EXCEPT

- A. less physically active.
- B. less likely to use seat belts.
- C. more likely to obtain preventive health screening tests.**
- D. more likely to experience an injury-related death.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

117. All of the following are true of people living in rural areas of Canada as compared to their urban counterparts, EXCEPT

- A. less likely to be diagnosed with cancer.
- B. more likely to experience stress.**
- C. greater sense of community belonging.
- D. less likely to obtain preventive health screening tests.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

118. What percentage of Canadian adults identify themselves as gay, lesbian, or bisexual?

- A. 1 percent.
- B. 3 percent.**
- C. 5 percent.
- D. 11 percent.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

119. Heart disease is associated with all the following risk factors, EXCEPT

- A. smoking.
- B. stress.
- C. hostile and suspicious attitudes.
- D.** regular exercise.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-07 Factors that Influence Wellness

120. Regular exercise decreases one's risk of all the following EXCEPT

- A. heart disease.
- B. diabetes.
- C. osteoporosis.
- D.** lung cancer.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-07 Factors that Influence Wellness

121. All are important considerations whenever you encounter health-related information, EXCEPT

- A.** apply anecdotes to your own life.
- B. go to the original source.
- C. watch for misleading language.
- D. distinguish between research reports and public health advice.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-05 List some available sources of health information and explain how to think critically about them.

Topic: 01-09 Getting Serious About Your Health

122. When considering health information available on the Internet, which of the following is not an important question to ask yourself when considering the reliability and accuracy of the information?

- A. How often is the site updated?
- B. Is the site promotional?
- C. What do other sources say about the topic?
- D.** Where is the headquarters for the publisher?

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-05 List some available sources of health information and explain how to think critically about them.

Topic: 01-09 Getting Serious About Your Health

123. When learning about the risks and benefits of a target behaviour, all of the following are important questions to ask, EXCEPT

- A. How is your target behaviour affecting your level of wellness today?
- B. What diseases or conditions does this behaviour place you at risk for?
- C. What effect would changing your behaviour have on your health?
- D.** Is your target behaviour too difficult to change?

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-09 Getting Serious About Your Health

124. Strategies for boosting self-efficacy include each of the following, EXCEPT

- A.** developing an external locus of control.
- B. visualization.
- C. self-talk.
- D. encouragement from supportive people.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-10 Building Motivation to Change

125. According to the stages of change model, people at this stage do not think they have a problem and do not intend to change their behaviour.

- A. precontemplation
- B. contemplation
- C. preparation
- D. action

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-11 Enhancing Your Readiness to Change

126. According to the stages of change model, people at this stage know they have a problem and intend to act within six months.

- A. precontemplation
- B. contemplation
- C. preparation
- D. action

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-11 Enhancing Your Readiness to Change

127. According to the stages of change model, people at this stage plan to act within a month or may already have begun to make small changes in their behaviour.

- A. precontemplation
- B. contemplation
- C. preparation
- D. action

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-11 Enhancing Your Readiness to Change

128. According to the stages of change model, people at this stage have practiced their new, healthier lifestyle for at least six months.

- A. contemplation
- B. maintenance**
- C. preparation
- D. action

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-11 Enhancing Your Readiness to Change

129. All of the following are important considerations during the precontemplation stage of behaviour change, EXCEPT

- A. raise your awareness.
- B. seek social support.
- C. keep a journal.**
- D. be self-aware.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-11 Enhancing Your Readiness to Change

130. All of the following are important considerations during the contemplation stage of behaviour change, EXCEPT

- A. identify barriers to change.
- B. seek social support.**
- C. do a cost-benefit analysis.
- D. engage your emotions.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-11 Enhancing Your Readiness to Change

131. All of the following are important considerations during the preparation stage of behaviour change, EXCEPT

- A. create a plan.
- B. make change a priority.
- C. take short steps.
- D.** identify helpful resources.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-11 Enhancing Your Readiness to Change

132. All of the following are important considerations during the action stage of behaviour change, EXCEPT

- A.** practice visualization and self-talk.
- B. monitor your progress.
- C. change your environment.
- D. involve your friends.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-11 Enhancing Your Readiness to Change

133. All of the following are important considerations during the maintenance stage of behaviour change, EXCEPT

- A. keep going.
- B. be prepared for lapses.
- C.** keep a journal.
- D. be a role model.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-11 Enhancing Your Readiness to Change

134. The six stage of behaviour change according to the stages of change model is

- A. action.
- B. maintenance.
- C. termination.**
- D. completion.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-11 Enhancing Your Readiness to Change

135. Approximately what percentage of individuals experience some backsliding during behaviour change?

- A. 40 percent.
- B. 60 percent.
- C. 80 percent.**
- D. 90 percent.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-12 Dealing with Relapse

136. The stages of change model is most accurately described as a _____ model.

- A. circular
- B. linear
- C. constellation
- D. spiral**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-12 Dealing with Relapse

137. The 'S' in SMART goals stands for

- A. super.
- B. social.
- C. specific.**
- D. smart.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

138. The 'M' in SMART goals stands for

- A. mini.
- B. meaningful.
- C. moderate.
- D. measurable.**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

139. The 'A' in SMART goals stands for

- A. achievable.
- B. attainable.**
- C. absolute.
- D. awesome.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

140. The 'R' in SMART goals stands for
- A. realistic.
 - B. relative.
 - C. radical.
 - D. relational.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

141. The 'T' in SMART goals stands for
- A. tough.
 - B. time-frame specific.
 - C. theoretical.
 - D. tangible.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

142. When devising a plan of action for behaviour change, all of the following are important steps, EXCEPT
- A. avoid others.
 - B. modify your environment.
 - C. control related habits.
 - D. reward yourself.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

143. When devising a plan of action for behaviour change, all of the following are important steps, EXCEPT

- A. reward yourself.
- B. involve the people around you.
- C. change multiple behaviours simultaneously.
- D. plan for challenges.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

144. A personal contract for behaviour change includes all of the following details, EXCEPT

- A. date you will start.
- B. steps you will take to measure your progress.
- C. strategies you plan to use to promote change.
- D. rewards for good behaviour.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

145. Barriers to health behaviour change progress may include all of the following, EXCEPT

- A. social influences.
- B. stress barriers.
- C. levels of motivation and commitment.
- D. excess effort.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-13 Developing Skills for Change: Creating a Personalized Plan

146. Taking your focus off the real problem and denying responsibility for your own actions is referred to as

- A. blaming.
- B. rationalizing.
- C. procrastinating.
- D. justifying.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-15 Staying with It

147. If you tell yourself, "It's Friday already, I might as well wait until Monday to start" you are

- A. blaming.
- B. rationalizing.
- C. procrastinating.
- D. justifying.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-15 Staying with It

148. If you tell yourself, "I wanted to go swimming today but wouldn't have had time to wash my hair afterward" you are

- A. blaming.
- B. rationalizing.
- C. procrastinating.
- D. justifying.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-15 Staying with It

149. If you tell yourself, "I couldn't exercise because Dave was hogging the treadmill" you are

- A. blaming.
- B. rationalizing.
- C. procrastinating.
- D. justifying.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-15 Staying with It

150. All of the following are important aspects of well-being that you may not be able to control, EXCEPT

- A. heredity.
- B. smoking status.
- C. environment.
- D. health care.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-17 Making Changes in Your World

151. Environmental challenges that we currently face include all of the following, EXCEPT

- A. air and water pollution.
- B. traffic congestion.
- C. global warming.
- D. under population.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-17 Making Changes in Your World

Carla has been busy since she started university. She is a full-time student and is very active in campus clubs and organizations. Her classes and campus activities leave her little time to socialize with her friends. She is beginning to feel as if she has let her friends down because she has had to cancel several activities that they had planned, but she also feels guilty if she isn't able to meet her other obligations. Carla has always thought that she was in control of her life and has managed well up until now. She wants to spend more time with her friends without giving up her other activities.

152. Carla's desire to spend more time with her friends indicates that she needs to improve her level of _____ wellness.

- A. spiritual
- B. interpersonal**
- C. emotional
- D. intellectual

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

153. If Carla succeeds in improving her target area of wellness, she will most likely see a corresponding improvement in her _____ wellness.

- A. spiritual
- B. intellectual
- C. emotional**
- D. occupational

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

154. Carla decided to spend more time with her friends but found that her plan didn't seem to be working too well. Which of the following is the most likely reason that Carla's plan is not working as she expected?

- A. Carla decided without first monitoring and evaluating her schedule.
- B. Carla is not adequately motivated.
- C. Carla is more committed to her activities than to her friends.
- D. Carla has an external locus of control.

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-02 The Dimensions of Wellness

155. Carla realized and corrected her mistake. What can Carla do to ensure that she will continue to have enough time to have fun with her friends without compromising any area of wellness?

- A. Establish set times and days to be with her friends.
- B. Eliminate some of her participation in campus activities.
- C. Be flexible with her time and acknowledge that obstacles may occasionally disrupt her plans.
- D. Tell her friends that they have to participate in some of the campus activities with her so that they can have more time together.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-02 The Dimensions of Wellness

156. Carla will probably be able to balance her time so that she can study, be active on campus, and have fun with her friends because she
- A.** has an internal locus of control.
 - B. has an external locus of control.
 - C. is persuasive and her friends will do as she asks.
 - D. will stick to her plan without making changes.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-02 The Dimensions of Wellness

157. Smoking causes _____ deaths per year.
- A. 10 000
 - B. 17 000
 - C. 30 000
 - D.** 37 000

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-01 Wellness: The New Health Goal

158. What percentage of Canadians aged 15 and older have some level of disability?
- A. 2
 - B. 5
 - C. 9
 - D.** 14

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-03 Describe the influence of gender; ethnicity; income; disability; family history; and environment on health.

Topic: 01-05 Health Issues for Diverse Populations

Short Answer Questions

159. Define the six dimensions of wellness discussed in the text and, for each dimension, list two behaviours or habits that would promote its development.

Answers will vary

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 Describe the dimensions of wellness.

Topic: 01-02 The Dimensions of Wellness

160. Discuss the role that lifestyle choices play in determining quality of life. Provide three examples of healthy lifestyle choices and explain how each promotes quality of life and the dimensions of wellness.

Answers will vary

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 01-04 Explain the importance of personal decision making and behaviour change in achieving wellness.

Topic: 01-03 New Opportunities, New Responsibilities

161. Describe which stage of change each of the following situations represents, and provide two appropriate strategies in each case to help the person move forward in the cycle of change.

- José wants to get back into shape, but he can't figure out how to fit activity into his day and doesn't know what to do next about his desire to change.
- Ellen has tried unsuccessfully to quit smoking in the past and now assumes that she won't ever be able to quit.
- Gary has decided to improve his diet, beginning in two weeks; he has already started to change by eating cereal for breakfast at home one day per week rather than picking up his usual fast food breakfast on the way to his first class.

Answers will vary

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-05 List some available sources of health information and explain how to think critically about them.

Topic: 01-09 Getting Serious About Your Health

162. List the six major steps in a behaviour change plan of action. Select a target behaviour, and briefly describe how you would apply the steps to that behaviour.

Answers will vary

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-06 Describe the steps in creating a behaviour-management plan to change a health-related behaviour.

Topic: 01-11 Enhancing Your Readiness to Change