

Test Bank for

THE HANDBOOK OF HEALTH BEHAVIOR CHANGE

Fifth Edition

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Editors

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CHAPTER 1

INDIVIDUAL THEORIES

MULTIPLE CHOICE

1. For which reason are individual theories becoming more appealing?
- A. Focus on individual behavior
 - B. Application to health behavior research and practice
 - C. Delivered through traditional paper-and-pencil approaches
 - D. Created to support a specific culture or geographic location

Answer: B

2. Which is a key concept of Social Cognitive Theory?
- A. Age
 - B. Gender
 - C. Incentives
 - D. Occupation

Answer: C

3. In Social Cognitive Theory, which belief best describes efficacy expectations?
- A. Amount of time to achieve a specific outcome
 - B. Likelihood of a specific behavior to lead to an identified outcome
 - C. Learning required before attempting to achieve an outcome
 - D. Capability of performing a behavior that leads to an outcome

Answer: D

4. Which is a source of an efficacy expectation within Social Cognitive Theory?
- A. Physiological state
 - B. Financial remuneration
 - C. Time to accomplish the task
 - D. Satisfaction to achieve a task

Answer: A

5. Which statement best describes the theory of self-regulation?
- A. Emphasizes the role of personal beliefs on an individual's ability to effect health change
 - B. Explains how individuals develop an understanding of personal behavior and outcome and efficacy expectations
 - C. Posits that personal factors, existing behaviors, and the social and physical environments interact to shape new behavior
 - D. Assumes behavior change and maintenance of behavior are functions of expectations of outcomes and ability to execute the behavior

Answer: B

6. Which is a step in the theory of self-regulation?
- A. Plan and act
 - B. Estimate cost
 - C. Evaluate for quality
 - D. Cluster accumulated data

Answer: A

7. For which health problem is the theory of self-regulation best applied?
- A. Gastritis
 - B. Pneumonia
 - C. Appendicitis
 - D. Heart disease

Answer: D

8. Which theory hypothesizes that behavior depends on the value placed on a particular goal and the likelihood that an action will achieve that goal?
- A. Health Belief Model
 - B. Social Cognitive Theory
 - C. Theory of self-regulation
 - D. Theory of Planned Behavior

Answer: A

9. Within the Health Belief Model, which is a cue to action?
- A. Social class
 - B. Advice from others
 - C. Knowledge about the disease
 - D. Prior contact with the disease

Answer: B

10. Which theory is built upon the components of attitude and subjective norms?
- A. Transtheoretical Model
 - B. Theory of self-regulation
 - C. Relapse prevention model
 - D. Theory of Planned Behavior

Answer: D

11. For which health-related behavior is the Theory of Planned Behavior best applied?

- A. Physical activity
- B. Wound irrigation
- C. Intravenous therapy
- D. Blood glucose monitoring

Answer: A

12. In the Transtheoretical Model, how is behavior change viewed?

- A. A goal
- B. An event
- C. An episode in time
- D. A six-stage process

Answer: D

13. Which is a process of change within the Transtheoretical Model?

- A. Termination
- B. Maintenance
- C. Precontemplation
- D. Counterconditioning

Answer: D

14. Which term is used to describe interventions that build coping skills for dealing with situations that place individuals at high risk of repeating harmful behavior?

- A. Stimulus control
- B. Decisional balance
- C. Relapse prevention
- D. Contingency management

Answer: C

15. Which immediate determinant of relapse within the relapse prevention model makes a full-blown relapse more likely?

- A. Coping
- B. High-risk situations
- C. Outcome expectancies
- D. Abstinence violation effect

Answer: D

CHAPTER 2

UNDERSTANDING POPULATION HEALTH FROM MULTILEVEL AND COMMUNITY-BASED MODELS

MULTIPLE CHOICE

1. Which term describes the first paradigm used to explain the cause and spread of disease?
- A. Miasma
 - B. Germ theory
 - C. Contagionist
 - D. Chronic disease

Answer: A

2. Which statement best describes a chronic illness?
- A. Is contagious after an acute period of illness
 - B. Develops as explained through the germ theory
 - C. Begins with an infection from a microorganism
 - D. Can be prevented or delayed through behavior change

Answer: D

3. Which is a core assumption of a socio-ecological model?
- A. The environment is the primary factor that influences behavior
 - B. Environment is defined by actual physical and social attributes
 - C. Individual responses can be predicted regardless of the environment
 - D. Elements of any environment can facilitate or impede healthful behavior

Answer: D

4. Which is the role of education within a socio-ecological model?
- A. Education plays a minor role
 - B. There is no role for education
 - C. Education promotes healthful changes
 - D. Education is the only necessary element

Answer: C

5. Which is a guiding principle of community-based participatory research?
- A. Community is viewed as a unit of identity
 - B. Findings are a more accurate reflection of the community
 - C. Community members are involved in the research process
 - D. Research is matched to problems of interest to the community

Answer: A

6. Which is an ethical challenge to community-based participatory research?

- A. Balancing time constraints
- B. Managing insider–outsider tensions
- C. Obtaining the finances to fund the research
- D. Finding unbiased researchers to lead the team

Answer: B

7. In social marketing, what is the location where the target audience accesses the product considered?

- A. Price
- B. Place
- C. Product
- D. Promotion

Answer: B

8. In social marketing, which term is used to describe the process that identifies subgroups of a larger audience that shares common characteristics?

- A. Marketing mix
- B. Societal welfare
- C. Explore and discover
- D. Audience segmentation

Answer: D

9. Which is a reason why an evidence-based intervention is not implemented as an actual public health practice?

- A. Insufficient staff training
- B. Location of the target community
- C. Cost to implement the intervention
- D. Characteristics of the target population

Answer: A

10. Within the RE-AIM evaluation framework, which step is often evaluated through direct observation, surveys, and structured interviews?

- A. Reach
- B. Efficacy
- C. Adoption
- D. Maintenance

Answer: C

11. Which type of research design compares two or more implementation strategies to determine the effectiveness?

- A. Post
- B. Factorial
- C. Cross-over
- D. Head to head

Answer: B

12. Which action has been proven to reduce the number of overweight children in schools?

- A. Increase expectations during physical education classes
- B. Restrict vending machines and offer more healthy foods
- C. Add weight management strategies in the health education curriculum
- D. Post the nutritional information for fast food items in school hallways

Answer: B

13. Which finding suggests that efforts to reduce the consumption of sugar-sweetened beverages have been successful?

- A. Increase in the amount of lattes sold at the coffee shop
- B. Increase in the number of plastic water bottles being recycled
- C. Decrease in the number of pizza slices eaten during school lunches
- D. Decrease in the number of salty snacks purchased at the local market

Answer: B

14. For which health problem is the multiphase optimization strategy (MOST) framework being used?

- A. Obesity
- B. Inactivity
- C. Depression
- D. Smoking cessation

Answer: A

15. Which is a reason why the amount of research evidence to support the use of eHealth interventions is limited?

- A. Unreliability of wearable sensors for weight loss
- B. Speed of technological progress
- C. Limited interactivity of web-based interventions
- D. Conflict between messages and information shared during phone coaching

Answer: B

