Invitation to Health 20th edition Tunks Test Bank

SKU: 9780357728345-TEST-BANK

Chapter 1 - Taking Charge of Your Health

1. Simply defined, health means being free of disease.
   a. True
   b. False

ANSWER: False
POINTS: 1
REFERENCES: Health and Wellness
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.1 - Define health and wellness.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2022 5:30 AM
DATE MODIFIED: 1/13/2022 5:36 AM

2. The World Health Organization defines health as the absence of disease or illness.
   a. True
   b. False

ANSWER: False
POINTS: 1
REFERENCES: Health and Wellness
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.1 - Define health and wellness.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2022 5:37 AM
DATE MODIFIED: 1/13/2022 5:40 AM

3. Compared to the past, more college students take longer to graduate, have jobs, and take fewer courses per semester.
   a. True
   b. False

ANSWER: True
POINTS: 1
REFERENCES: Health in America
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.5 - Evaluate the health behaviors of undergraduates.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2022 6:56 AM
DATE MODIFIED: 1/13/2022 6:58 AM

4. It is young adults, not the elderly, who are experiencing the greatest health deficits and losing the most years to illness, disability, and premature death.
   a. True
   b. False

ANSWER: True

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POINTS: 1
REFERENCES: Health in America
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.3 - Assess the current health status of Americans.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2022 6:59 AM
DATE MODIFIED: 1/13/2022 7:00 AM

5. According to their body mass index (BMI), the vast majority of undergraduates are overweight or obese.
   a. True
   b. False
ANSWER: False
POINTS: 1
REFERENCES: Health on Campus
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.5 - Evaluate the health behaviors of undergraduates.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2022 7:01 AM
DATE MODIFIED: 1/13/2022 7:03 AM

6. Very few college students have high blood pressure.
   a. True
   b. False
ANSWER: True
POINTS: 1
REFERENCES: The Future Starts Now
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.6 - Describe the impact of habits formed in college on future health.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2022 7:05 AM
DATE MODIFIED: 1/13/2022 7:07 AM

7. Almost all people who try to kick bad health habits achieve long-term success on their first try.
   a. True
   b. False
ANSWER: False
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: True / False
HAS VARIABLES: False

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LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2022 7:07 AM
DATE MODIFIED: 1/13/2022 7:09 AM

8. To effect a lasting change in behavior, reinforcement must come largely from such external factors as having someone tell you that you need to make a change.

a. True
b. False

ANSWER: False
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2022 7:10 AM
DATE MODIFIED: 1/13/2022 7:11 AM

9. People typically cycle and recycle through the stages of behavioral change several times.

a. True
b. False

ANSWER: True
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2022 7:12 AM
DATE MODIFIED: 1/13/2022 7:13 AM

10. To have an external locus of control, people must believe their actions will make a difference in their health.

a. True
b. False

ANSWER: False
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Understand
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DATE MODIFIED: 1/13/2022 7:15 AM

11. Which term best describes making a deliberate lifestyle choice that includes taking responsibility to achieve your highest potential?

a. Psychology
b. Communication
c. Liberation
d. Health
e. Wellness

ANSWER: e
POINTS: 1
REFERENCES: Health and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.1 - Define health and wellness.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2022 7:17 AM
DATE MODIFIED: 1/13/2022 7:20 AM

12. Which dimension of health primarily includes your ability to think and learn from life experience?

a. Environmental
b. Emotional
c. Psychological
d. Intellectual
e. Cultural

ANSWER: d
POINTS: 1
REFERENCES: Health and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.2 - Outline the dimensions of health.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2022 7:21 AM
DATE MODIFIED: 1/13/2022 7:23 AM

13. Which dimension of health focuses on an optimal state of physical, mental, and social well-being—not merely the absence of disease or infirmity?

a. Physical
b. Emotional
c. Social
d. Intellectual
e. Environmental

ANSWER: a
POINTS: 1

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REFERENCES: Health and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.2 - Outline the dimensions of health.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2022 7:23 AM
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14. Which dimension of health refers to both the feelings and thoughts of a person, that is, their emotional and mental states?

a. Emotional
b. Financial
c. Intellectual
d. Social
e. Environmental

ANSWER: a
POINTS: 1
REFERENCES: Health and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.2 - Outline the dimensions of health.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2022 7:26 AM
DATE MODIFIED: 1/13/2022 7:27 AM

15. Research has shown that students who start to have respiratory symptoms after they begin smoking move into which stage(s) of change?

a. Contemplation
b. Preparation
c. Action
d. Precontemplation and contemplation
e. Contemplation and preparation

ANSWER: e
POINTS: 1
REFERENCES: Health and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.5 - Evaluate the health behaviors of undergraduates.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/13/2022 7:28 AM
DATE MODIFIED: 1/13/2022 7:29 AM

16. Which dimension of health focuses on the complex interrelationships between one person's health and the health of the community and environment?

a. Emotional

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b. Environmental
c. Cultural
d. Community
e. Occupational

ANSWER: d
POINTS: 1
REFERENCES: Health and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.2 - Outline the dimensions of health.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2022 7:33 AM
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17. Which dimension of health focuses on the impact your world has on your well-being?
a. Cultural
b. Environmental
c. Spiritual
d. Psychological
e. Social

ANSWER: b
POINTS: 1
REFERENCES: Health and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.2 - Outline the dimensions of health.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/13/2022 7:35 AM
DATE MODIFIED: 1/13/2022 7:37 AM

18. On average, what is the life expectancy at birth for women?
a. 57.8 years
b. 68.1 years
c. 72 years
d. 81.4 years
e. 99.7 years

ANSWER: d
POINTS: 1
REFERENCES: Health in America
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.4 - Discuss health disparities based on sex and race.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2022 7:45 AM

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DATE MODIFIED: 1/13/2022 7:47 AM

19. According to the text, which major factor has contributed to the decline in life expectancy in the United States?
    a. Elimination of racial disparities in health
    b. Greater acceptance of the transtheoretical model on college campuses
    c. More widespread use of e-cigarettes
    d. Lower rates of smoking
    e. Unintentional injuries and suicide

ANSWER: e
POINTS: 1
REFERENCES: Health in America
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.3 - Assess the current health status of Americans.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2022 7:48 AM
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20. What percentage of Americans eat a healthy diet?
    a. Less than 5 percent
    b. 10 percent
    c. 18 percent
    d. 38 percent
    e. 95 percent

ANSWER: d
POINTS: 1
REFERENCES: Health in America
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.3 - Assess the current health status of Americans.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2022 7:50 AM
DATE MODIFIED: 1/13/2022 7:54 AM

21. Compared to individuals of the same age who are not attending college, what is true of college students?
    a. College students experience lower rates of interpersonal violence.
    b. College students are less likely to be overweight or obese.
    c. College students are more likely to smoke.
    d. College students are more likely to have high cholesterol levels.
    e. College students are more likely to engage in high-risk sexual behavior.

ANSWER: b
POINTS: 1
REFERENCES: Health on Campus
QUESTION TYPE: Multiple Choice

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HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.5 - Evaluate the health behaviors of undergraduates.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2022 7:56 AM
DATE MODIFIED: 1/13/2022 7:58 AM

22. According to a national survey of more than 4,700 people, 97.3 percent get a failing grade in healthy lifestyle habits. For the minority who do adapt these health guidelines, the payoff includes a lower risk of many health problems, including type 2 diabetes, heart disease, and what else?

a. Intestinal disorders
b. Food allergies
c. Cancer
d. Underweight
e. Airborne infectious diseases

ANSWER: c
POINTS: 1
REFERENCES: Health in America
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.3 - Assess the current health status of Americans.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2022 7:59 AM
DATE MODIFIED: 1/13/2022 8:01 AM

23. What are the leading causes of death for all racial and ethnic groups in the United States?

a. Cancer and diabetes
b. Heart disease and stroke
c. Asthma and depression
d. Hepatitis C and AIDS
e. Mental illnesses

ANSWER: b
POINTS: 1
REFERENCES: Health in America
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.4 - Discuss health disparities based on sex and race.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/13/2022 8:01 AM
DATE MODIFIED: 1/13/2022 8:03 AM

24. Although African American and Hispanic people represent only about one-quarter of the U.S. population, they account for about two-thirds of adult cases and more than 80 percent of pediatric cases of which disease?

a. Heart disease
b. Hepatitis C

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c. AIDS
d. Hepatitis B
e. Diabetes

ANSWER: c
POINTS: 1
REFERENCES: Health in America
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.4 - Discuss health disparities based on sex and race.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 9:36 PM
DATE MODIFIED: 1/16/2022 9:37 PM

25. As compared to individuals of the same age not attending college, college students are more likely to experience which of the following?
a. Being overweight or obese
b. Interpersonal violence
c. Smoking
d. Consuming high-fat and low-fiber foods
e. Having high cholesterol levels

ANSWER: b
POINTS: 1
REFERENCES: Health on Campus
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.5 - Evaluate the health behaviors of undergraduates.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/16/2022 9:37 PM
DATE MODIFIED: 1/16/2022 9:39 PM

26. What is true about the choices college students make today?
a. These choices have a temporary impact and pronounced consequences on how they feel.
b. These choices have an immediate impact and long-term consequences on how they feel.
c. These choices have a low impact and moderate consequences on how they feel.
d. These choices have a negligible impact and immediate consequences on how they feel.
e. These choices have a variable impact and undefined consequences on how they feel.

ANSWER: b
POINTS: 1
REFERENCES: Health on Campus
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.6 - Describe the impact of habits formed in college on future health.
KEYWORDS: Bloom's: Understand

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DATE CREATED: 1/16/2022 9:42 PM
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27. What is the best weapon against cancer and heart disease?
    a. Attitude
    b. Knowledge
    c. Prevention
    d. Genetic testing
    e. Spiritual well-being

ANSWER: c
POINTS: 1
REFERENCES: The Future Starts Now
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/16/2022 9:45 PM
DATE MODIFIED: 1/16/2022 9:47 PM

28. In evaluating and determining whether online health information is valid, what factor(s) is/are important?
    a. The author's experience and education
    b. The date of publication
    c. Checking references
    d. The website's creator and their potential bias
    e. All of these are correct.

ANSWER: e
POINTS: 1
REFERENCES: The Future Starts Now
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.7 - Evaluate health information for accuracy and reliability.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 9:48 PM
DATE MODIFIED: 1/16/2022 9:49 PM

29. Which activity increases the likelihood of other risky behaviors, such as using drugs, smoking cigarettes, and having multiple sexual partners?
    a. Overstressing
    b. Heavy drinking
    c. Gambling
    d. Binge eating
    e. Succumbing to peer pressure

ANSWER: b

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POINTS: 1
REFERENCES: The Future Starts Now
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.5 - Evaluate the health behaviors of undergraduates.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/16/2022 9:50 PM
DATE MODIFIED: 1/16/2022 9:51 PM

30. Keisha intends to wait until she is married to have sex because she believes it is the right thing to do. Of the three types of influences that shape behavior, which factor is most influential in her behavior?

a. Behavioral
b. Reinforcing
c. Predisposing
d. Enabling
e. Spiritual

ANSWER: c
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 9:51 PM
DATE MODIFIED: 1/16/2022 9:53 PM

31. Rohit has been looking online to determine what's been causing his health issue. He's been reading a website that claims taking their product will quickly cure his symptoms. All of Rohit's symptoms are listed on the site, and it says it's an amazingly quick cure. There are several testimonials with men his age saying this is an amazing medical breakthrough and they strongly recommend the product. What action should Rohit take?

a. Buy just a small supply and try out the product herself to see if it works
b. Ask his friend if he's been using the product, or knows of someone who has used the product with success
c. Check out the product reviews to see if people feel it really works
d. Check to see if the product has been researched and published by peer-reviewed professional journals
e. Go to the local health food store and buy the product if they recommend it

ANSWER: d
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 9:53 PM

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DATE MODIFIED: 1/16/2022 9:55 PM

32. According to the text, which of these is NOT an effective way to cut down on medical costs without sacrificing your good health?

a. If you are given a prescription, ask for a well-known advertised brand name
b. Don't smoke, get enough sleep, and get regular immunizations
c. Develop a relationship with a physician who gets to know you and your medical history
d. Avoid going to the emergency department unless absolutely necessary
e. Take medications only as prescribed

ANSWER: a
POINTS: 1
REFERENCES: The Future Starts Now
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/16/2022 9:55 PM
DATE MODIFIED: 1/16/2022 9:56 PM

33. What is the belief that a proposed change in behavior will be advantageous to your health?

a. Benefits
b. Healthy belief model
c. Reinforcement
d. Susceptibility
e. Enlightenment

ANSWER: a
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/16/2022 9:57 PM
DATE MODIFIED: 1/16/2022 9:58 PM

34. Paola has felt better since she received a gift membership to meal prep service and began cooking healthy dinners several nights a week. Which factor is most influential in her behavior?

a. Predisposing
b. Enabling
c. Reinforcing
d. Behavioral
e. Social

ANSWER: b

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POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 9:59 PM
DATE MODIFIED: 1/16/2022 10:00 PM

35. Andre gives special stickers to his fourth-grade students who score high on math tests. Which factor is most influential in his method?

a. Reinforcing
b. Enabling
c. Behavioral
d. Predisposing
e. Social

ANSWER: a
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 10:04 PM
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36. Which change model reflects the approach adopted by Alcoholics Anonymous?

a. Moral model
b. Enlightenment model
c. Behavioral model
d. Medical model
e. Transtheoretical model

ANSWER: b
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 10:06 PM
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37. Annisa wavers between wanting to start exercising again and resisting the need to do so. Annisa has reached which stage of change?

a. Precontemplation
b. Maintenance
c. Preparation
d. Contemplation
e. Action

ANSWER: d
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 10:08 PM
DATE MODIFIED: 1/16/2022 10:10 PM

38. Chantel has decided to begin eating healthier in the coming weeks. She has developed a set of menus, has joined a meal plan so that she will get healthy food delivered weekly, and has a friend who has committed to be her meal prep buddy. Chantel has reached which stage of change?

a. Precontemplation
b. Contemplation
c. Preparation
d. Action
e. Maintenance

ANSWER: c
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 10:10 PM
DATE MODIFIED: 1/16/2022 10:12 PM

39. Omari has started taking his shower at night and laying out his clothes for the next day, along with getting up earlier so he has enough time to walk to school rather than taking the bus. Omari has reached which stage of change?

a. Contemplation
b. Preparation
c. Action
d. Maintenance
e. Termination

ANSWER: c
POINTS: 1

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REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 10:12 PM
DATE MODIFIED: 1/16/2022 10:13 PM

40. Ngoc has not exercised for the past few days, but she is not worried about lapsing into her old bad habits. Ngoc has reached which stage of change?

a. Contemplation
b. Maintenance
c. Preparation
d. Action
e. Termination

ANSWER: b
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 10:14 PM
DATE MODIFIED: 1/16/2022 10:15 PM

41. Which change model attributes being overweight to genetic factors and involves an expert to provide treatment or advice?

a. Moral
b. Enlightenment
c. Behavioral
d. Medical
e. Compensatory

ANSWER: d
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/16/2022 10:16 PM
DATE MODIFIED: 1/16/2022 10:17 PM

42. Which change process is the most widely used and involves increasing your knowledge about the nature of your problem or about yourself?

a. Environmental control

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b. Consciousness-raising
c. Emotional arousal
d. Self-reevaluation
e. Social liberation

ANSWER: b
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 10:18 PM
DATE MODIFIED: 1/16/2022 10:19 PM

43. Whether at school, at the park, or at the bus stop, Imani spends as much time as possible in nonsmoking areas. Which change process is Imani illustrating?

a. Emotional arousal
b. Consciousness-raising
c. Social liberation
d. Self-reevaluation
e. Countering

ANSWER: c
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 10:20 PM
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44. Resolving to never drink and drive after the death of your uncle in a car accident is an example of which process of change?

a. Social liberation
b. Self-reevaluation
c. Emotional arousal
d. Countering
e. Consciousness-raising

ANSWER: c
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.

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KEYWORDS: Bloom's: Apply
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45. Marzuq realizes he spends too much time online shopping and understands how he could use his time and money more wisely. Marzuq exemplifies which process of change?

a. Social liberation
b. Consciousness-raising
c. Emotional arousal
d. Self-reevaluation
e. Commitment

ANSWER: d
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 10:24 PM
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46. Which change model, rather than assigning blame, puts responsibility on people to acquire whatever skills or power they need to overcome their problems?

a. Moral
b. Enlightenment
c. Behavioral
d. Medical
e. Compensatory

ANSWER: e
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/16/2022 10:26 PM
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47. Brandi buys herself a new pair of pants after losing 20 pounds. This is an example of which process of change?

a. Emotional arousal
b. Consciousness-raising
c. Self-reevaluation
d. Rewards

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e. Social liberation

ANSWER: d
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 10:27 PM
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48. Which change model sees failure to take responsibility for excessive drinking or smoking as a sign of character weakness?

a. Moral
b. Enlightenment
c. Behavioral
d. Medical
e. Compensatory

ANSWER: a
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/16/2022 10:33 PM
DATE MODIFIED: 1/16/2022 10:35 PM

49. Which process of change might include giving away the unopened bags of potato chips in your house to your sister, who is throwing a party at work?

a. Self-reevaluation
b. Rewards
c. Environmental control
d. Commitment
e. Countering

ANSWER: c
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Apply
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DATE MODIFIED: 1/16/2022 10:36 PM

50. Ben is seeing a therapist to deal with career and family issues. Ben exemplifies which process of change?

a. Environmental control
b. Emotional arousal
c. Countering
d. Helping relationships
e. Self-reevaluation

ANSWER: d
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 10:37 PM
DATE MODIFIED: 1/16/2022 10:38 PM

51. What is a deliberate lifestyle choice characterized by personal responsibility and optimal enhancement of physical, mental, and spiritual health?

a. Good nutrition
b. Wellness
c. Community health
d. Spirituality
e. Holistic wellness

ANSWER: b
POINTS: 1
REFERENCES: Health and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.1 - Define health and wellness.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 10:39 PM
DATE MODIFIED: 1/16/2022 10:41 PM

52. Which of the following is any planned combination of educational, political, regulatory, and organizational supports for actions and conditions of living conducive to the health of individuals, groups, or communities?

a. Community health
b. Wellness
c. Health promotion
d. Healthy People 2030
e. Social health

ANSWER: c
POINTS: 1

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REFERENCES: Health and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.1 - Define health and wellness.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 10:41 PM
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53. According to the reading, 97.3 percent of Americans get a "failing grade" in what?
    a. Health
    b. Healthy People 2030
    c. Adequate nutritional intake
    d. Spiritual wellness
    e. Healthy lifestyle habits

ANSWER: e
POINTS: 1
REFERENCES: Health in America
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.3 - Assess the current health status of Americans.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 10:45 PM
DATE MODIFIED: 1/16/2022 10:47 PM

54. What did the U.S. Department of Health and Human Services establish as part of a national public health initiative for the creation of a society in which all people can live long, healthy lives?
    a. Healthy People 2030
    b. The Health and Wellness Initiative
    c. The No Child Left Behind Act
    d. Recommended Dietary Guidelines
    e. Nutritional standards for public school lunches

ANSWER: a
POINTS: 1
REFERENCES: Health in America
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.3 - Assess the current health status of Americans.
KEYWORDS: Bloom's: Remember
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55. The text points to the major areas of genetic variations, environmental influences, specific health behaviors, and what else as significantly contributing to health disparities among Americans?
    a. Healthy People 2030

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b. Smoking
c. Poor nutrition
d. Poverty
e. Childhood neglect

ANSWER: d
POINTS: 1
REFERENCES: Health in America
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.4 - Discuss health disparities based on sex and race.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 10:49 PM
DATE MODIFIED: 1/16/2022 10:51 PM

56. What involves measures an individual can take when participating in risky behavior to prevent injury or unwanted risks?

a. Protection
b. De-escalation
c. Preventive education
d. Proactive well-being
e. Sports medicine

ANSWER: a
POINTS: 1
REFERENCES: Health on Campus
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.5 - Evaluate the health behaviors of undergraduates.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 10:51 PM
DATE MODIFIED: 1/16/2022 10:53 PM

57. What is a behavior or an attitude that a particular group expects, values, and enforces?

a. Normative attitude
b. Community health
c. Cultural perspective
d. Social norm
e. Racial disparity

ANSWER: d
POINTS: 1
REFERENCES: The Future Starts Now
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.

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KEYWORDS: Bloom's: Remember
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58. What type of factors encompass the beliefs, values, attitudes, knowledge, and perceptions that influence our behavior?
a. Preventive
b. Protective
c. Enabling
d. Reinforcing
e. Predisposing

ANSWER: e
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 10:55 PM
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59. The skills, resources, and physical and mental capabilities that shape our behavior are examples of what type of factors?
a. Reinforcing
b. Preventive
c. Enabling
d. Protective
e. Predisposing

ANSWER: c
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Remember
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60. Rewards, encouragement, and recognition that influence our behavior in the short run are examples of what type of factors?
a. Reinforcing
b. Preventive
c. Enabling
d. Protective

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e. Predisposing

ANSWER: a
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 10:59 PM
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61. Which of these is a model of behavior change that focuses on the individual's attitudes and beliefs?

a. Self-determination theory
b. Self-affirmation theory
c. Transtheoretical model
d. Health belief model
e. Motivational interviewing

ANSWER: d
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 11:05 PM
DATE MODIFIED: 1/16/2022 11:07 PM

62. Which of these is a model of behavioral change that focuses on the individual's decision making and includes a sequence of six stages of change?

a. Self-determination theory
b. Self-affirmation theory
c. Transtheoretical model
d. Health belief model
e. Motivational interviewing

ANSWER: c
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Remember
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DATE MODIFIED: 1/16/2022 11:09 PM

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63. What is a belief in one's ability to accomplish a goal or change a behavior?
    a. Self-efficacy
    b. Self-esteem
    c. Locus of control
    d. Health belief system
    e. Positive goal-setting

ANSWER: a
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 11:17 PM
DATE MODIFIED: 1/16/2022 11:19 PM

64. Which term refers to an individual's belief about the sources of power and influence over their life?
    a. Spiritual focus
    b. Self-efficacy
    c. Transtheoretical control
    d. Internal control
    e. Locus of control

ANSWER: e
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 11:20 PM
DATE MODIFIED: 1/16/2022 11:21 PM

65. Which of the following is rooted in biology and shaped by environment and experience?
    a. Sex
    b. Beliefs
    c. Predisposing factors
    d. Locus of control
    e. Spirituality

ANSWER: a
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False

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LEARNING OBJECTIVES: INHB.HALE.20.1.4 - Discuss health disparities based on sex and race.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 11:22 PM
DATE MODIFIED: 1/16/2022 11:23 PM

66. Your doctor explains that she views health and the individual as a whole, rather than part by part. What type of approach does she have?
    a. Holistic approach
    b. Health belief model
    c. Transtheoretical model
    d. Community health approach
    e. Social norm model

ANSWER: a
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.1 - Define health and wellness.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 11:24 PM
DATE MODIFIED: 1/16/2022 11:26 PM

67. Which term refers to the beliefs, values, attitudes, knowledge, and perceptions that influence our behavior?
    a. Reinforcing factors
    b. Enabling factors
    c. Health
    d. Predisposing factors
    e. Contemplation

ANSWER: d
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Remember
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68. Which stage of change follows contemplation?
    a. Relapse
    b. Preparation
    c. Action
    d. Maintenance
    e. Precontemplation

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ANSWER: b
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 11:31 PM
DATE MODIFIED: 1/16/2022 11:32 PM

69. Trey is alternating between wanting to take action and resisting it. Which stage of change is he in?
    a. Contemplation
    b. Preparation
    c. Action
    d. Maintenance
    e. Relapse

ANSWER: a
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 11:33 PM
DATE MODIFIED: 1/16/2022 11:34 PM

70. Which of these refers to healthy life expectancy?
    a. The number of years the average healthy person lives
    b. The number of years a baby born to a healthy mother is expected to live
    c. Life expectancy in nations with the best longevity statistics
    d. Years lived before death
    e. Years lived without disease or disability

ANSWER: e
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.3 - Assess the current health status of Americans.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 11:35 PM
DATE MODIFIED: 1/16/2022 11:37 PM

71. Your sister told you she read that prevention is the best weapon against cancer and heart disease. But she doesn't know what the word *prevention* means. What would you tell her?

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a. It is a medical pathway that her physician will prescribe to help avoid disease.
b. Prevention is an important step to take once you have been diagnosed with factors that increase your risk of disease.
c. Prevention is information and support offered to help healthy people identify their health risks, reduce stressors, prevent potential medical problems, and enhance their well-being.
d. It is a behavior or attitude a specific group expects, values, and enforces.
e. It is a step you must take before the age of 25 if you are to avoid serious disease and disability later in life.

ANSWER: c
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.6 - Describe the impact of habits formed in college on future health.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 11:37 PM
DATE MODIFIED: 1/16/2022 11:40 PM

72. Aanya is studying how people change and is looking at a theory that focuses on universal aspects of an individual's decision-making process. What is she studying?

a. Transtheoretical model
b. Health belief model
c. Self-affirmation theory
d. Contemplation model
e. Self-efficacy and locus of control

ANSWER: a
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.9 - Identify the stages of change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 11:40 PM
DATE MODIFIED: 1/16/2022 11:42 PM

73. Your roommate tells you she learned today in class about predisposing factors that are more powerful than knowledge and attitude. What are these factors are called?

a. Locus of control
b. Self-efficacy factors
c. Honor system
d. Beliefs
e. Enabling factors

ANSWER: d
POINTS: 1
REFERENCES: Making Healthy Changes

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QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/16/2022 11:43 PM
DATE MODIFIED: 1/16/2022 11:45 PM

74. Which of these is a state of complete well-being?
    a. Mind–body awareness
    b. Self-esteem
    c. Sex-balanced continuity
    d. Holistic spirituality
    e. Health

ANSWER: e
POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: INHB.HALE.20.1.1 - Define health and wellness.
KEYWORDS: Bloom's: Understand
DATE CREATED: 1/16/2022 11:46 PM
DATE MODIFIED: 1/16/2022 11:48 PM

75. What are the eight dimensions of health? How can each dimension be maintained?

ANSWER: The eight dimensions of health, and how they can be maintained, are as follows:
1. Physical: eat nutritious food, exercise regularly, practice illness and accident prevention, and avoid harmful behaviors and substances.
2. Emotional: develop awareness and acceptance of feelings, express emotions appropriately, function independently, and develop coping mechanisms for stress.
3. Spiritual: identify basic purpose in life; learn how to experience love, joy, peace, and fulfillment; and practice devotion to others' needs.
4. Social: participate and contribute to community, live in harmony with others, develop positive interdependent relationships, and practice healthy sexual behaviors.
5. Intellectual: increase ability to think and learn from life experience, be open to new ideas, and increase capacity to question and evaluate all types of information.
6. Environmental: protect oneself from dangers in the air, water, and soil, as well as in products used.
7. Occupational and financial: in college, choose and prepare for a career consistent with your personal values and beliefs, ensure that after you leave college you are contributing your unique talents and skills to work that is rewarding, learn how to manage your money and safeguard your financial well-being.
8. Community: on campus, establish smoke-free areas, prohibit tobacco advertising and sponsorship of campus events, ensure safety at parties, and enforce alcohol laws and policies.

POINTS: 1
REFERENCES: Health and Wellness
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic

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LEARNING OBJECTIVES: INHB.HALE.20.1.2 - Outline the dimensions of health.
KEYWORDS: Bloom's: Apply
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76. What are the four goals for Healthy People 2030?
ANSWER:
1. Eliminate preventable disease, disability, injury, and premature death.
2. Achieve health equity, eliminate disparities, and improve the health of all groups.
3. Create social and physical environments that promote good health for all.
4. Promote healthy development and healthy behaviors across every stage of life.

POINTS: 1
REFERENCES: Health in America
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: INHB.HALE.20.1.3 - Assess the current health status of Americans.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 11:51 PM
DATE MODIFIED: 1/16/2022 11:52 PM

77. Explain how an individual's locus of control can affect his or her behavior and health.
ANSWER: If you believe that your actions will make a difference in your health, your locus of control is internal. If you believe that external forces or factors play a greater role, your locus of control is external. Hundreds of studies have compared people who have these different perceptions of control:
• "Internals," who believe that their actions largely determine what happens to them, act more independently, enjoy better health, are more optimistic about their future, and have lower mortality rates.
• "Externals," who perceive that chance or outside forces determine their fate, find it harder to cope with stress and feel increasingly helpless over time. When it comes to weight, for instance, they see themselves as destined to be fat.

POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Analyze
DATE CREATED: 1/16/2022 11:53 PM
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78. Changes in six risk factors could prevent 2 out of every 3 deaths and 1 in 3 hospitalizations in the United States. What are these risk factors?
ANSWER: The six risk factors are:
1. Tobacco use
2. Alcohol abuse
3. Accidents

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4. High blood pressure
5. Obesity
6. Gaps in screening and primary health care

POINTS: 1
REFERENCES: The Future Starts Now
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Remember
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DATE MODIFIED: 1/16/2022 11:56 PM

79. According to the reading, three types of influences that shape behavior. List them and provide examples of each type.
ANSWER: The three types of influences that shape behavior, with examples, are:
1. Predisposing factors: knowledge, attitudes, beliefs, values, and perceptions
2. Enabling factors: skills, resources, accessible facilities, and physical and mental capabilities
3. Reinforcing factors: praise, rewards, encouragement, or recognition for meeting a goal

POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Apply
DATE CREATED: 1/16/2022 11:57 PM
DATE MODIFIED: 1/16/2022 11:59 PM

80. Explain the self-affirmation theory and how it can affect your health.
ANSWER: The affirmations you make can improve integrity, problem solving, self-worth, and self-regulation. They can also encourage behavioral change. Thinking about core personal values, important personal strengths, or valued relationships can provide reassurance and reinforce self-worth. Repeating an affirmation is one of the fastest ways to restructure thought patterns, develop new pathways in the brain, and make individuals less defensive about changing health behaviors.

POINTS: 1
REFERENCES: Making Healthy Changes
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: INHB.HALE.20.1.8 - Explain the influences on behavior that support or impede healthy change.
KEYWORDS: Bloom's: Apply
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