The Handbook of Health Behavior Change 5th edition Riekert Test Bank

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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

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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

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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

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