Health Behavior Theory for Public Health 2nd edition DiClemente Test Bank

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True/False

1. The definition of health, as defined by the World Health Organization, is merely the absence of disease.

Answer: False

2. Currently, public health in the United States is more focused on infectious diseases than chronic diseases.

Answer: False

3. The United States spends considerably more on health care costs than other industrialized countries.

Answer: True

4. One problem with a medical approach to disease is that by starting with a medical diagnosis, you can only change one person at a time.

Answer: True

5. Public health is considered a downstream approach.

Answer: False

6. Secondary prevention in public health targets people who can treat the disease and/or people who have the disease with the goal of mitigating the disease's effects.

Answer: False

7. The Rose Curve focuses on the idea that if you target high-risk populations, then you will

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make the most change in a population.

Answer: False

8. Public health seeks to shift the mean of the Rose Curve to the left.

Answer: True

9. A colonoscopy is a secondary preventative measure.

Answer: True

10. Advocacy as a health promotion strategy is mainly focused on lobbying for universal health care.

Answer: False

Multiple Choice

11. Despite being a world "super-power," the United States ranks poorly – compared to other industrialized nations – on multiple health indicators. Which statement best explains why this is true?
A. There are over 40 million U.S. residents do not have health insurance.
B. Technological advances have created so many environmental carcinogens (cancer-causing agents) making cancer an epidemic.
C. The U.S. education system has failed resulting in poor public health.
D. There are more investments in medical treatment rather than prevention, coupled with escalating rates of chronic disease.

Answer: D

12. The "Rose Curve" has multiple implications for public health. Identify which statement below is incorrect regarding the Rose Curve:

A. Population health may be achieved through small changes in daily behavior among the masses.
B. Interventions designed for high-risk populations should be the main focus of public health efforts.
C. Cutting off the tail of the curve does nothing to change the distribution of the disease in the population.
D. Moving the mean of the distribution corresponds with a prevention orientation.

Answer: B

13. Generally, which of the following factors can contribute to community capacity.
A. Knowledge and skills
B. Collaboration
C. Leadership
D. Resources
E. All of these

Answer: E

14. An example of primary prevention is:
A. Fluoride in drinking water
B. Health screenings
C. Rehabilitation
D. Antibiotic usage

Answer: A

15. What caused the shift from infectious diseases to chronic diseases from the 1800s to now?
A. Behavioral and lifestyle changes
B. Better public health practices regarding infectious diseases
C. Better medical care and technology
D. Behavioral and lifestyle changes and Better public health practices regarding infectious diseases
E. None of these

Answer: D

16. Illness behavior is most often associated with which level of prevention?

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A. Primary
B. Secondary
C. Tertiary
D. None of these

Answer: B

17. Which of the following is considered a sick-role behavior?
A. Attending alcohol anonymous meetings
B. Getting annual mammogram
C. Adherence to statin (cholesterol-lowering) medication for patients with cardiovascular disease
D. Taking highly active antiretroviral medication prophylactically
E. None of these

Answer: C

18. The theory of the solution asserts that:
A. No one theory alone can explain a health issue.
B. Every health issue is best approached using the most relevant theory to guide the intervention activities.
C. The best approach to a health issue requires applying different strategies at multiple levels with each affected population.
D. Using multiple theories is too daunting and should not be considered.

Answer: C

19. The new public health emphasizes which of the following?
A. The medical paradigm
B. An ecological approach
C. The role of individual behavior in shaping health
D. A downstream approach
E. Both An ecological approach and The role of individual behavior in shaping health

Answer: E

20. Theory in the context of health promotion does NOT:
A. Enhance understanding of the determinants of a particular health behavior
B. Inform what variables should be measured in health promotion research

C. Provide universal explanations for complex problems
D. Help guide specific activities and strategies

Answer: C

Essay Questions

21. Explain the significance of the World Health Organization's definition of health.

Answer: A complete answer would include the following:

- The WHO defines health as the overall social, mental, and physical well-being, not just the absence of disease.
- This definition explains that health is a human right for all people, no matter the location, religion, race, sex, or socioeconomic status.
- There is an emphasis on health not being an end to itself, but an everyday resource.

22. Explain the differences between primary, secondary, and tertiary prevention and provide examples of each.

Answer: A complete answer would include the following:

- Primary prevention is risk reduction and health problems avoidance in the first place. Efforts are made to intercept the onset or occurrence of the disease, injury or behavior.
  - Examples of primary prevention are fluoride in the drinking water, helmet and seatbelt laws, and vaccines.
- Secondary prevention is a disease process is diagnosed in an early stage of progression, thereby enhancing the odds of treatment success. It is possible to minimize the consequences through early detection and intervention.
  - Examples of secondary prevention are health screenings (PAP tests, colon cancer screenings, mammograms, and STD tests)
- Tertiary prevention is the provision of treatment or rehabilitation after the event has already occurred in order to reduce its complications. It is the difference between early and late diagnosis.
  - Examples of tertiary prevention are rehabilitation, medication, and antibiotics.

23. Briefly discuss the theory of the problem and the theory of the solution and how these concepts tie into the new public health.

Answer: A complete answer would include the following:

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- Theory of the problem is not an actual theory per se; but rather it emphasizes the need for multiple theoretical approaches when approached health issues.
- No one theory alone can account for the complexities surrounding health behaviors and corresponding determinants situated within multiple levels of influence.
- Theory of the solution refers to the development of "intervention theories" and involves gauging the effectiveness of different intervention strategies at different levels of analysis and with different populations.
- The intervention strategies should be guided by multiple theories.
- This theory of the problem and theory of the solution perspective is presented in response to previous critiques that emphasized a "theory of the week" approach, which, while an overly simplistic view of choosing one theory to understand and change health behavior, is not uncommon in the literature.
- This theory of problem/solution perspective ties into the "new" public health because of the emphasis on the environmental or ecological influences of individual health behaviors.

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