Community and Public Health Education Methods 4th edition Bensley Test Bank

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Chapter: Chapter 01 - Quiz

Multiple Choice

1. The Transtheoretical Stages of Change Model identifies stages or levels of readiness that can be applied to any type of behavior change. These stages include:
A) Pre-contemplation and contemplation
B) Preparation and action
C) Maintenance
D) A and B
E) A, B, and C
Ans: E
Subject: Chapter 1
Complexity: Easy

2. In the Theory of Planned Behavior, a person's intention regarding performing a prescribed behavior CANNOT be identified by which of the following?
A) Attitudes toward the behavior
B) What significant others will think about the behavior
C) If the person thinks it can be attained in a short amount of time—6 weeks or less
D) How difficult it will be for the individual to perform and maintain the behavior
Ans: C
Subject: Chapter 1
Complexity: Easy

3. Positive health behaviors can be supported or encouraged through which of the following?
A) Interpersonal relationships
B) Social groups
C) Other social networks
D) None of the above
E. All of the above
Ans: E
Subject: Chapter 1
Complexity: Easy

4. Which of the following concepts are essential to Social Cognitive Theory?
A) Behavioral capacity
B) Expectations

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C) Self-efficacy
D) Observational learning
E) All of the above
Ans: E
Subject: Chapter 1
Complexity: Easy

5. Diffusion of Innovation identifies people's readiness to accept an innovation. An early adopter is:
A) First to adopt
B) Interested, but does not want to adopt first
C) Open to accepting innovations once others they respect have done so
D) Skeptical and late to adopt
Ans: B
Subject: Chapter 1
Complexity: Easy

6. A theory is a general explanation of:
A) Innovations that can be experimented with before a commitment is made
B) The extent to which a program can succeed
C) A system of moral principles
D) Why people act or do not act to maintain or promote the health of themselves, their families, organizations, and communities
Ans: D
Subject: Chapter 1
Complexity: Easy

7. The Transtheoretical Model of Behavior Change is based on the assumption that:
A) Health educators can identify a person's intention
B) Behavior change is a concept of reasoned action
C) Behavior change is a process and individuals are at varying levels of motivation or readiness to change
D) The emphasis of perceptions is vulnerability to illness and treatment
Ans: C
Subject: Chapter 1
Complexity: Easy

8. _____ refers to how consistent the innovation is with the values, habits, experiences, and needs of potential adopters.
A) Compatibility
B) Relative advantage
C) Complexity
D) Treatability
E) None of the above
Ans: A
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Complexity: Easy

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9. Health Belief Model is based on the belief that individuals:
A) Perceive themselves to be susceptible to a health problem
B) See the health problem as serious
C) Are convinced they will benefit from treatment or prevention activities
D) All of the above
Ans: D
Subject: Chapter 1
Complexity: Easy

10. Reciprocal determinism is:
A) A theory that behavior changes are determined by interactions between a person and his/her environment
B) The degree to which innovation is seen as better than the program it replaces
C) Believing that one has the ability to take action
D) The extent to which innovation can be experimented with
Ans: A
Subject: Chapter 1
Complexity: Easy

True/False

1. True or False? It is important to understand how behavior fits into a broader social ecology world, where focus is not only on individual behavior change, but also interpersonal, organizational, community, and policy.
Ans: True
Subject: Chapter 1
Complexity: Easy

2. True or False? At the broadest end, policy initiatives such as laws, policies and regulations, health prevention strategies and goals, and state or national guidelines drive the focus on ensuring whatever positive behaviors are being sought can thrive.
Ans: True
Subject: Chapter 1
Complexity: Easy

3. True or False? Planning models are helpful to health education specialists because they map out not only which methods are appropriate considering the individual, program, and environment, but they also ensure method selection occurs only after program goals and objectives have been developed.
Ans: True
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Complexity: Easy

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4. True or False? Organizational structures, such as health and medical plans, population health serving organizations, and the like do NOT provide mechanisms for ensuring individual ability to engage in and sustain behaviors.
Ans: False
Subject: Chapter 1
Complexity: Easy

5. True or False? The Health Beliefs Model is based on the fact that individuals believe in good health, and the model emphasizes the role of perceptions of vulnerability to illness/treatment.
Ans: True
Subject: Chapter 1
Complexity: Easy

6. True or False? Diffusion of Innovation Theory is considered solely a community-level theory.
Ans: True
Subject: Chapter 1
Complexity: Easy

7.True or False? Contemplation is a stage of readiness to change in which an individual maintains a health behavior.
Ans: False
Subject: Chapter 1
Complexity: Easy

Essay

1. The concept of reciprocal determinism is central to social cognitive theory. Provide brief descriptions of each of its three components: environmental, personal, and behavioral factors. Describe how they might interact and influence health behavior in the effort to continue a stop smoking program or another health behavior change.
Ans: Reciprocal determinism means that behavior changes are determined from interactions between a person and his or her environment. The environment can influence or discourage a person in a healthy way or can be detrimental, since some environments may be healthy while others may not. Conversely, people can influence the environment so that it is more conducive to a healthy lifestyle.
Subject: Chapter 1
Complexity: Moderate

2. Discuss how health educators might examine various theories in determining what methods to use and how to maintain integrity in the way we practice.

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Ans: Health educators cannot assume, nor take for granted, that everyone is motivated and learns best in a similar way. There is no generic way to educate about health. One of the most difficult tasks for behavioral scientists and health educators is changing individual or group behavior. It is even more difficult to help individuals or groups maintain the behavior once it is changed. The health education profession has subscribed to a number of theories that take into consideration variables that influence behavior. These theories serve as a foundation and structure from which community health education methods can be applied.
Subject: Chapter 1
Complexity: Moderate

3. The social ecological model includes intrapersonal, community, and broad level influences that can support change in health status or behavior. Provide at least two examples of each of these influences.
Ans: Intrapersonal factors can be supported by relationships such as family and social groups. Community level influence can significantly impact whether people engage and maintain positive behavior changes from employers, media, community-based organizations, and businesses. Broad level change comes in the form of policy initiatives such as laws, policies, and regulations ensuring positive behaviors can thrive.
Subject: Chapter 1
Complexity: Moderate

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