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Multiple Choice

1. Which of the following best describes why theories are used in program planning?
A) Theories explain why people do what they do and suggest ways to change it.
B) Using a theory to plan a program increases the likelihood of engaging the intended audience.
C) Theories give programs structure and suggest ways their effectiveness can be determined.
D) Basing a program on a theory expedites planning.
Ans: A

2. Which of the following best explains the relationship among a theory's concept, constructs, and variables?
A) The concept explains the theory, the constructs are examples of the types of behavior the theory can explain, and the variables are the different factors that can affect the outcome.
B) The concept is the idea from which the theory is developed, the constructs are how the idea is used to explain behavior, and the variables are how the idea is measured.
C) The concept is the underlying psychological basis of the theory, the constructs are the behaviors the concept addresses, and the variables are the factors that determine whether it will be effective.
D) The concept provides an overview of possible explanations for the health related behavior, the constructs are options for addressing the behavior, and the variables are possible factors of influence.
Ans: B

3. A theory at the intrapersonal level of influence:
A) considers behavior the outcome of nature versus nurture.
B) describes behavior as being the result of other people in the environment.
C) analyzes behavior from a sociological perspective.
D) explains behavior as the consequence of factors within the person.
Ans: D

4. To change a behavior known to result from peer pressure, such as cigarette smoking, using a theory at which level of influence would be most appropriate?
A) Interpersonal
B) Communal

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C) Societal
D) Cultural
Ans: A

5. If the aim of the program was to change the perception of susceptibility to Covid-19, which of the following theories would be most appropriate?
A) Social cognitive theory
B) Self-efficacy theory
C) Health Belief Model
D) Social capital theory
Ans: C

6. When the Theory of Reasoned Action/ Planned Behavior is used, the basis of behavior change is:
A) desire.
B) knowledge.
C) intention.
D) fear.
Ans: C

7. Using Social Capital Theory as the basis for behavior change necessitates:
A) understanding the bonds that exist among people that influence behavior.
B) accessing the social groups frequented by those whose behavior is the focus of change.
C) recognizing the important contribution subjective norms make to behavior.
D) accepting the limitations of societal based incentives as a behavior change tool.
Ans: A

8. The importance of understanding the Social Cognitive Theory concept of reciprocal determinism lies in the fact that:
A) behavior change occurs when the benefits of change equalize the detriments.
B) the reversibility of a behavior change determines the likelihood of change.
C) changing any one element governing behavior changes them all.
D) behavior changes when the change is perceived as a reward that offsets punishment.
Ans: C

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9. Which of the following theories would be most likely to explain why some people don't even try to change a behavior?
A) Protection Motivation Theory
B) Health Belief Model
C) Self-efficacy Theory
D) Transtheoretical Model
Ans: C

10. According to the Transtheoretical Model, behavior change:
A) results from fear of the consequences of not changing.
B) occurs in stages using different means of moving through one stage to the next.
C) depends on the strength of the relationship between people undergoing the change.
D) is predicated on the strength of a person's belief in their ability to change.
Ans: B

11. According to Diffusion of Innovation, the likelihood of people adopting an innovation increases when:
A) it produces results that others can see.
B) the old behavior no longer results in the desired outcomes.
C) a health care provider recommends it.
D) it's covered by insurance.
Ans: A

12. When using Diffusion of Innovation to introduce a new behavior into a population, it's best to focus first on which group of people on the adoption curve?
A) Laggards
B) Late majority
C) Innovators
D) Experimenters
Ans: C

True/False

1. Using the Social Ecological Model to explain behavior involves recognition of factors at different levels of influence that contribute to the behavior.
Ans: True

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2. Community level theories focus their explanations of behavior on the influence of the homogeneity of people within a given population and geographic area.
Ans: False

3. When the Transtheoretical Model is used to change behavior, the first task that must be accomplished is helping people determine how they are going to maintain the new behavior once the old behavior is changed.
Ans: False

4. Behavioral control in the Theory of Planned Behavior differs from volitional control in the Theory of Reasoned Action in that the former addresses behaviors over which a person cannot change at will.
Ans: True

5. Self-efficacy theory is appropriate to use when attempting to explain a behavior that elicits a physical or emotional reaction.
Ans: True

6. According to Social Cognitive Theory, one explanation as to why people do what they do is because of the social benefits they reap as a result.
Ans: False

7. Self-efficacy theory is helpful in understanding why people behave in certain ways when confronted with a threatening situation.
Ans: False

8. The concept underlying behavior in Social Capital Theory is honesty.
Ans: False

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