Behavior Theory in Public Health Practice and Research 2nd edition Simons-Morton Test Bank

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Matching

1. Match the following terms to their correct definition.
1. ___ Average number of years of life remaining
2. ___ Average length of life
3. ___ Number of new cases of a disease in one year per 1000 population
4. ___ Number of cases of a disease in one year per 1000 population

A. Prevalence rate
B. Incidence rate
C. Longevity
D. Life expectancy

Ans: 1-D, 2-C, 3-B, 4-A
A-Head: Health and Disease
Subject: Chapter 1
Complexity: Moderate

Multiple Choice

2. Which of the following are dimensions of health?
A. Physical, mental, emotional, financial
B. Mental, economic, behavioral, environmental
C. Behavior, environment, political
D. Economic, social, mental, physical

Ans: B
A-Head: Health and Disease
Subject: Chapter 1
Complexity: Easy

3. Which of the following is correct about disease causality?
A. Mainly genetic
B. Mainly personality
C. Mainly economic

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D. There are multiple causes.

Ans: D
A-Head: Health and Disease
Subject: Chapter 1
Complexity: Easy

4. Which of the following is true about mental illness?
A. Diagnosis rates are declining.
B. Caused by the environment and economics
C. Caused by genes and parents
D. It is not treatable.

Ans: B
A-Head: Health and Disease
Subject: Chapter 1
Complexity: Easy

5. Which of the following is true about economic health disparities?
A. Caused by student debt
B. Caused by inequities in housing
C. Caused by pollution
D. Caused by genes

Ans: B
A-Head: Health and Disease
Subject: Chapter 1
Complexity: Easy

6. Which of the following is *not* an essential public health service?
A. Monitoring health status
B. Health education
C. Training of public health professionals
D. Creating health objectives

Ans: D
A-Head: Public Health

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Subject: Chapter 1
Complexity: Moderate

7. Which of the following is an example of primary prevention?
A. Surveillance of diet and physical activity among school children
B. Policies that encourage healthful diet and physical activity among overweight youth
C. Health education to encourage physical activity for injury rehabilitation
D. Health education to encourage healthful diet and physical activity among surgery patients

Ans: A
A-Head: Public Health
Subject: Chapter 1
Complexity: Easy

8. Which of the following is an example of secondary prevention?
A. Health education to encourage healthful diet and physical activity among school children
B. Health education to encourage healthful diet and physical activity among overweight youth
C. Health education to encourage healthful diet and physical activity among patients with hypertension
D. Health education to encourage healthful diet and physical activity for injury rehabilitation

Ans: C
A-Head: Public Health
Subject: Chapter 1
Complexity: Easy

9. Which of the following is an example of a personal-health behavior?
A. Exercising 3 days per week
B. Buying groceries for a child
C. Preventing a friend from driving after drinking
D. Advocating for safe bike routes

Ans: A
A-Head: Public Health
Subject: Chapter 1
Complexity: Moderate

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10. Which of the following is an example of health-related behavior?
A. Running to lose weight
B. Driving dangerously
C. The development of a park
D. The adoption of health-related physical activity

Ans: B
A-Head: Public Health
Subject: Chapter 1
Complexity: Moderate

11. Which of the following is an example of health-protective behavior?
A. Physical activity undertaken to improve health
B. Quitting smoking
C. Preventing a friend from driving after drinking
D. All of these are correct.

Ans: d
A-Head: Public Health
Subject: Chapter 1
Complexity: Moderate

12. Health promotion seeks to:
A. enable, empower, and improve health behavior.
B. create an environment that eliminates substance abuse.
C. focus solely on changing diet and exercise behaviors.
D. make people responsible for their health behavior.

Ans: A
A-Head: Health Promotion
Subject: Chapter 1
Complexity: Moderate

13. Which of the following is true about health promotion?
A. It is performed only by health educators.

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B. It is the responsibility of all public health professionals.
C. It requires certification.
D. It blames people for unhealthful behavior.

Ans: B
A-Head: Health Promotion
Subject: Chapter 1
Complexity: Moderate

14. Which of the following is a health promotion function?
A. Regulating environmental conditions
B. Developing policy
C. Providing health information
D. All of these are correct.

Ans: d
A-Head: Health Promotion
Subject: Chapter 1
Complexity: Moderate

15. Which of the following statements is correct about theory?
A. Based on hypotheses or hunches
B. Describes relationships
C. Determines causality
D. Tests hypotheses

Ans: B
A-Head: Theory and Practice
Subject: Chapter 1
Complexity: Moderate

16. A theory is best defined as:
A. specific strategies that are used to help individuals make healthy behavior change.
B. psychometric measures used to collect data.
C. the operational form of constructs that define the way a construct is to be measured in a specific population.

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D. a set of interrelated concepts, constructs, and variables that can explain/predict events, behaviors, and situations.

Ans: D
A-Head: Theory and Practice
Subject: Chapter 1
Complexity: Moderate

17. Which of the following is *not* a common function of theory in public health?
A. Identifying health problems
B. Selecting intervention methods
C. Developing needs assessments
D. Interpreting the results of evaluation

Ans: A
A-Head: Theory and Practice
Subject: Chapter 1
Complexity: Moderate

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