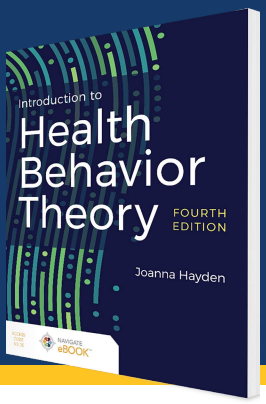
Introduction to Health Behavior Theory 4th edition Hayden Test Bank

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CHAPTER 2
INSTRUCTOR'S MANUAL

Introduction to Health Behavior Theory, Fourth Edition

Joanna Hayden

Self-Efficacy Theory

Theory in Action—Class Activity

Lifestyle behaviors can facilitate disease or prevent it. Consequently, lifestyle changes are often "prescribed" to those at risk of preventable diseases.

Now imagine you are a member of the healthcare team at the student center of a large university that is planning a program for the students to address unhealthy lifestyle behaviors. For example, poor diet, lack of exercise, insufficient sleep, excessive drinking, or unprotected sex. Using this as the basis, answer the following questions:

1. How would mastery experiences contribute to the students' success in changing their behavior, and how would you know if they had them?
2. How would vicarious experiences increase the students' self-efficacy to make the lifestyle change?
3. "Who" could say "what" that would persuade a student that they have the ability to make the lifestyle change?
4. How might the healthcare team address the emotional or physical reactions students might have related to their behavior change efforts?

Theory in Action Article

Faries, M.D., & Abreu, A. (2017). Medication adherence, when lifestyle is the medicine. *American Journal of Lifestyle Medicine, 11*(5), 397-403. https://77/1559827617697922

Theory in Action Article Questions and Answers

1. **Why is it important to help people choose the right lifestyle behaviors to change?**
   a. When people are faced with having to change behaviors they perceived as being too difficult, it diminishes their self-efficacy, which is their confidence in their ability to make the changes. (Competence and confidence, paragraph 2)
2. **What qualifies as a "mastery experience?"**
   a. A mastery experience is one in which the person perceives they were successful at executing. (Mastery experience, paragraph 1)
3. **Why is it important for people to have mastery experiences when changing behavior?**
   a. Mastery experiences provide a foundation for confidence and expectations of success. (Mastery experience, paragraph 1)
4. **According to the article authors, how might a person's perception of an unsuccessful mastery experience be turned around?**
   a. The perception of unsuccessful mastery could be turned around by acknowledging that even though the new behavior was not accomplished in its entirety, some change did occur. (Mastery experience, paragraph 3)
5. **One barrier to strong self-efficacy for lifestyle behavior change is the belief that the change can lead to adverse consequences. How does vicarious experience address this?**
   a. When people watch others who are similar to themselves perform the behavior without having adverse outcomes, it increases their own self-confidence. (Vicarious experience, paragraph 1)
6. **How can the potential debilitating effects of emotional or physical reactions to a lifestyle behavior change be addressed?**
   a. Potentially debilitating emotional reactions to the behavior change can be addressed by interpreting it from a positive perspective, and adjusting the behavior change goal to increase the person's confidence in their ability. (Emotional arousal, paragraph 1)
7. **In a small group, share the similarities and differences between your responses from the first set of questions and the suggestions made by the article authors.**

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Chapter 2 Quiz

Chapter: Chapter 02 - Quiz

Multiple Choice

1. Which of the following best summarizes the concept of self-efficacy theory?
A) People will repeat something new until they get it right.
B) People will only attempt to do what they think they can do.
C) People will try something new if there is a tangible reward.
D) People will generally try anything they have not done before.
Ans: B
Complexity: Easy
Ahead: Theory Concept
Subject: Chapter 2
Title: Self-Efficacy Theory

2. Which of the following is true of the construct of mastery experiences?
A) It requires an evaluation by others as to the extent of mastery.
B) It is the most effective means by which to increase self-efficacy.
C) It is based on people learning from others who have mastered the new behavior.
D) It enables people to keep trying to learn something new even after repeated failures.
Ans: B
Complexity: Moderate
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

3. Of the following, which is an example of using mastery experiences to improve self-efficacy for reducing heart disease risk?
A) Teaching people how to cook heart healthy meals.
B) Providing educational materials on physical activity and heart health.
C) Showing a video on the anatomy and physiology of the cardiovascular system.
D. Having a presentation on lifestyle change led by a speaker who had a heart attack.
Ans: A
Complexity: Easy
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

4. Which of the following demonstrates the use of vicarious learning to increase the physical activity self-efficacy of older adults?
A) A neighborhood walking club.
B) A yoga class led by an older adult.

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C) A free session with a personal trainer at a gym.
D) A designated adults-only time to use the high school track.
Ans: B
Complexity: Easy
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

5. Self-efficacy is negatively affected when:
A) the thought of a behavior causes distress.
B) important others disagree with a behavior change.
C) the intention to adopt a new behavior is interrupted by illness.
D) there is a tangible, observable reward associated with a new behavior.
Ans: A
Complexity: Moderate
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

6. Which of the following best illustrates the use of self-efficacy theory to increase fruit and vegetable intake in XYZ community?
A) Starting a community garden so the residents can grow their own fruits and vegetables.
B) Offering vegetarian cooking classes at a local restaurant so residents can practice preparing new foods.
C) Holding a farmers market in a location accessible by public transportation so those without a car can participate.
D. Sending a brochure to community residents with information about how many daily servings of fruit and vegetables they need so they can make the changes.
Ans: B
Complexity: Moderate
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

7. According to the self-efficacy theory construct of physiological and emotional states, people are more likely to attempt a new behavior if:
A) it requires very little physical exertion.
B) the person is taught how to control stress beforehand.
C) thinking about it is associated with a pleasurable experience.
D) depression and any other mood disorders are addressed in advance.
Ans: C
Complexity: Moderate
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

8. When a woman avoids going for a mammogram because the very thought of being screened for breast

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cancer frightens her, this may be explained by:
A) ineffective vicarious learning.
B) inadequate verbal persuasion.
C) insuppressible emotional states.
D) insufficient mastery experiences.
Ans: C
Complexity: Moderate
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

9. All of the following explain why people with a high level of self-efficacy are more likely to change unhealthy behaviors EXCEPT that they:
A) approach difficult situations with confidence.
B) accept their inability to accomplish all their goals.
C) do not give up quickly when failure becomes apparent.
D) approach a difficult task as a challenge to be overcome, rather than avoided.
Ans: B
Complexity: Moderate
Ahead: Theory Concept
Subject: Chapter 2
Title: Self-Efficacy Theory

10. Which of the following is an example of what a parent might do to support a child's self-efficacy for healthy food choices using verbal persuasion?
A) Remind the child that eating junk food makes them sick.
B) Praise the child for snacking on fruit instead of candy and chips.
C) Bring the child to the grocery store and help the child choose healthy snacks.
D) Identify a person that eats healthy food and tell the child to eat more like that person.
Ans: B
Complexity: Moderate
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

True/False

1. The construct of mastery experiences explains that people will try to do something new if it is similar to something they already do well.
Ans: True
Complexity: Easy
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

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Chapter 2 Quiz

2. Learning a new behavior that is different than one already known increases self-efficacy.
Ans: False
Complexity: Moderate
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

3. According to self-efficacy theory, when efficacious people are confronted with a difficult task, they avoid it.
Ans: False
Complexity: Easy
Ahead: Theory Concept
Subject: Chapter 2
Title: Self-Efficacy Theory

4. The physiological and emotional state resulting from thinking about engaging in a behavior affects self-efficacy and the likelihood of engaging in the behavior.
Ans: True
Complexity: Easy
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

5. The most effective way to increase self-efficacy is through verbal persuasion.
Ans: False
Complexity: Easy
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

6. Vicarious learning is an effective means of increasing self-efficacy when there is a relationship between the observer and the person being observed.
Ans: False
Complexity: Easy
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

7. Using repetition when teaching people a new skill allows helps them to develop mastery which increases their self-efficacy.
Ans: True
Complexity: Moderate
Ahead: Theory Constructs
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Title: Self-Efficacy Theory

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8. Demonstrating a new task in its entirety is the most effective way to increase self-efficacy through vicarious learning.
Ans: False
Complexity: Moderate
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

9. Including positive feedback to people learning a new skill, even when they make mistakes, is a way of increasing their self-efficacy through verbal persuasion.
Ans: True
Complexity: Easy
Ahead: Theory Constructs
Subject: Chapter 2
Title: Self-Efficacy Theory

10. Teaching people how to avoid anxiety-producing health situations is key to increasing self-efficacy.
Ans: False
Complexity: Easy
Ahead: Theory Concept
Subject: Chapter 2
Title: Self-Efficacy Theory

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