Community and Public Health Education Methods 5th edition Bensley Test Bank

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Chapter: Chapter 01 - Quiz

Multiple Choice

1. The Transtheoretical Model identifies stages or levels of readiness that can be applied to any type of behavior change. These stages include:
A) precontemplation and contemplation.
B) preparation and action.
C) maintenance.
D) A and B
E) A, B, and C
Ans: E
Subject: Chapter 1

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

3. Positive health behaviors can by 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

4. Which of the following concepts are essential to Social Cognitive Theory?
A) Behavioral capacity
B) Expectations
C) Self-efficacy
D) Observational learning
E) All of the above
Ans: E
Subject: Chapter 1

5. Diffusion of Innovation identifies people's readiness to accept an innovation. An early adopter:

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A) is the first to adopt an innovation.
B) is interested, but does not want to be the first to adopt an innovation.
C) accepts innovations once others they respect have done so.
D) is skeptical of the innovation and late to adopt it.
Ans: B
Subject: Chapter 1

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

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

8. _____ refers to how consistent an 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
Subject: Chapter 1

9. The 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

10. Reciprocal determinism is:

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A) a theory that behavior changes are determined by interactions between a person and their environment.
B) the degree to which an innovation is seen as being better than the program it replaces.
C) believing that one has the ability to take action.
D) the extent to which an innovation can be experimented with.
Ans: A
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