

Exam

Name \_\_\_\_\_

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) If your peers smoke, you're more likely to smoke. This kind of determinant of a health behavior is called a(n) \_\_\_\_\_ factor. 1) \_\_\_\_\_  
A) emotional                      B) predisposing                      C) reinforcing                      D) enabling  
Answer: D  
Diff: 2    Type: MC

- 2) Which of the following is one of the stages in Prochaska and DiClemente's transtheoretical model of behavior change? 2) \_\_\_\_\_  
A) replacement                      B) rejection                      C) inner cognition                      D) contemplation  
Answer: D  
Diff: 1    Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 3) The ecological or public health model of health examines diseases and other negative health events in the context of interactions between the social and physical environment. 3) \_\_\_\_\_  
Answer:  True                      False  
Diff: 2    Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 4) Emily has many friends, is respected by her co-workers, and maintains a great relationship with her boyfriend. Her ability to interact with others exemplifies which dimension of health? 4) \_\_\_\_\_  
A) social                      B) physical                      C) intellectual                      D) emotional  
Answer: A  
Diff: 1    Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 5) By controlling your anger, you are managing your social health. 5) \_\_\_\_\_  
Answer:    True                       False  
Diff: 2    Type: TF

- 6) The SMART system is an acronym for specific, measurable, action-oriented, reactionary, and time-oriented. 6) \_\_\_\_\_  
Answer:    True                       False  
Diff: 1    Type: TF

- 7) People with self-efficacy are more likely to take action, stick to their plan of action, and believe they can succeed. 7) \_\_\_\_\_  
Answer:  True                      False  
Diff: 2    Type: TF

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 8) List the six dimensions of health and provide a brief description of each. Discuss the inter-relationships of all the dimensions and the importance of balance.

Answer: (Answers may vary. Typical examples are listed.)

Physical: Body size, composition, and fitness levels, along with immune system and other bodily functioning and recuperative abilities and ability to perform activities of daily living (ADLs)

Intellectual: Clear and critical thinking ability, objective reasoning, and responsible decision-making to meet life's challenges

Social: Healthy interaction with others, satisfying interpersonal relationships, and adaptability to various social situations and daily behaviors

Emotional: Appropriate control and expression of emotions, self-esteem, efficacy, and confidence, as well as the ability to trust, love, and respond with other emotions

Environmental: Playing a role in preserving, protecting, and improving environmental conditions

Spiritual: Sense of meaning and purpose in life; may include belief in a supreme being, or feeling unity and oneness with nature and all living things; ability to experience peace, contentment, and wonder

All dimensions are important for overall health, and paying excessive attention to one dimension, such as physical health, can't compensate for inattention to other dimensions, such as social or emotional health.

The necessary perspective is holistic, emphasizing balance.

Diff: 4 Type: ES

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 9) All behaviors have antecedents and consequences.

9) \_\_\_\_\_

Answer:  True  False

Diff: 1 Type: TF

- 10) Self-esteem, self-confidence, self-efficacy, trust, and love are all part of emotional health, one of the dimensions of health.

10) \_\_\_\_\_

Answer:  True  False

Diff: 2 Type: TF

- 11) Keiki enjoys six cups of coffee throughout the day, but she doesn't enjoy the way all that caffeine makes her feel. She has decided to substitute decaffeinated coffee for two of those cups and water for two others. Keiki is trying to improve her health behaviors by using a strategy called countering.

11) \_\_\_\_\_

Answer:  True  False

Diff: 3 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 12) Siegfried has many close friends and relatives. It seems like he's always going to somebody's wedding, christening, bar mitzvah, or quinceañera. Siegfried enjoys seeing his friends and relatives at these parties, but he tends to overindulge in the desserts that are available. There's a birthday party coming up for his cousin, so Siegfried has been trying to visualize some of the things he can do instead of gorging on sweets. What kind of strategy is he employing to change his behavior?

12) \_\_\_\_\_

A) shaping

B) imagined rehearsal

C) countering

D) situational inducement

Answer: B

Diff: 2 Type: MC

- 13) Allison's right leg was amputated after a car accident. Allison may attain optimal level of wellness by doing all of the following *except* 13) \_\_\_\_\_
- A) aiming to experience peace and contentment.
  - B) avoiding vigorous exercise.
  - C) enjoying interpersonal relationships.
  - D) working to maintain emotional health.

Answer: B  
Diff: 2 Type: MC

- 14) When you are contemplating changes to improve your health behaviors, which of the following are important strategies to employ? 14) \_\_\_\_\_
- A) Cultivate an external locus of control.
  - B) Examine your health habits and patterns, and identify a target behavior.
  - C) Skip doing research because it will only leave you confused.
  - D) Set yourself short-term goals, and avoid long-term goals.

Answer: B  
Diff: 3 Type: MC

- 15) By mandating that all passengers in your car must wear seatbelts, your state is demonstrating the \_\_\_\_\_ determinant of health. 15) \_\_\_\_\_
- A) individual behavior
  - B) policymaking
  - C) health services
  - D) health disparities

Answer: B  
Diff: 2 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 16) The American Psychological Association identifies an increased risk for discrimination among the poor, the disabled, racial/ethnic minorities, LGBT Americans, and older Americans. 16) \_\_\_\_\_

Answer:  True  False  
Diff: 1 Type: TF

- 17) Tobacco smoking is responsible for about one in five deaths in American adults. 17) \_\_\_\_\_

Answer:  True  False  
Diff: 2 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 18) Over which set of factors influencing health status do people have the most control? 18) \_\_\_\_\_
- A) social factors
  - B) individual behaviors
  - C) biology
  - D) genetics

Answer: B  
Diff: 2 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 19) When considering the biological factors that influence your health, men have a lower risk of heart disease than women, but they are more susceptible to autoimmune diseases. 19) \_\_\_\_\_

Answer:  True  False  
Diff: 1 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 20) Examples of chronic disease include all of the following *except* 20) \_\_\_\_\_  
A) influenza. B) diabetes. C) cancer. D) heart disease.

Answer: A  
Diff: 1 Type: MC

- 21) Hallie needs to improve her study habits if she wants to get her degree in physics. She has thought long and hard about what she might do and has even come up with a specific plan of action. Which stage of the transtheoretical model of behavior change is this? 21) \_\_\_\_\_  
A) preparation B) maintenance C) action D) contemplation

Answer: A  
Diff: 3 Type: MC

- 22) Renéé isn't always comfortable in groups of people. She wants to change, though, so she volunteers in the office of a community organization that she greatly respects. The other people in the office really like Renéé and think she does terrific work. In fact, they go out of their way to express their appreciation and approval by praising her on a regular basis. What kind of positive reinforcer is Renéé experiencing? 22) \_\_\_\_\_  
A) manipulative reinforcer B) consumable reinforcer  
C) activity reinforcer D) social reinforcer

Answer: D  
Diff: 2 Type: MC

- 23) People with an \_\_\_\_\_ locus of control feel that they have power over their own actions. They are more likely to state their opinions and to be true to their beliefs. 23) \_\_\_\_\_  
A) external B) ancillary C) internal D) exaggerated

Answer: C  
Diff: 2 Type: MC

- 24) Which of the following *best* describes emotional health? 24) \_\_\_\_\_  
A) the ability to express or control feelings  
B) the ability to adapt to various social situations  
C) the ability to be self-sufficient  
D) the ability to problem solve

Answer: A  
Diff: 2 Type: MC

- 25) If you believe that you were discriminated against in your application for an apartment, you should 25) \_\_\_\_\_  
A) try to accept it and move on.  
B) offer to provide the property owner a bank check for the first and last months' rent plus security deposit.  
C) file a complaint with your local housing authority.  
D) offer to provide the property owner additional character references.

Answer: A  
Diff: 3 Type: MC

- 26) Which of the following statements about diversity in the United States is *false*? 26) \_\_\_\_\_
- A) Over 7 percent of Americans now identify as LGBT.
  - B) The population of Americans under age 18 is expected to increase only slightly between 2014 and 2016.
  - C) Hispanics, non-Hispanic Blacks, and Asians now make up a majority of the U.S. population.
  - D) The percentage of Americans who identify as Christian has been declining for decades.

Answer: C

Diff: 3 Type: MC

- 27) Which of the following best describes a person exhibiting self-efficacy? 27) \_\_\_\_\_
- A) Serena has been working hard in the pool, too, but she's worried that the illnesses she experienced early in the season will prevent her from setting a personal record in the 100-meter backstroke.
  - B) Sarah has been working hard in the pool and is confident that she can set a personal record in the 100-meter butterfly.
  - C) Susan is positive that the personal record she set last season in the 100-meter breaststroke was a fluke, so she stands no chance of setting one this season, no matter how hard she works at practice.
  - D) Suzanne works hard at practice, but she believes her ability to set a personal record in the 100-meter freestyle is out of her hands.

Answer: B

Diff: 3 Type: MC

- 28) All of the following are barriers to change that you can expect to face when you are preparing to change a behavior *except* 28) \_\_\_\_\_
- A) setting realistic goals.
  - B) self-defeating beliefs and attitudes.
  - C) lack of support and guidance.
  - D) failing to accurately assess your current state of wellness.

Answer: A

Diff: 2 Type: MC

- 29) According to *Healthy People 2020*, the measures of health-related quality of life and well-being include which of the following? 29) \_\_\_\_\_
- A) social and mental factors, but not physical factors
  - B) physical and mental factors, but not social factors
  - C) physical, mental, and social factors
  - D) physical and social factors, but not mental factors

Answer: C

Diff: 1 Type: MC

- 30) All of the following are tips for mindful living *except* 30) \_\_\_\_\_
- A) prepare today for the wants of tomorrow.
  - B) keep your feet in the now.
  - C) stop and smell the roses.
  - D) seek goodness rather than perfection.

Answer: A

Diff: 4 Type: MC

- 31) Shaping tips for behavior change include 31) \_\_\_\_\_  
A) starting quickly.  
B) keeping the steps of a program difficult and achievable.  
C) mastering one step before moving on to the next step.  
D) sticking firmly to a plan even if it proves uncomfortable.

Answer: C  
Diff: 3 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 32) Nasir admitted to himself that he missed his scheduled workout because he hadn't prioritized exercise. His admission suggests that Nasir has an external locus of control. 32) \_\_\_\_\_

Answer: True  False  
Diff: 2 Type: TF

- 33) Buying a new outfit after completing four weeks at the gym is an example of positive reinforcement. 33) \_\_\_\_\_

Answer:  True  False  
Diff: 2 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 34) Katerina is in the action stage of behavioral change. Which of the following strategies is recommended for her when she faces obstacles to her desired change? 34) \_\_\_\_\_  
A) using shaping B) changing her self-talk  
C) setting reasonable goals D) assessing her motivation and readiness

Answer: B  
Diff: 2 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 35) Healthy life expectancy is the years of full health a person enjoys without disability, chronic pain, or significant illness. 35) \_\_\_\_\_

Answer:  True  False  
Diff: 1 Type: TF

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 36) In Prochaska and DiClemente's stages of change model, what is the difference between the contemplation stage and the preparation stage?

Answer: In the contemplation stage, a person acknowledges a problem and the need for change but may lack the time or energy to make the change. In the preparation stage, a person begins to focus on how to effect change and may move toward creating a plan of action.

Diff: 3 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 37) If your parents smoke, you're more likely to start smoking than a child of nonsmokers. This kind of determinant of a health behavior is called a(n) \_\_\_\_\_ factor. 37) \_\_\_\_\_  
A) reinforcing                      B) predisposing                      C) enabling                      D) emotional

Answer: B

Diff: 2    Type: MC

- 38) Jerome eats healthy foods, exercises, gets eight hours of sleep a night, and rarely gets ill. Jerome's ability to ward off illness is related to which dimension of health? 38) \_\_\_\_\_  
A) social                      B) intellectual                      C) physical                      D) emotional

Answer: C

Diff: 1    Type: MC

- 39) According to the social cognitive model for behavior change, three factors interact in a reciprocal fashion to promote and motivate change. Which of the following is *not* one of those three factors? 39) \_\_\_\_\_  
A) cognition                      B) contemplation  
C) behavior                      D) social environment

Answer: B

Diff: 1    Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 40) Writing a formal behavioral change contract can help you clarify your goals and make a commitment to change. 40) \_\_\_\_\_

Answer:  True                      False

Diff: 1    Type: TF

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 41) List at least three factors that can give rise to health disparities. Explain the effect of health disparities on national health care issues, including healthy life expectancy and health care costs.

Answer: (At least three of the following)

1. Uninsured or underinsured
2. Disability
3. Race/ethnicity
4. Sex and gender
5. Sexual orientation
6. Economics and education
7. Geographic location

Many people with limited resources, literacy, or access to quality health care will avoid getting the care they need, including preventive services. When they do seek treatment, it may be in a hospital emergency room, where the cost of care is very high. Moreover, they may seek treatment too late, or they may have a reduced chance of a full recovery. This worsens our overall healthy life expectancy, and increases national health care costs because of the need for more expensive procedures, equipment, and medications to treat rather than prevent disease. It also increases rates of premature death and costs due to lost productivity.

Diff: 4    Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 42) The medical model would most likely focus on which of the following? 42) \_\_\_\_\_
- A) lifestyle interventions to prevent chronic diseases
  - B) serving marginalized populations
  - C) controlling air and water pollution
  - D) treating bacterial infections with antibiotics

Answer: D

Diff: 3 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 43) Another name for the social cognitive model of behavior change is the stages of change model. 43) \_\_\_\_\_

Answer: True  False

Diff: 1 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 44) Like many sophomores, Miguel initially struggled with organic chemistry when he tried to learn everything on his own. On the advice of a friend, he joined a study group that met three days a week to work on homework problems and study for exams together. It took a lot of effort, but Miguel never missed a study group, and all the hard work paid off when he got an A- in the class. To reward himself, Miguel went to a concert after the semester was over. This is an example of 44) \_\_\_\_\_
- A) external locus of control.
  - B) internal locus of control.
  - C) self-efficacy.
  - D) positive reinforcement.

Answer: D

Diff: 2 Type: MC

- 45) When enlisting others as change agents, which of the following groups are probably best to choose? 45) \_\_\_\_\_
- A) family members and professionals, but not friends
  - B) family members and friends, but not professionals
  - C) family members, friends, and professionals
  - D) friends and professionals, but not family members

Answer: C

Diff: 1 Type: MC

- 46) Every year, racial and ethnic disparities cost the United States economy over 46) \_\_\_\_\_
- A) 2 million dollars.
  - B) 2 billion dollars.
  - C) 200 billion dollars.
  - D) 200 million dollars.

Answer: C

Diff: 2 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 47) Health disparities can arise from many factors, including disability. 47) \_\_\_\_\_

Answer:  True  False

Diff: 1 Type: TF



MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 48) All of the following factors can give rise to health disparities *except* 48) \_\_\_\_\_  
A) race and ethnicity. B) sexual orientation.  
C) access to social media. D) inadequate health insurance.

Answer: C

Diff: 2 Type: MC

- 49) Determinants responsible for most of the illness related to chronic diseases include all of the 49) \_\_\_\_\_  
following *except*  
A) accidents. B) tobacco use.  
C) physical inactivity. D) poor nutrition.

Answer: A

Diff: 1 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 50) The ability to understand and express one's purpose in life and to care about and respect all living 50) \_\_\_\_\_  
things are part of intellectual health, one of the dimensions of health.

Answer: True  False

Diff: 2 Type: TF

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 51) Andrew is considering starting an exercise program sometime within the next six months. According to the transtheoretical model, what stage of change is he in currently and, if he continues with his intent, what other stages will he follow?

Answer: Andrew is currently in the Contemplation stage. Once he decides to take action, he will move to the Preparation stage, then Action, followed by Maintenance. In the final stage, Termination, he will adopt the behavior of regular exercise.

Diff: 4 Type: ES

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 52) Over a third of young millennials in the United States are religiously unaffiliated. 52) \_\_\_\_\_

Answer:  True  False

Diff: 2 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 53) David has decided to reduce the amount of television he watches on Monday nights from three 53) \_\_\_\_\_  
hours to two. Which aspect of the SMART system is David using?  
A) realistic B) action-oriented C) measurable D) specific

Answer: C

Diff: 2 Type: MC

54) Eloise has been working vigilantly to increase her amount of physical exercise. She's now reached the point where it has become an essential part of her daily living. Which stage of the transtheoretical model of behavior change is this? 54) \_\_\_\_\_  
A) maintenance                      B) termination                      C) preparation                      D) action

Answer: B  
Diff: 3    Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

55) Identify the four leading causes of chronic disease in the United States. Into what category of health determinants do these causes fall?

Answer: The four leading causes of chronic disease in the United States are:

- Tobacco use
- Excessive alcohol consumption
- Lack of physical activity
- Poor nutrition

These are all modifiable determinants that fall within the category of individual behavior.

Diff: 3    Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

56) Social determinants of health closely linked to health disparities include all of the following *except* 56) \_\_\_\_\_  
A) family health history.                      B) discrimination.  
C) educational attainment.                      D) economic stability.

Answer: A  
Diff: 3    Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

57) "Health for all" means living in a world where no one suffers from preventable disease. 57) \_\_\_\_\_

Answer:    True     False  
Diff: 2    Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

58) Deanna, who enjoys running as a means of relieving stress and staying fit, has decided that she wants to run a five-kilometer race at the end of the semester. She doesn't know the first thing about training for a race, though, so she asks her roommate, a member of the track team, for advice. Her roommate invites Deanna to join the team on the track to see what a serious practice is like. Learning specific behaviors by watching others perform them is called 58) \_\_\_\_\_  
A) motivation.                      B) modeling.  
C) shaping.                      D) situational inducement.

Answer: B  
Diff: 1    Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

59) When preparing for change, shaping is a process of making a series of small changes instead of attempting one or more large changes. 59) \_\_\_\_\_

Answer:  True                      False  
Diff: 1    Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 60) Research suggests that two of the most promising benefits of mindfulness are 60) \_\_\_\_\_  
A) reduction in high blood pressure and improved concentration.  
B) stress control and anxiety reduction.  
C) improvements in problem-solving and memory.  
D) reduced risks of cancer and dementia.

Answer: B

Diff: 3 Type: MC

- 61) In your first job after graduating, you don't work enough hours to qualify for group health insurance but your low income makes you eligible for a subsidy on an individual policy under the terms of the Affordable Care Act (ACA). This is an example of which determinant of health? 61) \_\_\_\_\_  
A) individual behavior B) health disparities  
C) health literacy D) policymaking

Answer: D

Diff: 3 Type: MC

- 62) The biological determinants of health include all of the following *except* 62) \_\_\_\_\_  
A) sex. B) family history. C) age. D) behavior.

Answer: D

Diff: 2 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 63) A person who clears the pantry and refrigerator of unhealthy foods is practicing situational inducement. 63) \_\_\_\_\_

Answer:  True False

Diff: 2 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 64) In which stage of the transtheoretical model of behavior change is it most important to be aware of the potential for relapses to previous behaviors? 64) \_\_\_\_\_  
A) precontemplation B) termination  
C) maintenance D) preparation

Answer: C

Diff: 2 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 65) According to *Healthy People 2020*, the determinants of health are the personal, social, economic, and environmental factors that influence health status. 65) \_\_\_\_\_

Answer:  True False

Diff: 1 Type: TF

- 66) For people of all ages in the United States, the three leading causes of death are all chronic diseases, including heart disease, cancer, and chronic lower respiratory disease. 66) \_\_\_\_\_

Answer:  True False

Diff: 1 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 67) The dimensions of health include which of the following? 67) \_\_\_\_\_
- A) physical health, intellectual health, and social health
  - B) physical health, environmental health, and psychic health
  - C) physical health, emotional health, and empathetic health
  - D) physical health, intellectual health, and economic health

Answer: A

Diff: 2 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 68) Life expectancy in the United States is several years higher than that of any other nation. 68) \_\_\_\_\_

Answer: True  False

Diff: 1 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 69) Examples of mindfulness include all of the following *except* 69) \_\_\_\_\_
- A) savoring the taste, smell, and texture of a bite of food.
  - B) taking a moment to feel your breath moving in and out of your chest.
  - C) thoughtfully contemplating the actions you might take to reduce climate change.
  - D) witnessing the anger of a friend without judgment.

Answer: C

Diff: 3 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 70) Identify the five factors fundamental to the health belief model.

Answer: The health belief model addresses five factors that must exist before a person can make a behavioral change. These are the following:

Perceived seriousness: The severity of the consequences of the potential health problem

Perceived susceptibility: Evaluating the likelihood of developing a health problem

Perceived benefits: Recognizing how an action will result in positive outcomes

Perceived barriers: Acknowledging or overcoming potential obstacles to change

Cues to action: An alert or reminder to take preventive action for a potential health problem

Diff: 2 Type: ES

- 71) Describe a path to greater mindfulness, including examples of both formal and informal actions you can take.

Answer: The path to mindfulness differs for each individual, but in general it requires a willingness to examine who you are and how you view the world and your place in it, as well as a willingness to appreciate each moment. The path includes formal actions such as meditation or yoga, as well as informal actions such as increasing your attention to your relationships, your food choices, or your impact on your environment. It might also include cultivating compassion or gratitude.

Diff: 4 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 72) In a recent survey by the National College Health Association, what was the greatest impediment to academic performance as reported by students? 72) \_\_\_\_\_
- A) work  
B) anxiety  
C) sleep difficulties  
D) stress

Answer: D

Diff: 1 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 73) Obesity probably has little impact on life expectancy in the United States. 73) \_\_\_\_\_

Answer: True  False

Diff: 1 Type: TF

- 74) Visualizing yourself making new friends at the next dorm party is an example of imagined rehearsal. 74) \_\_\_\_\_

Answer: True  False

Diff: 2 Type: TF

- 75) The factors contributing to health disparities are actually quite simple and could easily be remedied with adequate federal support. 75) \_\_\_\_\_

Answer: True  False

Diff: 1 Type: TF

- 76) Having friends and family members who listen and provide support is an example of social health. 76) \_\_\_\_\_

Answer: True  False

Diff: 1 Type: TF

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 77) What is self-efficacy, and why is it important in making a behavior change?

Answer: Self-efficacy is the belief that one is capable of achieving certain goals or influencing events in life. If an individual approaches a behavior change with a high level of self-efficacy, he or she will be more likely to succeed as compared to someone with low self-efficacy, who is more likely to become discouraged and give up, or even never try to change.

Diff: 4 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 78) Georgette tried to quit drinking once but gave up after only a few days; now she assures her friends that it's really not a problem. Which stage of the transtheoretical model of behavior change is this? 78) \_\_\_\_\_
- A) preparation  
B) action  
C) precontemplation  
D) contemplation

Answer: C

Diff: 3 Type: MC

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

79) You are interested in improving your health by initiating an exercise program. Describe three behavior-change techniques that can assist you in making that change.

Answer: (Descriptions of any three of the following)

Setting a SMART goal, shaping, anticipating barriers to change, modeling, signing a contract, imagined rehearsal, countering, situational inducement, changing self-talk, positive reinforcement, and journaling.

Diff: 4 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

80) Robert has been smoking a pack of cigarettes a day for 45 years. Of his friends who also smoke, several have developed heart disease and lung problems. Robert's grandson, Bobby, has just taken up smoking. According to the health belief model (HBM) of behavior change, who is more likely to perceive tobacco as a threat to their health? 80) \_\_\_\_\_

A) Bobby

B) Robert

C) both Robert and Bobby, equally

D) neither Robert nor Bobby, equally

Answer: B

Diff: 3 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

81) After implementation of the Affordable Care Act, the percentage of poor and near-poor uninsured Americans dropped from just over 40 percent to only 4 percent. 81) \_\_\_\_\_

Answer: True  False

Diff: 2 Type: TF

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

82) Define the medical model and public health model.

Answer: Medical model: Health status focuses on the individual and his or her tissues and organs.

Public health model: Views diseases and negative health events as involving the interaction between the individual and his or her social and physical environment.

Diff: 2 Type: ES

83) What are three key questions you should ask yourself when identifying a target behavior to change?

Answer: 1. What do I want?

2. Which change is my greatest priority at this time?

3. Why is this important to me?

Diff: 2 Type: ES

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

84) When it had been six weeks since Daniel's last cigarette, he rewarded himself with a new phone. Each of us is motivated by different positive reinforcers. Which of the following categories does Daniel's fall into? 84) \_\_\_\_\_

A) activity reinforcers

B) manipulative reinforcers

C) consumable reinforcers

D) possessional reinforcers

Answer: D

Diff: 2 Type: MC

85) Jessica is sexually active. Her roommate, who works at the student health center, reminds Jessica of the potential health risks of having unprotected sex. According to the health belief model (HBM), which factor to support a belief has Jessica's roommate used? 85) \_\_\_\_\_  
A) scare tactics                      B) shaping                      C) consequences                      D) cues to action

Answer: D  
Diff: 2    Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

86) Low levels of physical activity contribute to over 200,000 deaths in the United States each year. 86) \_\_\_\_\_  
Answer:  True                      False  
Diff: 2    Type: TF

87) Equity may be defined as the absence of differences among groups of people. 87) \_\_\_\_\_  
Answer:    True                       False  
Diff: 4    Type: TF

88) For those aged 15-24, the leading cause of death in the United States in 2014 was cancer. 88) \_\_\_\_\_  
Answer:    True                       False  
Diff: 1    Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

89) Which of the following are two of the four leading causes of chronic disease in the United States? 89) \_\_\_\_\_  
A) lack of physical activity and excessive consumption of alcohol  
B) excessive consumption of alcohol and excessive exercise  
C) tobacco use and excessive use of supplements  
D) lack of physical activity and excessive eating  
Answer: A  
Diff: 2    Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

90) Learning a new language could boost your intellectual health. 90) \_\_\_\_\_  
Answer:  True                      False  
Diff: 1    Type: TF

91) According to the health belief model (HBM), people who perceive themselves to be at high risk are more likely to take preventive action. 91) \_\_\_\_\_  
Answer:  True                      False  
Diff: 1    Type: TF

92) A reinforcing factor of your weight management program would be noticing that your clothes fit better as you begin to lose weight. 92) \_\_\_\_\_  
Answer:  True                      False  
Diff: 2    Type: TF

93) Research suggests that the best time to practice mindfulness is in the early morning, and the best method is to sit in silence for twenty minutes with your eyes closed. 93) \_\_\_\_\_  
Answer: True  False  
Diff: 1 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

94) What was the name of the model of health in which health status focused primarily on the individual and his or her tissues and organs? 94) \_\_\_\_\_  
A) the medical model B) the disease model  
C) the ecological model D) the public health model  
Answer: A  
Diff: 1 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

95) Working out with a partner who has achieved the goals you are working towards is a behavior change technique referred to as shaping. 95) \_\_\_\_\_  
Answer: True  False  
Diff: 2 Type: TF

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

96) Iggy, Carolyn, Ted, and Anika were all aged 15-24 when they died. Iggy was killed by a drunk driver, Carolyn was murdered, Ted had heart disease, and Anika committed suicide. Of the four, which three died from the three leading causes of death in the United States in 2014 for their age group? 96) \_\_\_\_\_  
A) Iggy, Ted, and Anika B) Iggy, Carolyn, and Anika  
C) Iggy, Carolyn, and Ted D) Carolyn, Ted, and Anika  
Answer: B  
Diff: 2 Type: MC

97) A highly successful strategy for challenging the beliefs and attitudes that contribute to health disparities is 97) \_\_\_\_\_  
A) cultivating an external locus of control.  
B) practicing mindfulness.  
C) recognizing the antecedents and consequences of your behaviors.  
D) setting SMART goals.  
Answer: B  
Diff: 3 Type: MC

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

98) Research suggests that a program of mindfulness-based stress reduction can help reduce chronic back pain. 98) \_\_\_\_\_  
Answer:  True  False  
Diff: 1 Type: TF



MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 99) To achieve a more equitable distribution of health care in the United States, experts recommend 99) \_\_\_\_\_  
A) restrict settings for preventive services to licensed and accredited health care facilities.  
B) encouraging health care providers to seek patients who share their own race/ethnicity.  
C) keeping children in school year-round.  
D) increasing the numbers of minority health care providers.

Answer: D

Diff: 2 Type: MC

- 100) Rashid is planning to volunteer to help pick up trash in his neighborhood. Which dimension of his health is he improving? 100) \_\_\_\_\_  
A) spiritual health  
B) social health  
C) mental health  
D) environmental health

Answer: D

Diff: 1 Type: MC

- 101) Richard, John, George, and Paul all want to lose weight. Richard figures he can lose weight by exercising more. John has decided to eat less during meals and snacks. George has decided to join a walking group that meets every Wednesday and Sunday. Paul thinks he might just sleep in every morning and skip breakfast. Which of these four has set a true SMART goal for losing weight? 101) \_\_\_\_\_  
A) Paul  
B) George  
C) John  
D) Richard

Answer: B

Diff: 4 Type: MC

Answer Key  
Testname: CH1

- 1) D  
Diff: 2 Page Ref:  
Chapter: 1
- 2) D  
Diff: 1 Page Ref:  
Chapter: 1
- 3) TRUE  
Diff: 2 Page Ref:  
Chapter: 1
- 4) A  
Diff: 1 Page Ref:  
Chapter: 1
- 5) FALSE  
Diff: 2 Page Ref:  
Chapter: 1
- 6) FALSE  
Diff: 1 Page Ref:  
Chapter: 1
- 7) TRUE  
Diff: 2 Page Ref:  
Chapter: 1
- 8) (Answers may vary. Typical examples are listed.)  
Physical: Body size, composition, and fitness levels, along with immune system and other bodily functioning and recuperative abilities and ability to perform activities of daily living (ADLs)  
Intellectual: Clear and critical thinking ability, objective reasoning, and responsible decision-making to meet life's challenges  
Social: Healthy interaction with others, satisfying interpersonal relationships, and adaptability to various social situations and daily behaviors  
Emotional: Appropriate control and expression of emotions, self-esteem, efficacy, and confidence, as well as the ability to trust, love, and respond with other emotions  
Environmental: Playing a role in preserving, protecting, and improving environmental conditions  
Spiritual: Sense of meaning and purpose in life; may include belief in a supreme being, or feeling unity and oneness with nature and all living things; ability to experience peace, contentment, and wonder  
All dimensions are important for overall health, and paying excessive attention to one dimension, such as physical health, can't compensate for inattention to other dimensions, such as social or emotional health. The necessary perspective is holistic, emphasizing balance.  
Diff: 4 Page Ref:  
Chapter: 1
- 9) TRUE  
Diff: 1 Page Ref:  
Chapter: 1
- 10) TRUE  
Diff: 2 Page Ref:  
Chapter: 1
- 11) TRUE  
Diff: 3 Page Ref:  
Chapter: 1
- 12) B  
Diff: 2 Page Ref:  
Chapter: 1

Answer Key  
Testname: CH1

- 13) B  
Diff: 2 Page Ref:  
Chapter: 1
- 14) B  
Diff: 3 Page Ref:  
Chapter: 1
- 15) B  
Diff: 2 Page Ref:  
Chapter: 1
- 16) TRUE  
Diff: 1 Page Ref:  
Chapter: 1
- 17) TRUE  
Diff: 2 Page Ref:  
Chapter: 1
- 18) B  
Diff: 2 Page Ref:  
Chapter: 1
- 19) FALSE  
Diff: 1 Page Ref:  
Chapter: 1
- 20) A  
Diff: 1 Page Ref:  
Chapter: 1
- 21) A  
Diff: 3 Page Ref:  
Chapter: 1
- 22) D  
Diff: 2 Page Ref:  
Chapter: 1
- 23) C  
Diff: 2 Page Ref:  
Chapter: 1
- 24) A  
Diff: 2 Page Ref:  
Chapter: 1
- 25) A  
Diff: 3 Page Ref:  
Chapter: 1
- 26) C  
Diff: 3 Page Ref:  
Chapter: 1
- 27) B  
Diff: 3 Page Ref:  
Chapter: 1
- 28) A  
Diff: 2 Page Ref:  
Chapter: 1

Answer Key  
Testname: CH1

- 29) C  
Diff: 1 Page Ref:  
Chapter: 1
- 30) A  
Diff: 4 Page Ref:  
Chapter: 1
- 31) C  
Diff: 3 Page Ref:  
Chapter: 1
- 32) FALSE  
Diff: 2 Page Ref:  
Chapter: 1
- 33) TRUE  
Diff: 2 Page Ref:  
Chapter: 1
- 34) B  
Diff: 2 Page Ref:  
Chapter: 1
- 35) TRUE  
Diff: 1 Page Ref:  
Chapter: 1
- 36) In the contemplation stage, a person acknowledges a problem and the need for change but may lack the time or energy to make the change. In the preparation stage, a person begins to focus on how to effect change and may move toward creating a plan of action.  
Diff: 3 Page Ref:  
Chapter: 1
- 37) B  
Diff: 2 Page Ref:  
Chapter: 1
- 38) C  
Diff: 1 Page Ref:  
Chapter: 1
- 39) B  
Diff: 1 Page Ref:  
Chapter: 1
- 40) TRUE  
Diff: 1 Page Ref:  
Chapter: 1

## Answer Key

Testname: CH1

41) (At least three of the following)

1. Uninsured or underinsured
2. Disability
3. Race/ethnicity
4. Sex and gender
5. Sexual orientation
6. Economics and education
7. Geographic location

Many people with limited resources, literacy, or access to quality health care will avoid getting the care they need, including preventive services. When they do seek treatment, it may be in a hospital emergency room, where the cost of care is very high. Moreover, they may seek treatment too late, or they may have a reduced chance of a full recovery. This worsens our overall healthy life expectancy, and increases national health care costs because of the need for more expensive procedures, equipment, and medications to treat rather than prevent disease. It also increases rates of premature death and costs due to lost productivity.

Diff: 4 Page Ref:  
Chapter: 1

42) D

Diff: 3 Page Ref:  
Chapter: 1

43) FALSE

Diff: 1 Page Ref:  
Chapter: 1

44) D

Diff: 2 Page Ref:  
Chapter: 1

45) C

Diff: 1 Page Ref:  
Chapter: 1

46) C

Diff: 2 Page Ref:  
Chapter: 1

47) TRUE

Diff: 1 Page Ref:  
Chapter: 1

48) C

Diff: 2 Page Ref:  
Chapter: 1

49) A

Diff: 1 Page Ref:  
Chapter: 1

50) FALSE

Diff: 2 Page Ref:  
Chapter: 1

51) Andrew is currently in the Contemplation stage. Once he decides to take action, he will move to the Preparation stage, then Action, followed by Maintenance. In the final stage, Termination, he will adopt the behavior of regular exercise.

Diff: 4 Page Ref:  
Chapter: 1

52) TRUE

Diff: 2 Page Ref:  
Chapter: 1

Answer Key  
Testname: CH1

- 53) C  
Diff: 2 Page Ref:  
Chapter: 1
- 54) B  
Diff: 3 Page Ref:  
Chapter: 1
- 55) The four leading causes of chronic disease in the United States are:
- Tobacco use
  - Excessive alcohol consumption
  - Lack of physical activity
  - Poor nutrition
- These are all modifiable determinants that fall within the category of individual behavior.  
Diff: 3 Page Ref:  
Chapter: 1
- 56) A  
Diff: 3 Page Ref:  
Chapter: 1
- 57) FALSE  
Diff: 2 Page Ref:  
Chapter: 1
- 58) B  
Diff: 1 Page Ref:  
Chapter: 1
- 59) TRUE  
Diff: 1 Page Ref:  
Chapter: 1
- 60) B  
Diff: 3 Page Ref:  
Chapter: 1
- 61) D  
Diff: 3 Page Ref:  
Chapter: 1
- 62) D  
Diff: 2 Page Ref:  
Chapter: 1
- 63) TRUE  
Diff: 2 Page Ref:  
Chapter: 1
- 64) C  
Diff: 2 Page Ref:  
Chapter: 1
- 65) TRUE  
Diff: 1 Page Ref:  
Chapter: 1
- 66) TRUE  
Diff: 1 Page Ref:  
Chapter: 1
- 67) A  
Diff: 2 Page Ref:  
Chapter: 1

## Answer Key

Testname: CH1

- 68) FALSE  
Diff: 1 Page Ref:  
Chapter: 1
- 69) C  
Diff: 3 Page Ref:  
Chapter: 1
- 70) The health belief model addresses five factors that must exist before a person can make a behavioral change. These are the following:  
Perceived seriousness: The severity of the consequences of the potential health problem  
Perceived susceptibility: Evaluating the likelihood of developing a health problem  
Perceived benefits: Recognizing how an action will result in positive outcomes  
Perceived barriers: Acknowledging or overcoming potential obstacles to change  
Cues to action: An alert or reminder to take preventive action for a potential health problem  
Diff: 2 Page Ref:  
Chapter: 1
- 71) The path to mindfulness differs for each individual, but in general it requires a willingness to examine who you are and how you view the world and your place in it, as well as a willingness to appreciate each moment. The path includes formal actions such as meditation or yoga, as well as informal actions such as increasing your attention to your relationships, your food choices, or your impact on your environment. It might also include cultivating compassion or gratitude.  
Diff: 4 Page Ref:  
Chapter: 1
- 72) D  
Diff: 1 Page Ref:  
Chapter: 1
- 73) FALSE  
Diff: 1 Page Ref:  
Chapter: 1
- 74) TRUE  
Diff: 2 Page Ref:  
Chapter: 1
- 75) FALSE  
Diff: 1 Page Ref:  
Chapter: 1
- 76) TRUE  
Diff: 1 Page Ref:  
Chapter: 1
- 77) Self-efficacy is the belief that one is capable of achieving certain goals or influencing events in life. If an individual approaches a behavior change with a high level of self-efficacy, he or she will be more likely to succeed as compared to someone with low self-efficacy, who is more likely to become discouraged and give up, or even never try to change.  
Diff: 4 Page Ref:  
Chapter: 1
- 78) C  
Diff: 3 Page Ref:  
Chapter: 1
- 79) (Descriptions of any three of the following)  
Setting a SMART goal, shaping, anticipating barriers to change, modeling, signing a contract, imagined rehearsal, countering, situational inducement, changing self-talk, positive reinforcement, and journaling.  
Diff: 4 Page Ref:  
Chapter: 1

Answer Key  
Testname: CH1

- 80) B  
Diff: 3 Page Ref:  
Chapter: 1
- 81) FALSE  
Diff: 2 Page Ref:  
Chapter: 1
- 82) Medical model: Health status focuses on the individual and his or her tissues and organs.  
Public health model: Views diseases and negative health events as involving the interaction between the individual and his or her social and physical environment.  
Diff: 2 Page Ref:  
Chapter: 1
- 83) 1. What do I want?  
2. Which change is my greatest priority at this time?  
3. Why is this important to me?  
Diff: 2 Page Ref:  
Chapter: 1
- 84) D  
Diff: 2 Page Ref:  
Chapter: 1
- 85) D  
Diff: 2 Page Ref:  
Chapter: 1
- 86) TRUE  
Diff: 2 Page Ref:  
Chapter: 1
- 87) FALSE  
Diff: 4 Page Ref:  
Chapter: 1
- 88) FALSE  
Diff: 1 Page Ref:  
Chapter: 1
- 89) A  
Diff: 2 Page Ref:  
Chapter: 1
- 90) TRUE  
Diff: 1 Page Ref:  
Chapter: 1
- 91) TRUE  
Diff: 1 Page Ref:  
Chapter: 1
- 92) TRUE  
Diff: 2 Page Ref:  
Chapter: 1
- 93) FALSE  
Diff: 1 Page Ref:  
Chapter: 1
- 94) A  
Diff: 1 Page Ref:  
Chapter: 1



Answer Key  
Testname: CH1

- 95) FALSE  
Diff: 2 Page Ref:  
Chapter: 1
- 96) B  
Diff: 2 Page Ref:  
Chapter: 1
- 97) B  
Diff: 3 Page Ref:  
Chapter: 1
- 98) TRUE  
Diff: 1 Page Ref:  
Chapter: 1
- 99) D  
Diff: 2 Page Ref:  
Chapter: 1
- 100) D  
Diff: 1 Page Ref:  
Chapter: 1
- 101) B  
Diff: 4 Page Ref:  
Chapter: 1