

Chapter 1: The Scope of Health Behavior

Multiple Choice Questions

1. Which statement is **NOT** an example of the changing scope and tools of health behavior?
 - a. The recognition of the importance of evidence-based methods in health behavior
 - b. An increase in evaluations of theory-based interventions
 - c. Use of new technologies to promote and track healthy behaviors
 - d. Interventions that include diverse populations and levels
 - e. The increased reliance on personal experiences to inform interventions
2. Research on effective methods to achieve health behavior change suggests:
 - a. All of the necessary evidence required to modify negative health behaviors already exists, but has not been properly disseminated
 - b. Systematic-reviews and meta-analyses have been overused as sources of evidence
 - c. Interventions should be based on theory and developed from formative research
 - d. Too much time and money has been spent on the development of valid and reliable data collection instruments
 - e. Theory is becoming less relevant and there should be a renewed focus on practice-based research
3. Health behavior theory draws from the following fields of study:
 - a. Sociology, Psychology, Anthropology
 - b. Nursing, Medicine, Statistics
 - c. Chemistry, Physics, Informatics
 - d. A and B
 - e. All of the above

4. Which is **NOT** an example of a behavioral factor contributing to mortality in the United States:
- a. Tobacco use
 - b. Diet
 - c. Physical Activity
 - d. Genetics
 - e. Alcohol use
5. Which statement describes a recent trend in health behavior research:
- a. There is an increased interest in the behavioral and social determinants of health
 - b. There is an increased interest in infectious diseases in middle and high income populations
 - c. There is an increased interest in the genetic determinants of health
 - d. There is increased recognition that individuals are responsible for their poor health
 - e. None of the above
6. In the United States, increased access to data and surveillance systems to track health have shown improvements in all areas **EXCEPT**:
- a. Vaccine coverage
 - b. Blood pressure
 - c. Alcohol-related motor vehicle accidents
 - d. Tobacco use
 - e. Cholesterol
7. One critique of evidence-based interventions in the United States is:
- a. They do not take into account differences between populations
 - b. Their dissemination takes too long to reach the people who could benefit from them
 - c. There are a lack people trained to conduct high quality research
 - d. They overemphasize experiences of individual health care providers
 - e. All of the above
8. Increased global urbanization has:
- a. Contributed to an increase in unhealthy lifestyles
 - b. Resulted in overcrowding and increased pollution
 - c. Increased access to interventions aimed at improving health
 - d. A and B
 - e. A, B, and C
9. New health technologies (e.g. eHealth and mHealth):
- a. Have reduced the need for health behavior research
 - b. Have the potential to cause harm through misleading information and/or interference in the patient-provider relationship
 - c. Spiked in popularity in the early 2000's followed by a sharp decline in use
 - d. Are responsible for bridging the gap between health theory research and practice
 - e. All of the above

10. When an existing health policy does not result in measureable changes in behavior or improvements in health, it is recommended that:
 - a. New policies be implemented and the existing policy be discarded
 - b. The existing policy be implemented with a larger population to reach a larger sample size
 - c. No action be taken as the health behavior or condition is either not worth addressing or impossible to change
 - d. **More information about the duration and effectiveness of implementation be provided before taking action**
 - e. A more homogenous population be selected for policy testing

True/False Questions

1. In the United States, obesity prevalence and vaccine coverage have improved in the last 20 years as a result of better data and surveillance systems.
 - a. True
 - b. False
2. Health behavior change interventions are primarily carried out in hospitals and clinics.
 - a. True
 - b. False
3. In the past 10-15 years, high quality data collection processes in the United States have improved.
 - a. True
 - b. False
4. Health behavior theory is NOT well suited for health problems with environmental and social determinants.
 - a. True
 - b. False
5. In the United States, infectious diseases account for more deaths than chronic diseases.
 - a. True
 - b. False
6. Public health professionals work and deliver services almost exclusively in traditional healthcare settings.
 - a. True
 - b. False
7. The rapid development of communication technologies provides an opportunity for health promotion activities to reach new and diverse populations.
 - a. True
 - b. False
8. Health behavior research developments are primarily the responsibility of medical practitioners.
 - a. True
 - b. False
9. Although access to healthcare is more available than ever, disparities in access exist between those of higher and lower socio-economic status.
 - a. True
 - b. False

10. Environmental and structural level behavior change interventions are largely ineffective in improving population health.
 - a. True
 - b. False

Essay Questions

1. The authors write that this is an exciting time for the study of health behavior change. Write an essay that explains why this statement is true. Your essay should describe at least two recent trends or developments that promote health as well as two recent challenges to health promotion.
2. Health professionals concerned with behavior change work in a variety of different settings with diverse populations. Describe a health concern that may be best addressed outside of the traditional healthcare system. In what setting and with what population might the problem best be addressed? Justify your answer.

Multiple Choice Answer Key

1. e
2. c
3. d
4. d
5. a
6. a
7. b
8. e
9. b
10. d

True/False Answer Key

1. b
2. b
3. a
4. b
5. b
6. b
7. a
8. b
9. a
10. b