

Chapter 02 - Positive Choices/Positive Changes

Chapter 02
Positive Choices/Positive Changes

Multiple Choice Questions

1. (p. 34) Jennifer smokes every morning before breakfast. This is an example of a
- A. dimension of wellness.
 - B. habit.**
 - C. morning routine.
 - D. value.

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Bloom's Taxonomy: Remember

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Factors influencing health behavior

2. (p. 34) Which of the following factors that influence wellness can NOT be controlled?
- A. heredity/genetic make-up**
 - B. knowledge
 - C. attitude
 - D. skills

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Bloom's Taxonomy: Understand

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

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3. (p. 34-35) Which of the following factors that influence wellness can an individual control?
- A. heredity/genetic make-up
 - B. beliefs and values**
 - C. age
 - D. gender

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Bloom's Taxonomy: Understand

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Factors influencing health behavior

Chapter 02 - Positive Choices/Positive Changes

4. (p. 36) Rewards for behavior change should
- A. not be given to yourself.
 - B. create a barrier to overcome.
 - C. be expensive.
 - D.** be realistic.

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

5. (p. 37) Enabling factors are factors that
- A. encourage or discourage behaviors.
 - B. an individual brings to the table.
 - C.** enhances an individual's ability to change.
 - D. are internal.

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

6. (p. 37) Reinforcing factors are factors that
- A.** encourage or discourage new behaviors.
 - B. an individual brings to the table.
 - C. do not affect an individual's ability to change.
 - D. are internal.

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

Chapter 02 - Positive Choices/Positive Changes

7. (p. 36) Predisposing factors are factors that
- A. encourage or discourage behaviors.
 - B. an individual brings to the table.**
 - C. do not affect an individual's ability to change.
 - D. are internal.

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

8. (p. 37) Motivation for behavior change is
- A. a trait ruled by internal factors.
 - B. a permanent trait of an individual.
 - C. an energized state.**
 - D. a static emotional state.

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

9. (p. 38) Janette is working on a new exercise regimen. Her motivation for exercising largely depends on whether her friend exercises with her. Janette can be said to have
- A. an external locus of control.**
 - B. an internal locus of control.
 - C. positive self-efficacy.
 - D. decisional balance.

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Bloom's Taxonomy: Understand

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Factors influencing health behavior

10. (p. 37) John has a family history of diabetes. He believes he can prevent the disease through exercise, diet, body weight control, and other preventive health behaviors. John's behavior can be explained by his

- A. external locus of control.
- B. internal locus of control.**
- C. positive self-efficacy.
- D. decisional balance.

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Bloom's Taxonomy: Understand

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Factors influencing health behavior

11. (p. 38) Self-efficacy helps you

- A. have confidence in your ability.**
- B. need less motivation.
- C. avoid making changes.
- D. accept the way things are.

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Bloom's Taxonomy: Understand

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Factors influencing health behavior

12. (p. 39) A good way to boost self-efficacy is to

- A. monitor behavior with a journal or log.**
- B. have friends and family to tell you what you should do.
- C. focus on making long-term goals.
- D. spend more time relaxing.

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

13. (p. 39-40) Self-efficacy typically develops from all of the following factors EXCEPT

- A. past experience.
- B. past performance.
- C. anticipation of failure.**
- D. observational learning.

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

14. (p. 40) Watching the actions and outcomes of others is called

- A. observational learning.**
- B. past performance.
- C. past experience.
- D. verbal persuasion.

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Bloom's Taxonomy: Remember

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

15. (p. 39) Which of the following is the most powerful factor influencing self-efficacy expectations?

- A. observational learning
- B. direct experience**
- C. persuasion
- D. internal cues

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Bloom's Taxonomy: Remember

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

16. (p. 40) Which of the following is the LEAST powerful influence on self-efficacy?

- A. direct experience
- B. persuasion**
- C. vicarious experience
- D. past performance

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

17. (p. 39) Over which of the following factors do you have the most control?

- A. persuasion
- B. vicarious experience
- C. past performance
- D. direct experience**

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

18. (p. 40-41) In terms of setting goals, the acronym SMART stands for

- A. strategic, measuring, actionable, reality-based, time-conscious.
- B. specific, measurable, achievable, realistic, time-bound.**
- C. standard, measurable, action-based, realistic, time-bound.
- D. specific, motivating, achievable, realistic, timely.

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Bloom's Taxonomy: Remember

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

19. (p. 41) Setting realistic goals for behavior change means having

- A. several alternative goals.
- B. simple goals.
- C. open-ended long-term goals.
- D.** challenging but not impossible goals.

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

20. (p. 41) Which characteristic of SMART goals involves setting a start date and a completion date?

- A. realistic
- B.** time-bound
- C. measurable
- D. achievable

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Bloom's Taxonomy: Remember

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

21. (p. 41) Which characteristic of SMART goals involves self-monitoring and tracking?

- A. realistic
- B. time-bound
- C.** measurable
- D. achievable

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Bloom's Taxonomy: Remember

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

22. (p. 42) The transtheoretical model is also referred to as the
- A. "stages of change" model.
 - B. "scenes of change" model.
 - C. "steps to behavior change" model.
 - D. "signs of change" model.

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Bloom's Taxonomy: Remember

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

23. (p. 43) According to the transtheoretical model, in which stage is a person who has yet to actively think about change?
- A. action stage
 - B. maintenance stage
 - C. precontemplation stage
 - D. contemplation stage

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Bloom's Taxonomy: Remember

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

24. (p. 43) The stage of the transtheoretical model in which people weigh the pros and cons of taking action is called the
- A. action stage.
 - B. maintenance stage.
 - C. precontemplation stage.
 - D. contemplation stage.

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Bloom's Taxonomy: Remember

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

25. (p. 43-44) The stage in the transtheoretical model that corresponds to having been successful at changing a behavior for more than six months is called the

- A. action stage.
- B. maintenance stage.**
- C. precontemplation stage.
- D. contemplation stage.

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Bloom's Taxonomy: Remember

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

26. (p. 43-44) The preparation stage of behavior change in the transtheoretical model is the

- A. first stage of the model.
- B. stage that precedes action.**
- C. final stage of the model.
- D. stage that precedes contemplation.

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Bloom's Taxonomy: Remember

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

27. (p. 44) Jessica is using a technique for behavior change that focuses on increasing knowledge about her unhealthy habit. She is asking herself what things she does that are unhealthy. This is an example of

- A. consciousness raising.**
- B. emotional arousal (dramatic relief).
- C. self-reevaluation.
- D. commitment (self-liberation).

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Bloom's Taxonomy: Understand

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

28. (p. 44) Brian has decided to develop a plan for behavior change. He has signed a contract and informed his friends of his plans. This technique for change is an example of

- A. consciousness raising.
- B. emotional arousal (dramatic relief).
- C. self-reevaluation.
- D.** commitment (self-liberation).

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Bloom's Taxonomy: Understand

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

29. (p. 45) Increasing rewards for desired behavior change is an example of

- A. consciousness raising.
- B. emotional arousal (dramatic relief).
- C.** reinforcement management.
- D. commitment (self-liberation).

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Bloom's Taxonomy: Understand

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

30. (p. 44-45) The final stage of the transtheoretical model for most behaviors is

- A. termination.
- B.** maintenance.
- C. relapse.
- D. preparation.

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Bloom's Taxonomy: Remember

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Stages in lifestyle improvement

31. (p. 54-55) Things to consider when developing strategies for overcoming obstacles in behavior change include all of the following EXCEPT
- A. increasing or continuing those things that help you toward your goal.
 - B. removing cues and triggers that prompt unhealthy behavior.
 - C. adding new cues and triggers that prompt healthy behavior.
 - D. avoiding making plans that anticipate difficulties.**

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Bloom's Taxonomy: Understand

Learning Objective: 02-04 Develop a personalized plan for successful change; including appropriate goals and strategies for overcoming barriers.

Topic: Personal plan for lifestyle improvement

32. (p. 47-48) The purpose of time management in behavior change is to
- A. plan and prioritize so that your time is spent wisely.**
 - B. fit more time into your schedule.
 - C. get rid of unimportant matters.
 - D. avoid having to maintain a schedule.

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

True / False Questions

33. (p. 35) Age can play a role in the knowledge, skills, and abilities that affect your behavior.

TRUE

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Bloom's Taxonomy: Remember

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Factors influencing health behavior

34. (p. 34) A behavior that recurs and develops into a pattern is called a habit.

TRUE

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Bloom's Taxonomy: Remember

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Factors influencing health behavior

35. (p. 34) Gender is a controllable factor that influences behavior and health habits.

FALSE

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Bloom's Taxonomy: Understand

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Factors influencing health behavior

36. (p. 37) Reinforcing factors are those things that encourage or discourage your change in behavior.

TRUE

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Bloom's Taxonomy: Understand

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Factors influencing health behavior

37. (p. 37) Enabling factors include your culture, beliefs, values, age, and attitudes.

FALSE

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Bloom's Taxonomy: Understand

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Factors influencing health behavior

38. (p. 36) Predisposing factors include your knowledge, skills, and abilities.

FALSE

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Bloom's Taxonomy: Understand

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Factors influencing health behavior

39. (p. 37) Motivation only arises from external factors.

FALSE

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

40. (p. 37-38) Key factors that affect motivation include locus of control and self-efficacy.

TRUE

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

41. (p. 42) Self-defeating behaviors tend to lead to the accomplishment of both short-term and long-term goals.

FALSE

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Bloom's Taxonomy: Understand

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

42. (p. 42-43) The transtheoretical model is also called the "stages of change" model.

TRUE

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Bloom's Taxonomy: Remember

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

43. (p. 44) In the maintenance stage of behavior change, external rewards remain as important as in earlier stages.

FALSE

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Bloom's Taxonomy: Remember

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

44. (p. 53-54) Creating a "pro-versus-con" analysis is a step in behavior change.

TRUE

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Bloom's Taxonomy: Remember

Learning Objective: 02-04 Develop a personalized plan for successful change; including appropriate goals and strategies for overcoming barriers.

Topic: Personal plan for lifestyle improvement

45. (p. 44) The transtheoretical model includes a stage called termination.

TRUE

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Bloom's Taxonomy: Remember

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

Essay Questions

46. (p. 34-36) Choose two of the following factors that influence wellness, and explain how these factors play a part in behavior change: values; beliefs; religious and cultural norms and practices; environment; socioeconomic status; attitudes; or knowledge, skills, and abilities.

Answers will vary

Bloom's Taxonomy: Apply

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Factors influencing health behavior

47. (p. 36-37) Compare the differences among predisposing, enabling, and reinforcing factors as they relate to behavior change.

Answers will vary

Bloom's Taxonomy: Analyze

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Topic: Factors influencing health behavior

48. (p. 42-47) Describe the transtheoretical model and how it works.

Answers will vary

Bloom's Taxonomy: Analyze

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

Chapter 02 - Positive Choices/Positive Changes

49. (p. 50-51) Describe how a negative outlook derails motivation and success in behavior change.

Answers will vary

Bloom's Taxonomy: Analyze

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

50. (p. 40-42, 54) Demonstrate how you would use the SMART criteria to set goals for behavior change.

Answers will vary

Bloom's Taxonomy: Evaluate

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Learning Objective: 02-04 Develop a personalized plan for successful change; including appropriate goals and strategies for overcoming barriers.

Topic: Motivational strategies for a healthy lifestyle

Topic: Personal plan for lifestyle improvement

Fill in the Blank Questions

51. (p. 45) Social _____ is seeking social alternatives to an unhealthy behavior.
liberation

Bloom's Taxonomy: Understand

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

52. (p. 43-44) The stage of the transtheoretical model in which people work to continue their new behavior and avoid relapse is the _____ stage.
maintenance

Bloom's Taxonomy: Understand

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

53. (p. 40-42) According to the SMART principle, goals should be _____, measurable, achievable, realistic, and time-bound.

specific

Bloom's Taxonomy: Remember

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

54. (p. 42) In the field of behavior change, TTM refers to the _____ model.

transtheoretical

Bloom's Taxonomy: Remember

Learning Objective: 02-03 Apply techniques that match your stage in the change process.

Topic: Stages in lifestyle improvement

55. (p. 38) Belief in your capability to perform a task that leads to a specific outcome is called _____.

self-efficacy

Bloom's Taxonomy: Remember

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Motivational strategies for a healthy lifestyle

Chapter 02 - Positive Choices/Positive Changes

Matching Questions

56. (p. 36-39) Match the term concerning behavior change with its definition.

- | | | |
|------------------------------|---|----------|
| 1. predisposing factors | factors that make it possible or easier for an individual to change a health behavior | <u>3</u> |
| 2. external locus of control | belief in your ability to perform a task | <u>4</u> |
| 3. enabling factors | source of power or control in your life that resides outside yourself | <u>2</u> |
| 4. self-efficacy | preexisting factors that influence behavior | <u>1</u> |
| 5. motivation | an energized state that directs and sustains behavior | <u>5</u> |

Bloom's Taxonomy: Remember

Learning Objective: 02-01 Identify the factors that influence your wellness behaviors.

Learning Objective: 02-02 Develop strategies for increasing your motivation to change for the better.

Topic: Factors influencing health behavior

Topic: Motivational strategies for a healthy lifestyle