Chapter 1

INDIVIDUAL THEORIES

Multiple Choice

1. For which reason are individual theories becoming more appealing?

A. Focus on individual behavior

B. Application to health behavior research and practice

C. Delivered through traditional paper-and-pencil approaches

D. Created to support a specific culture or geographic location

Answer: B

2. Which is a key concept of Social Cognitive Theory?

A. Age

B. Gender

C. Incentives

D. Occupation

Answer: C

3. In Social Cognitive Theory, which belief best describes efficacy expectations?

A. Amount of time to achieve a specific outcome

B. Likelihood of a specific behavior to lead to an identified outcome

C. Learning required before attempting to achieve an outcome

D. Capability of performing a behavior that leads to an outcome

Answer: D

4. Which is a source of an efficacy expectation within Social Cognitive Theory?

A. Physiological state

B. Financial remuneration

C. Time to accomplish the task

D. Satisfaction to achieve a task

Answer: A

5. Which statement best describes the theory of self-regulation?

A. Emphasizes the role of personal beliefs on an individual’s ability to effect health change

B. Explains how individuals develop an understanding of personal behavior and outcome and efficacy expectations

C. Posits that personal factors, existing behaviors, and the social and physical environments interact to shape new behavior

D. Assumes behavior change and maintenance of behavior are functions of expectations of outcomes and ability to execute the behavior

Answer: B

6. Which is a step in the theory of self-regulation?

A. Plan and act

B. Estimate cost

C. Evaluate for quality

D. Cluster accumulated data

Answer: A

7. For which health problem is the theory of self-regulation best applied?

A. Gastritis

B. Pneumonia

C. Appendicitis

D. Heart disease

Answer: D

8. Which theory hypothesizes that behavior depends on the value placed on a particular goal and the likelihood that an action will achieve that goal?

A. Health Belief Model

B. Social Cognitive Theory

C. Theory of self-regulation

D. Theory of Planned Behavior

Answer: A

9. Within the Health Belief Model, which is a cue to action?

A. Social class

B. Advice from others

C. Knowledge about the disease

D. Prior contact with the disease

Answer: B

10. Which theory is built upon the components of attitude and subjective norms?

A. Transtheoretical Model

B. Theory of self-regulation

C. Relapse prevention model

D. Theory of Planned Behavior

Answer: D

11. For which health-related behavior is the Theory of Planned Behavior best applied?

A. Physical activity

B. Wound irrigation

C. Intravenous therapy

D. Blood glucose monitoring

Answer: A

12. In the Transtheoretical Model, how is behavior change viewed?

A. A goal

B. An event

C. An episode in time

D. A six-stage process

Answer: D

13. Which is a process of change within the Transtheoretical Model?

A. Termination

B. Maintenance

C. Precontemplation

D. Counterconditioning

Answer: D

14. Which term is used to describe interventions that build coping skills for dealing with situations that place individuals at high risk of repeating harmful behavior?

A. Stimulus control

B. Decisional balance

C. Relapse prevention

D. Contingency management

Answer: C

15. Which immediate determinant of relapse within the relapse prevention model makes a full-blown relapse more likely?

A. Coping

B. High-risk situations

C. Outcome expectancies

D. Abstinence violation effect

Answer: D