

Effective techniques in healthy eating: (Michie et al., 2009)

1. Self-management approaches involving people in their own changes:
 - a. Is not successful
 - b. Can initiate change
 - c. Is success with long term illness
 - d. Both b & c
2. T/F- behavior change is more effective with a greater number of change techniques employed.
3. T/F- There is clear support for including self-monitoring behavior in behavior change interventions.

Health beliefs before and after participation (Hurley et al. 2010)

4. Peoples understanding of illness is based on their rationalization about:
 - a. Cause
 - b. Prognosis
 - c. Ability to treat
 - d. All of the above
5. People's cognition about the cause of the onset of illness/pain may include:
 - a. Normalization
 - b. Past sporting activity
 - c. Unknown reasons
 - d. All of the above
6. Beliefs exhibited by study participants included
 - a. Knee pain is an inevitable part of aging
 - b. There are many options for treatment
 - c. Treatments are successful
 - d. There is an exact cause of the pain
7. T/F- Education about their condition and the benefits of behavior change is sufficient for behavior change.
8. Passive acceptance of pain increases with influenced by which of the following beliefs:
 - a. pain is inevitable
 - b. behavioral change is safe
 - c. interventions are successful
 - d. none of the above

Effectiveness of interventions to change (Jepson et al., 2010)

9. physical inactivity is a risk factor for all of the following except:
 - a. hypertension

- b. Hepatitis C
 - c. diabetes
 - d. musculoskeletal disease
10. Most health promotion interventions include:
- a. Goal setting
 - b. Knowledge building
 - c. Both a & b
 - d. None of the above
11. Interventions for smoking cessation which are effective include all except:
- a. Pharmacological treatment
 - b. Self-help materials
 - c. Individual counseling
 - d. Group counseling
12. T/F- Brief behavioral counseling interventions in primary care lower alcohol consumption.
13. Risk reduction and prevention programs as interventions for sexually risky behavior are most effective for:
- a. Abstinence
 - b. Promotion condom use
 - c. Reducing the amount of sexual partners
 - d. Both b & c
14. T/F Maintaining a behavioral target over time is a significant challenge.