

Chapter 1

1) In the early 1900s the leading causes of death were _____.

- a. accidents
- b. infectious diseases
- c. hypokinetic diseases
- d. carcinogenic diseases

Answer: b

Diff: 1

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Factual

2) Which organization came up with the landmark definition of health in 1947?

- a. Health and Welfare Canada
- b. International Health, Education, and Welfare Association
- c. World Health Organization
- d. United Nations

Answer: c

Diff: 1

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Factual

3) Health officials viewed the World Health Organization definition of health as a landmark definition because _____.

- a. it was the first comprehensive definition of health
- b. disease was integrated into the definition
- c. it described health as low mortality and morbidity rates
- d. health was described as more than absence of disease

Answer: d

Diff: 3

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Conceptual

4) When Josie studies, she makes sure her room has proper lighting, there is very little noise, and she is comfortable. Which of the following terms describe this concept?

- a. biophilia
- b. atmosphere
- c. comfort
- d. bioanalysis

Answer: a

Diff: 3

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Conceptual

5) According to the latest data, Canadians have an average life expectancy of 81.1 years. Joe's doctor tells him that he will live to be much older if he eats well and exercises. Joe's doctor states that this statistic is known as the _____ rate.

- a. illness
- b. mortality
- c. morbidity
- d. affliction

Answer: b

Diff: 2

Type: MC

Topic: List the lifestyle behaviours related to living longer.

Skill: Applied

6) Adam eats healthy foods and exercises. When his roommates get sick with the flu, Adam rarely gets more than a runny nose. Adam's ability to ward off disease is related to which dimension of health?

- a. social
- b. mental
- c. physical
- d. emotional

Answer: c

Diff: 2

Type: MC

Topic: List the lifestyle behaviours related to living longer.

Skill: Applied

7) Sally has decided that she doesn't have the motivation to recycle her plastic bottles, and she just throws them into her regular garbage. Sally needs to improve which of the following components of health?

- a. environmental
- b. spiritual
- c. social
- d. mental

Answer: a

Diff: 2

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Applied

8) Which of the following best describes social health?

- a. making many social contacts throughout the day
- b. maintaining a monogamous relationship
- c. adapting to various social situations
- d. learning from the experience of others

Answer: c

Diff: 3

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Conceptual

9) Jill has many friends, is respected by her co-workers, and maintains a great relationship with her boyfriend. Her ability to interact with others describes which dimension of health?

- a. social

- b. mental
- c. emotional
- d. physical

Answer: a

Diff: 2

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Applied

10) Which of the following best describes emotional health?

- a. being able to make appropriate decisions
- b. growing and learning from experience
- c. being able to express or control feelings
- d. adapting to various social situations

Answer: c

Diff: 3

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Conceptual

11) Jerome encouraged his professor to allow assignments to be typed on both sides of a page instead of just one, to save paper. Jerome's idea relates to which dimension of health?

- a. social
- b. environmental
- c. physical
- d. emotional

Answer: b

Diff: 2

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Applied

12) When Mika gazes at the stars she realizes she is just a small part of a much larger existence. Her thoughts relate to which dimension of health?

- a. social
- b. spiritual
- c. physical
- d. mental

Answer: b

Diff: 2

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Applied

13) Your local dietitian takes groups of people on grocery store tours to teach them how to shop and to eat in a healthy manner. This activity is part of the dietitian's role in which of the following concepts?

- a. diet analysis
- b. behaviour modification
- c. health progression
- d. health promotion

Answer: d

Diff: 2

Type: MC

Topic: List the lifestyle behaviours related to living longer.

Skill: Conceptual

14) Which of the following approaches describes the Pan-Canadian Healthy Living Strategy?

- a. a strategic health approach
- b. a health sector approach
- c. an improved life expectancy approach
- d. a population health approach

Answer: d

Diff: 3

Type: MC

Topic: Discuss the goals and objectives of the Pan-Canadian Healthy Living Strategy.

Skill: Conceptual

15) An example of making a healthy food choice would be _____.

- a. eating more red meat
- b. eating more white bread
- c. eating more fruits and vegetables
- d. drinking more coffee than water

Answer: c

Diff: 2

Type: MC

Topic: List the lifestyle behaviours related to living longer.

Skill: Applied

16) Diane is a runner who has no tolerance for people who do not exercise. If she sees someone who is just sitting around and who doesn't like to exercise, she will go out of her way to be rude and spiteful, even calling them "lazy". Diane is demonstrating _____.

- a. health negativity
- b. biased negativity
- c. health bashing
- d. a poor attitude

Answer: c

Diff: 4

Type: MC

Topic: List the lifestyle behaviours related to living longer.

Skill: Applied

17) The concept which describes intolerance or negative feelings, words, or actions aimed at people who fail to meet our own expectations of health is called _____.

- a. health negativity
- b. biased negativity
- c. health bashing
- d. a poor attitude

Answer: c

Diff: 3

Type: MC

Topic: List the lifestyle behaviours related to living longer.

Skill: Conceptual

18) Gerry and Suzanne have had their children immunized for measles and for chickenpox. The term which describes Gerry's and Suzanne's steps to protect their children is known as _____.

- a. wellness
- b. prevention
- c. epidemiology
- d. health promotion

Answer: b

Diff: 2

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Applied

19) Attending an Alcoholics' Anonymous meeting is an example of which of the following types of prevention?

- a. tertiary
- b. primary
- c. productive
- d. secondary

Answer: d

Diff: 3

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Conceptual

20) Wearing a condom during every sexual encounter would be an example of _____.

- a. auxiliary prevention

- b. secondary prevention
- c. tertiary prevention
- d. primary prevention

Answer: d

Diff: 3

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Conceptual

21) Gary has just discovered that he has high cholesterol levels. His father had a heart attack at 50 years of age. Gary has decided to exercise regularly and to decrease his consumption of fatty foods. Gary is practicing which of the following types of prevention?

- a. auxiliary prevention
- b. secondary prevention
- c. tertiary prevention
- d. primary prevention

Answer: b

Diff: 3

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Applied

22) Which of the following ideas describes tertiary prevention?

- a. actions designed to stop problems before they start
- b. treatment or rehabilitation efforts aimed at limiting the effects of a disease
- c. trying to reduce symptoms of a disease
- d. stopping a disease altogether

Answer: b

Diff: 3

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Conceptual

23) Which of the following is an example of a benefit of improving one's cardiovascular health?

- a. increased usage of the health care system
- b. a less effective immune system
- c. decreased levels of self-esteem
- d. an improved ability to control and manage stress

Answer: d

Diff: 3

Type: MC

Topic: Discuss the goals and objectives of the Pan-Canadian Healthy Living Strategy.

Skill: Conceptual

24) Jessie visits her doctor annually and she practices breast self-examination. Her sex is known as a _____ factor, which influences her behaviour-change decision.

- a. predisposing
- b. ultimate
- c. reinforcing
- d. enabling

Answer: a

Diff: 3

Type: MC

Topic: Describe the role of decision making in making behaviour changes.

Skill: Applied

25) Which of the following is an example of a positive enabling factor to lose weight?

- a. You enrol in a bi-weekly pilates class.
- b. Your school's fitness centre is 3 miles from your home, and it is the winter with lots of snow.
- c. You eat one large meal a day, and this meal has many calories.
- d. You eat more processed foods than fruits and vegetables.

Answer: a

Diff: 4

Type: MC

Topic: Describe the role of decision making in making behaviour changes.

Skill: Conceptual

26) Because both of Bly's parents are obese, Bly has a greater than average chance of becoming an obese adult. This is an example of _____.

- a. a reinforcing factor
- b. a predisposing factor
- c. a confirming factor
- d. an enabling factor

Answer: b

Diff: 3

Type: MC

Topic: Describe the role of decision making in making behaviour changes.

Skill: Applied

27) Marta, a physically active young adult, grew up in a family that was very active. They regularly went on hikes and bike rides together when she was a child. This is an example of _____.

- a. a reinforcing factor
- b. a predisposing factor
- c. a confirming factor
- d. an enabling factor

Answer: b

Diff: 3

Type: MC

Topic: Describe the role of decision making in making behaviour changes.

Skill: Applied

28) Which of the following best describes an enabling factor?

- a. living near a walking path when you want to begin a walking program
- b. encouraging your parents to quit smoking
- c. decreasing your fat intake when your parents own a fast food restaurant
- d. having been a college athlete prior to your current sedentary status

Answer: a

Diff: 3

Type: MC

Topic: Describe the role of decision making in making behaviour changes.

Skill: Conceptual

29) Which of the following best describes a predisposing factor for smoking?

- a. seeing a relative die of lung cancer
- b. growing up in a home where parents smoke
- c. being aware of tobacco advertisements
- d. working in a non-smoking area photo

Answer: b

Diff: 3

Type: MC

Topic: Describe the role of decision making in making behaviour changes.

Skill: Conceptual

30) Hannah has been trying to adhere to a weight-loss program. Craving a snack at work, she heads to the vending machine to get a candy bar only to find all fattening snacks replaced with healthy ones. The switch to healthy snacks in the vending machines is an example of _____.

- a. an enabling factor
- b. a confirming factor
- c. a predisposing factor
- d. a reinforcing factor

Answer: d

Diff: 3

Type: MC

Topic: Describe the role of decision making in making behaviour changes.

Skill: Applied

31) Living within walking distance of a fitness centre can improve your chances of maintaining your exercise program. What type of factor influencing behaviour change does this depict?

- a. enabling
- b. confirming
- c. predisposing

d. reinforcing

Answer: a

Diff: 3

Type: MC

Topic: Describe the role of decision making in making behaviour changes.

Skill: Conceptual

32) An example of John's readiness to quit drinking is _____.

- a. berating himself for his behaviour
- b. making new friends who do not drink alcohol and compliment him for not doing so either
- c. attending family events where alcohol is served but family encourage drinking
- d. struggling to change his attitude about drinking

Answer: b

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Applied

33) Martin has set himself some goals for becoming more physically active. According to the stages of change, which stage is Martin at?

- a. contemplation
- b. preparation
- c. maintenance
- d. action

Answer: b

Diff: 2

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Applied

34) According to the Health Belief Model, other factors linked to perceived risk for health problems include _____.

- a. demographic, sociopsychological and structural
- b. demographic, sociopsychological and environmental
- c. structural, environmental and sociopsychological
- d. environmental, intentional and sociopsychological

Answer: a

Diff: 4

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Factual

35) According to the Health Belief Model, individual personality traits and social pressures are considered _____ variables linked to perceived risk for health problems.

- a. demographic
- b. sociopsychological
- c. socioecological
- d. structural

Answer: b

Diff: 2

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Conceptual

36) One day Lio is unable to climb a flight of stairs without stopping to rest. He then decides he needs to quit smoking. The inability to climb the stairs without resting is an example of a(n) _____.

- a. perceived susceptibility
- b. cue to action
- c. event of change
- d. action reinforcer

Answer: b

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Applied

37) Sally has learned her best friend contracted HIV through unprotected sex. From this point on Sally practices safe sex. Learning of her friend's infection is an example of a(n)

_____.

- a. event of change
- b. perceived susceptibility
- c. cue to action
- d. action reinforcer

Answer: c

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Applied

38) Shelley's mother and aunt both died from breast cancer, and Shelley sees her doctor to discuss her risk for developing the disease. This would be an example of

_____.

- a. perceived seriousness
- b. perceived susceptibility
- c. cue to action
- d. action reinforcer

Answer: b

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Applied

39) Following attendance at a native-band-sponsored workshop on the perils of smoking, Evelyn is beginning to think about why she should quit this behaviour. At what stage, based on the Stages of Change model, is she in?

- a. pre-contemplation

- b. action
- c. contemplation
- d. decision/determination

Answer: c

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Applied

40) The Theory of Reasoned Action states that our behaviours result from _____.

- a. modelling by significant others
- b. changing actions with shaping techniques
- c. intentions to perform actions
- d. structural variables

Answer: c

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Factual

41) Todd's grandparents have told him that if he gets a B grade in his health course, they will buy him a new mountain bike. This is an example of a(n) _____ positive behaviour enforcer.

- a. activity
- b. manipulative
- c. possessional
- d. consumable

Answer: c

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Applied

42) Visualizing yourself getting a standing ovation after giving a speech you're a little nervous about is an example of _____.

- a. situational inducement
- b. planned control
- c. imagined rehearsal
- d. modelling

Answer: c

Diff: 2

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Applied

43) Kyla has decided to spend less time on her computer and more time walking her dog. This behaviour change technique is known as _____.

- a. copying
- b. shaping
- c. reforming
- d. controlling the situation

Answer: d

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Applied

44) Phillip has decided to start jogging to improve his health. He decides to start at 1 kilometre, then increase to 2 kilometres during the following week. This behaviour change is known as an example of _____.

- a. modelling
- b. modified behaviour change
- c. shaping
- d. planning

Answer: c

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Applied

45) Every time Karen thinks about going to the dentist, her blood pressure increases and she starts to sweat. Before she actually enters the office, she takes a couple of deep breaths and this calms her down. This technique to alter a potentially negative behaviour is known as _____.

- a. self-talk
- b. self-instruction
- c. individual coping skill
- d. positive affirmation

Answer: c

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Applied

46) Situational inducement refers to an attempt to influence a behaviour by _____.

- a. changing the situation with positive influence
- b. using situations that exert control over the behaviour
- c. using modelling in situations to facilitate behaviour change
- d. exposing yourself to situations involving the behaviour

Answer: b

Diff: 2

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Conceptual

47) Reinforcers that would be least effective for a weight loss behaviour change would be _____.

- a. consumable
- b. activity
- c. possessional
- d. social

Answer: a

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Conceptual

48) Rewarding yourself for reaching your weight loss goal with a trip to Hawaii would be an example of what type of reinforcer?

- a. activity
- b. possessional
- c. manipulative
- d. social

Answer: a

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Conceptual

49) Lower health insurance rates for non-smokers would be what type of reinforcer?

- a. possessional
- b. manipulative
- c. social
- d. activity

Answer: b

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Conceptual

50) Gabby is no longer preoccupied with her abusive father and she focuses on her new job as an accountant. This type of behavioural change is known as _____.

- a. rational-emotive therapy
- b. positive affirmation
- c. blocking/thought stopping
- d. breaking negative thoughts

Answer: c

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Conceptual

51) Deep breathing and repeating positive affirmations while you are in the dentist's chair for a root canal would be an application of a process associated with Meichenbaum called _____.

- a. stress instruction
- b. relaxation response
- c. consequence planning
- d. stress inoculation

Answer: d

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Conceptual

52) Not allowing yourself to think about getting sick while on a rollercoaster would be an example of _____.

- a. rational emotive therapy
- b. blocking/thought stopping

- c. self-instruction
- d. consequential thinking

Answer: b

Diff: 3

Type: MC

Topic: Describe the role of decision making in making behaviour changes.

Skill: Conceptual

53) Analyzing what kinds of situations trigger your desire to smoke would be an example of examining _____.

- a. consequences
- b. influences
- c. motivations
- d. antecedents

Answer: d

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Conceptual

54) An example of a way to recognize antecedents of a behaviour would be _____.

- a. identify the consequences from previous experience
- b. keep a diary of situations triggering behaviour
- c. asking a friend to identify your behaviour in trigger situations
- d. observe others who are trying to change the same behaviour

Answer: b

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Applied

55) Experiencing vomiting and a severe hangover following your first consumption of alcohol may affect your willingness to repeat this drinking behaviour. This is an example of a(n) _____.

- a. influence
- b. persuasion
- c. consequence
- d. antecedent

Answer: c

Diff: 2

Type: MC

Topic: Describe the role of decision making in making behaviour changes.

Skill: Applied

56) Maria has decided to use a reusable coffee mug instead of paper cups. Her good friend, Zoe, has been encouraging Maria to reduce, reuse and recycle to help the environment, and Maria admires her friend. This behaviour change technique is an example of _____.

- a. modelling
- b. situational inducement
- c. peer pressure
- d. reinforcement

Answer: a

Diff: 3

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Applied

57) The term used to describe viewing the world from a male perspective is _____.

- a. overgeneralization
- b. androcentricity
- c. gender insensitivity
- d. double standard

Answer: b

Diff: 2

Type: MC

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

Skill: Factual

58) Simon is taking university courses to obtain a degree and to achieve a promotion at work. Simon is working to improve which of the seven dimensions of health?

- a. educational health
- b. mental health
- c. environmental health
- d. occupational health

Answer: d

Diff: 2

Type: MC

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Applied

59) One of the key elements of the _____ is to recognize and address linkages between lifestyle choices and the surrounding social, economic and environmental influences.

- a. Health Belief Model
- b. Transtheoretical Model
- c. Theory of Reasoned Action
- d. Pan-Canadian Healthy Living Strategy

Answer: d

Diff: 4

Type: MC

Topic: Discuss the goals and objectives of the Pan-Canadian Healthy Living Strategy.

Skill: Applied

60) The Pan-Canadian Healthy Living Strategy _____.

- a. investigated the roles of BMI and waist circumference in assessing health status

- b. aims to integrate the various attitudes and beliefs held regarding physical activity into a plan that everyone in Canada should follow
- c. focuses solely on the effects of physical inactivity on the health of the various cultures that comprise Canada
- d. hopes to contribute to the efficiency and sustainability of Canada's universal health-care delivery system

Answer: d

Diff: 4

Type: MC

Topic: Discuss the goals and objectives of the Pan-Canadian Healthy Living Strategy.

Skill: Evaluate

61) "Curbing Childhood Obesity: A Federal, Provincial and Territorial Framework for Action to Promote Healthy Weights" is an initiative that supports the _____.

- a. Declaration on Prevention and Promotion
- b. Public Health Agency of Canada
- c. Health Belief Model
- d. Pan-Canadian Healthy Living Strategy

Answer: d

Diff: 2

Type: MC

Topic: Discuss the goals and objectives of the Pan-Canadian Healthy Living Strategy.

Skill: Analyze

62) According to mortality statistics, people are now living longer than in any previous time in our history.

- a. True
- b. False

Answer: a

Diff: 0

Type: TF

Topic: List the lifestyle behaviours related to living longer.

63) The World Health Organization definition describes health as hygiene.

- a. True

b. False

Answer: b

Diff: 0

Type: TF

Topic: Identify and define the seven dimensions of health and wellness.

64) Mental health refers to the ability to express emotions appropriately.

a. True

b. False

Answer: b

Diff: 0

Type: TF

Topic: Identify and define the seven dimensions of health and wellness.

65) Physical health includes such characteristics as body size and shape.

a. True

b. False

Answer: a

Diff: 0

Type: TF

Topic: Identify and define the seven dimensions of health and wellness.

66) Spiritual health encompasses more than just religious beliefs, and includes how you understand the world and your role in it.

a. True

b. False

Answer: a

Diff: 0

Type: TF

Topic: Identify and define the seven dimensions of health and wellness.

67) An individual with a disability cannot achieve total wellness.

a. True

b. False

Answer: b

Diff: 0

Type: TF

Topic: Identify and define the seven dimensions of health and wellness.

68) Secondary prevention means taking steps to stop a health problem before it starts.

- a. True
- b. False

Answer: b

Diff: 0

Type: TF

Topic: List the lifestyle behaviours related to living longer.

69) Increasing one's knowledge is one important method to obtain optimum health.

- a. True
- b. False

Answer: a

Diff: 0

Type: TF

Topic: List the lifestyle behaviours related to living longer.

70) Quitting smoking is an example of primary prevention.

- a. True
- b. False

Answer: b

Diff: 0

Type: TF

Topic: List the lifestyle behaviours related to living longer.

71) The importance of cultivating and maintaining close social ties is an important part of overall health.

- a. True
- b. False

Answer: a

Diff: 0

Type: TF

Topic: Identify and define the seven dimensions of health and wellness.

72) Predisposing, reinforcing, and enabling factors can be positive or negative.

- a. True
- b. False

Answer: a
Diff: 0

Type: TF

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

73) Growing up with parents who smoke is a predisposing factor that can influence behaviour change.

- a. True
- b. False

Answer: a
Diff: 0

Type: TF

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

74) Shaping is a strategy for changing behaviour that involves learning specific behaviours by watching others perform them.

- a. True
- b. False

Answer: b
Diff: 0

Type: TF

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

75) Increased insurance rates for smokers is an example of a manipulative reinforcer.

- a. True
- b. False

Answer: a
Diff: 0

Type: TF

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

76) In the late 1800's and early 1900's, researchers began to discover that victims of epidemics such as influenza and cholera were victims of microorganisms found in contaminated air, water and human waste.

- a. True
- b. False

Answer: a

Diff: 0

Type: TF

Skill: Identify and define the seven dimensions of health and wellness.

77) The term, "morbidity rate", refers to illness rates.

- a. True
- b. False

Answer: a

Diff: 0

Type: TF

Topic: Identify and define the seven dimensions of health and wellness.

78) An example of tertiary prevention would be modifying one's diet as a result of a blood-glucose test.

- a. True
- b. False

Answer: b

Diff: 0

Type: TF

Topic: List the lifestyle behaviours related to living longer.

79) "Readiness" is the state of being that precedes behavioural change.

- a. True
- b. False

Answer: a

Diff: 0

Type: TF

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

80) The terms health and wellness are often used interchangeably.

- a. True
- b. False

Answer: a
Diff: 0

Type: TF

Topic: Identify and define the seven dimensions of health and wellness.

81) Wellness is a static state.

- a. True
- b. False

Answer: b
Diff: 0

Type: TF

Topic: Identify and define the seven dimensions of health and wellness.

82) The social component of health refers to the ability to have satisfying interpersonal relationships.

Type: FIB

Topic: Identify and define the seven dimensions of health and wellness.

83) The ability to make good decisions is an example of the mental component of health.

Type: FIB

Topic: Identify and define the seven dimensions of health and wellness.

84) Intolerance of people who do not meet our own expectations of health is called health bashing.

Type: FIB

Topic: List the lifestyle behaviours related to longer living.

85) Intentions are powerful indicators of successful behaviour change.

Type: FIB

Topic: Describe the role of decision making in making behaviour changes.

86) The term used to describe when a study explores issues for one gender but generalizes the findings to both genders is known as overgeneralization.

Type: FIB

Topic: List the lifestyle behaviours related to living longer.

87) The Health Belief Model includes perceived seriousness, perceived susceptibility and cues to action that can affect the likelihood of behaviour change.

Type: FIB

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

88) A(n) belief is an appraisal of the relationship between some object, action, or idea and some attribute of that object, action, or idea.

Type: FIB

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

89) A reward, such as a T-shirt for completing a fun-run, is an example of a possessional reinforcer.

Type: FIB

Topic: List the lifestyle behaviours related to living longer.

90) Antecedents are settings or events for a behaviour that stimulate a person to act in certain ways.

Type: FIB

Topic: Compare and contrast behaviour-change techniques that identify not only when, but how and why to change.

91) Since education is known to be one of the determinants of health, increasing one's knowledge is one way to lessen risks to one's health.

Type: FIB

Topic: Identify and define the seven dimensions of health and wellness.

92) Wellness is a dynamic, ever-changing process in which a person attempts to reach his or her potential in each of health's components.

Type: FIB

Topic: Identify and define the seven dimensions of health and wellness.

93) *Match the following. (Answers may be used once, more than once, or not at all.)*

1. term describing illness rates in a given population	a. morbidity
2. the component of health that includes expressing feelings appropriately	b. emotional

3. quitting smoking is an example of this type of prevention	c. Secondary
4. learning specific behaviours by watching others do them	d. modelling
5. term which describes a dynamic, ever-changing process of trying to achieve individual potential in seven dimensions	e. health
6. the component of health referring to the ability to have satisfying relationships	f. social
7. factors involving knowledge and life experience that we bring into situations	g. predisposing
8. the component of health that refers to the ability to learn from experience	h. mental
9. a vaccination is an example of this type of prevention	i. primary
10. this is the term used for describing the death rate	j. mortality
11. skills or abilities, physical, emotional and mental capabilities, and resources and accessible facilities that make health decisions more convenient or difficult are this type of factor	k. enabling
12. _____ is the term used to describe a combination of educational, organizational, policy, financial and environmental choices to help people change negative health attitudes and behaviours	l. Health promotion
13. _____ is a relatively stable set of beliefs, feelings and behavioural tendencies in relation to something or someone	m. Attitude

Type: Match

94) Write down the World Health Organization's definition of health. Why was this considered a landmark definition? Why was it criticized?

Answer:

"Health is a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity." It was considered to be a landmark definition because for the first time, health was described as more than the absence of disease. Critics of this definition argued that health is not a state, but an ever-changing dimension of life.

Diff: 0

Type: ES

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Conceptual

95) List the seven dimensions of health and provide an example for each.

Answer:

- physical body size and composition
- social interaction with others
- mental ability to learn
- occupational personal satisfaction from career/career development
- emotional expressing emotions appropriately
- environmental improving environmental conditions
- spiritual belief in a higher form of being

(Answers may vary. Typical examples are listed)

Diff: 0

Type: ES

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Conceptual

96) Define primary, secondary, and tertiary prevention and give an example of each.

Answer:

Primary prevention involves taking actions to stop a health problem before it starts. An example would be getting a vaccination. Secondary prevention recognizes a health problem early in its development and intervening to eliminate the underlying causes before serious illness develops. An example would be quitting smoking. Tertiary prevention is aimed at treatment and/or rehabilitation after a person has become sick or disabled. An example would be cardiac rehabilitation after a heart attack. (Examples may vary. These are typical responses).

Diff: 0

Type: ES

Topic: List the lifestyle behaviours related to living longer.

Skill: Conceptual

97) Based on the Health Belief Model, describe the three major factors that must support a belief in order for change to be likely to occur.

Answer:

Perceived seriousness-the severity of the consequences of the potential health problem

Perceived susceptibility-evaluating the likelihood of developing a health problem

Cue to action-being alerted or reminded to take preventive action for a potential health problem.

Diff: 0

Type: ES

Topic: Compare and contrast behaviour change techniques that identify not only when, but how and why to change.

Skill: Conceptual

98) What is "health promotion"? Define this term, and provide an explanation of the types of support required in order to achieve successful health promotion.

Answer:

Health promotion combines educational, organizational, policy, financial, and environmental supports to help people change negative health behaviours. Health promotion enhances the likelihood that, once a person decides to change a behaviour, conditions are optimal for success. The types of support required include:

Education: to help people to learn more

Organization: to provide programs and services that encourage them to participate

Environmental: to establish rules governing peoples' attitudes and behaviours and supporting the decision to change; and

Financial: to provide monetary incentives to motivate people toward healthful decision making.

Diff: 0

Type: ES

Topic: Describe the role of decision making in making behaviour changes.

Skill: Conceptual

99) Sex (gender) bias has been identified as a serious weakness in medical research. According to a recent study, there are four factors that contribute to this bias. List and explain each of these factors.

Answer:

1. Androcentricity: refers to viewing the world from a male perspective.

2. Overgeneralization: occurs when a study explores issues for one sex but generalizes the findings to both sexes.

3. Sex insensitivity means overlooking sex as an important variable.

4. Double standards refers to the "evaluation, treatment or measurement of the identical behaviours, traits or situations by different means.

Diff: 0

Type: ES

Topic: Identify and define the seven dimensions of health and wellness.

Skill: Conceptual

100) List seven key behaviours, found in the text, which are said to help people to live longer.

Answer:

1. Getting a good night's sleep (six to nine hours)
2. Maintaining health eating habits, which includes eating breakfast, spreading caloric intake throughout the day (at least 3-5 meals and snacks), reducing intake of fat, salt, sugar and processed foods; eating plenty of vegetables and fruit
3. Maintaining weight (within 2 to 5 kg of ideal)
4. Participating in regular physical activities (3 - 7 times per week)
5. Regular brushing and flossing of teeth
6. Practising safer sex
7. Avoiding tobacco products
8. Limiting intake of alcohol
9. Regular self-exams and medical checkups (including the dentist)
10. Wearing your seatbelt

Diff: 0

Type: ES

Topic: List the lifestyle behaviours related to living longer.

Skill: Applied

101) List the six stages of James Prochaska's and Carlo DiClemente's "Stages of Change Model" and provide a personal situation or behaviour that you would like to change.

Answer:

1. Precontemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance
6. Termination

Each student will provide a personal situation or behaviour that is applicable to his/her life.

Diff: 0

Type: ES

Topic: Compare and contrast behaviour change techniques that identify not only when, but how and why to change.

Skill: Applied

102) List and describe the decision-making skills that, if followed, will increase a person's chances of making the choice that he or she will adhere to.

Answer:

D – Decide in advance what the problem is. Defining the problem in advance allows time for evaluation of importance of the behaviour change and planning.

E – Explore the alternatives. If this decision is not made, what are the alternatives? Is there a range of alternatives?

C – Consider the consequences. If this decision is not made, what could or would happen? How many alternatives are there and what is the risk in not making this decision?

I – Identify values. The decisions that are made need to be in line with the values the person holds. Otherwise conflict and stress result.

D – Decide and take action. Once the first four steps have been considered, the decision to act or to what degree action will be taken must be made.

E – Evaluate the consequences. Evaluating the consequences allows for modification of the action or learning to apply to future decision-making instances.

Each student will provide a personal situation or behaviour that is applicable to his/her life.

Diff: 0

Type: ES

Topic: Describe the role of decision making in making behaviour changes.

Skill: Analyze