

Test Bank for Primary Care for the Physical Therapist 4th Boissonnault

Test Bank - Chapter 03

Q: Which of the following characteristics can accurately be applied to describe the term “wellness”?

- A. Salutogenic (Correct)**
- B. Health Status
- C. Physical health behaviors
- D. Self-efficacy

Q: After a physical therapist has determined that a client is interested in becoming more physically active, an appropriate tool to identify how ready he or she is to change this behavior is:

- A. stages of change questionnaire. (Correct)**
- B. health risk assessment.
- C. PAR-Q.
- D. Perceived Wellness Survey.

Q: Which of the following strategies is appropriate to enhance self-efficacy in a client who desires to be more physically active?

- A. Talking to a friend who is regularly physically active to learn how that person fits physical activity into her life (Correct)**
- B. Increasing knowledge about physical activity by searching on the Internet for websites about the benefits of physical activity
- C. Setting a goal that the client will likely not meet within the first month
- D. Using empathy to reflect what the client tells you about why he or she is not regularly physically active.

Q: Identify the example of an internal motivating factor for physical activity.

- A. The desire to be more productive at work. (Correct)**
- B. The desire to fit into a smaller size clothing.
- C. To satisfy a spouse who believes the client should exercise more.
- D. To fit into a peer group that meets once a week to walk.

Q: Motivational interviewing is best utilized with a client in the _____ stage of change.

- A. contemplation (Correct)**
- B. action
- C. preparation
- D. maintenance