

Test Bank for The Handbook of Health Behavior Change 5th Riekert

CHAPTER 2

UNDERSTANDING POPULATION HEALTH FROM MULTILEVEL AND COMMUNITY-BASED MODELS

MULTIPLE CHOICE

1. Which term describes the first paradigm used to explain the cause and spread of disease?

- A. Miasma
- B. Germ theory
- C. Contagionist
- D. Chronic disease

Answer: A

2. Which statement best describes a chronic illness?

- A. Is contagious after an acute period of illness
- B. Develops as explained through the germ theory
- C. Begins with an infection from a microorganism
- D. Can be prevented or delayed through behavior change

Answer: D

3. Which is a core assumption of a socio-ecological model?

- A. The environment is the primary factor that influences behavior
- B. Environment is defined by actual physical and social attributes
- C. Individual responses can be predicted regardless of the environment
- D. Elements of any environment can facilitate or impede healthful behavior

Answer: D

4. Which is the role of education within a socio-ecological model?

- A. Education plays a minor role
- B. There is no role for education
- C. Education promotes healthful changes
- D. Education is the only necessary element

Answer: C

5. Which is a guiding principle of community-based participatory research?

- A. Community is viewed as a unit of identity
- B. Findings are a more accurate reflection of the community
- C. Community members are involved in the research process
- D. Research is matched to problems of interest to the community

Answer: A

6. Which is an ethical challenge to community-based participatory research?

- A. Balancing time constraints
- B. Managing insider–outsider tensions
- C. Obtaining the finances to fund the research
- D. Finding unbiased researchers to lead the team

Answer: B

7. In social marketing, what is the location where the target audience accesses the product considered?

- A. Price
- B. Place
- C. Product
- D. Promotion

Answer: B

8. In social marketing, which term is used to describe the process that identifies subgroups of a larger audience that shares common characteristics?

- A. Marketing mix
- B. Societal welfare
- C. Explore and discover
- D. Audience segmentation

Answer: D

9. Which is a reason why an evidence-based intervention is not implemented as an actual public health practice?

- A. Insufficient staff training
- B. Location of the target community
- C. Cost to implement the intervention
- D. Characteristics of the target population

Answer: A

10. Within the RE-AIM evaluation framework, which step is often evaluated through direct observation, surveys, and structured interviews?

- A. Reach
- B. Efficacy
- C. Adoption
- D. Maintenance

Answer: C

11. Which type of research design compares two or more implementation strategies to determine the effectiveness?

- A. Post
- B. Factorial
- C. Cross-over
- D. Head to head

Answer: B

12. Which action has been proven to reduce the number of overweight children in schools?

- A. Increase expectations during physical education classes
- B. Restrict vending machines and offer more healthy foods
- C. Add weight management strategies in the health education curriculum
- D. Post the nutritional information for fast food items in school hallways

Answer: B

13. Which finding suggests that efforts to reduce the consumption of sugar-sweetened beverages have been successful?

- A. Increase in the amount of lattes sold at the coffee shop
- B. Increase in the number of plastic water bottles being recycled
- C. Decrease in the number of pizza slices eaten during school lunches
- D. Decrease in the number of salty snacks purchased at the local market

Answer: B

14. For which health problem is the multiphase optimization strategy (MOST) framework being used?

- A. Obesity
- B. Inactivity
- C. Depression
- D. Smoking cessation

Answer: A

15. Which is a reason why the amount of research evidence to support the use of eHealth interventions is limited?

- A. Unreliability of wearable sensors for weight loss
- B. Speed of technological progress
- C. Limited interactivity of web-based interventions
- D. Conflict between messages and information shared during phone coaching

Answer: B