

***Behavior Theory in Public Health Practice and
Research 2nd edition Simons-Morton Test Bank***

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Matching

1. Match the following terms to their correct definition.

1. ___ Average number of years of life remaining
2. ___ Average length of life
3. ___ Number of new cases of a disease in one year per 1000 population
4. ___ Number of cases of a disease in one year per 1000 population

- A. Prevalence rate
- B. Incidence rate
- C. Longevity
- D. Life expectancy

Ans: 1-D, 2-C, 3-B, 4-A

A-Head: Health and Disease

Subject: Chapter 1

Complexity: Moderate

Multiple Choice

2. Which of the following are dimensions of health?

- A. Physical, mental, emotional, financial
- B. Mental, economic, behavioral, environmental
- C. Behavior, environment, political
- D. Economic, social, mental, physical

Ans: B

A-Head: Health and Disease

Subject: Chapter 1

Complexity: Easy

3. Which of the following is correct about disease causality?

- A. Mainly genetic
- B. Mainly personality
- C. Mainly economic

D. There are multiple causes.

Ans: D

A-Head: Health and Disease

Subject: Chapter 1

Complexity: Easy

4. Which of the following is true about mental illness?

- A. Diagnosis rates are declining.
- B. Caused by the environment and economics
- C. Caused by genes and parents
- D. It is not treatable.

Ans: B

A-Head: Health and Disease

Subject: Chapter 1

Complexity: Easy

5. Which of the following is true about economic health disparities?

- A. Caused by student debt
- B. Caused by inequities in housing
- C. Caused by pollution
- D. Caused by genes

Ans: B

A-Head: Health and Disease

Subject: Chapter 1

Complexity: Easy

6. Which of the following is *not* an essential public health service?

- A. Monitoring health status
- B. Health education
- C. Training of public health professionals
- D. Creating health objectives

Ans: D

A-Head: Public Health

Subject: Chapter 1
Complexity: Moderate

7. Which of the following is an example of primary prevention?
- A. Surveillance of diet and physical activity among school children
 - B. Policies that encourage healthful diet and physical activity among overweight youth
 - C. Health education to encourage physical activity for injury rehabilitation
 - D. Health education to encourage healthful diet and physical activity among surgery patients

Ans: A
A-Head: Public Health
Subject: Chapter 1
Complexity: Easy

8. Which of the following is an example of secondary prevention?
- A. Health education to encourage healthful diet and physical activity among school children
 - B. Health education to encourage healthful diet and physical activity among overweight youth
 - C. Health education to encourage healthful diet and physical activity among patients with hypertension
 - D. Health education to encourage healthful diet and physical activity for injury rehabilitation

Ans: C
A-Head: Public Health
Subject: Chapter 1
Complexity: Easy

9. Which of the following is an example of a personal-health behavior?
- A. Exercising 3 days per week
 - B. Buying groceries for a child
 - C. Preventing a friend from driving after drinking
 - D. Advocating for safe bike routes

Ans: A
A-Head: Public Health
Subject: Chapter 1
Complexity: Moderate

10. Which of the following is an example of health-related behavior?

- A. Running to lose weight
- B. Driving dangerously
- C. The development of a park
- D. The adoption of health-related physical activity

Ans: B

A-Head: Public Health

Subject: Chapter 1

Complexity: Moderate

11. Which of the following is an example of health-protective behavior?

- A. Physical activity undertaken to improve health
- B. Quitting smoking
- C. Preventing a friend from driving after drinking
- D. All of these are correct.

Ans: d

A-Head: Public Health

Subject: Chapter 1

Complexity: Moderate

12. Health promotion seeks to:

- A. enable, empower, and improve health behavior.
- B. create an environment that eliminates substance abuse.
- C. focus solely on changing diet and exercise behaviors.
- D. make people responsible for their health behavior.

Ans: A

A-Head: Health Promotion

Subject: Chapter 1

Complexity: Moderate

13. Which of the following is true about health promotion?

- A. It is performed only by health educators.

- B. It is the responsibility of all public health professionals.
- C. It requires certification.
- D. It blames people for unhealthful behavior.

Ans: B

A-Head: Health Promotion

Subject: Chapter 1

Complexity: Moderate

14. Which of the following is a health promotion function?
- A. Regulating environmental conditions
 - B. Developing policy
 - C. Providing health information
 - D. All of these are correct.

Ans: d

A-Head: Health Promotion

Subject: Chapter 1

Complexity: Moderate

15. Which of the following statements is correct about theory?
- A. Based on hypotheses or hunches
 - B. Describes relationships
 - C. Determines causality
 - D. Tests hypotheses

Ans: B

A-Head: Theory and Practice

Subject: Chapter 1

Complexity: Moderate

16. A theory is best defined as:
- A. specific strategies that are used to help individuals make healthy behavior change.
 - B. psychometric measures used to collect data.
 - C. the operational form of constructs that define the way a construct is to be measured in a specific population.

D. a set of interrelated concepts, constructs, and variables that can explain/predict events, behaviors, and situations.

Ans: D

A-Head: Theory and Practice

Subject: Chapter 1

Complexity: Moderate

17. Which of the following is *not* a common function of theory in public health?

A. Identifying health problems

B. Selecting intervention methods

C. Developing needs assessments

D. Interpreting the results of evaluation

Ans: A

A-Head: Theory and Practice

Subject: Chapter 1

Complexity: Moderate