Nutrition Counseling and Education Skill Development 3rd edition Bauer Solutions Manual

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Chapter 2 Review Questions and Answers

1. What are the benefits of using theoretical behavior change theories and models?
Answer:

- Present a road map for understanding health behaviors
- Highlight variables (for example, knowledge, skills) to target in an intervention
- Supply rationale for designing nutrition interventions that will influence knowledge, attitudes and behavior
- Guide process for eliciting behavior change
- Provide tools and strategies to facilitate behavior change
- Provide outcome measures to assess effectiveness of interventions

2. Why does a high level of self-efficacy correlate positively with health behavior changes?
Answer:
Self-efficacy affects individual choices, the amount of effort put into a task, views of barriers, and willingness to pursue goals when faced with obstacles. As a result, a person's confidence in his or her ability to accomplish a behavior change may be more important than actual skill.

3. Identify and explain the six constructs of the Health Belief Model.
Answer:

- Perceived susceptibility is the belief that an individual is personally susceptible to a disease or condition
- Perceived severity is the belief in the degree that a disease or health condition negatively impacts an individual's life.
- Perceived benefits addresses the belief that taking actions which would effectively prevent or cure the disease or condition.
- Perceived barriers refer to factors that would impede the health action, such as convenience or taste preferences.
- Cues to action refer to factors that encourage a behavior, such as seeing a commercial to eat a particular food.
- Self-efficacy refers to an individual's belief in their ability to perform the specific behavior.

4. Identify and explain the five stages of change in The Transtheoretical Model.
Answer:

1. **Precontemplation:** A person in this stage has no intention of changing and in fact resists any efforts to modify the problem behavior. The reasons for this include no awareness that a problem exists, denial of a problem, awareness of the problem but unwillingness to change, or feelings of hopelessness after attempting to change.
2. **Contemplation:** Contemplators recognize a need to change, but are in a state of ambivalence, alternating between reasons to change and reasons not to change. People can be stuck in this stage for years waiting for absolute certainty, the magic moment, or just wishing for different consequences without changing behavior. If asked, contemplators are likely to say they intend to change their undesired behavior in the next six months.

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3. **Preparation:** Preparers believe the advantages outweigh the disadvantages of changing and are committed to take action in the near future (within the next thirty days). They may have taken small steps to prepare for a change.
4. **Action:** Clients are considered to be in this stage if they have altered the target behavior to an acceptable degree for one day or up to six months and continue to work at it.
5. **Maintenance:** A person in this stage has been engaging in the new behavior and is consolidating the gains attained during previous stages.

5. Explain the components of attitude, subjective norm, and perceived behavioral control of the Theory of Planned Behavior.
Answer:

- **Attitudes** are favorable or unfavorable evaluations about a given behavior. They are strongly influenced by our beliefs about the outcomes of our actions (outcome beliefs) and how important these outcomes are to the client (evaluations of outcomes).
- **Subjective norm** or perceived social pressure reflect beliefs about whether significant others approve or disapprove of the behavior. Subjective norms are determined by two factors. Normative beliefs are the strength of our beliefs that significant people approve or disapprove of the behavior. Motivation to comply is the strength of our desire to comply with significant other's opinion.
- **Perceived behavioral control** is an overall measure of an individual's perceived control over the behavior. "What is your overall perception of control in purchasing healthy food?" Control beliefs reflect presence or absence of resources supporting or impeding behavioral performance. Control factors can be internal factors, such as skills and abilities or external factors, such as social or physical environmental factors. The impact of each resource to facilitate or impede the desired behavior is referred to as perceived power.

6. Explain reciprocal determinism, a main principle of Social Cognitive Theory.
Answer:
Reciprocal determinism refers to the dynamic interaction of personal factors, behavior, and the environment with a change in one capable of influencing the others.

7. Explain why unconditional positive regard is essential for client-centered counseling.
Answer:
Total acceptance is extremely important for a level of trust to develop in which clients feel comfortable to express their thoughts freely. Clients realize their potential for growth and behavior change in an environment of unconditional positive self-regard.

8. Which type of therapy works at changing harmful thinking?
Answer:
Cognitive therapies work on improving positive feelings which help problem-solving ability.

9. Which type of therapy focuses on changing the environment?
Answer:
Behavioral therapies focus on changing the environment so that it will be conducive to learning new behaviors.

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10. Which type of therapy encourages clients to work not on problem solving, but on when the client is able to cope?
Answer:
Solution-focused therapists work with their clients to concentrate on solutions that have worked for them in the past and identify strengths to be expanded upon and used as resources.

11. How does a Motivational Interviewing counselor encourage a client to engage in change talk?
Answer:
Counselors encourage change talk to resolve ambivalence by providing opportunities and encouragement for the client, rather than the counselor, to make arguments for change. They use techniques such as evaluating importance and confidence, card sort values clarification activity, change roles method, or typical day strategy.

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