

- 10) Which of the following best describes emotional health? 10) _____
 A) growing and learning from experience B) being able to express or control feelings
 C) being able to make appropriate decisions D) adapting to various social situations
- 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? 11) _____
 A) environmental B) emotional C) physical D) social
- 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? 12) _____
 A) physical B) social C) mental D) spiritual
- 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? 13) _____
 A) diet analysis B) health promotion
 C) health progression D) behaviour modification
- 14) Which of the following approaches describes the Pan-Canadian Healthy Living Strategy? 14) _____
 A) an improved life expectancy approach B) a health sector approach
 C) a population health approach D) a strategic health approach
- 15) An example of making a healthy food choice would be 15) _____
 A) drinking more coffee than water B) eating more white bread
 C) eating more red meat D) eating more fruits and vegetables
- 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 16) _____
 A) health bashing B) biased negativity
 C) health negativity D) judgmentalism
- 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 17) _____
 A) health negativity B) biased negativity
 C) judgmentalism D) health bashing
- 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 18) _____
 A) epidemiology B) prevention
 C) wellness D) health promotion
- 19) Attending an Alcoholics' Anonymous meeting is an example of which of the following types of prevention? 19) _____
 A) secondary B) productive C) tertiary D) primary
- 20) Wearing a condom during every sexual encounter would be an example of 20) _____
 A) tertiary prevention B) primary prevention
 C) secondary prevention D) auxiliary prevention

- 21) Gary's 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? 21) _____
- A) auxiliary prevention
B) primary prevention
C) tertiary prevention
D) secondary prevention
- 22) Which of the following ideas describes tertiary prevention? 22) _____
- A) treatment or rehabilitation efforts aimed at limiting the effects of a disease
B) actions designed to stop problems before they start
C) trying to reduce symptoms of a disease
D) stopping a disease altogether
- 23) Which of the following is an example of a benefit of improving one's cardiovascular health? 23) _____
- A) decreased levels of self-esteem
B) an improved ability to control and manage stress
C) a less effective immune system
D) increased usage of the health care system
- 24) Jessie visits her doctor annually and she practices breast self-examination. Her behaviour is known as a _____ factor, which influences her behaviour-change decision. 24) _____
- A) ultimate factor
B) predisposing factor
C) enabling factor
D) reinforcing factor
- 25) Which of the following is an example of a positive enabling factor to lose weight? 25) _____
- A) You eat more processed foods than fruits and vegetables.
B) Your school's fitness centre is 3 miles from your home, and it is the winter with lots of snow.
C) You enrol in a bi-weekly pilates class.
D) You eat one large meal a day, and this meal has many calories.
- 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 26) _____
- A) a confirming factor
B) a predisposing factor
C) an enabling factor
D) a reinforcing factor
- 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 27) _____
- A) a reinforcing factor
B) an enabling factor
C) a confirming factor
D) a predisposing factor
- 28) Which of the following best describes an enabling factor? 28) _____
- A) living near a walking path when you want to begin a walking program
B) encouraging your parents to quit smoking
C) having been a college athlete prior to your current sedentary status
D) quitting smoking when your company starts a smoke-free work place policy
- 29) Which of the following best describes a predisposing factor for smoking? 29) _____
- A) working in a non-smoking area photo
B) seeing a relative die of lung cancer
C) being aware of tobacco advertisements
D) growing up in a home where parents smoke

- 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? 39) _____
 A) pre-contemplation B) decision/determination
 C) action D) contemplation
- 40) The Theory of Reasoned Action states that our behaviours result from 40) _____
 A) structural variables
 B) changing actions with shaping techniques
 C) intentions to perform actions
 D) modelling by significant others
- 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. 41) _____
 A) possessional B) consumable C) activity D) manipulative
- 42) Visualizing yourself getting a standing ovation after giving a speech you're a little nervous about is an example of 42) _____
 A) modelling B) imagined rehearsal
 C) planned control D) situational inducement
- 43) Kyla has decided to spend less time on her computer and more time walking her dog. This behaviour change technique is known as 43) _____
 A) controlling the situation B) shaping
 C) reforming D) copying
- 44) Phillip has decided to start jogging to improve his health. He decides to start at 1 kilometer, then increase to 2 kilometers during the following week. This behaviour change is known as an example of 44) _____
 A) modelling B) planning
 C) modified behaviour change D) shaping
- 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 45) _____
 A) individual coping skill B) positive affirmation
 C) self-talk D) self-instruction
- 46) Situational inducement refers to an attempt to influence a behaviour by 46) _____
 A) using situations that exert control over the behaviour
 B) changing the situation with positive influence
 C) exposing yourself to situations involving the behaviour
 D) using modelling in situations to facilitate behaviour change
- 47) Reinforcers that would be least effective for a weight loss behaviour change would be 47) _____
 A) activity B) consumable C) social D) possessional
- 48) Rewarding yourself for reaching your weight loss goal with a trip to Hawaii would be an example of what type of reinforcer? 48) _____
 A) social B) activity C) manipulative D) possessional

- 49) Lower health insurance rates for non-smokers would be what type of reinforcer? 49) _____
 A) activity B) manipulative C) social D) possessional
- 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 50) _____
 A) blocking/thought stopping B) rational-emotive therapy
 C) positive affirmation D) breaking negative thoughts
- 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 51) _____
 A) stress instruction B) stress inoculation
 C) relaxation response D) consequence planning
- 52) Not allowing yourself to think about getting sick while on a rollercoaster would be an example of 52) _____
 A) blocking/thought stopping B) self-instruction
 C) rational emotive therapy D) consequential thinking
- 53) Analyzing what kinds of situations trigger your desire to smoke would be an example of examining 53) _____
 A) consequences B) antecedents C) motivations D) influences
- 54) An example of a way to recognize antecedents of a behaviour would be 54) _____
 A) asking a friend to identify your behaviour in trigger situations
 B) keep a diary of situations triggering behaviour
 C) observe others who are trying to change the same behaviour
 D) identify the consequences from previous experience
- 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) 55) _____
 A) persuasion B) influence C) antecedent D) consequence
- 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 56) _____
 A) peer pressure B) reinforcement
 C) modelling D) situational inducement
- 57) The term used to describe viewing the world from a male perspective is 57) _____
 A) gender insensitivity B) double standard
 C) overgeneralization D) androcentricity
- 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? 58) _____
 A) educational health B) environmental health
 C) mental health D) occupational health

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 59) According to mortality statistics, people are now living longer than in any previous time in our history. 59) _____

- 60) The World Health Organization definition describes health as hygiene. 60) _____
- 61) Mental health refers to the ability to express emotions appropriately. 61) _____
- 62) Physical health includes such characteristics as body size and shape. 62) _____
- 63) Spiritual health encompasses more than just religious beliefs, and includes how you understand the world and your role in it. 63) _____
- 64) An individual with a disability cannot achieve total wellness. 64) _____
- 65) Secondary prevention means taking steps to stop a health problem before it starts. 65) _____
- 66) Increasing one's knowledge is one important method to obtain optimum health. 66) _____
- 67) Quitting smoking is an example of primary prevention. 67) _____
- 68) The importance of cultivating and maintaining close social ties is an important part of overall health. 68) _____
- 69) The most common newly diagnosed cancer among women is breast cancer. 69) _____
- 70) Predisposing, reinforcing, and enabling factors can be positive or negative. 70) _____
- 71) Growing up with parents who smoke is a predisposing factor that can influence behaviour change. 71) _____
- 72) Shaping is a strategy for changing behaviour that involves learning specific behaviours by watching others perform them. 72) _____
- 73) Increased insurance rates for smokers is an example of a manipulative reinforcer. 73) _____
- 74) 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. 74) _____
- 75) The term, "morbidity rate", refers to illness rates. 75) _____
- 76) An example of tertiary prevention would be modifying one's diet as a result of a blood -glucose test. 76) _____
- 77) "Readiness" is the state of being that precedes behavioural change. 77) _____
- 78) The terms health and wellness are often used interchangeably. 78) _____
- 79) Health and wellness is a static state. 79) _____

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

- 80) The _____ component of health refers to the ability to have satisfying interpersonal relationships. 80) _____
- 81) The ability to make good decisions is an example of the _____ component of health. 81) _____
- 82) Intolerance of people who do not meet our own expectations of health is called _____. 82) _____
- 83) _____ are powerful indicators of successful behaviour change. 83) _____
- 84) The term used to describe when a study explores issues for one gender but generalizes the findings to both genders is known as 84) _____
- 85) The _____ Model includes perceived seriousness, perceived susceptibility and cues to action that can affect the likelihood of behaviour change. 85) _____
- 86) A(n) _____ is an appraisal of the relationship between some object, action, or idea and some attribute of that object, action, or idea. 86) _____
- 87) A reward, such as a T-shirt for completing a fun-run, is an example of a _____ reinforcer. 87) _____
- 88) _____ are settings or events for a behaviour that stimulate a person to act in certain ways. 88) _____
- 89) In the early 1900's, the average life expectancy for females was _____ years. 89) _____
- 90) Since education is known to be one of the determinants of health, increasing one's _____ is one way to lessen risks to one's health. 90) _____
- 91) _____ is a dynamic, ever -changing process in which a person attempts to reach his or her potential in each of health's components. 91) _____

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

- | | |
|---------------------|---------------------|
| a. social | j. health |
| b. rational emotive | k. reinforcing |
| c. primary | l. mortality |
| d. emotional | m. enabling |
| e. modelling | n. morbidity |
| f. secondary | o. tertiary |
| g. predisposing | p. spiritual |
| h. belief | q. mental |
| i. attitude | r. health promotion |

- 92) term describing illness rates in a given population 92) _____

- 93) the component of health that includes expressing feelings appropriately 93) _____
- 94) quitting smoking is an example of this type of prevention 94) _____
- 95) learning specific behaviours by watching others do them 95) _____
- 96) term which describes a dynamic, ever –changing process of trying to achieve individual potential in seven dimensions 96) _____
- 97) the component of health referring to the ability to have satisfying relationships 97) _____
- 98) factors involving knowledge and life experience that we bring into situations 98) _____
- 99) the component of health that refers to the ability to learn from experience 99) _____
- 100) a vaccination is an example of this type of prevention 100) _____
- 101) this is the term used for describing the death rate 101) _____
- 102) 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 102) _____
- 103) _____ 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 103) _____
- 104) _____ is a relatively stable set of beliefs, feelings and behavioural tendencies in relation to something or someone 104) _____

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 105) Write down the World Health Organization's definition of health. Why was this considered a landmark definition? Why was it criticized?
- 106) List the seven dimensions of health and provide an example for each.
- 107) Define primary, secondary, and tertiary prevention and give an example of each.
- 108) 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.
- 109) What is "health promotion"? Define this term, and provide an explanation of the types of support required in order to achieve successful health promotion.
- 110) 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.

- 111) List seven key behaviours, found in the text, which are said to help people to live longer.
- 112) 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 Key

Testname: UNTITLED1

- 1) C
A-head: What is Health?
Skill: Factual
- 2) C
A-head: What is Health?
Skill: Factual
- 3) B
A-head: What is Health?
Skill: Factual
- 4) D
A-head: What is Health?
Skill: Conceptual
- 5) D
A-head: What is Health?
Skill: Applied
- 6) A
A-head: What is Health?
Skill: Applied
- 7) C
A-head: What is Health?
Skill: Applied
- 8) B
A-head: What is Health?
Skill: Conceptual
- 9) D
A-head: What is Health?
Skill: Applied
- 10) B
A-head: What is Health?
Skill: Conceptual
- 11) A
A-head: What is Health?
Skill: Applied
- 12) D
A-head: What is Health?
Skill: Applied
- 13) B
A-head: What is Health?
Skill: Conceptual
- 14) C
A-head: What is Health?
Skill: Conceptual
- 15) D
A-head: What is Health?
Skill: Applied
- 16) A
A-head: What is Health?
Skill: Applied

Answer Key

Testname: UNTITLED1

17) D

A-head: What is Health?
Skill: Conceptual

18) B

A-head: What is Health?
Skill: Conceptual

19) A

A-head: What is Health?
Skill: Conceptual

20) B

A-head: What is Health?
Skill: Conceptual

21) D

A-head: What is Health?
Skill: Conceptual

22) A

A-head: What is Health?
Skill: Conceptual

23) B

A-head: Improving Your Health
Skill: Conceptual

24) B

A-head: Improving Your Health
Skill: Conceptual

25) C

A-head: Improving Your Health
Skill: Conceptual

26) B

A-head: Improving Your Health
Skill: Applied

27) D

A-head: Improving Your Health
Skill: Applied

28) A

A-head: Improving Your Health
Skill: Conceptual

29) D

A-head: Improving Your Health
Skill: Conceptual

30) C

A-head: Improving Your Health
Skill: Applied

31) B

A-head: Improving Your Health
Skill: Applied

32) C

A-head: Improving Your Health
Skill: Conceptual

Answer Key

Testname: UNTITLED1

- 33) D
A-head: Improving Your Health
Skill: Applied
- 34) C
A-head: Improving Your Health
Skill: Factual
- 35) A
A-head: Improving Your Health
Skill: Applied
- 36) B
A-head: Improving Your Health
Skill: Applied
- 37) C
A-head: Improving Your Health
Skill: Applied
- 38) B
A-head: Improving Your Health
Skill: Applied
- 39) D
A-head: Improving Your Health
Skill: Applied
- 40) C
A-head: Improving Your Health
Skill: Factual
- 41) A
A-head: Behaviour Change Techniques
Skill: Applied
- 42) B
A-head: Behaviour Change Techniques
Skill: Applied
- 43) A
A-head: Behaviour Change Techniques
Skill: Applied
- 44) D
A-head: Behaviour Change Techniques
Skill: Applied
- 45) A
A-head: Behaviour Change Techniques
Skill: Applied
- 46) A
A-head: Behaviour Change Techniques
Skill: Conceptual
- 47) B
A-head: Behaviour Change Techniques
Skill: Conceptual
- 48) B
A-head: Behaviour Change Techniques
Skill: Conceptual

Answer Key

Testname: UNTITLED1

- 49) B
A-head: Behaviour Change Techniques
Skill: Conceptual
- 50) A
A-head: Behaviour Change Techniques
Skill: Conceptual
- 51) B
A-head: Behaviour Change Techniques
Skill: Conceptual
- 52) A
A-head: Behaviour Change Techniques
Skill: Conceptual
- 53) B
A-head: Making Behaviour Change
Skill: Applied
- 54) B
A-head: Making Behaviour Change
Skill: Applied
- 55) D
A-head: Making Behaviour Change
Skill: Applied
- 56) C
A-head: Behaviour Change Techniques
Skill: Applied
- 57) D
A-head: Sex Differences
Skill: Factual
- 58) D
A-head: What is Health?
Skill: Applied
- 59) TRUE
A-head: What is Health?
Skill:
- 60) FALSE
A-head: What is Health?
Skill:
- 61) FALSE
A-head: What is Health?
Skill:
- 62) TRUE
A-head: What is Health?
Skill:
- 63) TRUE
A-head: What is Health?
Skill:
- 64) FALSE
A-head: What is Health?
Skill:

Answer Key

Testname: UNTITLED1

- 65) FALSE
A-head: What is Health?
Skill:
- 66) TRUE
A-head: What is Health?
Skill:
- 67) FALSE
A-head: What is Health?
Skill:
- 68) TRUE
A-head: Improving Your Health
Skill:
- 69) TRUE
A-head: Sex Differences
Skill:
- 70) TRUE
A-head: Improving Your Health
Skill:
- 71) TRUE
A-head: Improving Your Health
Skill:
- 72) FALSE
A-head: Behaviour Change Techniques
Skill:
- 73) TRUE
A-head: Behaviour Change Techniques
Skill:
- 74) TRUE
A-head: What is Health?
Skill:
- 75) TRUE
A-head: What is Health?
Skill:
- 76) FALSE
A-head: What is Health?
Skill:
- 77) TRUE
A-head: Improving Your Health
Skill:
- 78) TRUE
A-head: What is Health?
Skill:
- 79) FALSE
A-head: What is Health?
Skill:
- 80) social
A-head: What is Health?
Skill:

Answer Key

Testname: UNTITLED1

- 81) mental
A-head: What is Health?
Skill:
- 82) health bashing
A-head: What is Health?
Skill:
- 83) Intentions
A-head: Improving Your Health
Skill:
- 84) overgeneralization
A-head: Sex Differences
Skill:
- 85) Health Belief
A-head: Improving Your Health
Skill:
- 86) belief
A-head: Improving Your Health
Skill:
- 87) possessional
A-head: Behaviour Change Techniques
Skill:
- 88) Antecedents
A-head: Making Behaviour Change
Skill:
- 89) 60.6
A-head: What is Health?
Skill:
- 90) knowledge
A-head: What is Health?
Skill:
- 91) Wellness
A-head: What is Health?
Skill:
- 92) n. morbidity
A-head: What is Health?
Skill:
- 93) d. emotional
A-head: What is Health?
Skill:
- 94) f. secondary
A-head: What is Health?
Skill:
- 95) e. modelling
A-head: Behaviour Change Techniques
Skill:
- 96) j.health
A-head: What is Health?
Skill:

Answer Key

Testname: UNTITLED1

- 97) a. social
A-head: What is Health?
Skill:
- 98) g. predisposing
A-head: Improving Your Health
Skill:
- 99) q. mental
A-head: What is Health?
Skill:
- 100) c. primary
A-head: What is Health?
Skill:
- 101) l. mortality
A-head: Sex Differences
Skill:
- 102) m. enabling
A-head: Improving Your Health
Skill:
- 103) r. Health promotion
A-head: What is Health?
Skill:
- 104) i. Attitude
A-head: Improving Your Health
Skill:
- 105) "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.
A-head: What is Health?
Skill: Factual
- 106) – 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)
A-head: What is Health?
Skill: Applied
- 107) 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).
A-head: What is Health?
Skill: Applied

Answer Key

Testname: UNTITLED1

- 108) 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.
A-head: Improving Your Health
Skill: Conceptual
- 109) 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.
A-head: What is Health?
Skill: Conceptual
- 110) 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."
A-head: Sex Differences
Skill: Conceptual
- 111) 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
A-head: Improving Your Health
Skill: Factual
- 112) 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.

A-head: Improving Your Health

Skill: Applied