Chapter 02
Self-Management and Self-Planning Skills for Health Behavior Change

Multiple Choice Questions

1. *(p. 22)* Self-management skills
A. help an individual perform well at school and work.
B. can be useful in altering factors related to making lifestyle changes.
C. are learned primarily from one's parents.
D. are established by a person's genetic profile.

2. *(p. 22-23)* Which of the following statements is true regarding health behaviors?
A. Older adults are more likely to participate in regular physical activity than college students.
B. College students are more likely to eat poorly and abuse alcohol than older adults.
C. Smoking is an effective long-term weight maintenance strategy for college students.
D. Practicing one healthy behavior means you will practice another.

3. *(p. 22-23)* Which of the following statements is true regarding the "Stages of Change" model?
A. It can be applied to positive and negative lifestyles.
B. It was originally developed to help people understand how to eat healthier.
C. An individual who has purchased a nicotine patch is in the contemplation stage.
D. Relapse is a necessary step to achieve maintenance.

4. *(p. 22, 23)* According to Prochaska's "Stages of Change" model, individuals in the preparation stage would say which of the following?
A. I don't want to change my behavior.
B. I am thinking about changing my behavior.
C. I am getting ready to make a change in my behavior.
D. I recently made some positive changes in my behavior.

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5. *(p. 23, Figure 1)* According to Prochaska's "Stages of Change" model, individuals in the precontemplation stage would say which of the following?
A. I don't want to change.
B. I am thinking about changing.
C. I am getting ready to make a change.
D. I have made some lifestyle changes.

6. *(p. 23, Figure 1)* The ultimate goal for any health behavior is to reach the stage of
A. contemplation.
B. preparation.
C. action.
D. maintenance.

7. *(p. 24, Figure 2)* Self-efficacy and self-confidence are examples of which behavior change factor?
A. predisposing
B. reinforcing
C. enabling
D. personal

8. *(p. 24, Figure 2)* Goal setting and self-assessment are examples of which behavior change factor?
A. predisposing
B. reinforcing
C. enabling
D. personal

9. *(p. 26)* Reinforcing factors are important in adhering to lifestyle change because _____ generates continued behavior.
A. self-esteem
B. knowledge
C. coping
D. success

10. *(p. 24-26)* Which of the following is TRUE regarding behavior change?
A. Predisposing factors lead to enabling factors.
B. Reinforcing factors are more important than enabling factors.
C. Enabling factors are important for people in the precontemplation stage.
D. Predisposing factors are most important for initiating behavior change.

11. *(p. 28)* Which of the following behavioral skills is most important for people in the maintenance stage?
A. goal setting
B. self-efficacy
C. relapse prevention
D. balancing attitudes

12. *(p. 25)* Confidence in your ability to perform a specific activity is called
A. self-monitoring.
B. self-efficacy.
C. self-assessment.
D. self-management.

13. *(p. 26, Table 1)* Taking small steps to build success is an example of which self-management skill?
A. balancing attitudes
B. overcoming barriers
C. building self-confidence
D. changing beliefs

14. *(p. 26, Table 1)* Learning to resist snack foods and candy provided by co-workers is an example of which self-management skill?
A. building knowledge
B. balancing attitudes
C. overcoming barriers
D. building self-confidence

15. *(p. 27)* When an individual uses a log to keep track of behavior, this involves practicing what type of skill?
A. self-assessment
B. self-monitoring
C. performance enhancing
D. time management

16. *(p. 26, Table 1)* When an individual, in meeting health goals, takes small steps that allow success, he or she is employing what self-management skill?
A. overcoming barriers
B. building self-confidence and motivation
C. balancing attitudes
D. changing beliefs

17. *(p. 26, Table 1)* Learning to cope with problems, such as a lack of facilities or inadequate equipment, is known as
A. goal-setting.
B. preventing relapse.
C. finding social support.
D. overcoming barriers.

18. *(p. 27, Table 2)* When a person evaluates his or her own level of fitness and health, this is known as which type of skill?
A. self-assessment
B. goal-setting
C. planning
D. self-monitoring

19. *(p. 28, Table 3)* Ex-smokers who learn methods of saying "no" to those who offer tobacco are practicing
A. social support.
B. goal setting.
C. self-planning.
D. relapse prevention.

20. *(p. 29)* Which of the following is considered to be the first step in planning for healthy lifestyles?
A. identifying needs
B. setting goals
C. clarifying reasons
D. selecting program components

21. *(p. 29, Table 4)* Self-assessment is important for which of the following?
A. identifying needs
B. planning your program
C. evaluating progress
D. all of the above

22. *(p. 30)* Which is true of goal setting?
A. beginners should set lofty goals
B. short-term goals should be based on outcomes
C. behavioral goals are easier to measure and monitor
D. goal setting is not important for health-related behaviors

23. *(p. 24, Figure 2)* Reinforcing factors include
A. family.
B. friends.
C. health professionals.
D. all the above

24. *(p. 24)* The following factors are considered controllable factors except
A. age.
B. smoking.
C. eating habits.
D. stress.

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25. *(p. 22, Figure 1)* Which of the following is NOT a stage of the Transtheoretical Model?
A. action
B. precontemplation
C. performance
D. maintenance

26. *(p. 30)* Which of the following are characteristic of SMART goals?
A. specific, modifiable, temporary
B. specific, measureable, attainable
C. measureable, relatable, transferrable
D. strategic, maintainable, relevant

27. *(p. 30)* The "R" in the acronym SMART stands for
A. Reasonable.
B. Reflection.
C. Relevant.
D. Realistic.

28. *(p. 30)* Which of the following is an example of an outcome goal?
A. exercising 3 days a week
B. eating at least 5 servings of fruits and vegetables a day
C. losing 1 pound a week
D. smoking less than 5 cigarettes a day

29. *(p. 30)* Trying to reach a daily step count goal of 10,000 steps with a pedometer is an example of a(n) _____ goal.
A. outcome
B. behavioral
C. short-term
D. performance

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