

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) Environmental challenges that we currently face include all of the following, EXCEPT 1) _____
A) traffic congestion. B) air and water pollution.
C) global warming. D) under population.

Answer: D

- Explanation: A)
B)
C)
D)

- 2) When devising a plan of action for behaviour change, all of the following are important 2) _____
steps, EXCEPT
A) avoid others. B) modify your environment.
C) reward yourself. D) control related habits.

Answer: A

- Explanation: A)
B)
C)
D)

- 3) During a "stages of change" behaviour change program, some people may lapse. If this 3) _____
occurs, the best strategy for them is to
A) start over from the beginning.
B) learn from the lapse as they slip back to an earlier stage.
C) choose a different behaviour for change.
D) give up.

Answer: B

- Explanation: A)
B)
C)
D)

- 4) All of the following are key aspects of occupational wellness, EXCEPT 4) _____
A) feelings of achievement. B) opportunities to learn and grow.
C) enjoyable work. D) job dissatisfaction.

Answer: D

- Explanation: A)
B)
C)
D)

5) John, an Inuit Aboriginal student, has chosen to incorporate exercise into his daily routine and to reduce the amount of salt in his diet after finding out that his blood pressure is high. His decision to make these lifestyle changes is most likely based on the following health concerns for Inuit Aboriginals. 5) _____

- A) They have higher suicide rates.
- B) They have a higher incidence of tuberculosis than males in other population groups.
- C) They have higher rates of infant mortality.
- D) They have higher rates of heart disease and obesity.

Answer: D

Explanation: A)
B)
C)
D)

6) The 'M' in SMART goals stands for 6) _____
A) mini. B) moderate. C) meaningful. D) measurable.

Answer: D

Explanation: A)
B)
C)
D)

7) The precontemplation stage is characterized by 7) _____
A) a planning for change.
B) an awareness of the problem.
C) a belief that there is no need for change.
D) a modification of behaviour.

Answer: C

Explanation: A)
B)
C)
D)

8) The "greenhouse" effect is 8) _____
A) more pronounced in under-developed nations.
B) a complex system of burning coal.
C) an invisible insulating blanket that traps heat and increases the temperature of the atmosphere.
D) not yet proven.

Answer: C

Explanation: A)
B)
C)
D)

9) The following are all environmental factors, EXCEPT the 9) _____
A) air you breathe.
B) genetic make-up in your body.
C) water you drink.
D) amount of alcohol consumption in your home.

Answer: B
Explanation: A)
 B)
 C)
 D)

10) Regular exercise decreases one's risk of all of the following EXCEPT 10) _____
A) osteoporosis. B) diabetes. C) heart disease. D) lung cancer.

Answer: D
Explanation: A)
 B)
 C)
 D)

11) Gay, lesbian, bisexual, and transgender teens are at greater risk for 11) _____
A) obesity. B) suicide. C) asthma. D) cancer.

Answer: B
Explanation: A)
 B)
 C)
 D)

12) If you tell yourself, "It's Friday already, I might as well wait until Monday to start" you 12) _____
are
A) blaming. B) rationalizing.
C) procrastinating. D) justifying.

Answer: C
Explanation: A)
 B)
 C)
 D)

13) The behaviour one identifies for change is called 13) _____
A) enabling behaviour. B) predisposed behaviour.
C) bad news. D) target behaviour.

Answer: D
Explanation: A)
 B)
 C)
 D)

- 14) The six dimensions of wellness include all of the following, EXCEPT 14) _____
- A) emotional wellness.
 - B) environmental wellness.
 - C) intellectual wellness.
 - D) physical activity wellness.

Answer: D

Explanation: A)
B)
C)
D)

- 15) Reducing pollution and waste in the workplace is an example of promoting 15) _____
_____ wellness.
- A) environmental
 - B) intellectual
 - C) social
 - D) spiritual

Answer: A

Explanation: A)
B)
C)
D)

- 16) Entries made into a health journal about a behaviour should note all the following, 16) _____
EXCEPT
- A) how you felt at the time.
 - B) what your friends/family did.
 - C) when and where it happened.
 - D) what the activity was.

Answer: B

Explanation: A)
B)
C)
D)

- 17) All of the following are important considerations whenever you encounter health-related 17) _____
information, EXCEPT
- A) go to the original source.
 - B) distinguish between research reports and public health advice.
 - C) watch for misleading language.
 - D) apply anecdotes to your own life.

Answer: D

Explanation: A)
B)
C)
D)

18) When evaluating health topics on the Internet, check the 18) _____
A) testimonials for evidence.
B) blogs first.
C) latest media post on the topic.
D) qualifications of the people behind the site.

Answer: D

Explanation: A)
B)
C)
D)

19) The complete set of genetic material in an individual's cells is referred to as her or his 19) _____
A) genome. B) genes. C) proteome. D) RNA.

Answer: A

Explanation: A)
B)
C)
D)

20) Chances of success in behaviour management DECREASE if 20) _____
A) programs are those that can be followed over a long time.
B) environmental cues are ignored.
C) efforts are cost-effective.
D) change in behaviour is real and lasting.

Answer: B

Explanation: A)
B)
C)
D)

21) The percentage of overweight or obese Canadians is 21) _____
A) 60 percent. B) 45 percent. C) 18 percent. D) 33 percent.

Answer: A

Explanation: A)
B)
C)
D)

22) All of the following are important aspects of well-being that you may not be able to control, EXCEPT 22) _____
A) smoking status. B) heredity.
C) environment. D) health care.

Answer: A

Explanation: A)
B)
C)
D)

23) When considering health information available on the Internet, which of the following is not an important question to ask yourself when considering the reliability and accuracy of the information? 23) _____

- A) Is the site promotional?
- B) How often is the site updated?
- C) What do other sources say about the topic?
- D) Where is the headquarters for the publisher?

Answer: D

Explanation: A)
B)
C)
D)

24) Carla has become very busy since she came to university. She is a full-time student and is very active in campus clubs and organizations. Her classes and campus activities leave her little time to socialize with her friends. She is beginning to feel as if she has let her friends down because she has had to cancel several activities that they had planned, but she also feels guilty if she isn't able to meet her other obligations. Carla has always thought that she was in control of her life and has managed well up until now. She wants to spend more time with her friends without giving up her other activities. 24) _____

Carla will probably be able to balance her time so that she can study, be active on campus and have fun with her friends because she

- A) has an external locus of control.
- B) has an internal locus of control.
- C) is persuasive and her friends will do as she asks.
- D) will stick to her plan without making changes.

Answer: B

Explanation: A)
B)
C)
D)

25) The top health issue affecting students' academic performance today is 25) _____

- A) relationship problems.
- B) depression.
- C) alcohol abuse.
- D) stress.

Answer: D

Explanation: A)
B)
C)
D)

- 26) A primary purpose of developing a personal contract for behaviour change is to 26) _____
A) notify others of your intent to change your behaviour.
B) prioritize the behaviours that you are considering changing.
C) assess your motivation for changing a health behaviour.
D) commit you to your word of behaviour modification.

Answer: D

Explanation: A)
B)
C)
D)

- 27) A strategy to increase your chances of success in the pursuit of a new behaviour is to 27) _____
A) frequently visualize goal attainment and enjoy its benefits.
B) rationalize temporary setbacks to minimize feelings of failure.
C) find a new behaviour to change if you experience a temporary failure.
D) stick with the program even during periods of high stress.

Answer: A

Explanation: A)
B)
C)
D)

- 28) The first step in improving wellness by lifestyle management is to 28) _____
A) ask friends what you should improve. B) reward yourself.
C) begin with a self-assessment. D) ask your family for assistance.

Answer: C

Explanation: A)
B)
C)
D)

- 29) Which of the following is a positive social influence on health behaviours? 29) _____
A) supportive friends B) personal skills
C) attitudes D) money

Answer: A

Explanation: A)
B)
C)
D)

- 30) The 'T' in SMART goals stands for 30) _____
A) tough. B) time-frame specific.
C) tangible. D) theoretical.

Answer: B

Explanation: A)
B)
C)
D)

- 31) Which of the following is an example of taking action to modify the environment and support health behaviours? 31) _____
- A) serving alcoholic drinks at your parties
 - B) smoking your friend's cigarettes so that she does not have to
 - C) voting for measures that reduce air pollution
 - D) encouraging legislators to pass legislation increasing the number of public areas where smoking is allowed

Answer: C

Explanation: A)
B)
C)
D)

- 32) When learning about the risks and benefits of a target behaviour, all of the following are important questions to ask, EXCEPT 32) _____
- A) What diseases or conditions does this behaviour place you at risk for?
 - B) Is your target behaviour too difficult to change?
 - C) How is your target behaviour affecting your level of wellness today?
 - D) What effect would changing your behaviour have on your health?

Answer: B

Explanation: A)
B)
C)
D)

- 33) The most constructive response to a temporary setback in the pursuit of a new behaviour is 33) _____
- A) increasing rewards to make efforts more worthwhile.
 - B) not tolerating temporary failure.
 - C) accepting the fact that problems may periodically occur.
 - D) accepting the blame for failing if you return to your old behaviour.

Answer: C

Explanation: A)
B)
C)
D)

- 34) In the past 100 years, the major causes of death have shifted from _____ to _____ 34) _____
- A) infectious diseases; heart disease
 - B) heart disease; cancer
 - C) childbirth; infectious diseases
 - D) accidents; AIDS

Answer: A

Explanation: A)
B)
C)
D)

35) If you were born in 1900, your life expectancy was approximately 35) _____
A) 32 years. B) 62 years. C) 77 years. D) 47 years.

Answer: D

Explanation: A)
B)
C)
D)

36) What percentage of First Nations people living on reserve have type 2 diabetes? 36) _____
A) 73 percent. B) 17 percent. C) 90 percent. D) 50 percent.

Answer: B

Explanation: A)
B)
C)
D)

37) Communication skills, intimacy, and satisfying relationships are components of 37) _____
A) intellectual wellness. B) interpersonal wellness.
C) emotional wellness. D) spiritual wellness.

Answer: B

Explanation: A)
B)
C)
D)

38) Donna is about 25 pounds overweight, has tried a variety of diets, and has repeatedly 38) _____
failed to maintain weight loss. She defends her weight with the explanation that almost
all of her relatives are overweight, and none has ever been successful with attempts to
lose weight. Donna can best be described as
A) being a victim of genetics. B) having an internal locus of control.
C) having an external locus of control. D) being unmotivated.

Answer: C

Explanation: A)
B)
C)
D)

39) A comparison survey of North American smokers and non-smokers found that 39) _____
A) non-smokers report fewer days of sadness.
B) non-smokers report eating more.
C) smokers report more energy.
D) smokers report fewer days of troubled sleep.

Answer: A

Explanation: A)
B)
C)
D)

40) Income and education are closely linked with health status. The _____ the poverty rate and the _____ the education level, the better the health. 40) _____
A) lower; higher B) higher; higher C) lower; lower D) higher; lower

Answer: A

Explanation: A)
B)
C)
D)

41) Approximately what percentage of individuals experience some backsliding during behaviour change? 41) _____
A) 60 percent. B) 90 percent. C) 40 percent. D) 80 percent.

Answer: D

Explanation: A)
B)
C)
D)

42) All of the following are important considerations during the action stage of behaviour change, EXCEPT 42) _____
A) change your environment. B) involve your friends.
C) monitor your progress. D) practice visualization and self-talk.

Answer: D

Explanation: A)
B)
C)
D)

43) A personal contract for behaviour change includes all of the following details, EXCEPT 43) _____
A) date you will start.
B) strategies you plan to use to promote change.
C) rewards for good behaviour.
D) steps you will take to measure your progress.

Answer: C

Explanation: A)
B)
C)
D)

- 44) Spiritual wellness is best described as having 44) _____
A) meaning and purpose in one's life.
B) the ability to share one's feelings.
C) the ability to express oneself creatively.
D) a strong support network of family and friends.

Answer: A

Explanation: A)
B)
C)
D)

- 45) Which of the following is currently Canada's number-one cause of death? 45) _____
A) cancer B) suicide
C) unintentional injuries D) heart disease

Answer: A

Explanation: A)
B)
C)
D)

- 46) A target behaviour can best be defined as 46) _____
A) a friend's behaviour that you urge him or her to change.
B) a lifelong habit you want to stop immediately.
C) an isolated behaviour that is the focus of your behaviour change plan.
D) several bad habits in need of change.

Answer: C

Explanation: A)
B)
C)
D)

- 47) Strategies for boosting self-efficacy include all of the following, EXCEPT 47) _____
A) encouragement from supportive people.
B) developing an external locus of control.
C) self-talk.
D) visualization.

Answer: B

Explanation: A)
B)
C)
D)

48) All of the following are true of people living in rural areas of Canada as compared to their urban counterparts, EXCEPT 48) _____
A) less likely to obtain preventive health screening tests.
B) greater sense of community belonging.
C) more likely to experience stress.
D) less likely to be diagnosed with cancer.

Answer: C

Explanation: A)
B)
C)
D)

49) The best response to behaviour-related diseases is 49) _____
A) prevention. B) rehabilitation.
C) chemical treatment. D) surgical treatment.

Answer: A

Explanation: A)
B)
C)
D)

50) The average life span in the twentieth century 50) _____
A) nearly doubled. B) increased slightly.
C) nearly tripled. D) did not change significantly.

Answer: A

Explanation: A)
B)
C)
D)

51) Which one of the following qualities contributes positively to one's physical wellness? 51) _____
A) maintaining an optimistic attitude B) being open to new ideas
C) eating a balanced diet D) maintaining satisfying relationships

Answer: C

Explanation: A)
B)
C)
D)

52) Which of the following is NOT a recommended strategy for maintaining behaviour change? 52) _____
A) refocusing B) assessing stress levels
C) evaluating social influences D) rationalizing

Answer: D

Explanation: A)
B)
C)
D)

53) The most harmful consequence of environmental abuse is 53) _____
A) global warming. B) contaminated drinking water.
C) acid rain. D) pesticides.

Answer: A
Explanation: A)
B)
C)
D)

54) What percentage of Canadian adults identify themselves as gay, lesbian, or bisexual? 54) _____
A) 5 percent. B) 11 percent. C) 1 percent. D) 2 percent.

Answer: D
Explanation: A)
B)
C)
D)

55) If you tell yourself, "I couldn't exercise because Dave was hogging the treadmill" you are 55) _____
A) blaming. B) rationalizing.
C) procrastinating. D) justifying.

Answer: A
Explanation: A)
B)
C)
D)

56) The health determinant over which we have least control is 56) _____
A) genetic makeup. B) tobacco use.
C) diet. D) exercise.

Answer: A
Explanation: A)
B)
C)
D)

57) According to the "SMART" criteria; a behaviour change such as "drink eight cups of water every day" is an example of being 57) _____
A) realistic. B) too easy. C) specific. D) truthful.

Answer: C
Explanation: A)
B)
C)
D)

- 58) The 'S' in SMART goals stands for _____
 A) specific. B) smart. C) super. D) social.
- Answer: A
 Explanation: A)
 B)
 C)
 D)
- 59) Heart disease, a leading cause of death in Canada, is strongly related to all of the following EXCEPT _____
 A) high levels of physical activity. B) cigarette smoking.
 C) a sedentary lifestyle. D) high levels of stress.
- Answer: A
 Explanation: A)
 B)
 C)
 D)
- 60) Writing a contract for behaviour change involves all of the following, EXCEPT _____
 A) identifying the consequences of failure to reach the established goal.
 B) identifying the steps to be used to measure progress.
 C) clearly stating your goal.
 D) setting a date to begin.
- Answer: A
 Explanation: A)
 B)
 C)
 D)
- 61) Information from a health journal maintained after a behaviour change plan is put into action should be used to do all of the following, EXCEPT _____
 A) make revisions in the plan. B) identify barriers to progress.
 C) identify new behaviours to change. D) track progress.
- Answer: C
 Explanation: A)
 B)
 C)
 D)
- 62) Optimism, trust, and self-confidence are components of _____
 A) spiritual wellness. B) physical wellness.
 C) emotional wellness. D) interpersonal wellness.
- Answer: C
 Explanation: A)
 B)
 C)
 D)

63) Men have higher rates of death than women from all of the following, EXCEPT 63) _____
A) stroke. B) suicide.
C) unintentional injuries. D) homicide.

Answer: A

Explanation: A)
B)
C)
D)

64) The top three causes of death among Canadians age 15 to 24 are 64) _____
A) accidents, cancer, and suicide. B) smoking, heart disease, and suicide.
C) homicide, cancer, and accidents. D) accidents, heart disease, and cancer.

Answer: A

Explanation: A)
B)
C)
D)

65) The environmental health threats faced by our ancestors included all of the following, EXCEPT 65) _____
A) poor sanitary conditions. B) water pollution.
C) acid rain. D) lack of physical activity.

Answer: C

Explanation: A)
B)
C)
D)

66) Taking your focus off the real problem and denying responsibility for your own actions is referred to as 66) _____
A) blaming. B) rationalizing.
C) procrastinating. D) justifying.

Answer: A

Explanation: A)
B)
C)
D)

67) According to the stages of change model, people at this stage plan to take action within a month or may already have begun to make small changes in their behaviour. 67) _____
A) contemplation B) action
C) precontemplation D) preparation

Answer: D

Explanation: A)
B)
C)
D)

68) Obstacles in the process of behaviour change 68) _____
A) often cause us to settle for a level of success that is less than our original goal.
B) are a sign of failure in the pursuit of a new behaviour.
C) are a natural part of the process.
D) should be avoided, if possible, in the pursuit of a new behaviour.

Answer: C
Explanation: A)
B)
C)
D)

69) All of the following are important considerations during the maintenance stage of behaviour change, EXCEPT 69) _____
A) keep a journal. B) be prepared for lapses.
C) be a role model. D) keep going.

Answer: A
Explanation: A)
B)
C)
D)

70) When devising a plan of action for behaviour change, all of the following are important steps, EXCEPT 70) _____
A) reward yourself.
B) plan for challenges.
C) change multiple behaviours simultaneously.
D) involve the people around you.

Answer: C
Explanation: A)
B)
C)
D)

71) Your ability to develop and maintain satisfying and supportive relationships is referred to as _____ wellness. 71) _____
A) interpersonal B) intellectual C) emotional D) spiritual

Answer: A
Explanation: A)
B)
C)
D)

72) Carla has become very busy since she came to university. She is a full-time student and is very active in campus clubs and organizations. Her classes and campus activities leave her little time to socialize with her friends. She is beginning to feel as if she has let her friends down because she has had to cancel several activities that they had planned, but she also feels guilty if she isn't able to meet her other obligations. Carla has always thought that she was in control of her life and has managed well up until now. She wants to spend more time with her friends without giving up her other activities. 72) _____

If Carla succeeds in improving her target area of wellness, she will most likely see a corresponding improvement in her _____ wellness.

- A) emotional B) intellectual C) spiritual D) occupational

Answer: A

Explanation: A)
B)
C)
D)

73) Anne wants to lose weight and is keeping a health journal to record her progress. Which of the following questions might be appropriately asked in the course of analyzing data from her health journal? 73) _____

- A) What will be the consequences of not changing my risky health behaviour?
B) What behaviour do I want to change?
C) How many behaviours in my life are serious health threats?
D) When am I most likely to overeat?

Answer: D

Explanation: A)
B)
C)
D)

74) Emotional wellness includes all of the following, EXCEPT 74) _____

A) making choices to avoid illnesses and injuries.
B) monitoring your reactions.
C) attending to your own thoughts and feelings.
D) identifying obstacles to emotional stability.

Answer: A

Explanation: A)
B)
C)
D)

75) According to the stages of change model, people at this stage do not think they have a problem and do not intend to change their behaviour. 75) _____
A) action B) precontemplation
C) contemplation D) preparation

Answer: B
Explanation: A)
B)
C)
D)

76) Someone you know at work who is attempting to lose weight has been repeatedly "derailed" by coworkers who bring high-calorie snacks to work every day. It would be fair to say that this person does NOT 76) _____
A) have the support to change. B) have the skills to change.
C) have the knowledge to change. D) want to change.

Answer: A
Explanation: A)
B)
C)
D)

77) To help ensure success with a behaviour change program, you should 77) _____
A) re-evaluate your friendships.
B) consider potential genetic factors.
C) develop a reward system.
D) avoid enlisting your family as support.

Answer: C
Explanation: A)
B)
C)
D)

78) The six stage of behaviour change according to the stages of change model is 78) _____
A) maintenance. B) completion. C) action. D) termination.

Answer: D
Explanation: A)
B)
C)
D)

79) All of the following are important considerations during the contemplation stage of behaviour change, EXCEPT 79) _____
A) engage your emotions. B) do a cost-benefit analysis.
C) seek social support. D) identify barriers to change.

Answer: C

Explanation: A)
B)
C)
D)

80) The technique of visualization is one of the best ways to 80) _____
A) improve physical strength. B) heighten your senses.
C) keep an eye on your future. D) boost your confidence.

Answer: D

Explanation: A)
B)
C)
D)

81) Which of the following health journal information would be of little benefit in promoting personal behaviour change? 81) _____
A) descriptions of exactly what your behaviours are
B) identification of when and where activities occurred
C) recording your feelings at the time you were engaging in the behaviour
D) identification of other people's reactions to your behaviour

Answer: D

Explanation: A)
B)
C)
D)

82) All of the following are characteristic of people with low socioeconomic status, EXCEPT 82) _____
A) lower rates of injury.
B) less likely to have access to health services.
C) more likely to engage in unhealthy habits.
D) higher rates of death.

Answer: A

Explanation: A)
B)
C)
D)

83) Canadians with low incomes and education have higher rates, on average, of all of the following, EXCEPT 83) _____
A) violent death. B) traumatic injury.
C) infant mortality. D) post traumatic stress disorder.

Answer: D

Explanation: A)
B)
C)
D)

84) Integral to a successful plan to change an unhealthy behaviour is to 84) _____
A) pick your top three unhealthy behaviours.
B) keep the plan to yourself.
C) choose your most unhealthy behaviour.
D) start small.

Answer: D

Explanation: A)
B)
C)
D)

85) All of the following are true of people living in rural areas of Canada as compared to their urban counterparts, EXCEPT 85) _____
A) less physically active.
B) less likely to use seat belts.
C) more likely to experience an injury-related death.
D) more likely to obtain preventive health screening tests.

Answer: D

Explanation: A)
B)
C)
D)

86) Carla has become very busy since she came to university. She is a full-time student and is very active in campus clubs and organizations. Her classes and campus activities leave her little time to socialize with her friends. She is beginning to feel as if she has let her friends down because she has had to cancel several activities that they had planned, but she also feels guilty if she isn't able to meet her other obligations. Carla has always thought that she was in control of her life and has managed well up until now. She wants to spend more time with her friends without giving up her other activities. 86) _____

Carla made a plan to spend more time with her friends but found that her plan didn't seem to be working too well. Which of the following is the most likely reason that Carla's plan is not working as she expected?

- A) Carla made a plan without first monitoring and evaluating her schedule.
- B) Carla is more committed to her activities than to her friends.
- C) Carla is not adequately motivated.
- D) Carla has an external locus of control.

Answer: A

Explanation: A)
B)
C)
D)

87) The order in which a behaviour change strategy is implemented is 87) _____

- A) devise a plan of action, set goals, monitor behaviour, analyze data, make contract.
- B) monitor behaviour, analyze data, set goals, devise a plan of action, make contract.
- C) analyze data, monitor behaviour, devise a plan of action, set goals, make contract.
- D) make contract, set goals, devise a plan of action, monitor behaviour, analyze data.

Answer: B

Explanation: A)
B)
C)
D)

88) According to the stages of change model, people at this stage know they have a problem and intend to take action within six months. 88) _____

- A) action
- B) precontemplation
- C) preparation
- D) contemplation

Answer: D

Explanation: A)
B)
C)
D)

89) Adam's parents are not unduly concerned about their son's ability to adapt to college because he has always had a good sense of humor, been curious, and demonstrated an openness to ideas. These qualities are reflective of Adam's _____ wellness. 89) _____
A) interpersonal B) spiritual C) emotional D) intellectual

Answer: D

Explanation: A)
B)
C)
D)

90) The level of happiness and fulfillment you gain through your work is referred to as 90) _____
A) occupational wellness. B) spiritual wellness.
C) emotional wellness. D) intellectual wellness.

Answer: A

Explanation: A)
B)
C)
D)

91) According to the stages of change model, people at this stage have practiced their new, healthier lifestyle for at least six months. 91) _____
A) preparation B) contemplation
C) maintenance D) action

Answer: C

Explanation: A)
B)
C)
D)

92) "Your ability to successfully take action and perform specific tasks" defines the term 92) _____
A) self-efficacy. B) self-control. C) self-esteem. D) self-talk.

Answer: A

Explanation: A)
B)
C)
D)

93) Rewards included in health action plans should 93) _____
A) be meaningful and affordable.
B) reinforce your efforts.
C) be provided only when you reach your overall goal.
D) increase in cost over time.

Answer: B

Explanation: A)
B)
C)
D)

94) Eduardo has identified gambling as a target behaviour because it is interfering with his schoolwork. To aid him in stopping this behaviour, he may need to 94) _____
A) spend more time with his friends. B) find outside help.
C) use a self-management approach. D) buy a self-help book.

Answer: B
Explanation: A)
B)
C)
D)

95) The belief in one's ability to be successful in the performance of a given task is termed 95) _____
A) self-esteem. B) self-fulfilling prophecy.
C) self-efficacy. D) self-concept.

Answer: C
Explanation: A)
B)
C)
D)

96) Heart disease is associated with all of the following risk factors, EXCEPT 96) _____
A) stress. B) smoking.
C) regular exercise. D) hostile and suspicious attitudes.

Answer: C
Explanation: A)
B)
C)
D)

97) All of the following are important considerations during the precontemplation stage of behaviour change, EXCEPT 97) _____
A) raise your awareness. B) keep a journal.
C) seek social support. D) be self-aware.

Answer: B
Explanation: A)
B)
C)
D)

98) Occupational wellness is measured by how much _____ the job offers. 98) _____
A) work B) prestige C) money D) happiness

Answer: D
Explanation: A)
B)
C)
D)

99) First Nations people living on reserve have TB infection rates _____ times higher than the Canadian average. 99) _____

- A) 10 B) 2 C) 30 D) 5

Answer: C

Explanation: A)
B)
C)
D)

100) The stages of change model is most accurately described as a _____ model. 100) _____

- A) spiral B) constellation C) circular D) linear

Answer: A

Explanation: A)
B)
C)
D)

101) Men are more likely to experience all the following compared to women, EXCEPT 101) _____

- A) cluster headaches. B) alcoholism.
C) higher rates of spit tobacco use. D) stronger immune systems.

Answer: D

Explanation: A)
B)
C)
D)

102) The single most important factor in determining an individual's level of wellness is 102) _____

- A) genetics. B) behaviour. C) age. D) environment.

Answer: B

Explanation: A)
B)
C)
D)

103) The percentage of Canadian men that have not seen their doctor for a checkup in the past year is 103) _____

- A) 50 percent. B) 20 percent. C) 70 percent. D) 90 percent.

Answer: C

Explanation: A)
B)
C)
D)

- 104) Altruism, compassion, and fulfillment are components of _____
A) emotional wellness. B) spiritual wellness.
C) interpersonal wellness. D) intellectual wellness.

Answer: B

Explanation: A)
B)
C)
D)

- 105) Which of the following is NOT a modifiable risk factor? _____
A) exercising B) healthy diet C) family history D) smoking

Answer: C

Explanation: A)
B)
C)
D)

- 106) Carla has become very busy since she came to university. She is a full-time student and is very active in campus clubs and organizations. Her classes and campus activities leave her little time to socialize with her friends. She is beginning to feel as if she has let her friends down because she has had to cancel several activities that they had planned, but she also feels guilty if she isn't able to meet her other obligations. Carla has always thought that she was in control of her life and has managed well up until now. She wants to spend more time with her friends without giving up her other activities. _____

Carla realized and corrected her mistake. What can Carla do to ensure that she will continue to have enough time to have fun with her friends without compromising any area of wellness?

- A) Establish set times and days to be with her friends.
- B) Be flexible with her time and acknowledge that obstacles may occasionally disrupt her plans.
- C) Tell her friends that they have to participate in some of the campus activities with her so that they can have more time together.
- D) Eliminate some of her participation in campus activities.

Answer: B

Explanation: A)
B)
C)
D)

107) People with disabilities are more likely to _____
A) die at a young age. B) have cancer.
C) have HIV. D) be obese.

Answer: D

Explanation: A)
B)
C)
D)

108) Carla has become very busy since she came to university. She is a full-time student and is very active in campus clubs and organizations. Her classes and campus activities leave her little time to socialize with her friends. She is beginning to feel as if she has let her friends down because she has had to cancel several activities that they had planned, but she also feels guilty if she isn't able to meet her other obligations. Carla has always thought that she was in control of her life and has managed well up until now. She wants to spend more time with her friends without giving up her other activities.

Carla's desire to spend more time with her friends indicates that she needs to improve her level of _____ wellness.

A) emotional B) intellectual C) interpersonal D) spiritual

Answer: C

Explanation: A)
B)
C)
D)

109) The 'R' in SMART goals stands for _____
A) relative. B) realistic. C) radical. D) relational.

Answer: B

Explanation: A)
B)
C)
D)

110) The 'A' in SMART goals stands for _____
A) attainable. B) absolute. C) awesome. D) achievable.

Answer: A

Explanation: A)
B)
C)
D)

111) The six dimensions of wellness include all of the following, EXCEPT 111) _____
A) dietary wellness.
B) environmental, or planetary, wellness.
C) spiritual wellness.
D) emotional wellness.

Answer: A

Explanation: A)
B)
C)
D)

112) The best plan for behaviour change 112) _____
A) works at change systematically.
B) concentrates on several behaviours.
C) begins with a positive self-assessment
D) begins with a negative self-assessment.

Answer: A

Explanation: A)
B)
C)
D)

113) The six dimensions of wellness 113) _____
A) seldom influence one another.
B) demonstrate the separateness of mind and body.
C) affect health independently of each other.
D) are interrelated.

Answer: D

Explanation: A)
B)
C)
D)

114) With regard to one's health, which one of the following elements is most within an individual's control? 114) _____
A) behaviour B) health care C) environment D) heredity

Answer: A

Explanation: A)
B)
C)
D)

- 115) When compared to the general Canadian population, those of French-Canadian heritage have 115) _____
- A) lower overall death rates.
 - B) higher rates of Tay-Sachs disease.
 - C) shorter life expectancies.
 - D) higher overall death rates.

Answer: B

Explanation: A)
B)
C)
D)

- 116) If you tell yourself, "I wanted to go swimming today but wouldn't have had time to wash my hair afterward" you are 116) _____
- A) blaming.
 - B) rationalizing.
 - C) procrastinating.
 - D) justifying.

Answer: B

Explanation: A)
B)
C)
D)

- 117) All of the following are important considerations during the preparation stage of behaviour change, EXCEPT 117) _____
- A) make change a priority.
 - B) take short steps.
 - C) create a plan.
 - D) identify helpful resources.

Answer: D

Explanation: A)
B)
C)
D)

- 118) Openness to new ideas, capacity to question, and creativity are components of 118) _____
- A) interpersonal wellness.
 - B) spiritual wellness.
 - C) emotional wellness.
 - D) intellectual wellness.

Answer: D

Explanation: A)
B)
C)
D)

119) Barriers to health behaviour change progress may include all of the following, EXCEPT 119) _____
A) stress barriers.
B) levels of motivation and commitment.
C) excess effort.
D) social influences.

Answer: C

Explanation: A)
B)
C)
D)

120) Those with an internal locus of control believe that events turn out as they do based on 120) _____
A) luck. B) heredity. C) fate. D) their actions.

Answer: D

Explanation: A)
B)
C)
D)

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

121) Define the six dimensions of wellness discussed in the text and, for each 121) _____
dimension, list two behaviours or habits that would promote its development.

Answer: Answers will vary

Explanation:

122) List the six major steps in a behaviour change plan of action. Select a target 122) _____
behaviour, and briefly describe how you would apply the steps to that behaviour.

Answer: Answers will vary

Explanation:

123) Discuss the role that lifestyle choices play in determining quality of life. Provide 123) _____
three examples of healthy lifestyle choices and explain how each promotes
quality of life and the dimensions of wellness.

Answer: Answers will vary

Explanation:

124) Describe which stage of change each of the following situations represents, and provide two appropriate strategies in each case to help the person move forward in the cycle of change. 124) _____

- José wants to get back into shape, but he can't figure out how to fit activity into his day and doesn't know what to do next about his desire to change.
- Ellen has tried unsuccessfully to quit smoking in the past and now assumes that she won't ever be able to quit.
- Gary has decided to improve his diet, beginning in two weeks; he has already started to change by eating cereal for breakfast at home one day per week rather than picking up his usual fast food breakfast on the way to his first class.

Answer: Answers will vary

Explanation:

125) Describe at least five strategies for critically evaluating health-related information. 125) _____

Answer: Answers will vary

Explanation:

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

126) Making successful change in a health behaviour has the additional benefit of allowing you to feel better about yourself. 126) _____

Answer: True False

Explanation:

127) If you are facing stress in your life, it might be necessary to delay a behaviour change program. 127) _____

Answer: True False

Explanation:

128) Having incremental steps toward a long-term goal increases the chance that you will achieve the ultimate goal. 128) _____

Answer: True False

Explanation:

129) Having an external locus of control is associated with motivation and commitment to change behaviour. 129) _____

Answer: True False

Explanation:

130) During the early twentieth century people were more likely to die from infectious disease than from heart disease. 130) _____

Answer: True False

Explanation:

- 131) Prior to the twentieth century, a person was most likely to die of a chronic disease. 131) _____
Answer: True False
Explanation:
- 132) Women are more likely to be afflicted with Alzheimer's disease than men are. 132) _____
Answer: True False
Explanation:
- 133) Length of life is synonymous with quality of life. 133) _____
Answer: True False
Explanation:
- 134) Most health problems occur at the same rate for men and women. 134) _____
Answer: True False
Explanation:
- 135) The estimated total cost of illness, disability, and death attributed to chronic diseases in Canada is \$100 billion. 135) _____
Answer: True False
Explanation:
- 136) Health journals are most effective as a behaviour change tool when they address only the specific target behaviour. 136) _____
Answer: True False
Explanation:
- 137) Social support is not important for motivation during a behaviour change program. 137) _____
Answer: True False
Explanation:
- 138) Occupational wellness is enhanced with high salaries and prestigious titles. 138) _____
Answer: True False
Explanation:
- 139) Making changes in your original plan of action will decrease your chance of reaching your goal. 139) _____
Answer: True False
Explanation:
- 140) A person who is devoutly religious is assured of good spiritual health. 140) _____
Answer: True False
Explanation:
- 141) Poor lifestyle choices can be directly linked to mortality rates in the late twentieth century. 141) _____
Answer: True False
Explanation:

- 142) Behaviour choices and actions impact only the health and wellness of the individual. 142) _____
Answer: True False
Explanation:
- 143) Short-term benefits of behaviour change are important as a motivating force. 143) _____
Answer: True False
Explanation:
- 144) Expecting success in behaviour change actually decreases the likelihood of achieving success. 144) _____
Answer: True False
Explanation:
- 145) Working toward realistic goals will increase your chances of success. 145) _____
Answer: True False
Explanation:
- 146) It would be fair to describe "slips" in the attempt to change behaviours as failures. 146) _____
Answer: True False
Explanation:
- 147) The costs associated with behaviour change far outweigh the benefits. 147) _____
Answer: True False
Explanation:
- 148) In the long run, what we do for ourselves has a great influence on our health. 148) _____
Answer: True False
Explanation:
- 149) The wellness concept defines health as the absence of disease. 149) _____
Answer: True False
Explanation:
- 150) The transtheoretical model has been shown to be an effective approach to lifestyle self-management. 150) _____
Answer: True False
Explanation:
- 151) Effective rewards and support for behaviour change can be provided by family and friends. 151) _____
Answer: True False
Explanation:
- 152) Wellness is largely determined by the decisions you make about how you live. 152) _____
Answer: True False
Explanation:

- 153) Stress from other parts of a person's life often makes it more difficult to be successful in changing a behaviour. 153) _____
Answer: True False
Explanation:
- 154) Social wellness requires participating in and contributing to your community and society. 154) _____
Answer: True False
Explanation:
- 155) Belief that you are in control of your own life is known as having an internal locus of control. 155) _____
Answer: True False
Explanation:
- 156) Knowledge about health is all you need to undertake a behaviour change. 156) _____
Answer: True False
Explanation:
- 157) Self-control is one characteristic of a person who possesses good emotional health. 157) _____
Answer: True False
Explanation:
- 158) In order to achieve overall wellness, an individual must seek to develop at least four of the six dimensions of wellness. 158) _____
Answer: True False
Explanation:
- 159) Groups who have high poverty rates most often have the worst health status. 159) _____
Answer: True False
Explanation:

Answer Key
Testname: C1

- 1) D
- 2) A
- 3) B
- 4) D
- 5) D
- 6) D
- 7) C
- 8) C
- 9) B
- 10) D
- 11) B
- 12) C
- 13) D
- 14) D
- 15) A
- 16) B
- 17) D
- 18) D
- 19) A
- 20) B
- 21) A
- 22) A
- 23) D
- 24) B
- 25) D
- 26) D
- 27) A
- 28) C
- 29) A
- 30) B
- 31) C
- 32) B
- 33) C
- 34) A
- 35) D
- 36) B
- 37) B
- 38) C
- 39) A
- 40) A
- 41) D
- 42) D
- 43) C
- 44) A
- 45) A
- 46) C
- 47) B
- 48) C
- 49) A
- 50) A

Answer Key
Testname: C1

- 51) C
- 52) D
- 53) A
- 54) D
- 55) A
- 56) A
- 57) C
- 58) A
- 59) A
- 60) A
- 61) C
- 62) C
- 63) A
- 64) A
- 65) C
- 66) A
- 67) D
- 68) C
- 69) A
- 70) C
- 71) A
- 72) A
- 73) D
- 74) A
- 75) B
- 76) A
- 77) C
- 78) D
- 79) C
- 80) D
- 81) D
- 82) A
- 83) D
- 84) D
- 85) D
- 86) A
- 87) B
- 88) D
- 89) D
- 90) A
- 91) C
- 92) A
- 93) B
- 94) B
- 95) C
- 96) C
- 97) B
- 98) D
- 99) C
- 100) A

Answer Key
Testname: C1

- 101) D
- 102) B
- 103) C
- 104) B
- 105) C
- 106) B
- 107) D
- 108) C
- 109) B
- 110) A
- 111) A
- 112) A
- 113) D
- 114) A
- 115) B
- 116) B
- 117) D
- 118) D
- 119) C
- 120) D
- 121) Answers will vary
- 122) Answers will vary
- 123) Answers will vary
- 124) Answers will vary
- 125) Answers will vary
- 126) TRUE
- 127) TRUE
- 128) TRUE
- 129) FALSE
- 130) TRUE
- 131) FALSE
- 132) TRUE
- 133) FALSE
- 134) FALSE
- 135) FALSE
- 136) FALSE
- 137) FALSE
- 138) FALSE
- 139) FALSE
- 140) FALSE
- 141) TRUE
- 142) FALSE
- 143) TRUE
- 144) FALSE
- 145) TRUE
- 146) FALSE
- 147) FALSE
- 148) TRUE
- 149) FALSE

Answer Key

Testname: C1

- 150) TRUE
- 151) TRUE
- 152) TRUE
- 153) TRUE
- 154) TRUE
- 155) TRUE
- 156) FALSE
- 157) TRUE
- 158) FALSE
- 159) TRUE