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Question 1

Not yet answered

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Using _____ can help bridge the intention-behavior gap and promote behavior change.

- ☐ a. motivational interviewing
- ☐ b. fear appeals
- ☐ c. cognitive restructuring
- ☐ d. implementation intentions

Question 2

Not yet answered

Marked out of 1.00

Cognitive dissonance is a negative force that can make people feel uncomfortable and resistant to change.

- ☐ a. True
- ☐ b. False

Question 3

Not yet answered

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Motivational Interviewing (MI) aims to reduce cognitive dissonance and push individuals toward behavior change.

- ☐ a. True
- ☐ b. False

Question 4

Not yet answered

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The Health Belief Model represents _____ approach to changing behavior.

- ☐ a. Behavioral
- ☐ b. Cognitive
- ☐ c. Emotional
- ☐ d. Social

Question 5

Not yet answered

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Jake believes he's not good enough at his job and tends to procrastinate. His therapist helps him find evidence of times when he succeeded, challenging his negative beliefs. This approach is aligned with:

- ☐ a. Modeling
- ☐ b. Reinforcement
- ☐ c. Cognitive Behavioral Therapy (CBT)
- ☐ d. Motivational Interviewing (MI)

Question 6

Not yet answered

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Individuals develop _____ to understand the causes of events and make the world more predictable.

- ☐ a. risk perceptions
- ☐ b. health beliefs
- ☐ c. beliefs about control
- ☐ d. behavioral intentions

Question 7

Not yet answered

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Which of the following is true for the biomedical model of health and illness?

- ☐ a. It focuses on the interplay of biological, psychological, and social factors.
- ☐ b. It emphasizes the importance of lifestyle choices and health behaviors.
- ☐ c. It views health and illness as a result of physiological abnormalities and pathogens.
- ☐ d. It prioritizes the role of social determinants in shaping health outcomes.

Question 8

Not yet answered

Marked out of 1.00

Changing behavior is a simple process.

- ☐ a. True
- ☐ b. False

Question 9

Not yet answered

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What is the term used to describe the uncomfortable feeling people get when there is a mismatch between how they see themselves and how they are behaving.

- ☐ a. Self-affirmation
- ☐ b. Cognitive dissonance
- ☐ c. Intention behavior gap
- ☐ d. Cognitive restructuring

Question 10

Not yet answered

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The Developmental Model of eating behavior highlights the significance of social learning in influencing food preferences.

- ☐ a. True
- ☐ b. False

Question 11

Not yet answered

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Which model proposes that the process of behavior change is not static and linear, but rather dynamic and non-linear?

- ☐ a. Health Belief Model
- ☐ b. Protection Motivation Theory
- ☐ c. Developmental Model
- ☐ d. Stages of Change Model

Question 12

Not yet answered

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George holds the belief that his friends will support his decision to begin a regular exercise regimen, and he is confident in his ability to stick to it. These factors are most relevant to which component of a psychological model.

- ☐ a. Attitude toward behavior
- ☐ b. Subjective norm
- ☐ c. Perceived behavioral control
- ☐ d. Fear component

Question 13

Not yet answered

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Which technique encourages individuals to compare and contrast the costs and benefits of their behavior?

- ☐ a. Cognitive restructuring
- ☐ b. Goal setting
- ☐ c. Self-affirmation
- ☐ d. Motivational interviewing

Question 14

Not yet answered

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Wendy has received a diagnosis that necessitates substantial adjustments to her lifestyle. She believes that she can control her behavior and successfully manage her health. This scenario is in accordance with which model.

- ☐ a. Health Belief Model (HBM)
- ☐ b. Theory of Planned Behavior (TPB)
- ☐ c. Protection Motivation Theory (PMT)
- ☐ d. Stages of Change Model

Question 15

Not yet answered

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Health behaviors are characterized as actions that:

- ☐ a. Are related to fashion trends.
- ☐ b. Are unrelated to an individual's well-being.
- ☐ c. Have a negative or positive impact on health.
- ☐ d. Are solely related to physical exercise.

Question 16

Not yet answered

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According to the focus on variability approach, health, and illness cannot just be described by _____, but rather requires consideration of multiple factors that affect how each person's health turns out differently.

- ☐ a. Biological factors only
- ☐ b. Psychological factors only
- ☐ c. Social factors only
- ☐ d. Disease severity and knowledge alone.

Question 17

Not yet answered

Marked out of 1.00

The goals of health psychology include all of the following EXCEPT:

- ☐ a. To provide clinical services to individuals and groups.
- ☐ b. To promote health and prevent illness.
- ☐ c. To understand the psychological factors that influence health and illness.
- ☐ d. To develop interventions that improve health and well-being.

Question 18

Not yet answered

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The 8 Dimensions of Wellness is a lifelong journey and can be improved through social and environmental changes.

- ☐ a. False
- ☐ b. True

Question 19

Not yet answered

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Emily has a strong fear of developing a certain health condition due to her family history. This fear is categorized as an emotional aspect within which model?

- ☐ a. Health Belief Model (HBM)
- ☐ b. Theory of Planned Behavior (TPB)
- ☐ c. Protection Motivation Theory (PMT)
- ☐ d. Stages of Change Model

Question 20

Not yet answered

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_____ aspect of wellness includes elements like mood, stress management, and coping mechanisms.

- ☐ a. Emotional
- ☐ b. Intellectual
- ☐ c. Spiritual
- ☐ d. Environmental

