1. Poor lifestyle choices can be directly linked to mortality rates in the late twentieth century.
   A) True
   B) False

2. Donna is about 25 pounds overweight, has tried a variety of diets, and has repeatedly 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 unmotivated.
   B) having an external locus of control.
   C) having an internal locus of control.
   D) being a victim of genetics.

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

4. Rewards included in health action plans should
   A) be provided daily.
   B) be provided only when you reach your overall goal.
   C) be meaningful and affordable.
   D) include limited participation in the behavior you are trying to eliminate.

5. During the early twentieth century people were more likely to die from infectious disease than from heart disease.
   A) True
   B) False

6. The average life span in the twentieth century has
   A) not changed significantly.
   B) increased slightly.
   C) nearly doubled.
   D) nearly tripled.

7. Which of the following is NOT a recommended strategy for maintaining behavior change?
   A) assessing stress levels
   B) rationalizing
   C) evaluating social influences
   D) refocusing
8. The best plan for behavior change
   A) begins with a negative self-assessment.
   B) concentrates on several behaviors.
   C) refuses to tolerate temporary setbacks.
   D) works at change systematically.

9. Health journals should address only the specific target behavior.
   A) True
   B) False

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

11. People with disabilities are more likely to experience
    A) cancer.
    B) depression.
    C) HIV infection.
    D) violent death.

12. Working toward realistic goals will increase your chances of success.
    A) True
    B) False

13. A goal of Healthy People 2010 is to
    A) eliminate chronic illnesses.
    B) eliminate health disparities among Americans.
    C) increase life expectancy beyond 100 years.
    D) reduce the amount of profit that health care providers make.

14. Expecting success in behavior change actually decreases the likelihood of achieving success.
    A) True
    B) False

15. Those with an internal locus of control believe that events turn out as they do based on
    A) fate.
    B) heredity.
    C) their actions.
    D) luck.
16. The leading preventable cause of death among Americans is
   A) alcohol consumption.
   B) poor health care.
   C) smoking.
   D) careless driving.

17. Stress from other parts of a person's life often makes it more difficult to be successful in changing a behavior.
   A) True
   B) False

18. The technique of visualization is one of the best ways to
   A) keep an eye on your future.
   B) boost your self-esteem.
   C) improve physical strength.
   D) none of the above

19. Having an external locus of control is associated with motivation and commitment to change behavior.
   A) True
   B) False

20. Homosexual teens are at greater risk for
   A) cancer.
   B) obesity.
   C) asthma.
   D) suicide.

21. The six dimensions of wellness
   A) affect health independently of each other.
   B) interact continuously.
   C) seldom influence one another.
   D) demonstrate the separateness of mind and body.

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

23. The costs associated with behavior change far outweigh the benefits.
   A) True
   B) False
24. The single most important factor in determining an individual's level of health is
A) genetics.
B) environment.
C) behavior.
D) age.

25. Protecting yourself from exposure to toxic substances in the workplace is an example of promoting __________ wellness.
A) social
B) spiritual
C) intellectual
D) environmental

26. If you are facing stress in your life, it might be good to delay a behavior change program.
A) True
B) False

27. Making successful change in a health behavior has the additional benefit of allowing you to feel better about yourself.
A) True
B) False

28. Entries made into a health journal should focus on
A) only positive behaviors.
B) what others think about you.
C) only behaviors that block you from achieving your target behavior.
D) the behavior you wish to change.

29. John, an African American 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 his knowledge that
A) African American males have a higher incidence of heart attacks than males in other population groups.
B) African American men die from strokes at almost twice the rate of men in other population groups.
C) diabetes is a concern for African American men, especially those who are overweight.
D) he is at increased risk for developing sickle-cell disease if he doesn't maintain a healthful lifestyle.

30. The final stage of the "Stages of Change" is
A) finalization.
B) maintenance.
C) end stage.
D) termination.
31. Knowledge about health is all you need to undertake a behavior change.
   A) True
   B) False

32. If you were born in 1900, you most likely would
   A) die by age 30.
   B) die by age 50.
   C) live past 60 years old.
   D) live to about the same age as people do today.

33. The best response to behavior-related diseases is
   A) chemical treatment.
   B) surgical treatment.
   C) prevention.
   D) rehabilitation.

Use the following to answer question 34:

Carla has become very busy since she came to college. 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.

34. 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) eliminate some of her participation in campus activities
   C) be flexible with her time and acknowledge that obstacles may occasionally disrupt her plans
   D) tell her friends that they have to participate in some of the campus activities with her so that they can have more time together

35. Most health problems occur at the same rate for men and women.
   A) True
   B) False

36. Having incremental steps toward a long-term goal increases the chance that you will achieve the ultimate goal.
   A) True
   B) False

37. A goal of Healthy People 2010 is to eliminate health disparities among Americans.
   A) True
   B) False
38. 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
A) doesn't want to change.
B) doesn't have the support to change.
C) doesn't have the skills to change.
D) doesn't have the knowledge to change.

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

40. During a behavior change program some people may lapse. If this occurs they should
A) recycle through earlier stages.
B) give up.
C) choose a different behavior for change.
D) ignore the lapse and complete the program.