

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

- 1) A trait or behavior that a person can actively control, such as eating habits, is a(n) 1) \_\_\_\_\_  
A) modifiable determinant. B) biological determinant.  
C) environmental influence. D) social determinant.
  
- 2) Differences in cancer mortality among specific populations are an example of 2) \_\_\_\_\_  
A) risk behaviors. B) health disparities.  
C) biological determinants. D) medical malpractice.
  
- 3) The model of health that is concerned with curing disease affecting a particular tissue or organ is 3) \_\_\_\_\_  
the  
A) holistic model. B) medical model.  
C) surgical model. D) public health model.
  
- 4) The positive aspects of a person's life, such as being satisfied with life in general and having positive 4) \_\_\_\_\_  
emotions, determines one's sense of  
A) well-being. B) change. C) health. D) progress.
  
- 5) Jim was successful at meeting his exercise goal and rewarded himself by taking a three-day 5) \_\_\_\_\_  
vacation at a golf resort. This is an example of a  
A) covert behavior. B) negative behavior.  
C) manipulative behavior. D) reinforcing behavior.
  
- 6) The achievement of the highest level of health possible in each of several dimensions is 6) \_\_\_\_\_  
A) wellness. B) motivation. C) recovery. D) fitness.
  
- 7) Katherine is an energetic, confident student who is not afraid to stand up in front of the class and 7) \_\_\_\_\_  
read her essay aloud. She trusts that even if others don't agree with her point of view, they will still  
value her as a person and a friend. These traits best demonstrate Katherine's positive  
A) physical health. B) social health.  
C) intellectual health. D) emotional health.
  
- 8) Overall, the leading cause of death for Americans is 8) \_\_\_\_\_  
A) accidents. B) cancer.  
C) respiratory disease. D) heart disease.
  
- 9) Which of the following is an essential prerequisite for changing a behavior? 9) \_\_\_\_\_  
A) wanting to change  
B) changing environmental obstacles  
C) asking friends for advice  
D) deciding on several rewards for making the change
  
- 10) Which of the following were cited by college students in a national survey as major impediments to 10) \_\_\_\_\_  
performing well academically?  
A) stress, anxiety, and sleep difficulties B) carrying a too-heavy course load  
C) substance abuse D) repeated strep infections

- 11) Spiritual health can best be described as 11) \_\_\_\_\_  
 A) not as important as other factors to overall wellness.  
 B) holding to religious beliefs learned in childhood.  
 C) establishing and maintaining fulfilling relationships.  
 D) having a sense of meaning and purpose in one's life.
- 12) The dimension of physical health encompasses the ability to 12) \_\_\_\_\_  
 A) perform activities of daily living.  
 B) protect yourself from hazards in your environment.  
 C) analyze information.  
 D) reason objectively.
- 13) Because it increases one's susceptibility to negative health outcomes, alcohol abuse is an example of 13) \_\_\_\_\_  
 which type of behavior?  
 A) reinforcing                      B) risk                      C) influential                      D) predetermined
- 14) Which of the following contributed to increased life expectancy in the early twentieth century? 14) \_\_\_\_\_  
 A) vaccinations and antibiotics                      B) advances in genetic testing  
 C) more doctors in metropolitan areas                      D) advances in heart and brain surgery
- 15) Changing your seat in class to one closer to the front to help change your habit of napping during 15) \_\_\_\_\_  
 the lecture is an example of  
 A) an activity reinforcer.                      B) social reinforcement.  
 C) situational inducement.                      D) negative reinforcement.
- 16) A person's bone structure is an example of a(n) 16) \_\_\_\_\_  
 A) environmental influence.                      B) epigenetic factor.  
 C) nonmodifiable determinant.                      D) behavioral choice.
- 17) A sedentary lifestyle, overuse of caffeine, and risky sexual practices are examples of 17) \_\_\_\_\_  
 A) involuntary determinants of health.                      B) nonmodifiable determinants of health.  
 C) voluntary determinants of health.                      D) modifiable determinants of health.
- 18) Major public health achievements of the twentieth century include 18) \_\_\_\_\_  
 A) mental health counseling.                      B) lower birth rates.  
 C) pharmaceutical products.                      D) workplace safety.
- 19) The expected number of years of life remaining at a given age, such as at birth, is known as 19) \_\_\_\_\_  
 A) population control.                      B) morbidity.  
 C) life expectancy.                      D) mortality.
- 20) Health and wellness are best described as 20) \_\_\_\_\_  
 A) determined by genes.                      B) determined by the environment.  
 C) dynamic.                      D) static.
- 21) Manuela joined a group exercise class. Her instructor, who was formerly inactive and overweight, 21) \_\_\_\_\_  
 participates with the class and also shares personal fitness strategies. In class, Manuela tries to  
 emulate her instructor's moves, and she has also become more physically active as part of her daily  
 routine. Which technique is Manuela using to reach her goal of becoming more fit?  
 A) shaping                      B) visualization                      C) reinforcement                      D) modeling

- 22) Mindy wants to lose weight. The fact that her parents engage in regular exercise is a(n) 22) \_\_\_\_\_  
 A) reinforcing factor. B) predisposing factor.  
 C) motivational factor. D) enabling factor.
- 23) Jane is sedentary and obese. What effect, if any, do these factors have on her health? 23) \_\_\_\_\_  
 A) They affect her physical health only.  
 B) They affect her health only if she has a family history of health problems related to obesity.  
 C) They impede her progress toward high-level wellness.  
 D) They affect her physical and emotional health only.
- 24) Based on a recent cholesterol screening, Marlon decided that he has to stop eating so much fast food and get more exercise. Between work and school, his free time is limited, but he is determined to lower his cholesterol level and improve his overall health. The best way for Marlon to stay motivated to improve his diet and work out regularly is to 24) \_\_\_\_\_  
 A) set an ambitious goal and chart daily and weekly progress using online tools.  
 B) depend on his friends to keep him away from his favorite fast-food restaurants.  
 C) set reasonable short- and long-term goals and reward himself for meeting them.  
 D) make weekly resolutions for how many times to work out and chastise himself if he hasn't accomplished his planned goal.
- 25) Which type of costs are related to higher insurance premiums and increased disability payments due to obesity-related health conditions? 25) \_\_\_\_\_  
 A) Medicaid costs B) indirect medical costs  
 C) Medicare costs D) direct medical costs
- 26) Paul studies mortality rates in infants of various ethnicities. He studies their 26) \_\_\_\_\_  
 A) death rates. B) chronic disease rates.  
 C) accident rates. D) illness rates.
- 27) Life expectancy in the early 1900s was largely determined by a person's 27) \_\_\_\_\_  
 A) occupation and location. B) family history.  
 C) hygiene habits. D) susceptibility to infectious disease.
- 28) Gavin downloads a new workout song every time he completes his week's exercise goal. This action is an example of 28) \_\_\_\_\_  
 A) shaping. B) countering.  
 C) an intrinsic reward. D) positive reinforcement.
- 29) Rafael is committed to his study of ecology and the effects of climate change. Additionally, he tries to show respect for all living things. Which of the following statements best describes Rafael? 29) \_\_\_\_\_  
 A) He demonstrates social health. B) He demonstrates emotional health.  
 C) He demonstrates intellectual health. D) He demonstrates spiritual health.
- 30) Support from others to change a behavior is an example of a(n) 30) \_\_\_\_\_  
 A) predisposing factor. B) enabling factor.  
 C) reinforcing factor. D) contributing factor.
- 31) The ever-changing process of achieving individual potential in the physical, social, emotional, intellectual, spiritual, and environmental dimensions is the definition of 31) \_\_\_\_\_  
 A) satisfaction. B) fitness. C) recovery. D) health.

- 32) According to the transtheoretical model, a person in the precontemplation stage 32) \_\_\_\_\_  
 A) is aware of the problem but is greatly afraid of change.  
 B) is aware of the problem and is already taking action to implement change.  
 C) has no current intention to change or believes there is no need to change.  
 D) is aware of the problem and is making preparations for change.
- 33) Jill has many friends, is respected by her coworkers, and maintains a great relationship with her 33) \_\_\_\_\_  
 boyfriend. Her ability to interact with others is an example of which dimension of health?  
 A) physical                      B) emotional                      C) social                      D) intellectual
- 34) Which of the following is an example of a SMART goal? 34) \_\_\_\_\_  
 A) Stop drinking alcohol.  
 B) Reduce my weekend alcohol consumption from 6 or more drinks per night to 1 drink per  
 night.  
 C) Reduce my weekend alcohol consumption from 4 or more drinks per night to no more than 3  
 drinks per night.  
 D) Drink less alcohol.
- 35) Young adults (ages 15-24) are most likely to die from 35) \_\_\_\_\_  
 A) accidents.                      B) homicide.                      C) heart disease.                      D) cancer.
- 36) People with an internal locus of control believe that events turn out as they do based on 36) \_\_\_\_\_  
 A) fate and luck.                      B) previous disappointments.  
 C) environmental factors.                      D) their own actions.
- 37) Education and policies aimed at reducing distracted driving within a given population exemplify 37) \_\_\_\_\_  
 A) medical treatment.                      B) health disparities.  
 C) health promotion.                      D) risk behavior.
- 38) Which behavior change model involves six distinct stages and is also known as the stages of change 38) \_\_\_\_\_  
 model?  
 A) social cognitive model                      B) transtheoretical model  
 C) shaping model                      D) health belief model
- 39) Missy is motivated to lose weight. She has begun taking a 30-minute walk every morning, has 39) \_\_\_\_\_  
 worked with a nutrition counselor to design a new diet, and on Monday will begin following new  
 eating plan. According to the transtheoretical model of behavior change, Missy is in a stage of  
 A) action.                      B) precontemplation.  
 C) contemplation.                      D) maintenance.
- 40) The contemporary definition of wellness is 40) \_\_\_\_\_  
 A) living longer than one's parents.  
 B) the ability to move about freely without pain.  
 C) the absence of ongoing symptoms or chronic disease.  
 D) the achievement of the highest level of health possible in each of several dimensions.
- 41) A disease that begins slowly, progresses over a period of time, and may resist treatment is a(n) 41) \_\_\_\_\_  
 A) acute disease.                      B) chronic disease.  
 C) hereditary disease.                      D) behavioral disease.

- 42) Having unprotected sex is considered a \_\_\_\_\_  
 A) health promotion. B) risk behavior.  
 C) health disparities. D) medical treatment.
- 43) Determinants of health are a range of factors in a person's life that \_\_\_\_\_  
 A) influence his or her genes.  
 B) influence his or her response to medical treatment.  
 C) predispose him or her to a particular set of diseases.  
 D) influence his or her health status.
- 44) Not allowing yourself to think about stage fright and focusing only on the content of your speech when preparing for a presentation is an example of \_\_\_\_\_  
 A) countering. B) positive reinforcement.  
 C) a situational reinforcer. D) blocking and stopping.
- 45) The thought, "I don't have enough time!" is an example of \_\_\_\_\_  
 A) punishment. B) self-talk. C) enabling. D) shaping.
- 46) Brenda is going on a ski trip over spring break and has 12 weeks to get in shape. She purchased an elliptical trainer and started working out on it for 10 minutes each day. Each week, she will increase her workout by 10 minutes until she can exercise for one hour. If she finds that is too rigorous, she will only add 5 minutes to her workout each week. Which of the following behavior-change techniques is Brenda using to get in shape for her trip?  
 A) shaping B) self-talk C) modeling D) visualization
- 47) The six dimensions of health \_\_\_\_\_  
 A) seldom influence one another. B) affect either the mind or the body.  
 C) affect health independently of each other. D) interact continuously.
- 48) Which strategy is used by many athletes to visualize the attainment of goals?  
 A) athletic imagery B) imagined rehearsal  
 C) coaching D) vicarious performance
- 49) *Healthy People 2020* is a plan designed to \_\_\_\_\_  
 A) increase payments to doctors who serve Medicaid and Medicare patients.  
 B) update FDA regulations on the manufacture and sale of drugs in the United States.  
 C) extend health insurance coverage to millions more Americans.  
 D) improve the quality of life and years of life for all Americans.
- 50) Mrs. J. is trying to get her third-grade students to remember to have their homework signed by a parent before bringing it to class. Students who remember every day for a month receive a gift card from a local bookstore. This is an example of a(n) \_\_\_\_\_  
 A) possessional reinforcer. B) activity reinforcer.  
 C) consumable reinforcer. D) manipulative reinforcer.
- 51) Observing a friend's successful attempt to quit smoking and trying some of the same tactics to quit yourself is an example of \_\_\_\_\_  
 A) modeling. B) conforming. C) shaping. D) envy.

- 52) Eve is always upset about something, and it seems that she is never really happy. Her mental outlook is likely to adversely affect \_\_\_\_\_  
 A) mainly her emotional health. B) mainly her physical health.  
 C) all six dimensions of her health. D) mainly her social health.
- 53) Which change model was created to illustrate how firmly held ideas affect behavior change? \_\_\_\_\_  
 A) social cognitive model B) health belief model  
 C) transtheoretical model D) shaping model
- 54) An adolescent smoker might think lung cancer happens only to old people. This is an example of which factor of the health belief model? \_\_\_\_\_  
 A) perceived susceptibility B) perceived barriers  
 C) perceived seriousness D) perceived benefits
- 55) All of the following are basic mindfulness skills EXCEPT \_\_\_\_\_  
 A) acknowledging that you are not perfect.  
 B) tuning out a noisy student in the library.  
 C) acknowledging your disappointment at a poor grade.  
 D) cultivating compassion for a friend with financial problems.
- 56) Health promotion \_\_\_\_\_  
 A) includes policies, programs, and financial support for initiatives that promote health.  
 B) focuses on curing the most prevalent diseases.  
 C) involves social justice efforts aimed at achieving health care for all Americans.  
 D) refers to fundraising campaigns for health-related organizations.
- 57) Jason is frustrated because he has three projects due at the same time next week and he doesn't believe it's possible to get all three finished. His solution is to forget about the projects and meet up with friends for a night out. Jason has \_\_\_\_\_  
 A) self-efficacy. B) an internal locus of control.  
 C) an external locus of control. D) self-confidence.
- 58) All the following causes of death are linked to modifiable lifestyle behaviors EXCEPT \_\_\_\_\_  
 A) cancer. B) heart disease.  
 C) diabetes. D) genetic diseases.
- 59) The science that views negative health events as resulting from individuals' interactions with their physical or social environment is \_\_\_\_\_  
 A) public health. B) immunology.  
 C) disease prevention. D) medicine.
- 60) To successfully change a behavior, a person must recognize that change is a(n) \_\_\_\_\_  
 A) chance to wipe out past mistakes. B) isolated event.  
 C) process that occurs in stages. D) stressful situation.
- 61) Which health model views treating disease through medications and surgery as the surest way to improve health? \_\_\_\_\_  
 A) environmental model B) public health model  
 C) medical model D) social model

- 62) The change model based on three factors (social environment, thoughts and feelings, and behaviors) in interaction with each other is known as the \_\_\_\_\_  
 A) behavior modification model. B) health belief model.  
 C) transtheoretical model. D) social cognitive model.
- 63) Judy is confident in her ability to meet her weight-loss goal. When she notices herself overeating, she makes a plan and takes action to get her diet back on track. Judy \_\_\_\_\_  
 A) is in a state of readiness to change. B) exhibits self-efficacy.  
 C) has self-control. D) relies on social support.
- 64) The science of epigenetics studies \_\_\_\_\_  
 A) how genes influence an individual's behavioral choices.  
 B) the structure of our genes.  
 C) how behavioral choices influence our cells' ability to use genes.  
 D) patterns of inheritance.
- 65) One of the most important goals of *Healthy People 2020* is to \_\_\_\_\_  
 A) reduce health care costs for all Americans.  
 B) eliminate health disparities and improve the health of all population groups.  
 C) increase the number of public health departments in every state.  
 D) increase funding for research on certain diseases such as cancer and diabetes.
- 66) Emotional health can best be described as being able to \_\_\_\_\_  
 A) adapt to various social situations.  
 B) maintain satisfying interpersonal relationships.  
 C) think clearly, without emotional influence.  
 D) feel and express emotions appropriately.
- 67) An appraisal of the relationship between an object, action, or idea and some attribute related to it is a(n) \_\_\_\_\_  
 A) motivation. B) belief. C) attitude. D) analysis.
- 68) The ability to think clearly, analyze information, and use one's mental capacity to meet life's challenges is known as \_\_\_\_\_  
 A) social health. B) intellectual health.  
 C) emotional health. D) physical health.
- 69) Which of the following statements about mindfulness is true? \_\_\_\_\_  
 A) Research linking mindfulness to improved health is inconclusive.  
 B) The practice of mindfulness emerged in the United States in the 1970s.  
 C) Mindfulness is a religious practice in which the individual contemplates the divine.  
 D) An essential component of mindfulness is awareness of oneself and one's environment.
- 70) Beth works part-time as a waitress and receives no health insurance benefits from her employer. She purchased insurance under the Affordable Care Act, but the policy has a \$5,000 annual deductible. Beth \_\_\_\_\_  
 A) is likely to delay care that she needs. B) is uninsured.  
 C) is overinsured. D) has equitable access to health services.

- 71) Washing your hands before eating is an example of disease \_\_\_\_\_  
 A) intervention. B) treatment. C) screening. D) prevention.
- 72) The process of taking small individual steps toward a behavior change goal is \_\_\_\_\_  
 A) journaling. B) action. C) shaping. D) preparation.
- 73) Going out for dinner at your favorite restaurant as a reward for finishing a big project is an example of a \_\_\_\_\_  
 A) possessional reinforcer. B) consumable reinforcer.  
 C) manipulative reinforcer. D) social reinforcer.
- 74) Effective health promotion programs \_\_\_\_\_  
 A) don't attempt to change individual attitudes about health.  
 B) focus on encouraging behaviors known to support good health.  
 C) focus on improving selected negative behaviors.  
 D) have the most measurable results when implemented in schools.
- 75) Once you have identified a target behavior that needs to change, your next step is to \_\_\_\_\_  
 A) see a counselor to help you work out a plan.  
 B) learn more about the behavior, its effects, and possible obstacles.  
 C) consider the possible negative outcomes before proceeding.  
 D) commit to changing all negative behaviors at the same time.
- 76) Studies associate mindfulness with \_\_\_\_\_  
 A) social isolation. B) increased religious belief.  
 C) increased blood pressure. D) improvements in memory.

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

- 77) Being able to perform activities of daily living is an aspect of physical health. \_\_\_\_\_
- 78) The acronym SMART stands for Serious, Measurable, Adaptable, Realistic, and Time-Oriented. \_\_\_\_\_
- 79) Emotional health is the same as intellectual health. \_\_\_\_\_
- 80) Healthy life expectancy is another term for life span. \_\_\_\_\_
- 81) A disabled person can never achieve the highest level of wellness. \_\_\_\_\_
- 82) For a low-income individual without dental insurance, cost can be a perceived barrier to obtaining necessary dental care. \_\_\_\_\_
- 83) Studies associate mindfulness with pain relief. \_\_\_\_\_
- 84) Social factors, biology and genetics, individual behavior, health services, and policymaking all combine to determine a person's health status. \_\_\_\_\_
- 85) Define health-related quality of life. \_\_\_\_\_

- 86) One of the goals of the *Healthy People 2020* public health initiative is to create social and physical environments that promote health. 86) \_\_\_\_\_
- 87) Excessive drug and alcohol consumption and poor sleep habits are the primary modifiable determinants related to chronic diseases. 87) \_\_\_\_\_
- 88) When trying to drive less aggressively, Bekka observed her family and friends' more careful driving, reflected on what she observed, and changed her driving accordingly. This is an example of the social cognitive model of behavior change. 88) \_\_\_\_\_
- 89) The wellness continuum ranges from a low point of beginning to experience some type of symptom to a high point of optimal health and well-being. 89) \_\_\_\_\_
- 90) Atheists cannot effectively practice mindfulness. 90) \_\_\_\_\_
- 91) The absence of disease or illness is the optimal description of health. 91) \_\_\_\_\_
- 92) Health-related quality of life describes the impact of an individual's health on his or her daily functioning. 92) \_\_\_\_\_
- 93) The development of self-esteem is an important part of intellectual health. 93) \_\_\_\_\_

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

- 94) Compare the World Health Organization (WHO) 1947 definition of health and the definition advanced by biologist and philosopher René Dubos in 1968, identifying a key distinction critical to our current understanding of health.
- 95) Identify the five categories of determinants of health, and give an example of one determinant from each category that might influence our current epidemic of opioid abuse and overdose deaths in the United States.
- 96) Compare *life expectancy* and *healthy life expectancy*.
- 97) How can an individual develop a greater internal locus of control?
- 98) List the six dimensions of health and provide a brief description for each. Briefly describe a plan for improving one dimension of health in your own life.
- 99) Think of a health-related behavior you would like to change. List at least three resources that you will use to help you make a plan for change and explain why you selected these resources.
- 100) Explain why one of the most popular definitions of mindfulness in contemporary culture is "Keeping your feet in the now."

- 101) Jean drinks at least eight cans of soda each day. She knows that she should drink water, but the soda is much more satisfying because she loves its sweet taste. She has decided that she is going to stop drinking so much soda Sunday through Friday; she will reward herself by drinking soda on Saturday, and not making herself drink any water that day. She is confident that by the end of eight weeks, she will successfully overcome her soda habit and learn to like drinking water. Do you think Jean will successfully reach her goal by following her plan? Critique her plan and propose an alternate series of steps for her to follow to achieve her goal.
- 102) What considerations does the Health Belief Model (HBM) identify as important for an individual who wants to quit smoking? What considerations does the Social Cognitive Model (SCM) identify as important?

## Answer Key

Testname: CH 1

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

## Answer Key

Testname: CH 1

- 51) A
- 52) C
- 53) B
- 54) A
- 55) B
- 56) A
- 57) C
- 58) D
- 59) A
- 60) C
- 61) C
- 62) D
- 63) B
- 64) C
- 65) B
- 66) D
- 67) B
- 68) B
- 69) D
- 70) A
- 71) D
- 72) C
- 73) B
- 74) B
- 75) B
- 76) D
- 77) TRUE
- 78) FALSE
- 79) FALSE
- 80) FALSE
- 81) FALSE
- 82) TRUE
- 83) TRUE
- 84) TRUE
- 85) FALSE
- 86) TRUE
- 87) FALSE
- 88) TRUE
- 89) FALSE
- 90) FALSE
- 91) FALSE
- 92) TRUE
- 93) FALSE
- 94) Whereas the WHO acknowledged physical, social, and mental dimensions of health, Dubos added spiritual and emotional dimensions. Moreover, whereas the WHO defined health as a state of complete physical, social, and mental well-being, Dubos saw health as a state of fitness resulting from adaptability to one's environment. This concept of adaptability is key to our current understanding of health.

## Answer Key

### Testname: CH 1

- 95) The five categories of determinants of health are: individual behavior; biology and genetics; social factors; access to health services; and policymaking. Examples will vary, but suggested answers might include: individual choice of drug abuse for chronic pain rather than consultation with a physician; biological or genetic factors that increase an individual's susceptibility to drug abuse and/or addiction; social environment in which drug abuse is acceptable; poor access to quality health services; and federal, state, or local policies that limit the availability of drug treatment services or fail to effectively control physician prescription of opioids.
- 96) *Life expectancy* refers to the number of years a person at a given age can expect to remain alive. *Healthy life expectancy* refers to the number of years a person at a given age can expect to live in full health, without chronic diseases or disabilities.
- 97) First, a person must acknowledge feelings of disempowerment, a tendency to blame problems on external factors, and a willingness to give up in the face of difficult circumstances. Following the behavior-change steps described in this chapter, from setting SMART goals to countering to changing self-talk, can help the person begin to develop an internal locus of control.
- 98) • Physical: body size and composition, fitness, and susceptibility to disease  
• Social: ability to maintain satisfying relationships with others  
• Intellectual: clear thinking, objective reasoning, and responsible decision making  
• Emotional: ability to both express and control emotions appropriately  
• Spiritual: having a sense of meaning or purpose  
• Environmental: understanding the effects of, protecting yourself from, and improving the conditions in your environment
- 99) Resources may be selected from those listed in the Tech & Health section on page 15, those listed at the end of the chapter, or others that students locate on their own. Responses will vary and should include a well-thought-out explanation of why the resources were selected and how they will be used in planning and carrying out a behavior change.
- 100) An essential component of mindfulness is bringing one's complete attention to the present moment, including thoughts, feelings, and sensations arising from one's environment.
- 101) Jean is unlikely to reach her goal. Her goal is not specific enough and is probably unrealistic. Also, she is trying to change two behaviors at once: reducing her soda intake and increasing her water intake. She should focus on changing one behavior at a time: either cut back to a specific number of cans of soda per day or drink a specific amount of water per day. Her reward needs to be more meaningful and less like the behavior she is actually trying to change.
- 102) The HBM emphasizes the role of an individual's beliefs; namely, beliefs related to the seriousness of the health consequences of smoking, the susceptibility to those consequences, the benefits of quitting, and the barriers to quitting. The HBM also considers cues to action, such as chronic coughing or other symptoms, a lung disease diagnosis in a loved one, or a warning from a healthcare provider about the seriousness of tobacco use. In contrast, the SCM emphasizes the importance of role models in the individual's environment, including people who smoke and people who do not, and the thoughts an individual has regarding the effects of these choices on health. The SCM proposes that the individual regulates his or her behavior as a result of this process of observation and reflection, and that his or her successful behavior change then provides a model for others to observe.