

Chapter 2: Theory, Research, and Practice in Health Behavior

Multiple Choice Questions

1. Theory is:
 - a. A set of related concepts, definitions, and propositions that present a systematic view of phenomena
 - b. Used to specify relationships among variables to explain and predict events
 - c. A framework for developing interventions to achieve behavior change
 - d. The basis for a conceptual map for deciding what to measure in research studies
 - e. All of the above

2. Which of the following statements best defines a construct:
 - a. Operationalized components of a particular theory
 - b. Systematic view of events that specifies relations among variables
 - c. A model of health behavior change that integrates multiple theories
 - d. Theories that apply to a specific problem, audience, and context
 - e. General guidelines for action

3. New theories should:
 - a. Provide an explanation for phenomena unexplained by prior theories
 - b. Work exclusively in controlled settings
 - c. Explain all factors influencing the majority of health behaviors
 - d. Prove other theories wrong
 - e. Generate income for the developers

4. Which paradigm emphasizes the use of induction as sources of knowledge and posits that theory verification should be through empirical testing and systematic observation of phenomena?
 - a. Constructivist
 - b. Post-modern
 - c. Logical empiricism
 - d. Feminist
 - e. Positivism

5. Lewin's meta-theory stipulates rules for building a good theory. Which is **NOT** one of the rules?
 - a. Mathematical representation of the constructs and variables
 - b. The need for testing in a controlled setting
 - c. Analysis of the situation as a whole
 - d. A dynamic approach
 - e. Contemporaneity

6. Which of the following is **NOT** a trend in the use and application of health behavior theory?
 - a. Use of models that integrate multiple levels of influence
 - b. Shift away from using techniques that push or pressure individuals to modify behavior
 - c. Use of smaller number of theories than in previous decades
 - d. Shift towards reducing obstacles to promote behavior change
 - e. Shift towards increasing informed decision making to modify behavior

7. Which of the following criteria are most often used to assess the adequacy of a theory?
 - a. Internal consistency, parsimony, and plausibility

- b. Simplicity, longevity, and number of constructs
 - c. Similarities to alternative theories, plausibility, and simplicity
 - d. Longevity, level of influence, and cost
 - e. Application to research, cost, and frequency of use
8. Which statement best describes an ideal relationship between theory and practice?
- a. Two areas that should remain separate to promote innovation while reducing bias
 - b. They are in competition with one another to promote innovation and change
 - c. They are distinct, but equally important, areas that share the purpose of informing research
 - d. A dynamic interaction in which they enrich and inform one another and inform research
 - e. It is cyclical, but recognized as no longer relevant to health behavior change
9. Based on the editors' previous research and literature reviews, which statement best articulates a concern they identify in how theories are applied?
- a. Too many studies are focused on the policy and community levels and not on the individual and interpersonal levels
 - b. Many studies testing theory omit some key constructs from within the model being studied
 - c. There has been an over-reliance on using experimental research designs
 - d. Researchers have focused almost exclusively on maintaining high external validity
 - e. None of the above statements are of concern
10. In the editors' review of articles published between 2000 and 2005, they found that among articles that employed health theory:
- a. More than 50% of articles were informed by theory
 - b. More than 50% of articles applied a theory
 - c. None of the articles tested theory
 - d. Building or creating a theory was the most common application of theory
 - e. Fewer than 25% of articles were informed by theory

True/False Questions

1. Theory, research, and practice should be conceptualized independently among professionals concerned with health behavior change in order to reduce bias and strengthen each field.
 - a. True
 - b. False
2. Theory can be useful in program development, implementation, and evaluation.
 - a. True
 - b. False
3. New theories are commonly developed for each health behavior program implemented by public health professionals.
 - a. True
 - b. False
4. Interrelated concepts, broad application, and a systematic view of events or situations are all key components of theories.
 - a. True
 - b. False
5. Concepts are theories that have not yet been empirically tested beyond the original developer.
 - a. True
 - b. False
6. The dominant paradigm used in health behavior sciences is the constructivist paradigm.
 - a. True
 - b. False
7. Health behavior change in the past often favored pushing people to make changes, sometimes using manipulative techniques. However, a paradigm shift occurred and they now focus on reducing obstacles to change and promoting informed decision-making.
 - a. True
 - b. False
8. Previous editions of the textbook reviewed the most often-used theories in publications related to health behavior change. The review concluded that practitioners are using fewer and fewer theories over time.
 - a. True
 - b. False
9. The adequacy of a theory can be assessed by considering (1) internal consistency (2) extent to which it is broadly relevant while using a manageable number of concepts, and (3) its plausibility.
 - a. True
 - b. False
10. The most useful and validated theories are tested exclusively in controlled settings.
 - a. True
 - b. False

Essay Questions

1. The authors emphasize the dynamic interplay between theory, research, and practice. Explain the relationship between these three areas. How are they related? Why is it important for professionals involved in health behavior change to be well versed in all three areas?

2. Your colleagues develop a new health behavior theory. They ask for your opinion on whether it is useful before they share it with the academic community. Name and explain three criteria you might use to assess the adequacy of their new theory.

Multiple Choice Answer Key

1. e
2. a
3. a
4. c
5. b
6. c
7. a
8. d
9. b
10. a

True/False Answer Key

1. b
2. a
3. b
4. a
5. b
6. b
7. a
8. b
9. a
10. b