

تم تحميل هذا الملف من موقع المناهج الإماراتية



*للحصول على أوراق عمل لجميع الصفوف وجميع المواد اضغط هنا

<https://almanahj.com/ae>

* للحصول على أوراق عمل لجميع مواد الصف الثاني عشر اضغط هنا

<https://almanahj.com/ae/12>

* للحصول على جميع أوراق الصف الثاني عشر في مادة علوم صحية ولجميع الفصول, اضغط هنا

<https://almanahj.com/ae/12>

* للحصول على أوراق عمل لجميع مواد الصف الثاني عشر في مادة علوم صحية الخاصة بـ اضغط هنا

<https://almanahj.com/ae/12>

* لتحميل كتب جميع المواد في جميع الفصول للـ الصف الثاني عشر اضغط هنا

<https://almanahj.com/ae/grade12>

للتحدث إلى بوت المناهج على تلغرام: اضغط هنا

https://t.me/almanahj_bot



Chapter 8 Question Bank

☰ Column	
☰ Column 1	
☰ Tags	

This exam is done by : Dr. Abdelrahman
Contact: 0523687275

8.1-MCQ (12)

▼ The act of thinking about something is ?

- empowerment
- intervention
- **contemplation**
- advocacy

▼ Cars & Buildings are considered as _____ that influence behavior

- Social Environment
- Personal Factors

- Natural Environment
- **Man made Environment**

▼ a theory that can be used to explain why people behave the way that they do.

- **empowerment**
- **contemplation**
- **Social Cognitive**
- **advocacy**

▼ It's everything that makes up the world around us

- Social Environment
- Personal Factors
- **Natural Environment**
- Man made Environment

▼ During the summer, people are more likely to stay indoors than to go outside and exercise. which of the following is true ?

- This is a positive effect of Social Environment on behavior
- **This is a negative effect of Natural Environment on behavior**
- This is a positive effect of Natural Environment on behavior
- This is a negative effect of Man made Environment on behavior

▼ things are usually created to make our lives easier

- Social Environment
- Personal Factors
- Natural Environment
- **Man made Environment**

▼ When you're in a mall and use escalator instead of using stairs. which of the following is true ?

- This is a positive effect of Social Environment on behavior
- This is a negative effect of Natural Environment on behavior

- This is a positive effect of Natural Environment on behavior
- This is a negative effect of Man made Environment on behavior

▼ includes our relationships with other people

- Social Environment
- Personal Factors
- Natural Environment
- Man made Environment

▼ Self-efficacy is ?

- people's belief in their ability to do something.
- people's belief in others
- people expect to happen if they do something.
- things that a person wants to do in their life.

▼ If you believe that you can run for 30 minutes. That is called ?

- Self-efficacy
- Outcome expectations.
- Advocacy
- Empowerment

▼ If you change to a healthier diet and exercise more you would predict to lose weight. That is called ?

- Self-efficacy
- Outcome expectations.
- Advocacy
- Empowerment

▼ When waiting in a line this is the influence of ?

- Society
- Personal Factors
- Natural Environment
- Man made Environment

8.2-MCQ (8)

▼ Positive behaviors can reduce risk of illness & diseases

- True
- False

▼ Negative behaviors can increase the life expectancy

- False
- True

▼ Encouraging to make a positive behavior change is ?

- empowerment
- intervention
- contemplation
- advocacy

▼ All of the following are aims of a behavior change intervention except ?

- increase in healthcare costs
- Health promotion
- Prevention of diseases & illness
- Healthcare costs reduction

▼ Which type of intervention is when health advice given to people. ?
choose 2

- Resources
- Policy
- Education
- communication
- empowerment

▼ Which type of intervention is when things are provided so it can help in behavioral change?

- Resources
- Policy

- Education
- communication
- empowerment

▼ Which type of intervention is when there are Fines for not wearing the mask ?

- Resources
- Policy
- Education
- communication
- empowerment

▼ In the following Behavior change interventions step, you decide which intervention to make ?

- Problem Identifying
- Planning
- Action Taking
- Thinking

8.3-MCQ (11)

▼ Something you want to happen in your life.

- Self-efficacy
- Outcome expectations.
- Advocacy
- Goal

▼ SMART goal setting Help to be unsuccessful reaching a goal

- False
- True

▼ The letter "A" in SMART goal setting stands for?

- Active

- Achievable
- Appreciable
- Abnormal

▼ The letter "S" in SMART goal setting stands for?

- Smart
- Specific
- Slow
- Sequenced

▼ The letter "R" in SMART goal setting stands for?

- Realistic
- Resist
- Rest
- Run

▼ When Your goal state exactly what type of activity you want to do. Then your goal is ?

- Measurable
- Achievable
- Specific
- Realistic

▼ When your goal progress is able to be tracked. Then your goal is ?

- Measurable
- Achievable
- Specific
- Realistic

▼ When your goal is something that interests you. Then your goal is ?

- Measurable
- Achievable
- Specific

- Realistic

▼ When your goal idea is practical . Then your goal is ?

- Measurable
- Achievable
- Specific
- Realistic

▼ When your goal have a target date. Then your goal is ?

- Measurable
- Timely
- Specific
- Realistic

▼ Phrasing your goal positively will help being successful

- False
- True

8.4-MCQ (15)

▼ The first stage of change model is ?

- Pre-contemplation:
- Contemplation
- Preparation
- Action

▼ The stage that is before thinking about making a change is ?

- Pre-contemplation:
- Contemplation
- Preparation
- Action

▼ The stage of thinking about the change is ?

- Pre-contemplation

- Contemplation
- Preparation
- Action

▼ The stage of Planning for the change is ?

- Pre-contemplation:
- Contemplation
- Preparation
- Action

▼ The stage of beginning of making the planned changes ?

- Pre-contemplation:
- Contemplation
- Preparation
- Action

▼ The stage of New behaviors replaced the old ones

- Maintenance
- Preparation
- Contemplation
- Action

▼ The stage that patient fall back in old habits & behaviors

- Maintenance
- Contemplation
- Preparation
- Relapse

▼ You know that you have an unhealthy diet and are a little overweight, but you do not think it is a problem. this is ?

- Pre-contemplation:
- Contemplation
- Preparation

- Action

▼ you know that you need to make a change. then you start finding information about healthy lifestyle. this is ?

- Pre-contemplation:
- Contemplation
- Preparation
- Action

▼ You are making the changes needed to be healthier (set SMART goal to lose weight). this is ?

- Pre-contemplation:
- Contemplation
- Preparation
- Action

▼ healthy eating and exercise is part of your everyday life. You are more fit and active, this is ?

- Maintenance
- Contemplation
- Preparation
- Action

▼ When you replace healthy foods with unhealthy foods and stop exercising. this is ?

- Maintenance
- Contemplation
- Preparation
- Relapse

▼ Which of the following is an approach used by healthcare professionals to help people to change their behaviour. ?

- **empowerment**
- **intervention**

- Motivational interviewing
- **advocacy**

▼ Motivational interviewers shouldn't ?

- allow person to identify their own goals
- Encourage persons that they can reach their goal
- Support the person to achieve the goal
- **make a decision instead of the patient**

▼ What does the letter R in "RULE" stands for ?

- Realistic
- **Resist**
- Rest
- Run

8.5-MCQ (11)

▼ Helping people to get their voices heard is ?

- **empowerment**
- **intervention**
- **contemplation**
- **advocacy**

▼ Advocacy includes all of the following except ?

- Expressing their views
- **Attacking their rights**
- Accessing information and services for them
- Finding out about their choices

▼ Self Advocacy doesn't include ?

- Understanding your needs
- Knowing what you should do to do your needs
- Messaging the right people for your needs

- **Misunderstanding your needs**

▼ When you ask the teacher to explain the part of the lesson that you found difficult this is called?

- self-**empowerment**
- self-**intervention**
- self-efficacy
- **self-advocacy**

▼ When a doctor finds out what treatment choices a patient has this is called ?

- **Individual health advocacy**
- Community health advocacy
- Individual health **empowerment**
- Community health **empowerment**

▼ When an action is made to improve the health of a whole group of people this is called ?

- Individual health advocacy
- Individual health **empowerment**
- **Community health advocacy**
- Community health **empowerment**

▼ To give power to people to do something is called ?

- **empowerment**
- **intervention**
- **contemplation**
- **advocacy**

▼ when a person is able to make decisions and have control over their own life. this is ?

- Individual advocacy
- **Individual empowerment**
- Community advocacy

- Community **empowerment**

▼ when a group of people take control of something to benefit everyone in the community. this is?

- Individual advocacy
- Individual **empowerment**
- Community advocacy
- **Community empowerment**

▼ All of the following are **Benefits of advocacy and empowerment except ?**

- building self-confidence
- **ignoring your strengths**
- Learning new skills
- Knowledge of helping yourself & others

▼ Empowered patients have the ability to understand the health-related information they are given. which of the empowerment steps are this ?

- Mutual Respect
- Shared decision-making
- **Health literacy**
- Regulation