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Chapter 8 Question Bank

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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