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**KING SAUD UNIVERSITY**

**College of Applied Medical Sciences**

**Department of Community Health Sciences**

**CHS384: Psychological Basis of Health Education**

**Midterm Exam 2**

**2013 - 2014**

Name of Student:

Student ID Number:

Please put your correct answers in the following boxes:

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| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** |
| **14** | **15** | **16** | **17** | **18** | **19** | **20** | **21** | **22** | **23** | **24** | **25** | **\*\*\*\***  **\*\*\*\***  **\*\*\*\*** |

Total Mark:

1. One of the Health Belief Model components which explains confidence that one can successfully execute the behavior required to produce the outcomes, this component is:
2. Health Motivation.
3. Perceived Barriers.
4. Self Efficacy.
5. Perceived Benefits.
6. Value of Health.
7. One of the mediating factors of the Health Belief Model that includes age, gender, ethnicity, and occupation, is:
8. Demographic variables.
9. Socio-psychological variables.
10. Health Social variables.
11. Socio- genetic variables.
12. Beliefs based on observing others like self and/or visible physical results, it is a good explanation of:
13. Reciprocal Determinism.
14. Self – Efficacy.
15. Reinforcement.
16. Expectations.
17. Observational Learning.
18. The group of people who are interested in the innovation but will need external motivation to become involved, They will deliberate for some time before making a decision. According to the diffusion of innovation theory this group is called:
19. Late adaptors.
20. Early adaptors.
21. Late Majority.
22. Early Majority.
23. Innovators.
24. One of Health Belief Model components which explains an individual's assessment of the influences that facilitate or discourage adoption of the promoted behavior, this component is:
25. Perceived Benefits.
26. Perceived Susceptibility.
27. Perceived Severity.
28. Perceived Barriers.
29. One of the mediating factors of the Health Belief Model that represents whether an individual is driven to stick to a given health goal or not, is:
30. Socio-economic variables.
31. Socio- genetic variables.
32. Health Motivation.
33. Socio-motivational variables.
34. This stage is defined as the time when the individuals who have changed have zero temptation to return to their old behavior and they have 100% self-efficacy, this stage should be:
35. Contemplation.
36. Precontemplation.
37. Preparation.
38. Termination.
39. Maintenance.
40. Beliefs about likely results of action. It is a good definition of:
41. Reciprocal Determinism Results.
42. Behavioral Capability Results.
43. Reinforcement Results.
44. Expectations.
45. Observational Learning.
46. Nasser is heavily smoker. When he recalls information people had given him on how to stop smoking, he represents which one of cognitive change process?
47. Dramatic Relief.
48. Social Liberation.
49. Self Reevaluation.
50. Consciousness Raising.
51. Environmental Reevaluation.
52. Knowledge and skills to influence behavior. It is a good definition of:
53. Behavioral capability.
54. Reciprocal Determinism.
55. Self – Efficacy.
56. Reinforcement.
57. Expectations.
58. The group of people who are skeptical and will not adopt an innovation until most people in the social system have done so. According to the diffusion of innovation theory this group is called:
59. Late adaptors.
60. Early adaptors.
61. Late Majority.
62. Early Majority.
63. Innovators.
64. McDonalds Fast Foods Company prohibits smoking inside its restaurants which makes non-smokers happier and the environment less harmful . This is a good example of:
65. Dramatic Relief.
66. Social Liberation.
67. Self Reevaluation.
68. Consciousness Raising.
69. Environmental Reevaluation.
70. One of Health Belief Model components which explains an individual's assessment of their risk of getting the condition. In more details, explains how likely do you think you are to have this health issue? This component should be:
71. Perceived Benefits.
72. Perceived Susceptibility.
73. Perceived Severity.
74. Perceived Barriers.
75. Originally, this model was designed to predict behavioral response to the treatment received by acutely or chronically ill patients, but in more recent years the model has been used to predict more general health behavior, this model is :
76. Planned Behavior Model.
77. Transtheortical Model.
78. Health Belief Model.
79. Social Cognitive Behavior.
80. Health Relief Behavior.
81. The group of people are very interested in the innovation but they are not the first to sign up. They wait until the innovators are already involved to make sure the innovation is useful. They are respected by others in the social system and looked at as opinion leaders, According to the diffusion of innovation theory, this group is called:
82. Late adaptors.
83. Early adaptors.
84. Late Majority.
85. Early Majority.
86. Innovators.
87. When your dependency on cigarettes makes you feel disappointed in yourself, this is a good example of:
88. Self Liberation.
89. Social Liberation.
90. Self Reevaluation.
91. Self Consciousness.
92. Environmental Reevaluation.
93. Behavioral changes result from interaction between person and environment; change is bi-directional, this is a definition of:
94. Behavioral capability.
95. Reciprocal Determinism.
96. Reciprocal Mechanism.
97. Reciprocal Reinforcement.
98. Expectations.
99. One of Health Belief Model components which explains an individual's assessment of the seriousness of the condition, and its potential consequences. This component is:
100. Perceived dangers.
101. Perceived Risks.
102. Perceived Severity.
103. Perceived Susceptibility.
104. Faisal always reacts emotionally to warnings about smoking cigarettes and feels sympathy about ill smokers pictures shown on the cigarettes packs , this is a good example of:
105. Dramatic Relief.
106. Social Liberation.
107. Self Reevaluation.
108. Consciousness Raising.
109. Environmental Reevaluation.
110. Responses to a person's behavior that is increase or decrease the chances of recurrence. It is a good definition of:
111. Behavioral Recurrence.
112. Reciprocal Recurrence.
113. Self – Efficacy.
114. Reinforcement.
115. Expectations.
116. The group of people who are venturesome, independent, risky, daring, and want to be the first to do things. Also they may not be respected by others in the social system. According to the diffusion of innovation theory, they are called:
117. Late adaptors.
118. Early adaptors.
119. Late Majority.
120. Early Majority.
121. Innovators.
122. Yasser is heavily smoker. He want to smoke at home but he cannot because he considers the view that smoking can be harmful to the people around him, this is a good example of:
123. Family Liberation.
124. Social Liberation.
125. Self Reevaluation.
126. Consciousness Raising.
127. Environmental Reevaluation.
128. One of the mediating factors of the Health Belief Model that includes social economic status, personality, and coping strategies, should be:
129. Demographic variables.
130. Socio-psychological variables.
131. Socio-economic variables.
132. Socio- genetic variables.
133. One of Health Belief Model components which explains an individual's assessment of the positive consequences of adopting the behavior, this component is:
134. Perceived Barriers.
135. Perceived Benefits.
136. Perceived Severity.
137. Perceived Susceptibility.
138. Noticing and using social conditions that support personal changes. For instance, joining a quit smoking course. This is a good explanation of:
139. Dramatic Relief.
140. Social Liberation.
141. Self Reevaluation.
142. Consciousness Raising.
143. Environmental Reevaluation.

**END OF THE EXAM… GOOD LUCK !!!!**