**Chapter 3**

1. Having a role model demonstrate the behavior will modify:

A. self-efficacy.

B. perceived severity.

C. perceived benefits.

D. perceived barriers.

2. The first theory developed exclusively for health-related behaviors is:

A. health belief model.

B. imitation theory.

C. social cognitive theory.

D. value expectancy theory.

3. The health belief model is particularly useful for disease avoidance and injury avoidance and lends itself very well to the promotion of behaviors, particularly long-term behavior change. True or False.

4. Actions taken by a person who feels sick and indulges in the behavior for the purpose of defining the state of his or her health and for discovering suitable remedies are known as:

A. preventive or health behaviors.

B. illness behaviors.

C. sick role behaviors.

D. perceived severity.

5. A subjective belief regarding the extent of harm that can result from the acquired disease or harmful state as a result of a particular behavior is known as:

A. perceived susceptibility.

B. perceived severity.

C. perceived benefits.

D. perceived threat.

6. Self-efficacy can be built by all the following, *except*:

A. learning in large steps.

B. demonstration from credible role models.

C. using persuasion and reassurance.

D. reducing stress.

7. Sick role behaviors constitute actions taken by a person who feels sick and indulges in the behavior for the purpose of defining the state of his or her health and for discovering suitable remedies.

8. Mentioning serious negative consequences, such as that eating saturated fats causes heart disease, will modify:

A. perceived susceptibility.

B. perceived severity.

C. perceived benefits.

D. perceived barriers.

9. HBM originated from the work of Godfrey Hochbaum, Stephen Kegels, and Irwin Rosenstock. True or False.

10. Perceived threat refers to the subjective belief that a person has with regard to acquiring a disease or harmful state as a result of indulging in a particular behavior. True or False.