

Health Behavior Counseling Guidelines

Test Questions

1. **You would be most effective in decreasing the number of smokers in your practice if you routinely:**
 - A. Screened and advised them to quit.
 - B. Screened and referred them to intensive treatment.
 - C. Screened, advised and assisted them in quitting.
 - D. Screened, advised and referred them for acupuncture.
 - E. Screened and encouraged them to quit on their own.

2. **Health behavior change counseling is most effective in reducing disease burden in a population of patients when it is approached:**
 - A. As an acute problem to be solved now.
 - B. By behavioral counselors and psychologists.
 - C. By expecting multiple relapses over the long-term.
 - D. From the health care practitioner's perspective.
 - E. With self-help materials to help patients change

3. **Behavior change counseling, in terms of number needed to treat to reduce mortality, is more effective than which of the following?**
 - A. B-blocker use in CAD
 - B. Lipid lowering therapy
 - C. Hypertension treatment
 - D. All of the above
 - E. None of the above

4. **Which of the following skills is expected to increase motivation and health behavior change in your patients?**
 - A. Asking how important the change is to the patient.
 - B. Telling the patient you won't be their doctor if he/she doesn't change.
 - C. Keep the change attempt to his/herself until it has been successful.
 - D. Avoid being positive, as it might make the patients who fail feel badly.
 - E. Insist that the patient commit to a quit date within 30 days.

Name: _____ Program: _____

Date: _____