



**HEB SELF-STUDY
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Social and Cultural Meanings of Self-Efficacy

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1. Perceived self-efficacy is noted as a more consistent predictor of behavioral outcomes than any other motivational construct.
 - a. Research shows this construct performs consistently across diverse ethnic and cultural groups.
 - b. The self-efficacy construct is rarely used as a target for behavioral interventions.
 - c. It is unknown how well this construct performs in diverse contexts and in different ethnic and cultural groups.
 - d. Measurement of this construct addresses relationships, not individual attributes.

2. The assumption underlying health behavior theories that, given appropriate information, people will choose to perform a recommended health practice:
 - a. is the basis for understanding decision-making
 - b. makes invisible culturally divergent interpretations of information
 - c. is an example of shared beliefs
 - d. allows for culturally divergent interpretations of information

3. Inductive research using multiple qualitative methods to generate detailed data on the daily lives of communities of interest:
 - a. is based solely in behavioral models
 - b. generates data from the perspectives of community members
 - c. is dependent on university/community partnerships
 - d. generates data biased by community input

4. Methodologically, most health behavior research is informed by theories developed and tested in:
 - a. white, urban, middle-class populations
 - b. ethnically and culturally diverse communities
 - c. social laboratories
 - d. collaboration with community partners

5. The combination of specificity and dominance of cognitive factors in the perceived self-efficacy construct:
 - a. validates the use of a single item for measurement
 - b. evinces the construct's cross-cultural validity
 - c. renders the construct difficult to reconcile with the concepts of culture and social context
 - d. illustrates the importance of measuring cultural beliefs

6. A finding of the "3Cs" study is that "confidence" is:
 - a. an adequate measure of perceived self-efficacy
 - b. established through relationships and connections with others
 - c. an individually acquired and assessed attribute
 - d. not related to mammography screening participation

7. A finding from the "3Cs" study is that social, cultural, and economic considerations and expectations:
 - a. frame women's experiences and perceptions of self-efficacy
 - b. are not relevant to health care decisions
 - c. do not impact mammography screening participation
 - d. mediate decision-making for those considering participation in research

8. The "3Cs" study found that loss of social capital in an immigrant context is detrimental to preventive health behavior.
 - a. True
 - b. False

9. A strategy immigrant women in the "3Cs" study employed to address feelings of low self efficacy was:
 - a. to seek information from institutional sources
 - b. to call community hotlines
 - c. to become politically engaged
 - d. to look for someone familiar to accompany or advise them

10. The "3Cs" study found that resources from social capital:
 - a. were accessible to all study participants
 - b. influenced population, rather than community or individual health
 - c. depended on social position, established relationships, and place of origin
 - d. were always beneficial to study participants