



# *SOCIETY FOR PUBLIC HEALTH EDUCATION*

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**HEB SELF-STUDY  
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**Title: “Emotional Outlook on Life Predicts Increases in Physical Activity Among Initially Inactive Men”**

Meghan Baruth, Duck-Chul Lee, Xuemei Sui, Timothy S. Church, Bess H. Marcus, Sara Wilcox, Steven N. Blair

1. Physical inactivity is one of the greatest public health problems of the 21st century. What percentage of adults in the United States meet physical activity recommendations?
  - a. Less than 1%
  - b. Less than 50%
  - c. More than 50%
  - d. More than 75%
  
2. Although not all sedentary patients adhere to physicians’ advice to become active, studies have shown that patients seem open and receptive to physical activity counseling from physicians.
  - a. True
  - b. False
  
3. Participants in the Aerobic Center Longitudinal Study received a comprehensive medical exam. Following the exam, participants received a personalized, one on one session with a physician that included a strong message to:
  - a. Lose a minimum of 10% of their body weight
  - b. Attend a stress-relief class
  - c. Engage in regular physical activity
  - d. Join the local YMCA or other fitness center
  
4. Despite strong physician advice to become active:
  - a. Nearly 25% of participants in this study remained inactive at their follow-up visit
  - b. Nearly 50% of participants in this study remained inactive at their follow-up visit
  - c. Nearly 75% of participants in this study remained inactive at their follow-up visit
  - d. Nearly 90% of participants in this study remained inactive at their follow-up visit

5. At follow-up, men who were usually very happy and optimistic at baseline engaged in:
  - a. Significantly more physical activity than men who were not happy at baseline
  - b. Significantly more physical activity than men who were generally happy at baseline
  - c. Significantly less physical activity than men who were not happy at baseline
  - d. Significantly less physical activity than men who were generally happy at baseline
  
6. According to the findings of this study, emotional outlook on life does **NOT** appear to be an important factor that prohibits or inhibits the effectiveness of physician advice to become active in women.
  - a. True
  - b. False
  
7. Women who reported being not happy at baseline increased their physical activity at the follow-up visit. Which of the following was **NOT** discussed as a possible explanation for this finding?
  - a. Unhappy women may have been using physical activity as a means to increase their happiness
  - b. Unhappy women may have been more open to making changes in the hopes that their happiness level would benefit
  - c. Unhappy women may have greater self-efficacy which makes them more likely to succeed in increasing physical activity
  - d. The attention from the physician may have been more meaningful to unhappy women
  
8. Men with a more positive emotional outlook on life may be more likely to take physician advice to become highly active for all of the reasons **EXCEPT**:
  - a. Happy people usually weigh less, making it easier to engage in physical activity without getting tired or hurt
  - b. Happy people may be more likely to seek out and take on new goals
  - c. Happy people may have higher self-efficacy
  - d. Happy people may be more likely to problem-solve around their barriers and to keep trying, even if they fail
  
9. Three good things in life, using signature strengths of character in a new and different way, and counting your blessings are three exercises shown to:
  - a. Reduce stress
  - b. Increase self-efficacy
  - c. Increase happiness
  - d. Reduce greed
  
10. Based on the findings from this study, which of the following may be a unique approach for getting inactive people (particularly men) active:
  - a. Increase people's happiness first, then put them through a physical activity intervention
  - b. Increase people's physical activity first, then increases in optimism will follow
  - c. Have people complete a stress-relief class first, then provide physician counseling to become physically active
  - d. Have people visit a psychologist first to decrease depressive symptoms, then put people through a physical activity intervention