



**HPP SELF-STUDY
CONTINUING EDUCATION CREDITS
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Integrating Multiple Health Behavior Theories into Program Planning: The PER Worksheet
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1. The PER Worksheet is organized into three columns: predisposing, enabling, and reinforcing factors. These column titles come from which program planning model?
 - a. MATCH model
 - b. CDCynegery
 - c. PRECEDE model
 - d. APEX – PH model

2. What is one challenge, identified by the authors, for incorporating health behavior theories into program planning?
 - a. There is no evidence to support theory-based program planning.
 - b. Program planning may involve combining constructs from multiple theories.
 - c. Health behavior theories are too complex.
 - d. Health behavior theories are useful for understanding only single act behaviors, such as immunizations.

3. PER worksheet entries reflect which of the following?
 - a. Antecedents for a specific target behavior.
 - b. Antecedents for multiple risk behaviors for a single target audience.
 - c. Constructs from a single health behavior theory.
 - d. Potential activities for an intervention.

4. The bold terms in each column of the PER worksheet represent:
 - a. Stages of change
 - b. Perceived barriers to change
 - c. Theoretical constructs
 - d. Terms for categories of theoretical constructs

5. Which of the following health behavior theories includes a construct of behavior-related skills?
 - a. Health belief model
 - b. Theory of planned behavior
 - c. Social cognitive theory
 - d. Transtheoretical model

6. In the PER worksheet, skills and access to resources are listed in the middle column. What stage of change does this middle column represent?
 - a. Precontemplation
 - b. Contemplation
 - c. Action
 - d. Maintenance

7. Cues to act, from the health belief model, and observational learning, from the social cognitive theory, are reflected in which categorical prompt of the PER Worksheet?
 - a. Reinforcements
 - b. Reminders
 - c. Beliefs
 - d. Access to resources

8. Perceived behavioral control, from the theory of planned behavior, is similar to which construct of the social cognitive theory?
 - a. Self-efficacy
 - b. Reinforcement
 - c. Situation
 - d. Behavioral capability

9. According to the authors, “key” antecedents are factors that:
 - a. Have a strong relationship with the target behavior.
 - b. Are listed in all three columns of the PER Worksheet.
 - c. Involve other key individuals.
 - d. Can be changed through awareness events.

10. Which of the following statements best describes the relationship between the PER Worksheet and a theoretical logic model?
 - a. The PER Worksheet is a visual picture of a logic model.
 - b. The logic model and the PER Worksheet do not have a relationship.
 - c. Entries in the PER worksheet can identify the building blocks of a logic model.
 - d. The logic model should be completed prior to the completion of the PER Worksheet.