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## Module 12, Lesson 1 Quiz: Stages of Behavioral Change

1. The theory of change model is based on the premise that people's readiness to change is determined by their:
  - a. Education
  - b. Health beliefs
  - c. Motivation**
  - d. Socioeconomic status
2. Which is not a stage of change as outlined by Prochaska and DiClemente?
  - a. Preparation
  - b. Action
  - c. Mastery**
  - d. Maintenance
3. True or false. Once your client moves forward in their stages of change, they can never go backward, only forwards.
  - a. True
  - b. False**
4. In which stage of change would education be the most helpful tool in inspiring a client to make a behavior change?
  - a. Termination
  - b. Maintenance
  - c. Preparation**
  - d. Action
5. Which word should you try to avoid using when your clients are working to make modifications to their current behaviors?
  - a. Change**
  - b. Behaviors
  - c. Barriers
  - d. Can't