

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