

Course No:HSM2310  
Course Title: Health Education and Promotion  
Date: 25/03/2014  
No. of Questions: (3)  
Time: 1hours  
Using Calculator (No)

University of Palestine  
  
Mid Term Exam  
2<sup>nd</sup> Semester 2013/2014  
Total Grade:

Instructor Name: Dr. Radwan M. Baroud  
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Student Name: \_\_\_\_\_  
College Name: \_\_\_\_\_  
Dep. / Specialist: \_\_\_\_\_  
Using Dictionary (No)

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**First Question:**

**(5 Marks)**

Answer by using correct ( T ) for the correct statement and ( F ) for the wrong statement.

1. Health education forms an important part of the health promotion activities.
2. Health promotion is viewed as a combination of health education activities and the adoption of healthy public policies.
3. The theory of planned behavior assumes that KAP is the cause human behavior change.
4. Communication theory depending on who is being targeted, tailored and targeted messages at the individual, group, community, policy, population level.
5. Health education is considered as an umbrella of health promotion and health literacy.
6. Health promotion = Health education × Healthy public policy.
7. People with low literacy skills do not wait longer to seek medical help.
8. The social environment includes family members, co-workers, friends, health professionals.
9. Repeated exposure to a message, especially when it is delivered through multiple channels, may decrease its impact on audience members.
10. Because it affects behaviour, the social environment impacts health.

10	9	8	7	6	5	4	3	2	1	question
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**Second question:****(5 Marks)****Match the following terms on the left column with its meaning on the right column**

1	<b>Wellness</b>		Beliefs about the effectiveness of taking action to reduce risk or seriousness
2	<b>Self-efficacy</b>		is defined as “the process of enabling people to increase control over and to improve their health”.
3	<b>Reciprocal determinism</b>		is “an outcome of effective health education, increasing individuals’ capacities to access and use health information to make appropriate health decisions and maintain basic health”.
4	<b>Perceived benefits</b>		A way of living based on identifiable patterns of behavior which are determined by the interplay between an individual’s personal characteristics, social interactions, and socioeconomic and environmental living conditions.
5	<b>Health promotion</b>		Confidence in one’s ability to take action
6	<b>Lifestyle</b>		Individual characteristics that influence behaviour, such as knowledge, attitudes, beliefs and personality traits
7	<b>Health literacy</b>		The dynamic interaction of the person, behaviour, and the environment in which the behaviour is performed
8	<b>Intrapersonal capacity</b>		The <i>optimal</i> state of health of individuals and groups; involves the realization of the fullest physical, psychological, social, spiritual and economical potential of an individual: the fulfillment one’s role
9	<b>Social learning theory</b>		Knowledge and skill to perform a given behaviour
10	<b>Behavioral capability</b>		operates under the belief that “the opinions, thoughts, behaviour, advice, and support of the people surrounding an individual influence his or her feelings and behaviour

**Third question:**

**(10 Marks)**

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Briefly, explain the social cognitive theory ?(5 marks)

Mention the major responsibilities for health educators?

**Good Luck**

