

Motivational Interviewing in Nutrition and Fitness

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Exam Questions and Answer Key

(Correct answers are in bold.)

Introduction Chapter

1. Which of the following best represents an individual experiencing ambivalence?
 - a) Jackie is angry at her mother for making negative comments about her weight.
 - b) Joseph recently survived a heart attack and is motivated to make some changes to his eating habits.
 - c) **Juanita wants to start cooking more meals at home and eating out less often but is concerned that it will take more time.**
 - d) James doesn't understand why he was instructed to see the dietitian and isn't thrilled about being at his first appointment.
2. Which of the following phrases is part of the definition of motivational interviewing?
 - a) **Eliciting and exploring the person's own reasons for change**
 - b) Motivating clients by providing the knowledge and skills needed to make a behavior change
 - c) Interviewing the client to assess the client's stage of change
 - d) Educating the client on the benefits of making a change
3. Which of the following practitioner descriptions aligns most with MI?
 - a) A practitioner who tries to motivate the client by sharing what will happen to the client if the client decides not to change.
 - b) A practitioner who tells the client what to do.
 - c) **A practitioner who listens to the client's concerns and desires in a nonjudgmental and respectful way.**
 - d) A practitioner who simply provides the client with nutrition information
4. Which of the following best describes the state of the scientific literature on the effectiveness of MI in health care settings?
 - a. This is a new area of study so there is very little evidence at this point.
 - b. There is evidence that MI works for drug and alcohol counseling, but none for nutrition-related conditions.
 - c. There have only been a few studies on the use of MI to promote behavior changes related to nutrition and fitness.
 - d. **There have been many studies on the use of MI to promote behavior changes related to nutrition and fitness.**

Chapter 1

1. Which of the following is an example of change talk from the client statement below?

I'd like it if we didn't eat out so often. More often than not, we're hitting a drive thru on the way home from my son's soccer practice. I just don't really like cooking and I don't think about planning meals in advance.

- a) **I'd like it if we didn't eat out so often.**
- b) More often than not, we're hitting a drive thru on the way home from my son's soccer practice.
- c) I just don't really like cooking.
- d) I don't think about planning meals in advance.

2. Which of the following is an example of change talk from the client statement below?

I get those endorphins when I run. The tricky thing about running is that I sweat a lot, so I can't do it during my lunch break and then go back into work all smelly. Sometimes work gets busy and I just don't have the time to take a long lunch break and exercise. Plus, my knees act up sometimes.

- a) **I get those endorphins when I run.**
- b) The tricky thing about running is that I sweat a lot, so I can't do it during my lunch break and then go back into work all smelly.
- c) Sometimes work gets busy and I just don't have the time to take a long lunch break and exercise.
- d) Plus, my knees act up sometimes.

3. Which of the following best defines the righting reflex?

- a) A client's desire to be right
- b) **A counselor's desire to give unsolicited advice or information**
- c) A counselor who provides correct information
- d) When a client corrects the counselor

4. At a recent check-up with his doctor, Ron was encouraged to get more exercise. He started walking his dog for 15 minutes a few mornings each week. Based on this description, which stage of change would you say Ron is in?

- a) pre-contemplation
- b) contemplation
- c) preparation
- d) **action**
- e) maintenance

5. Kimberly has been told repeatedly by her doctor that she needs to check her blood sugars more often. While she understands how knowing these numbers can help her better manage her diabetes, she is concerned about the cost of the testing strips and doesn't enjoy pricking her finger. Based on this, which stage of change would you say Kimberly is in?
- a) pre-contemplation
 - b) contemplation**
 - c) preparation
 - d) action
 - e) maintenance
6. Which of the following client statements sounds the most like change talk?
- a) I really hate doing the dishes. And cooking for one seems so ridiculous, so I just eat out.
 - b) I'm so tired by the time I get home that it's impossible to get myself out the door to do anything active.
 - c) Are you going to tell me that I can't eat donuts?
 - d) I notice that when I drink tea instead of soda, I feel better; I don't get that sugar crash.**
7. Read the dialogue below. Which comment best represents sustain talk?
- I know I feel so much better when I go for a walk in the evening. I feel less stressed out and there's something about that time away from my children that really does wonders. Plus I sleep better at night too. It's just a matter of getting myself to do it. I have a brief window of opportunity from 7-7:30 where it's still somewhat light outside and we haven't started the bedtime routine. It's not a very big window and it's easy for me to get distracted by something that's on television or some need my toddler has. Evenings are just busy and it's hard to make it a priority when I'm feeling pulled in a million different directions.*
- a) It's just a matter of getting myself to do it.
 - b) I know I feel so much better when I go for a walk in the evening.
 - c) Evenings are just busy and it's hard to make it a priority when I'm feeling pulled in a million different directions.**
 - d) I have a brief window of opportunity from 7-7:30 where it's still somewhat light outside and we haven't started the bedtime routine.
8. Which of the following best describes the meaning of the word ambivalence?
- a) Having mixed feelings about something**
 - b) Giving the client the freedom to choose
 - c) A desire to take control of the situation
 - d) Strong motivation to perform a certain behavior change

9. According to the diet-binge cycle, what often follows diet restrictions?
- a) **Feelings of deprivation, which often leads to overeating**
 - b) A stronger commitment to continue to restrict
 - c) Increased motivation for maintaining the dietary changes
 - d) More exercise
10. What is one benefit of supporting client autonomy?
- a) **Clients like the freedom of choice.**
 - b) Most clients like to be told what to do.
 - c) Clients generally respond positively to authority.
 - d) Clients are more likely to remain stuck in ambivalence when given autonomy.

Chapter 2

1. Which of the following is one of the four components of the Spirit of MI?
 - a) Pairing
 - b) Accountability
 - c) **Compassion**
 - d) Enthusiasm
2. Which of the following can enhance partnership between the client and practitioner?
 - a) **When the practitioners attempt to collaborate with their clients' expertise**
 - b) When practitioners communicate that they have the best answers to their clients' problems
 - c) When practitioners share ideas that have worked personally
 - d) Talking over the client or finishing his or her sentences
3. Which of the following practitioner responses is a good example of the expert trap?
 - a) What ideas do you have for adding more activity to your day?
 - b) What concerns you most about your current eating habits?
 - c) **It's really the eating out that's the issue. Why not just cook more meals at home? I like to make a few meals on the weekends and then pull them out when I'm busy during the week.**
 - d) Which of the changes that we've discussed sound like a good starting place for you?
4. Which of the following best describes the term absolute worth?
 - a) Perceiving and reflecting back another person's meaning
 - b) Acknowledging client's strengths and efforts
 - c) Accepting and confirming the client's right to choose
 - d) **Honoring the inherent value and potential of every human being**
5. Which of the following A-words or phrases is considered one of the ways to express the spirit of acceptance towards your client?
 - a) Accountability
 - b) **Autonomy support**
 - c) Assist
 - d) Assess
6. Which of the following best describes the primary purpose of evoking?
 - a) **To draw out feelings about behavior change**
 - b) To conduct a dietary assessment
 - c) To find out more about the client's personal life
 - d) To figure out what you might have in common with the client

7. Which of the following practitioner statements is most in line with the spirit of MI?
- a) You will need to really cut back on the amount of fruit juice you're drinking. It's messing up your blood sugars.
 - b) What do you already know about the effects of fruit juice on blood sugars?**
 - c) What I like to do is mix water with my fruit juice to dilute it a little bit.
 - d) If you keep drinking fruit juice like that you're going to end up in the hospital.

Chapter 3

1. Which of the following is one of the four processes of MI?
 - a) Encourage
 - b) Focus**
 - c) Elicit
 - d) Partner

2. Which process of MI does this dialogue represent?

Practitioner: What are some reasons you'd like to make this change?
Client: I know that if I actually slow down the eating process, I probably won't eat so much. My stomach won't hurt afterwards and I'll probably feel less sluggish and tired afterwards.
Practitioner: You've noticed that your body feels better when you don't feel stuffed.

 - a) Elicit
 - b) Follow
 - c) Evoke**
 - d) Partner

3. Which process of MI does this dialogue represent?

Practitioner: How would you like to go about adding more fruits and vegetables into your diet? What ideas do you have for getting started?
Client: Adding a salad to dinner a few nights a week sounds doable. I like salads and especially when you get the bagged lettuce. That makes it really easy.

 - a) Encourage
 - b) Focus
 - c) Evoke
 - d) Plan**

4. Which of the following is true regarding the four processes of MI?
 - a) The four processes must always go in the same order.
 - b) Each MI session at least touches on each of the four processes.
 - c) Which processes of MI occur within a session largely depends on the client's readiness to change.**
 - d) The engage process usually comes last in a session.

5. What is agenda mapping?
 - a) A discussion in which the practitioner and client discuss possible topics to discuss in the session.**
 - b) A map that describes the goal-setting process.
 - c) An outline given to the client that explains exactly what will happen in the session.
 - d) At the end of the session when the practitioner maps out how the client will go about making the change discussed.

6. Which of the following best describes a guiding style of determining the focus of a session?
- a) Practitioner decides on the focus and doesn't ask for client input.
 - b) Practitioner gives the client full reign in selecting the focus of the session.
 - c) **Both client and practitioner are involved in discussing and deciding upon the focus.**
 - d) The focus of the session is dictated by an outside member of the healthcare team.

Chapter 4

1. What is the purpose of the evoking process?
 - a) To determine a specific change that feels doable to the client
 - b) To elicit the client's personal reasons for change, thereby increasing client motivation**
 - c) To assess the client's current lifestyle patterns
 - d) To determine how the client plans to go about making the change
2. What type of change talk is present in this client statement? "My blood sugars were a little high the last time I went to the doctor. I really don't want diabetes."
 - a) Preparatory change talk**
 - b) Mobilizing change talk
3. What type of change talk is present in this client statement? "I asked my friend the other day if she'd walk with me and she said yes."
 - a) Preparatory change talk
 - b) Mobilizing change talk**
4. What is the best way to respond to clients when they voice ambivalence?
 - a) Immediately ask another question
 - b) Point out that they are contradicting themselves
 - c) Reflect only the sustain talk
 - d) Provide a reflection that emphasizes the change talk**
5. A client says:
I need to cut way back on the time I spend on my phone. I know when I'm on social media, I start comparing myself to my friends and I feel awful. I start thinking about parts of my body I don't like and it makes me want to binge. It's just that I like being connected.
Which of the following responses demonstrates the best way to respond to ambivalence?
 - a) You find that being on your phone helps you stay connected to your friends.
 - b) What else do you like about spending time on your phone?
 - c) You notice that when you spend less time on your phone you feel better about yourself and that translates to food choices that honor your body.**
 - d) Your friends are important to you.
6. Which of the following questions would be best for evoking change talk?
 - a) What do you do for a living?
 - b) How often do you eat out?
 - c) What might get in the way as you attempt to make this change?
 - d) If you were to make this change, how might your life improve?**

Chapter 5

1. Which of the following is the best way to honor client autonomy when providing information?
 - a) Never provide the client with any information.
 - b) Ask the client for permission before providing information.**
 - c) Pressure the client to apply the information provided.
 - d) Don't involve the client in discussing possible strategies for making a change.
2. Which of the following would be an appropriate first question to ask when giving an elicit-provide-elicit?
 - a) What do you already know about making smoothies?**
 - b) What do you think about the smoothie recipes we just went over?
 - c) Here are some different ingredients some of my clients like to put into their smoothies: yogurt, frozen berries, bananas, and fruit juice
 - d) Which of these smoothie recipe ideas do you think you will try?
3. Which of the following would be an appropriate piece of information to 'provide' in an 'elicit-provide-elicit'?
 - a. You've got to go see a therapist.
 - b. I like to pack apples in my son's lunches.
 - c. Some clients prefer to add small bouts of activity to their daily routines, others like scheduling in a specific activity, and some clients like to carve out time for activity on the weekends.**
 - d. Have you thought about cutting back on the salt you add at the table?
4. Which of the following is true regarding giving clients advice?
 - a. It's best to be forceful and firm when giving advice.
 - b. It's best to use imperatives when giving advice.
 - c. Giving unsolicited advice often results in change talk.
 - d. It's best for the practitioner to ask the client for ideas before providing their own.**
5. Which of the following would be an appropriate way to offer a concern?
 - a. Taking diet pills is not a great idea. While it must be really tempting to purchase a product that shows dramatic before-and-after photos, diet pills can be very dangerous.
 - b. Yes, looking at a medication route is certainly an option. What concerns do you have, if any, about taking diet pills? ... If you're interested, I could share some of my own concerns about that choice.**
 - c. Whatever you do, don't take the diet pills. They can have awful side effects, even deadly side effects, when mixed with other substances.
 - d. Why do you want to take diet pills? They don't work. And they might really mess up your metabolism.

6. Which of the following practitioner statements represents the best way to help a client set a goal?
- a. Why don't you try going for a walk with your wife three days a week?
 - b. You are really tired in the evening. You're saying that's the best time for you to get to the gym, but I'm not so sure.
 - c. You could try out that new yoga class that I saw advertised at our clinic the other day.
 - d. **What is a specific goal that feels attainable in the realm of physical activity that you could see yourself trying out next week?**

Chapter 6

1. The four microskills of motivational interviewing are...
 - a. Offer information, assess confidence, remove obstacles to change and self-disclosure
 - b. Open-ended questions, affirmations, reflections and summaries**
 - c. Openness, attending, realizing, serving
 - d. Open-ended questions, attending, reduce bias, self-awareness
2. Which of the following questions would elicit a more meaningful and thoughtful response?
 - a. Do you like that idea?
 - b. What do you think about that idea?**
 - c. Are you going to try that idea?
 - d. Is that idea going to work for you?
3. Which of the following words is best used as a question-starter?
 - a. Do
 - b. Are
 - c. Is
 - d. What**
4. Which of the following is a closed-ended question?
 - a. Do you like walking?**
 - b. How do you feel about walking?
 - c. What is it about walking that you like?
 - d. Why does walking sound like a good option for you?
5. What is one benefit of asking open-ended questions as opposed to closed-ended questions?
 - a. Open-ended questions make sessions longer.
 - b. Open-ended questions elicit longer responses, giving the client the opportunity to express thoughts and feelings, which often reduces stress and anxiety.**
 - c. Open-ended questions often result in more sustain talk.
 - d. Closed-ended questions keep the client from talking too much.
6. Which of the following is true regarding open-ended questions?
 - a. There's no such thing as asking too many questions.
 - b. Asking too many questions can reduce engagement and partnership.**
 - c. Open-ended questions make the practitioner sound like the expert.
 - d. Asking open-ended questions is discouraged because clients might ramble and move off topic.

7. Which of the following questions is considered a querying extremes question?
 - a. What are some reasons you would like to make this change?
 - b. On a scale from 0 to 10, how interested are you in making this change?
 - c. How does this change align with your personal goals and values?
 - d. **What concerns you most about your new diagnosis?**
8. Which of the following is considered a strength-based question?
 - a. If you decided to make this change, how would your life be different in the future?
 - b. How did that make you feel?
 - c. **What personal strengths have helped you be successful with changes like this in the past?**
 - d. What are some benefits of not making this change?
9. Which of the following is considered a disarming question?
 - a. What's most important to you about making this change?
 - b. **What are the reasons you haven't attempted this change on your own?**
 - c. What are some potential benefits of making this change?
 - d. In what ways would this change impact others in your life?

Chapter 7

1. Which of the following is an affirmation?
 - a. What types of activities do you enjoy doing?
 - b. I can tell you're worried about your new diagnosis.
 - c. **You signed up for your first triathlon; that's very brave.**
 - d. I like your new workout clothes.

2. Which of the following is an affirmation?
 - a. You did it!
 - b. I'm proud of you!
 - c. **You persevered despite some obstacles this week.**
 - d. You're amazing!

3. Which of the following positive characteristics might apply to the scenario below?

Janice is a single mom who works two jobs. She cuts out coupons each week and sticks to a tight weekly food budget of \$70 for herself and her two small children. She brings a shopping list to the grocery store and sticks to her list.

 - a. Friendly
 - b. **Organized**
 - c. Courageous
 - d. Adventurous

4. Which of the following is a benefit of affirming your client?
 - a. **Affirmations build client self-efficacy.**
 - b. Affirmations encourage clients to talk more.
 - c. Affirmations demonstrate that you remember your client.
 - d. Affirmations promote client autonomy.

Chapter 8

1. Read the dialogue below. Which type of reflective listening response did the practitioner use?
Client: I made a New Year's Resolution to get up every morning and go for a walk, but I discovered I'm not a morning person.
Practitioner: You're someone who likes to be active at night.
 - a. Amplified
 - b. Reframe**
 - c. Metaphor
 - d. Double-sided

2. Read the dialogue below. Which type of reflective listening response did the practitioner use?
Client: I know the salt I put on my food makes me swell up, but without it my food just tastes so bland.
Practitioner: On one hand, you want to eat food that gives your taste buds a thrill, and on the other hand, you want to eat food that makes your body feel good.
 - a. Amplified
 - b. Reframe
 - c. Metaphor
 - d. Double-sided**

3. Which of the following responses is an example of a continuing the paragraph reflection for the client statement below?
Client: I'm an all-or-nothing kind of person. I'm either hitting the gym every day or I'm doing absolutely nothing...a total couch potato.
 - a. And you'd like to find a happier and healthier balance that feels more sustainable.**
 - b. You think black-and-white when it comes to physical activity.
 - c. It sounds like your extreme exercise routine is a recipe for burnout.
 - d. You're inconsistent.

4. Which ratio describes the recommended frequency of reflections and open-ended questions?
 - a. 1 reflection for every 1 open-ended question
 - b. 1 reflection for every 2 open-ended questions
 - c. 2 reflections for every 1 open-ended question**
 - d. 1 reflection for every 3 open-ended questions

5. Which of the following reflections would be best for responding to this client statement?

I grab my coffee and rush out the door, forget to pack a lunch and then I'm starving around one o'clock, but I don't want to take the time to go buy a lunch, so I just try to munch on something from the vending machine. Then I get home and eat a huge dinner and feel sick to my stomach.

- a. Mornings are hectic for you.
 - b. You don't like the way you feel in the evenings and want to look at doing things differently.**
 - c. Your work days sound busy.
 - d. You opt for the vending machine lunch.
6. Which of the following reflections would be best for responding to this client statement?

My neighbor and I walked consistently for three months, and it was great. We always enjoyed catching up. But then the holidays hit and we got off track and never got back on track.

- a. You found that being active with others is more your style.**
- b. The holidays disrupted your routine.
- c. You like walking.
- d. It is hard to get back into a routine when you've been derailed.

Chapter 9

1. Which of the following are important to include when providing summaries?
 - a. Sustain talk
 - b. Change talk**
 - c. Discord
 - d. Barriers to change
2. Which of the OARS are used most frequently within an MI session?
 - a. Open-ended questions
 - b. Affirmations
 - c. Reflections**
 - d. Summaries
3. Which of the following is a benefit of providing summaries?
 - a. Summaries provide opportunities for transitioning the conversation.**
 - b. Summaries include questions that evoke reasons for change.
 - c. Summaries boost the client's ego.
 - d. Summaries keep the practitioner's thoughts organized.

Chapter 10

1. Which of the following strategies is best to use when you hear discord?
 - a. Ignore the negative emotion and keep moving forward in the session.
 - b. Ask the client to calm down.
 - c. Ask the client to try to be more positive.
 - d. **Use reflective listening.**
2. Which trap is defined as, “when practitioners assume they have the best answers to their clients’ problems?”
 - a. The Information Overload Trap
 - b. **The Expert Trap**
 - c. The Chat Trap
 - d. The Cheerleading Trap
3. Read the dialogue below. Which trap does this dialogue represent?

Client: I went to the grocery store with the list we made and I ended up cooking four nights last week.

Practitioner: You did? That’s incredible! I’m really proud of you.

 - a. The Information Overload Trap
 - b. The Expert Trap
 - c. The Chat Trap
 - d. **The Cheerleading Trap**
4. Which of the following would be the best way to offer ideas to a client?
 - a. Have you thought about walking your dog in the morning before work or on the weekends?
 - b. Could I share an idea that has worked for me? I like to set my alarm 15 minutes early and take the dog for a short walk before I go to work. I also try to take a longer walk at least one time on the weekend.
 - c. **Could I share an idea that has worked for other clients? Some find that they are less likely to go for a walk after work because they are tired and instead find that it’s easier to set their alarm just 15 minutes early for a morning walk, and then taking a longer walk on the weekend. What do you think of this idea?**
 - d. You might find that it’s easier to squeeze your walk in if you do it in the morning before work. You could also take a longer walk on the weekend.
5. Which of the following strategies might help to avoid the Question-and-Answer Trap?
 - a. Ask closed-ended questions.
 - b. Read from a list of questions.
 - c. **Make it conversational by providing reflective listening responses and summaries.**
 - d. Avoid asking any questions.

6. Which of the following is a common cause of client discord?
- a. **The practitioner strays away from the spirit of MI.**
 - b. The practitioner expresses non-judgment.
 - c. The practitioner supports client autonomy.
 - d. The practitioner uses reflective listening.

Chapter 11

1. When short on time, resist the urge to jump to the _____ process if the client isn't expressing readiness to change.
 - a. Engaging
 - b. Focusing
 - c. Evoking
 - d. **Planning**
2. Which process are practitioners often most tempted to skip when short on time?
 - a. Engage
 - b. Focus
 - c. **Evoke**
 - d. Plan
3. Which of the following is acceptable to skip when short on time?
 - a. Reflective listening
 - b. **Unrelated rapport-building questions like, "How are you feeling?"**
 - c. The focusing process
 - d. Warmth and compassion
4. Which of the following is the most MI-adherent way to respond to a talkative client who has gotten off topic?
 - a. **May I jump in for a moment?**
 - b. Can I have a turn?
 - c. You need to listen for a moment.
 - d. You're getting off topic.

Chapter 12

1. When you hear misinformation from your client, it is best to...
 - a. Immediately correct the misinformation.
 - b. Explain why your client is wrong.
 - c. Ignore the client's misinformation and don't bring up the correct information within the session.
 - d. **Ask permission to share correct information and then elicit the client's response.**
2. If the opportunity arises to provide correct information in response to misinformation, it is best to...
 - a. Provide lengthy and thorough responses.
 - b. **Use concise explanations with terms your client knows.**
 - c. Provide a thorough explanation of the physiologic process as well as research articles that support your case.
 - d. Encourage your client to change his/her thinking considering the new correct information provided.
3. A client states:
I would only have 20 minutes to take a walk after I eat my lunch at work. It wouldn't be enough.
What would be the best way to respond?
 - a. **You're wondering if short bouts of activity would support your health and well-being. Tell me more about your beliefs.**
 - b. Of course it would be enough. When would you like to try this?
 - c. You just need to do it. Short bouts of activity can make you feel better. Don't you think?
 - d. Give it a try. That's the best way to figure out if it is enough.

Chapter 13

1. When a client is recently diagnosed with a new disease or condition, which of the following might be best to explore before proceeding?
 - a. Which foods to avoid to manage the disease or condition.
 - b. What will happen if the client doesn't follow the dietary recommendations to manage the disease or condition.
 - c. The changes the client plans to make.
 - d. **How the client feels about the new diagnosis before discussing specific behavior changes.**
2. Which of the following best describes the term, habituation?
 - a. The chemicals in food that make them addicting
 - b. Keeping foods that the client feels out of control around out of the house
 - c. **Stocking the cupboards full of the food the client feels out of control around so that there is no longer an issue of scarcity**
 - d. Only keeping habit-forming foods in the house
3. What is the best way to assist a selective eater in expanding food variety?
 - a. **If the client is interested, discuss strategies to pair familiar foods with novel foods.**
 - b. Encourage the client to avoid novel foods.
 - c. If the client does not like a food, encourage the client not to eat that food again.
 - d. Pressure the client to try new foods.
4. Which of the following best describes mindful eating.
 - a. Eating while meditating
 - b. **Slowing down the eating process while becoming aware of the pleasure experienced from the food**
 - c. Eating while watching television
 - d. Avoiding eating in social settings

Chapter 14

1. Based on the Self-Determination Theory, what are the two types of motivation?
 - a. Internal and external
 - b. Positive and negative
 - c. Automatic and controlling
 - d. **Autonomous and Controlled**
2. Which of the following motivators for exercise are LESS likely to waiver over time?
 - a. Exercising to avoid feeling guilty
 - b. Exercising for outward gain or payoff
 - c. Exercising because of external pressure
 - d. **Exercising because of the enjoyment of the activity itself**
3. Which of the following exercisers are most likely to stick with their activities long term:
 - a. **Jan goes for a walk each day because she notices that she is in a better mood on the days she walks.**
 - b. Jane started exercising so that she can lose 10 pounds before her wedding.
 - c. Janis goes for a run after eating too many brownies.
 - d. Janine decides to go to the gym because she always feels guilty when she doesn't go.
4. Your client, Juan, hasn't been physically active for a long time. He played soccer as a child, but hasn't been active since. Juan is curious about martial arts. He would like to take a martial arts class with his friend, but he's concerned that he will make a fool of himself. Which of the following would be a good way to increase Juan's self-efficacy?
 - a. Encourage Juan to sign up for the class while he is in your office so that he doesn't chicken out.
 - b. **Ask Juan for ideas of small steps he might take towards his eventual goal of trying out a martial arts class.**
 - c. Suggest that Juan set up a cardio plan so that he gets in better shape before starting the class.
 - d. Teach Juan more about the health benefits of exercise and martial arts.
5. Melanie spends 90 minutes at the gym each time she goes. She often goes to the gym consistently the first few weeks of the semester and then when her classes get harder, she stops going because she doesn't feel that she has 90 minutes to spend at the gym. Which of the 6 Common Barriers to Physical Activity might be useful to explore with Melanie?
 - a. Exacerbation of a health condition
 - b. Guilt and shame
 - c. Exercise as a punishment
 - d. **Perceived lack of time**

Chapter 15

1. Which is true regarding dieting?
 - a. Dieting is associated with long term weight loss.
 - b. Dieting is associated with long term weight gain.**
 - c. Dieting is associated with long term weight maintenance.
 - d. Dieting is associated with no long term weight changes.
2. Which of the following is true regarding body image?
 - a. The best way to improve body image is to diet.
 - b. Only clients in larger bodies experience a negative body image.
 - c. Primarily only adolescents and young adults experience negative body image.
 - d. Clients can experience an improved body image through counseling without changing their body shape or size.**
3. Which of the following best describes the Health At Every Size® paradigm:
 - a. Every body is healthy at every size.
 - b. Accepting and respecting diverse shapes and sizes while promoting flexible and pleasurable eating and physical movement.**
 - c. Eat when you're hungry and stop when you're full and you will lose weight.
 - d. Don't worry about your health or well-being.
4. Which is true regarding a non-diet (weight-neutral) approach?
 - a. A non-diet approach could cause physical harm.
 - b. A non-diet approach is best for supporting clients in losing weight.
 - c. A non-diet approach is associated with obsessive thoughts about food and disordered eating.
 - d. In a non-diet approach the client makes changes that support overall health and well-being, instead of on changes in body weight.**
5. When introducing a non-diet approach to clients, it's best to first...
 - a. Evoke the client's personal reasons for restricting food intake.
 - b. Evoke the client's negative experiences with restricting food intake.**
 - c. Give clients information about a non-diet approach.
 - d. Explain why diets don't work.