

Continuing Education Test
Journal of Nutrition Education and Behavior

Article: The Efficacy of Web-based and Print-delivered Computer-tailored Interventions to Reduce Fat Intake: Results of a Randomized, Controlled Trial

1. Why was this study conducted?

- a. There is lack of empirical evidence on the merits of interactive computer tailoring
- b. Print-delivered interventions may have advantages over interactive delivery modes
- c. Interactive delivery channels are promising
- d. All of the above

2. The Precaution Adoption Process Model identifies this as a prerequisite for the intention to change a health behavior:

- a. Knowledge of a healthier choice
- b. Skill and self-efficacy
- c. Contemplation
- d. Awareness of one's risk behavior

3. Multilevel analyses were conducted, because:

- a. The participants had different levels of fat intake at baseline
- b. The participants had different educational levels
- c. Participants were recruited among companies and communities
- d. The intervention condition variables were dummy-coded in the analyses

4. Was the total fat consumption (g/d) among the total population in the print-group significantly different at 1-month post intervention than at 6-months post intervention?

- a. Yes, it was lower at 1-month
- b. Yes, it was higher at 1-month
- c. No, it was the same
- d. It was not tested

5. What is not true?

- a. Risk consumers discussed the information of the 'Interactive tailored condition' more often than the information of the 'generic condition'
- b. The total population discussed the information of the 'print tailored condition' as often as the information of the 'interactive tailored condition'
- c. Risk consumers read the information of the 'Print tailored condition' more often than the information of the 'generic condition'
- d. The total population saved the information of the 'generic condition' more often than the information of the 'interactive tailored condition'

6. Was the print tailored condition more effective than the interactive tailored condition?

- a. Yes, because the print tailored condition also differed from the generic condition at 6-months post intervention
- b. No, because there were not significant differences between the two tailored conditions
- c. Yes, because the print tailored condition was read and saved more often
- d. No, because the interactive tailored condition has a potentially higher reach due to the possibility to apply it through the Internet

7. Indicate what is right. Generalizability of the findings is limited since...

- a. the study population was a selective sample
- b. only one dose of the tailored interventions was provided
- c. the study did not use a pretest
- d. the 'interactive tailored condition' was delivered on CD-ROM

8. Please indicate how you can use the information presented in this study in your own practice.

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9. Please indicate your satisfaction with the process of using this JNEB article for continuing education

- a. Extremely satisfied
- b. Satisfied
- c. Unsatisfied
- d. Extremely unsatisfied

10. Please comment on the process and mention topics you would like to be made available for continuing education credit in the future.

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