

## ***“Testing Theories of Dietary Behavior Change in Youth using the Mediating Variable Model with Intervention Programs”***

1. A mediator of an intervention-induced dietary behavior change is:
  - a) A registered dietitian
  - b) A variable that occurs as a causal pathway from the intervention to the outcome
  - c) A factor that modifies the effect of a dietary intervention program on a dietary outcome
  - d) A program component that affects dietary behavior
  
2. The relationship between theories of dietary behavior change and theory-based interventions is:
  - a) One-way, whereby theories inform interventions
  - b) One-way, whereby findings from interventions are used to refine existing theories of dietary behavior change
  - c) That of a synergetic feedback loop, whereby theories of dietary behavior change inform interventions and findings from theory-based interventions are used for theory development and refinement
  - d) Theories are irrelevant to dietary intervention effectiveness
  
3. To evaluate the extent to which a theory provides a valid explanation of changes in dietary behavior, the first essential step is to:
  - a) Examine whether an intervention program produced changes in the hypothesized mediators
  - b) Examine whether an intervention program produced statistically significant changes in the hypothesized mediators
  - c) Examine whether an intervention program produced changes in the dietary outcome
  - d) Examine whether an intervention program produced statistically significant changes in the dietary outcome
  
4. It is recommended that studies on mediating mechanisms of dietary behavior change report intervention mediated effects in the original metric of the dietary outcome. It is also recommended that the estimates of the mediated effect be accompanied by:
  - a) Their standard error as defined by Sobel
  - b) Their p-value computed using resampling techniques such as bootstrapping
  - c) Their 95% confidence intervals computed as defined by Sobel
  - d) Their 95% confidence intervals computed using resampling techniques such as bootstrapping
  
5. Current evidence on theoretical determinants of dietary behavior change in youth is, in the main, inconclusive due to:
  - a) The small number of available randomized controlled trials
  - b) Differences between studies in measures of dietary outcome and hypothetical mediators
  - c) Heterogeneity of populations studied
  - d) All of the above
  
6. Current theory-based dietary-behavior intervention studies suggest that the following theoretical constructs are important and reliable mechanisms of dietary behavior change in youth:
  - a) Food availability, habit, and knowledge
  - b) Knowledge, self-efficacy, and social support
  - c) Food availability, outcome expectations, and social support
  - d) Habit, outcome expectations, and self-efficacy
  
7. A synthesis of findings from theory-based dietary-behavior intervention studies on youth suggests that procedures targeting mechanisms of dietary-behavior change:

- a) May need to be tailored to particular outcomes and demographic groups
- b) Can be generic as different demographic groups react to interventions in similar ways across different dietary outcomes
- c) Should be tailored to particular demographic groups but can be similar across dietary outcomes
- d) Should be tailored to particular dietary outcomes but can be similar across demographic groups

8. Applied researchers generally find theories of dietary behavior change unhelpful because:

- a) They were originally developed for other types of health behavior
- b) Key constructs of such theories are difficult to measure
- c) They are too abstract and, hence, difficult to translate to the real world
- d) They do not explain how to modify hypothetical mediators

9. All of the dietary intervention trials for youth reported in Cerin et al.'s article failed to address an important condition for establishing mediation by not:

- a) Reporting 95% confidence intervals of the mediated effects
- b) Analyzing the independent contribution of multiple mediators to intervention effectiveness
- c) Assessing whether changes in the mediator(s) preceded changes in the dietary outcome(s)
- d) Conducting action theory tests

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