

Behavioral Change Theories Can Inform the Prediction of Young Adults' Adoption of a Plant-based Diet

- 1) A young adult considers how much his family will approve of his decision to adopt a plant-based diet. According to the Theory of Planned Behavior, which domain is influencing this person's decision?
 - a) Attitudes towards following a plant-based diet.
 - b) Control beliefs about following a plant-based diet.
 - c) Subjective norms regarding following a plant-based diet.
 - d) His perceptions of behavioral control regarding following a plant-based diet.

- 2) This research suggests that...
 - a) Attitudes about following a plant-based diet are positively associated with young adults' readiness to eat five servings of fruits and vegetables each day.
 - b) There is no statistically significant relationship between subjective norms about following a plant-based diet and an individual's stage of change regarding following a plant-based diet.
 - c) The outcome beliefs that formulate attitudes about following a plant-based diet vary depending on the gender of the participant.
 - d) Both b and c

- 3) A young woman, about to start her first year at college, has never considered following a diet that was primarily centered on plant-based foods. However, after reading a story in the newspaper that explained that following a plant-based diet may reduce her risk of ovarian cancer she begins to consider doing so. It's the beginning of the fall semester and she needs time to adjust to her new setting, but feels she can start following a plant-based diet over the winter break. According to this paper, which of the following is *least likely* to motivate her to begin following a plant-based diet?
 - a) Weight-loss Information that suggests switching animal-based proteins to plant-based sources of protein, such as legumes.
 - b) Watching an exposé on the news about mistreatment of animals in food production.
 - c) Receiving verbal support from her parents when she suggests she is considering a plant-based diet.
 - d) Information on iron-rich plant-based foods.

- 4) Based on the results of this study, which of the following would have the greatest influence on young adults' intentions to follow a plant-based diet. Interventions that address the...
- a) Outcome beliefs about following a plant-based diet.
 - b) Control beliefs about following a plant-based diet.
 - c) Normative beliefs about following a plant-based diet.
 - d) Each would influence intentions equally.
- 5) A message in an intervention to promote healthy eating that highlights inexpensive healthy foods is most likely targeting which domain of the Theory of Planned Behavior:
- a) Attitudes
 - b) Subjective Norms
 - c) Perceived Behavioral Control
 - d) Stage of Change
- 6) A limitation of this study is...
- a) The surveys used to measure the domains of interest contained unreliable items.
 - b) Due to the small number of subjects in the later stages of change, socio-cognitive determinates that may move young adults from the preparation stage into the action stage could not be identified.
 - c) Some constructs from the Theory of Planned Behavior were not considered.
 - d) Demographic differences in Theory of Planned Behavior constructs were not examined.
- 7) Based on the findings of this study, the authors suggest that young adults' perceptions of behavioral control regarding following a plant-based diet...
- a) Vary between those in the precontemplation stage of change and the contemplation stage of change, but not between those in the contemplation and preparation stage.
 - b) Do not vary between those in the precontemplation stage of change and the contemplation stage of change, but varies between those in the contemplation and preparation stage.
 - c) Follow a linear pattern throughout the stage of change continuum, with perceptions of behavioral control increasing with each stage.
 - d) None of the above.

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- b) Satisfied
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