

Continuing Education Test
Journal of Nutrition Education and Behavior

Article: Internet-based Interventions Have Potential to Affect Short-term Mediators and Indicators of Dietary Behavior of Young Adults

1. One objective of this study was:

- a. To determine whether fruit and vegetable intake levels vary when participants are exposed to nutrition messages that are stage-tailored versus non-tailored
- b. To determine whether psychosocial indicators of behavior change (self-efficacy, decisional balance, processes) vary when participants are exposed to nutrition education that is web-based versus paper-based
- c. To determine whether stage-tailored nutrition education has a greater effect on 24 hour diet recall as compared to non-tailored nutrition education
- d. To determine whether fruit and vegetable intake behaviors vary among individuals who have completed higher levels of formal education

2. How did the intervention differ between the control and treatment groups in this study?

- a. The treatment intervention focused on fruit and vegetable intake together, whereas the control intervention focused separately on fruits and vegetables.
- b. The treatment intervention was tailored to the participants' readiness to change both their fruit and vegetable intake, the control intervention was not tailored.
- c. The treatment intervention incorporated self-efficacy and decisional balance, the control intervention incorporated knowledge and skill.
- d. The treatment intervention was adapted from Transtheoretical Model-based print materials, the control intervention was based on motivational interviewing principles.

3. Which of the following is true of the Transtheoretical Model?

- a. Behavior change is a linear process with a clear beginning and end.
- b. Behavior change occurs by progressing through a series of stages, but may include relapses.
- c. Behavior change is considered to be transient unless or until the behavior has been consistently adopted for at least one year.
- d. One can assume that behavior change will occur when knowledge, motivation, and skill are gained.

4. Which option is false?

- a. Study participants were predominately white, young adult females with no children.
- b. At baseline there were no significant differences between control and treatment groups with respect to demographics, psychosocial measures, or stage of change distribution.
- c. At baseline the majority of participants were in preaction stages for fruit and vegetable intake.
- d. From baseline to follow up, stage-of-change distributions were significantly different for the tailored-treatment group, but not the control group.

5. What evidence was presented to show that the interactive, stage-tailored nutrition education web-module was effective in the treatment group?

- a. Positive changes in participants' decisional balance by lowering perceived barriers to change
- b. Increased confidence in participants' ability to eat recommended servings of vegetables
- c. Significant stage progression with respect to vegetable intake, via self-assessed consumption of 3 or more servings per day
- d. Increased use of 3 of 4 measured strategies (processes) of behavior change
- e. All of the above

6. Which of the following factors was considered to be a potential limitation for this study?

- a. The Internet format facilitated inclusion of participants from multiple states and settings.
- b. Willing participants may have had a higher than average interest in nutrition and health, or may be more frequent computer users.
- c. Participants were randomized automatically upon logging onto the study's website.
- d. Both the treatment and control interventions were delivered in the same format (via Internet).

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

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

- a. extremely satisfied
- b. satisfied
- c. unsatisfied
- d. extremely satisfied

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