Using Environmental Stimuli in Physical Activity Intervention for School Teachers: A Pilot Study

CEU Article Event # I0803

Congruent to Responsibility IV: Evaluating Effectiveness of Health Education Programs

1. The Hong Kong Behavioral Risk Factor Survey revealed that _____ of adults in Hong Kong aged 18-64 failed to complete at least 10 minutes of moderate PA during the day.
    a. 56.5%
    b. 58.5%
    c. 60.5%
    d. 65.5%

2. Lombard, Lombard and Winett designed a phone call based intervention for
    a. public school teachers
    b. university staff
    c. public school administrators
    d. public school students

3. PA level was measured by
    a. survey responses
    b. observation of teachers during break times
    c. pedometers
    d. BMI

4. Participating schools were recruited based on
    a. an 8 hour school day
    b. only one six floor building
    c. one life/elevator for teachers' access to different floors
    d. all of the above

5. SMS means
    a. silent mediating system
    b. short message service
    c. significant message source
    d. stimulating message system

6. _____participants from four primary schools volunteered to be participants in the study.

a. 52
b. 62
c. 72
d. 82

7. How many participants were in the control group?
a. 14
b. 26
c. 35
d. 41

8. Sixty-eight percent of school teachers report that they spend over_____hours a day on school work.
a. 11
b. 12
c. 13
d. 14

9. The present findings support that _____were effective in modifying participants' activity at work
a. manipulation of cues
b. posters and information leaflets
c. SMS messages
d. all of the above

10. This study demonstrated that an intervention applying the strategy of environmental stimuli was effective in assisting teachers to increase their PA levels at work following a 6-week intervention period.
a. true
b.false