



Post-Test

**Title: Nutrition Counseling and Motivational Techniques**

**Presenter:** Jennifer Gill, RD, CEDRD-S

**Credit:** One (1) Continuing Education Credit Awarded

**Posttest (For reference only. You must take and pass the test online for CE credit.)**

- 1) Which is NOT a stage of change
  - a. Defiance
  - b. Acceptance
  - c. Accomplishment
  - d. Motivation
  - e. All of the above
  
- 2) Listening involves which of the following:
  - a. Agreeing
  - b. Suggesting
  - c. Reassuring
  - d. Reasoning
  - e. None of the above
  
- 3) There is only one definition of Health T/F
  
- 4) I honor my patient's autonomy by which of the following model:
  - a. Interpretative model
  - b. Informative model
  - c. Deliberative model
  - d. Paternalistic model
  
- 5) Which stage of change does the Vision Board help with
  - a. Precontemplative
  - b. Contemplative
  - c. Maintenance
  - d. Preparation
  
- 6) Which of the following should be considered in a patient's food choice?
  - a. Time
  - b. Convenience
  - c. Finances
  - d. Others
  - e. All of the above

- 7) Who created the Pathological vs Positive Nutrition Model
- Jennifer Gill
  - Evelyn Tribole
  - Jessica Setnick
  - Prochaska
- 8) Which is not an “Experiential Activities” to aid patients with eating disorders
- Home visits
  - Grocery store visits
  - Restaurant visits
  - Workbook assignments
- 9) S.M.A.R.T. Goals stand for
- S – Specific
  - M – Measurable
  - A – Accountable
  - R – Relevant
  - T – Time-Bound
- 10) What did Center for Change patients say helped them the most
- Got to know me and my passions and interests
  - Was kind and compassionate, did not judge me
  - Always took an interest in me
  - Was just with me during the most challenging times
  - Always said, “Hi,” when she saw me when she passed by
  - Challenged me but was understanding during meal pass
  - None of the above
  - All of the above