

BEHAVIOR CHANGE SPECIALIST PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. If a client is in the Pre-contemplation stage, what might the content of their journaling consist of?**
 - A. Very general thoughts and feelings around everyday life
 - B. Thoughts and feelings about a relapse in behavior and strategies for improvement
 - C. Very specific thoughts and feelings around struggles with the nutritional and activity changes demanded of their program
 - D. Very general thoughts about long-term health goals
- 2. In the stages of change model, creating a contract to identify behavior goals for getting healthy is most appropriate for which stage?**
 - A. Preparation.
 - B. Contemplation.
 - C. Action.
 - D. Pre-contemplation.
- 3. Which population, because of the wealth of their personal experience, might it be challenging for health and wellness professionals to relate to?**
 - A. College students
 - B. Teenagers
 - C. Older adults
 - D. Young immigrants
- 4. Which component is not part of a logic model?**
 - A. Inputs
 - B. Activities
 - C. Randomization of participants
 - D. Outputs
- 5. Which of the following is an example of a process goal?**
 - A. Drink an extra 32 oz of water per day
 - B. Reduce daily calorie intake from 3,000 to 1,500
 - C. Lose 20 pounds
 - D. Control my appetite

- 6. Which factor most supports habit formation in sustaining behavior change?**
- A. Increasing variability of context
 - B. Relying on willpower alone
 - C. Removing cues to avoid triggering routines
 - D. Establishing stable cues, routines, and consistent context
- 7. Which design approach best supports health literacy equity?**
- A. Use plain language, visual supports, teach-back, and multilingual options
 - B. Use highly technical medical terminology only
 - C. Assume high literacy and cultural relevance
 - D. Require advanced digital literacy
- 8. Which approach best supports healthy behavior change while respecting multicultural differences?**
- A. Refer to someone with the same cultural background
 - B. Emphasize the detriment of traditional cuisine
 - C. Discuss benefits of healthy behavior change for family and values
 - D. Dismiss traditional practices
- 9. Which stage in the Transtheoretical Model is characterized by no intention to act in the near future?**
- A. Contemplation
 - B. Preparation
 - C. Action
 - D. Precontemplation
- 10. John, an office worker who is dissatisfied with his sedentary job, decides to schedule an introductory session with a personal trainer. Which stage is John in?**
- A. Contemplation
 - B. Action
 - C. Pre-contemplation
 - D. Preparation

Answers

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1. A
2. C
3. D
4. C
5. D
6. D
7. A
8. C
9. D
10. B

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Explanations

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1. If a client is in the Pre-contemplation stage, what might the content of their journaling consist of?

- A. Very general thoughts and feelings around everyday life**
- B. Thoughts and feelings about a relapse in behavior and strategies for improvement
- C. Very specific thoughts and feelings around struggles with the nutritional and activity changes demanded of their program
- D. Very general thoughts about long-term health goals

In the Pre-contemplation stage, journaling tends to capture broad, everyday reflections rather than thoughts about changing behavior. Clients at this point may not recognize a problem or intend to change, so their entries focus on general life experiences, moods, stressors, and routines rather than specific plans, strategies, or concerns about relapse. They aren't typically documenting targeted thoughts about nutrition or activity changes, nor are they laying out long-term health goals as the central focus. This broad, non-specific content fits with their current lack of motivation or awareness about needing to change.

2. In the stages of change model, creating a contract to identify behavior goals for getting healthy is most appropriate for which stage?

- A. Preparation.
- B. Contemplation.
- C. Action.**
- D. Pre-contemplation.

In the Transtheoretical Model, the stage where people have moved beyond thinking about change and are actively making it happen is the point at which a contract to identify specific behavior goals fits best. A contract provides concrete, measurable targets and a clear plan, which helps sustain momentum, accountability, and self-monitoring as new healthy behaviors are being implemented. It translates intentions into actionable steps, aligns with the commitment people are already making in this stage, and supports steady progress toward healthier habits. In earlier stages, like contemplation or pre-contemplation, individuals are not yet acting on changes, so a detailed contract would be premature or overwhelming. In preparation, the person might be getting ready to change, but the ongoing, concrete structure of a contract is especially helpful once action has begun and there's a need to codify specific goals and routines. For example, setting goals such as "walk 30 minutes five days a week and record progress every day" gives direction and accountability during the active change process.

3. Which population, because of the wealth of their personal experience, might it be challenging for health and wellness professionals to relate to?

- A. College students
- B. Teenagers
- C. Older adults

D. Young immigrants

Relating effectively relies on shared experiences and a mutual understanding of health beliefs and practices. Young immigrants often bring a wide range of experiences that can be very different from those of health and wellness professionals—language differences, diverse cultural norms around health, varying levels of trust in the healthcare system, and migration-related stress or trauma. These factors can create a gap in communication and rapport, making it harder to connect and tailor guidance in a way that feels relevant and respectful. When professionals encounter this distance, using cultural humility, active listening, asking about beliefs and preferences, and offering interpreter services or culturally appropriate resources helps bridge the gap and build trust. College students, teenagers, and older adults may still have distinct experiences, but they tend to have more common ground with practitioners in terms of language, cultural expectations, or life-stage concerns, which often makes rapport-building more straightforward.

4. Which component is not part of a logic model?

- A. Inputs
- B. Activities

C. Randomization of participants

- D. Outputs

In a logic model, you map how a program uses resources (inputs) to carry out activities, which produce tangible products or services (outputs) that lead to desired changes (outcomes) within a broader context of assumptions and external factors. Randomization of participants is a research design technique used to assign people to groups to reduce bias in evaluation studies. It isn't a labeled element of the logic model itself, which focuses on the program's plan and the causal pathway from inputs to outputs to outcomes. Therefore, randomization does not belong to the standard components of a logic model.

5. Which of the following is an example of a process goal?

- A. Drink an extra 32 oz of water per day
- B. Reduce daily calorie intake from 3,000 to 1,500
- C. Lose 20 pounds

D. Control my appetite

The main concept is that process goals describe the method you will use to change behavior—the ongoing actions and self-regulation you apply as you work toward the change. Control my appetite fits because it focuses on the ongoing strategy for managing eating in real time. It's about how you regulate urges, choose responses, and maintain self-control across situations, rather than aiming at a specific amount or a final outcome. The other options point to endpoints or concrete quantities (drinking a certain amount of water, reducing calories to a target, losing a certain weight), which are typically outcome or performance targets rather than the process you'll use to implement the change.

6. Which factor most supports habit formation in sustaining behavior change?

- A. Increasing variability of context
- B. Relying on willpower alone
- C. Removing cues to avoid triggering routines
- D. Establishing stable cues, routines, and consistent context**

Consistency in cues, routines, and the surrounding context drives automatic behavior. When the same trigger appears in the same environment and the same routine is repeated, the brain forms a stable cue–routine–reward pattern that requires little conscious effort. This automaticity helps the behavior endure even when motivation ebbs, because the action becomes a default response rather than something you have to will into place. Introducing more variability in context makes it harder for a single, reliable cue–response pattern to develop, which weakens habit formation. Relying on willpower alone tends to be unstable over time, since self-control fluctuates. Removing cues that trigger the routine removes the very signals that help initiate the behavior, making it harder to sustain. So, establishing stable cues, routines, and a consistent context best supports forming durable habits and maintaining behavior change.

7. Which design approach best supports health literacy equity?

- A. Use plain language, visual supports, teach-back, and multilingual options**
- B. Use highly technical medical terminology only
- C. Assume high literacy and cultural relevance
- D. Require advanced digital literacy

Designing health information to promote equity means making content understandable and usable for people with different literacy levels, languages, and cultural backgrounds. The best approach combines plain language, visual supports, teach-back, and multilingual options. Plain language reduces medical jargon and complexity, so messages are clear to readers with limited literacy. Visual supports—such as icons, pictures, and simple diagrams—help convey concepts when words alone aren't enough and aid memory across diverse learners. Teach-back provides a practical check: asking people to explain the information in their own words ensures they truly understand and allows the provider to adjust explanations if needed. Multilingual options remove language barriers, ensuring non-English speakers can access and act on health information safely. This combination directly addresses barriers to understanding and applying health information, supporting equitable access for all. In contrast, using highly technical terminology excludes many, assuming high literacy and cultural relevance ignores those with lower literacy or different backgrounds, and requiring advanced digital skills creates unnecessary barriers for those with limited technology access or skills.

8. Which approach best supports healthy behavior change while respecting multicultural differences?

- A. Refer to someone with the same cultural background
- B. Emphasize the detriment of traditional cuisine
- C. Discuss benefits of healthy behavior change for family and values**
- D. Dismiss traditional practices

Understanding how to support healthy behavior change across diverse cultures means showing respect for people's values and social context while linking new habits to meaningful goals. Framing the change around benefits for the family and for shared values taps into motivations that are often central in multicultural settings—care for loved ones, responsibility to and harmony within the family, and alignment with what people consider important in their lives. When guidance is connected to these longstanding values, it feels relevant and trustworthy, making it more likely that healthy choices are adopted and sustained. This approach also naturally accommodates cultural differences by enabling adaptations that honor traditions and preferences rather than dismissing them. In contrast, suggesting that traditional cuisine is inherently detrimental or dismissing traditional practices can damage trust and reduce engagement, while focusing only on a person from the same cultural background can overlook the broader social networks and values that influence behavior. The best approach is respectful, values-based framing that includes family in the conversation and identifies ways to preserve cultural identity while supporting healthier choices.

9. Which stage in the Transtheoretical Model is characterized by no intention to act in the near future?

- A. Contemplation
- B. Preparation
- C. Action
- D. Precontemplation**

In the Transtheoretical Model, the stage where there is no intention to act in the near future is precontemplation. At this point, individuals may not see a problem, deny the need to change, or resist information about the behavior. Motivation to change is low, and plans to take action are not present for the foreseeable future (often interpreted as not within the next six months). Because the goal is to raise awareness and help the person move toward consideration, strategies focus on information, feedback, and exploring ambivalence, rather than pushing for immediate action. This differs from contemplation, where change is recognized and considered within the next six months, and from preparation, where there's intent to act soon and small steps may be taken. Action involves actively changing behavior, with maintenance following to sustain those changes.

10. John, an office worker who is dissatisfied with his sedentary job, decides to schedule an introductory session with a personal trainer. Which stage is John in?

- A. Contemplation
- B. Action**
- C. Pre-contemplation
- D. Preparation

The stage being tested is about taking concrete steps to change behavior. In the Transtheoretical Model, Action is when a person has begun to perform new behaviors and actively implements them. By scheduling an introductory session with a personal trainer, John is not just thinking about changing his sedentary routine or planning how to start; he's initiating a real, observable behavior aimed at increasing activity. That decisive, purposeful action signals he has moved into the Action stage. If he were only researching trainers or weighing pros and cons without taking steps, that would align more with contemplation or preparation, but scheduling the session shows he's actively changing his behavior.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://behaviorchangespecialist.examzify.com>

We wish you the very best on your exam journey. You've got this!

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