

HEALT INTERVENTION PROGRAMS

COUNTRY:.....

MALE.... FEMALE.....

ET student.... PT student.....

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| 1. The goals of traditional Occupational Health Programs are to prevent absenteeism, disability, productivity and job stress. | T | F |
| 2. Other goals could be to help the employees get slim, nice and rich | T | F |
| 3. Salutogenetic health focus on causes to disease. | T | F |
| 4. Stress management programs are the most frequent used interventions. | T | F |
| 5. Physical exercise may be explained as Cognitive behavioral training | T | F |
| 6. Cognitive behavioral training have the best effect on health problems | T | F |
| 7. Physical exercise is shown to increase absenteeism | T | F |
| 8. Acute stress is dangerous and may cause neck pain | T | F |
| 9. Aggression is a product of acute stress | T | F |
| 10. Stress related to heavy work load, time pressure and interruptions is normal and leads to good health | T | F |
| 11. Lack of autonomy is correlated with high sick leave | T | F |
| 12. Health promotion programs have to be cost effective | T | F |
| 13. Health promotion programs have to focus stress reduction and muscle pain reduction | T | F |
| 14. When you want to select employees to an occupational exercise program You can use the "Health-trakt", addressing the frequency of sick leave days | T | F |