

# ASWB Advanced Generalist - Quiz Questions with Answers

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## I. Human Development, Diversity, and Behavior in the Environment

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### I. Human Development, Diversity, and Behavior in the Environment

1.

Which of the following statements is accurate regarding the family life cycle?

**Skills not learned in one stage can be learned in later stages**

Each stage must be completed before moving to the next

Stages vary widely from family to family

Skills not learned in one stage cannot be learned in later stages

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*Correct answer: Skills not learned in one stage can be learned in later stages*

*The family life cycle is a way of conceptualizing the various stages that take a family through its development and growth. Much like Erikson's stages of psychosocial development, they are ways of describing the set of tests, challenges, and skills that occur at specific times. As in Erikson's model, skills not learned in one stage can be learned in later stages.*

*Generally, families progress through stages without real completion of a previous stage. Although families vary widely, the model's successive stages remain constant.*

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2.

Which of the following does family life cycle theory suggest?

**Successful transition through stages may prevent disease and emotional disorders**

Successful transition through stages ensures positive health outcomes

Successful transition through stages inhibits the development of mental illness

Successful transition through stages has no meaningful effect on health outcomes

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*Correct answer: Successful transition through stages may prevent disease and emotional disorders*

*The family life cycle is a multi-stage process marking the major tests and transitions of a family's experience. The theory suggests that successful transition through the stages of the family life cycle may prevent disease and emotional disorders.*

*This theory does not suggest that positive health outcomes are a necessary result of successful transition through stages. It does not suggest that successful transition through the stages inhibits the development of mental illness per se, only those aspects of mental disorders that are characterized by emotional dysregulation, and not in all cases. The theory does suggest a positive impact on health outcomes from successful navigation of the stages of the family life cycle.*

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3.

Which of the following is a treatment modality designed to recreate family roles in a group context?

**Psychodrama**

Psychoeducation

Psychoanalysis

Cognitive behavioral therapy

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*Correct answer: Psychodrama*

*Psychodrama is a treatment modality that recreates family roles in a group context.*

*The other answers are incorrect. Psychoeducation is helping clients with information. Psychoanalysis refers to a process of examining inner conflicts. Cognitive behavioral therapy is a modality that seeks to correct patterns of thinking.*

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4.

An emotional new client informs a social worker that her eight-year-old daughter is terminally ill. The client's husband left her and the family shortly after their daughter's diagnosis. The client states that she doesn't know how to deal with her daughter's illness and the loss of her husband, and then she begins to cry.

What should the social worker do **FIRST**?

**Acknowledge the client's overwhelmed feelings**

Discuss the client's family support system

Explore the reasons for the husband's departure

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*Correct answer: Acknowledge the client's overwhelmed feelings*

*Since the client is feeling emotional and overwhelmed, the social worker should start by acknowledging the client's feelings. This is an example of the supportive communication that is essential to strength-based and resilience theories of treatment. This will also accomplish the objective of forming a partnership and establishing rapport.*

*The other options may be helpful directions for the social worker to take with the client, but not until after the client's feelings are acknowledged.*

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5.

A client's desires are consciously intolerable and cannot be directly realized, so they divert these desires into creative activities that are acceptable.

Which of the following defense mechanisms is the client using?

**Sublimation**

Displacement

Projection

Reaction formation

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*Correct answer: Sublimation*

*Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.*

*Displacement is a defense mechanism in which a client transfers actions from a desired target to a substitute target when the first target is not permitted or not available.*

*Projection is a defense mechanism used by clients who choose to reject the unacceptable aspects of their personality. Projection occurs when someone assigns their insecurities to others and, in the process, alienates themselves.*

*Reaction formation is a defense mechanism used by clients who behave in ways that oppose an original unconscious trait.*

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6.

A military squad is an example of what type of group?

**Structured**

Collective

Intimate

Intimate structured

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*Correct answer: Structured*

*A military squad is an example of a structured group, as structured groups are organized and integrated connections with other individuals.*

*An audience at a theater is an example of a collective group. Lovers are an example of an intimate group. Families are an example of an intimate structured group.*

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7.

A client feels that everyone thinks he is a slow learner, so he spends extra time making sure that everything he does is correct before being shown to others.

What type of defense mechanism is this client **MOST** likely using?

Compensation

Rationalization

Substitution

Intellectualization

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*Correct answer: Compensation*

*Compensation is a defense mechanism in which an individual tries to make up for imaginary characters that are considered undesirable.*

*In intellectualization, people think away an emotion or reaction that they do not want to feel. Although they are not denying that an emotional event occurred, they are not thinking about its emotional consequences.*

*Substitution is a defense mechanism in which an individual replaces an unattainable goal with one that is attainable.*

*When someone rationalizes something, they try to explain it away. People often use rationalization to push away their insecurities or remorse after doing something they regret. To make themselves feel better, they shift the blame.*

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8.

Which of the following generally results in **LESS** group cohesion?

**Changes in group membership**

Dependence on the group to achieve goals

Smaller group size

Similarity of members

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*Correct answer: Changes in group membership*

*Many factors affect group cohesion. Some can result in more cohesion, such as small group size, a dependence on the group to achieve common goals, and similarity of members. Some result in less cohesion, such as changes in group membership.*

*The other options are incorrect, as they are factors that increase group cohesion.*

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9.

Which of the following refers to the structured inequality of society?

**Stratification**

Layering

Classification

Accretion

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*Correct answer: Stratification*

*Stratification refers to the structured inequality of society into many "strata" that are less dynamic than is desirable.*

*The other options are incorrect. Layering, classification, and accretion are not terms used in this context.*

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10.

Which parenting style is characterized by making few demands on children and treating the relationship as a friendship?

**Permissive parenting**

Authoritative parenting

Uninvolved parenting

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*Correct answer: Permissive parenting*

*Permissive parenting is most characterized by making few demands on children and treating the relationship as a friendship.*

*Authoritative parenting is characterized by firm rules backed by good communication about the rules. Uninvolved parenting is characterized by a virtual absence of parenting altogether, except perhaps to supervise basic needs.*

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11.

According to Kohlberg, which of the following is the **HIGHEST** level of moral development?

Postconventional

Preconventional

Conventional

Metaconventional

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*Correct answer: Postconventional*

*According to Lawrence Kohlberg, humans progress through three stages of moral development:*

- *preconventional, which is selfish and fearful*
- *conventional, which is rule-bound and guilt-avoidant*
- *postconventional, which is mature and genuine*

*"Metaconventional" is a fabricated term.*

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12.

Which of the following **BEST** describes the act of exaggerating negatives in oneself or others?

Devaluation

Inhibition

Projection

Displacement

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*Correct answer: Devaluation*

*Defense mechanisms are ways in which a person's mind seeks to resolve internal conflict. Devaluation exaggerates negatives in oneself or others.*

*The other answers are incorrect. Inhibition is a strategy to avoid discomforting stimuli. Projection is the assignment of one's negative qualities to others. Displacement moves the energy of a stimulus to another area of the psyche.*

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13.

A client forgot to pick up her child from the babysitter's house. She explains that she was extremely busy at work and then needed to stop for groceries; by the time she was done, she completely forgot to pick up her child.

What type of defense mechanism is this client **MOST** likely using?

Rationalization

Sublimation

Overcompensation

Displacement

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*Correct answer: Rationalization*

*When someone rationalizes something, they try to explain it away. People often use rationalization to push away their insecurities or remorse after doing something they regret. To make themselves feel better, they shift the blame.*

*Displacement is a defense mechanism in which a client transfers actions from a desired target to a substitute target when the first target is not permitted or not available.*

*Overcompensation is a defense mechanism characterized by an individual's extreme efforts to counterbalance a deficiency.*

*Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.*

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14.

Which of the following is the **MOST** accurate statement about aging with respect to social work?

**It is an irreversible, natural process involving changes in mood, attitude, and social activity**

It is an organic, wholly idiosyncratic process involving the maintenance of mood, attitude, and social activity

It is a product of societal perception and cultural expectations that is not well-defined

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*Correct answer: It is an irreversible, natural process involving changes in mood, attitude, and social activity*

*The process of aging with respect to its meaning in social work is best understood as an irreversible, natural process involving changes in mood, attitude, and social activity. Although it is highly complex and individualized to a degree, the common experience of aging involves well-understood processes that are broadly common to all humans.*

*The process is not reversible or wholly idiosyncratic. It involves factors such as societal perception and cultural expectations, but it is chiefly to be understood as a real phenomenon in humans that produces changes that must be addressed.*

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15.

Clients use various defense mechanisms in order to protect themselves during treatment sessions.

Which of the following **BEST** describes the defense mechanism of intellectualization?

**Ignoring feelings and objectively analyzing problems**

Ignoring unacceptable feelings

Overestimating another person's abilities

Taking extreme measures to counterbalance a deficiency

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*Correct answer: Ignoring feelings and objectively analyzing problems*

*In intellectualization, people think away an emotion or reaction that they do not want to feel. Although they are not denying that an emotional event occurred, they are not thinking about its emotional consequences.*

*Denial can be considered a "generic" defense mechanism because it underlies many of the other defense mechanisms. When someone uses denial, they simply refuse to accept the truth or reality of a fact or experience. An example of denial is saying, "I'm just a social drinker."*

*Idealization is a defense mechanism in which a client overestimates another person's abilities.*

*Overcompensation is a defense mechanism in which a client takes extreme measures to counterbalance a perceived deficiency.*

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16.

Clients use various defense mechanisms in order to protect themselves during treatment sessions.

Which of the following **BEST** describes the defense mechanism of substitution?

**Replacing an unattainable goal with an attainable goal**

Ignoring unacceptable feelings

Taking extreme measures to counterbalance a deficiency

Justifying an unacceptable action in order to make it acceptable

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*Correct answer: Replacing an unattainable goal with an attainable goal*

*Substitution is a defense mechanism in which a client replaces an unattainable goal with an attainable goal.*

*Denial can be considered a "generic" defense mechanism because it underlies many of the other defense mechanisms. When someone uses denial, they simply refuse to accept the truth or reality of a fact or experience. An example of denial is saying, "I'm just a social drinker."*

*Overcompensation is a defense mechanism in which a client takes extreme measures to counterbalance a deficiency.*

*When someone rationalizes something, they try to explain it away. People often use rationalization to push away their insecurities or remorse after doing something they regret. To make themselves feel better, they shift the blame.*

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17.

When an individual is part of a structured group, what impact does it have on their loneliness?

**Reduces social loneliness**

Offers no buffering

Reduces emotional loneliness

Reduces social and emotional loneliness

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*Correct answer: Reduces social loneliness*

*A structured group reduces a person's social loneliness.*

*A collective group has no buffering effect on an individual's loneliness. An intimate group reduces emotional loneliness. An intimate structured group reduces emotional and social loneliness.*

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18.

Which of the following is not one of the many definitions of gender?

**One's pattern of sexual interest**

A set of visible, distinguishing characteristics

Biological sex

One's chosen identity as male, female, or another

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*Correct answer: One's pattern of sexual interest*

*The complex issue of gender identity is not made easier to understand by the language used to address it. For instance, the word gender can mean the set of visible, distinguishing characteristics that signal gender identity to others, one's biological sex, or one's chosen identity as male, female, or another choice.*

*One thing that does not define gender is one's pattern of sexual interest, as this is referred to as sexual orientation.*

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19.

Which of the following is the **MOST** accurate statement regarding the progression of homosexual partners through the cycle of couples development?

**They go through the same stages but experience unique factors**

They go through the same stages

They do not experience the usual stages of couples development

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*Correct answer: They go through the same stages but experience unique factors*

*Couples development moves through several stages, from passionate encounters all the way through to more stable stages in which couples co-create as a dyad.*

*Homosexual couples go through the same stages but experience unique factors due to stigma, a lack of public role models, and other factors.*

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20.

A client has trouble walking and cannot keep up with her friends when they are shopping, so she always buys them lunch and gifts to make up for her disability.

What type of defense mechanism is this client **most** likely using?

Overcompensation

Intellectualization

Sublimation

Displacement

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*Correct answer: Overcompensation*

*Overcompensation is a defense mechanism characterized by an individual's extreme efforts to counterbalance a deficiency.*

*Displacement is a defense mechanism in which a client transfers actions from a desired target to a substitute target when the first target is not permitted or not available.*

*Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.*

*In intellectualization, people cognitively push away an emotion or reaction that they do not want to feel. Although they do not deny that an emotional event occurred, they do not want to think about its emotional consequences.*

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21.

Which of the following is the **BEST** definition of suprasystem in systems theory?

**An entity composed of component systems**

An absence of higher systems

An absence of subsystems

An entity composed of systems in conflict

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*Correct answer: An entity composed of component systems*

*Systems theory is a perspective that suggests human behavior is an expression of participation in various systems that interact. A suprasystem in systems theory is an entity composed of component systems, such as a large extended family suprasystem that is composed of smaller subsystems in the form of individual relationships.*

*The concept does not refer to an absence of higher systems, an absence of subsystems, or an entity composed of systems in conflict.*

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22.

Which of the following refers to the way people present their sexual preferences?

**Sexual identity**

Sexual behavior

Sexual orientation

Sexual affect

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*Correct answer: Sexual identity*

*Sexual identity is the way in which a person presents their sexual self. This can vary from one's pattern of sexual behavior (the acting out of sexual desire) or one's sexual orientation (the established pattern of thoughts and feelings about sex).*

*The other options are incorrect. "Sexual affect" is a fabricated term.*

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23.

Which of the following is the **MOST** accurate definition of cultural pluralism?

**Respect and encouragement of cultural differences**

A society in which all categories of diversity are equally represented

Encouragement of cultural assimilation

The idea of one's culture being superior to others

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*Correct answer: Respect and encouragement of cultural differences*

*Cultural pluralism refers to the general attitude and practice of respect and encouragement of cultural differences.*

*It does not refer to a society in which all categories of diversity are equally represented, nor does it refer to any aspect of assimilation. The idea of one's culture being superior to others is called ethnocentrism.*

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24.

Which of the following refers to **VOLUNTARY** behavior?

Operant

Respondent

Active

Proactive

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*Correct answer: Operant*

*In behaviorist theory, operant behavior is voluntary behavior that is affected by environmental consequences.*

*The other answers are incorrect. Respondent behavior is involuntary behavior. "Active" and "proactive" are not terms used in this context.*

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25.

Clients use various defense mechanisms in order to protect themselves during treatment sessions.

Which of the following **BEST** describes the defense mechanism of compensation?

**Unconsciously trying to make up for undesirable characteristics**

Unconsciously removing threatening thoughts from their awareness

Acting in a manner that opposes an unconscious trait

Transforming emotional conflict into physical manifestations

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*Correct answer: Unconsciously trying to make up for undesirable characteristics*

*Compensation is a defense mechanism in which a client unconsciously tries to make up for undesirable characteristics.*

*Suppression is a defense mechanism in which a client unconsciously removes threatening thoughts from their awareness.*

*Reaction formation is a defense mechanism used by clients who behave in ways that oppose an original unconscious trait.*

*Conversion is a defense mechanism in which a client transforms their emotional conflict into physical manifestations.*

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26.

Which of the following refers to the treatment approach in which roles are enacted in a group context?

**Psychodrama**

Group drama

Interplay process

Role feedback

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*Correct answer: Psychodrama*

*Psychodrama is the treatment approach in which roles are enacted in a group context.*

*The other options are incorrect and are not terms used in group work.*

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27.

A client's manager makes her extremely anxious. When she knows that this manager will be in the office, she starts complaining of a migraine or a stomachache.

What type of defense mechanism is this client **MOST** likely using?

Conversion

Rationalization

Overcompensation

Sublimation

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*Correct answer: Conversion*

*Conversion is a defense mechanism in which anxiety is transformed into overt physical manifestations.*

*Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.*

*Overcompensation is a defense mechanism characterized by an individual's extreme efforts to counterbalance a deficiency.*

*When someone rationalizes something, they try to explain it away. People often use rationalization to push away their insecurities or remorse after doing something they regret. To make themselves feel better, they shift the blame.*

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28.

Which of the following is accurate regarding transgender persons?

**They experience the full range of sexual orientations and interests**

They generally experience the sexual orientation of the gender they transition into

They generally retain the sexual orientation of their original gender

They generally experience same-sex sexual orientation regardless of their gender status

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*Correct answer: They experience the full range of sexual orientations and interests*

*Transgender persons, like most persons, experience a full range of sexual orientations and interests. Nothing in the transition process mandates any change to sexual orientation. As with others, the sexual orientations and interests of transgender persons should be assessed and dealt with on an individual basis.*

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29.

Which of the following is the **FINAL** stage of Margaret Mahler's theory of couple development?

Co-creation

Romance

Stability

Power struggle

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*Correct answer: Co-creation*

*Co-creation is the final stage of Margaret Mahler's theory of couple development, which moves through romance, power struggle, stability, and commitment before the final stage of co-creation.*

*The other options are incorrect, as they are not the final stage in this model of couple development.*

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**30.**

Which of the following is another term for B-Needs?

**Growth needs**

Behavioral needs

Safety needs

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*Correct answer: Growth needs*

*Abraham Maslow defined B-Needs, or growth needs, as those that arise from a desire for the expansion of self, such as self-actualization.*

*The other answers are incorrect. Behavioral needs and safety needs are not synonyms for B-Needs. Safety needs are not B-Needs.*

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31.

Which of the following accurately describes the concept of mindguards?

**Members who protect a group from perceived risk**

Members who keep a group open to new ideas

Members who attempt to keep the group from becoming stressed

Members who try to keep outsiders from entering the group

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*Correct answer: Members who protect a group from perceived risk*

*The concept of groupthink is central to an understanding of the functioning of social behavior. Although the phenomenon is complex, the main idea is that the group arrives at an identity that supersedes the identities of its members, and the group will protect this identity by overruling the individual opinions of component members if they are perceived as posing a threat to the integrity of the group through dissent or departure from the consensus.*

*"Mindguards" is the term used to apply to members who appoint themselves to protect the group by explicitly challenging dissent or any other kind of perceived threat to the group's opinion, identity, or function.*

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32.

Which of the following **BEST** describes the more complicated structures into which family subsystems are organized?

**Hierarchies**

Systems

Alliances

Roles

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*Correct answer: Hierarchies*

*Hierarchies are the more complicated systems into which smaller family subsystems are organized.*

*The other answers are incorrect. Systems, alliances, and roles are not used to describe this phenomenon in family systems theory.*

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**33.**

A client openly informs a social worker that they frequently use cocaine and have done so for several years. What step should the social worker take **FIRST**?

**Refer the client for substance abuse treatment**

Assess why the client is using cocaine

Determine whether the client is motivated to change

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*Correct answer: Refer the client for substance abuse treatment*

*Since the client has a history of drug abuse, the social worker should refer the client for substance abuse treatment first. Substance abuse can be fatal, and the social worker has a responsibility to refer the client for treatment as soon as possible.*

*The remaining answer options are incorrect. Clients who abuse drugs often rationalize their use and deny that they have a problem; therefore, there is no meaningful way to treat addiction in a social work setting.*

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**34.**

Which of the following describes the cognitive level of judging and forming opinions?

**Evaluation**

Synthesis

Analysis

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*Correct answer: Evaluation*

*Evaluation is the cognitive level associated with judging and the forming of opinions.*

*The other answers are incorrect. Synthesis addresses the bringing together of various kinds of data. Analysis describes breaking down information into useful components.*

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**35.**

Which of the following perspectives suggests that all human problems can be considered learned behaviors?

**Social behavioral**

Social conflict

Behavioral conflict

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*Correct answer: Social behavioral*

*The social behavioral perspective suggests that all human problems are learned behaviors and that addressing behavior addresses larger issues in personality.*

*The other answers are incorrect. "Social conflict" and "behavioral conflict" are fabricated terms.*

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36.

Which of the following refers to a process that radicalizes a group?

**Group polarization**

Groupthink

Group identity

Group action

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*Correct answer: Group polarization*

*Group polarization refers to the radicalizing of a group that occurs when the group takes on a more extreme position than individuals would adopt on their own.*

*The other options are incorrect. Groupthink is the process of group pressure on individual opinion. Group identity and group action are not terms used in this context.*

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37.

Which of the following tasks **LEAST** characterizes family-of-origin experiences in terms of the family life cycle?

**Differentiating**

Maintaining relationships within the family

Completing education

Developing foundations for later family life

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*Correct answer: Differentiating*

*The family life cycle can go through many stages, the earliest being "family-of-origin experiences." During this time, the emphasis is on maintaining family relationships, completing education, and laying the foundation for future family life. Differentiating is the task of the next stage, "leaving home."*

*The other options are incorrect, as they are all characteristic of this earliest stage.*

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38.

Which of the following terms is used when two or more individuals switch roles?

**Role reversal**

Role trading

Role appraisal

Role bargaining

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*Correct answer: Role reversal*

*Role reversal refers to when two or more individuals switch roles.*

*The other choices are all fabricated terms.*

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39.

Which of the following is the **MOST** accurate statement regarding the participation of a social worker in a therapeutic group?

**Helping individual members change their behavior through shared experiences**

Helping individual members change group behavior through shared experiences

Directing individual members to make changes based on shared experiences

Directing individual members to change group behavior through group interactions

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*Correct answer: Helping individual members change their behavior through shared experiences*

*Although contexts, purposes, and other factors vary, the primary role of a social worker in a therapeutic group is to help individual members change their behavior through shared experiences. The purpose of a therapeutic group is to open the therapeutic process to fruitful peer interactions in which individual members find their paths to personal change.*

*The purpose of therapeutic groups is not to change group behavior per se but to help individuals within the group with their own issues of focus. Directing individual members to do certain things, such as to make changes based on experience or to change the functioning of the group as a whole, runs contrary to the spirit of a therapeutic group. Group therapy should allow members to work as much as possible without facilitation or direction from a non-peer.*

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40.

Which of the following refers to the set of moral principles for building institutions that allows each person to create a material foundation for a fulfilled and productive life?

**Economic justice**

Social justice

Remunerative justice

Self-determination

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*Correct answer: Economic justice*

*Economic justice is the set of principles aimed at creating the basic resources and material foundation for all people to have a fulfilled and productive life.*

*The other answers are incorrect. Social justice is a much broader concept involving much more than economic concerns. Remunerative justice seeks to address specific grievances. Self-determination is the right of all people to decide things for themselves.*

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41.

Which of the following is **NOT** a traditional disease and moral model?

PIE

DSM

ICD

Civil and penal codes

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*Correct answer: PIE*

*The Person-in-Environment system was conceived as an alternative to more traditional models such as the DSM series, the International Statistical Classification of Diseases and Related Health Issues (ICD), and civil or penal codes.*

*The other options are the more traditional systems noted above.*

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42.

Which of the following refers to when the role expectations of others differ from one's own?

**Role discomplementarity**

Role dysfunction

Role disparity

Role suppression

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*Correct answer: Role discomplementarity*

*Role theory contains many different terms and definitions. Role discomplementarity refers to when the role expectations of others differ from one's own.*

*The other options are all fabricated terms.*

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43.

A mother attends a meeting with her daughter's social worker. The daughter is addicted to cocaine. The mother feels that her daughter's problems are simply depression.

What type of defense mechanism is the mother demonstrating?

Denial

Rationalization

Projection

Intellectualization

*Correct answer: Denial*

*This mother is denying that her daughter has a cocaine addiction by stating that her daughter is just depressed. Denial can be considered a "generic" defense mechanism because it underlies many of the other defense mechanisms. When someone uses denial, they simply refuse to accept the reality of a fact or experience. An example of denial is saying, "I'm just a social drinker."*

*When someone rationalizes something, they try to explain it away. People often use rationalization to distance their insecurities or remorse after doing something they regret. To make themselves feel better, they shift the blame. Since the mother is not acknowledging her daughter's cocaine addiction, she is not demonstrating rationalization.*

*In intellectualization, people try to distance cognitively an emotion or reaction that is uncomfortable. Although they are not denying that an emotional event occurred, they are not thinking about its emotional consequences. Since the mother is not acknowledging her daughter's cocaine addiction, she is not demonstrating intellectualization.*

*Projection is a defense mechanism used by clients who choose to reject the unacceptable aspects of their personality. Projection occurs when someone assigns their insecurities to others and, in the process, alienates themselves. This mother is not using projection, as she is not attaching unacceptable facets of her personality to others.*

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44.

A client has an anger problem and wants to act physically aggressive most of the time. In order to avoid hurting others, he sketches when he feels angry.

What type of defense mechanism is this client **MOST** likely using?

**Sublimation**

Projection

Compensation

Displacement

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*Correct answer: Sublimation*

*Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.*

*Displacement is a defense mechanism in which a client transfers actions from a desired target to a substitute target when the first target is not permitted or not available.*

*Compensation is a defense mechanism in which an individual tries to make up for imaginary characters that are considered undesirable.*

*Projection is a defense mechanism used by clients who choose to reject the unacceptable aspects of their personality. Projection occurs when someone attributes their insecurities to others and, in the process, alienates themselves.*

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45.

Psychoanalytic theory suggests that neurosis is characterized by which of the following?

**Internal conflict**

Emotions

Impulses

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*Correct answer: Internal conflict*

*"Neurosis" is a term used to describe persistent anxiety but is not a formal diagnosis in the DSM-5. The anxiety that is derived from neurosis is said to be a way of handling internal conflict.*

*Emotions and impulses do not characterize neurosis.*

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46.

Which of the following is another term for D-Needs?

**Deficiency needs**

Disability needs

Depression needs

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*Correct answer: Deficiency needs*

*Deficiency needs, or D-needs, are defined by Abraham Maslow as those which arise due to deprivation, such as esteem or food.*

*The other answers are incorrect. "Disability needs" and "depression needs" are fabricated terms.*

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47.

Which of the following terms defines the sense of balance that families desire?

**Homeostasis**

Engagement

Symbiosis

Equifinality

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*Correct answer: Homeostasis*

*Homeostasis is the sense of balance that families seek.*

*The other choices are incorrect. Engagement and symbiosis do not refer to a sense of balance. Equifinality refers to the way a family arrives at the same goals through different routes.*

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48.

Which of the following is the **MOST** frequently used defense mechanism by adult survivors of childhood sexual abuse?

Denial

Projection

Sublimation

Intellectualization

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*Correct answer: Denial*

*Denial can be considered a "generic" defense mechanism because it underlies many of the other defense mechanisms. When someone uses denial, they simply refuse to accept the truth or reality of a fact or experience. An example of denial is saying "I'm just a social drinker." Survivors of sexual abuse often rely on denial, as it is the easiest way to cope with the intense feelings of guilt and shame that can be associated with surviving sexual abuse.*

*Projection is a defense mechanism used by clients who choose to reject the unacceptable aspects of their personality. Projection occurs when someone assigns their insecurities to others and, in the process, alienates themselves.*

*In intellectualization, people try to reason away an emotion or reaction that they do not want. Although they are not denying that an emotional event occurred, they are not thinking about its emotional consequences.*

*Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires in a more acceptable form. Sublimation develops over a long period.*

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49.

What is the **MOST** accurate statement regarding gender identity and hormone/surgery involvement?

**Transitioning persons may or may not choose these treatments**

Transitioning persons usually opt for either hormone or surgery treatments

Gender identity is unrelated to hormone/surgery involvement

Hormone/surgery treatments are the last step in a long transitioning process

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*Correct answer: Transitioning persons may or may not choose these treatments*

*A person's chosen gender identity is a deeply personal matter that each individual approaches differently, particularly during the phase of transition from one identity to another. Although some choose hormone therapy/surgery as a part of this transition, many do not, and their gender identity should be considered as valid as those who have.*

*Even though it is not necessary for a gender identity transition, hormone/surgery involvement is related to this topic, as without such a desired transition these treatments would likely not take place. There is no set time at which such treatments can or should take place.*

---

50.

A client pretends she is Jennifer Aniston because Jennifer is beautiful and never seems to have any problems in life.

What type of defense mechanism is the client **MOST** likely using?

Idealization

Intellectualization

Rationalization

Projection

---

*Correct answer: Idealization*

*Idealization is a defense mechanism that is an overestimation of another person or their specific attributes.*

*Projection is a defense mechanism used by clients who choose to reject the unacceptable aspects of their personality. Projection occurs when someone assigns their insecurities to others and, in the process, alienates themselves.*

*When someone rationalizes something, they try to explain it away. People often use rationalization to push away their insecurities or remorse after doing something they regret. To make themselves feel better, they shift the blame.*

*In intellectualization, people think away an emotion or reaction that they do not want to feel. Although they are not denying that an emotional event occurred, they are not thinking about its emotional consequences.*

---

51.

Which of the following **LEAST** characterizes Margaret Mahler's power struggle stage of couple development?

Practicing

Differentiation

Conflict

Acceptance

---

*Correct answer: Practicing*

*Margaret Mahler's power struggle stage of couple development is when differences are worked out, conflict emerges and is resolved, and issues of differentiation emerge. Practicing is Mahler's term for the critical stage of learning individuation during infant development.*

*The other choices are incorrect, as they are all characteristic of the power struggle stage of couple development.*

---

52.

Which of the following theorists is associated with behaviorism?

**Skinner**

Bandura

Maslow

Piaget

---

*Correct answer: Skinner*

*B.F. Skinner is one of the founders of the behaviorist approach.*

*The other answer options are incorrect. Bandura is associated with social learning. Maslow is associated with humanism. Piaget is associated with cognitive theory.*

---

**53.**

Which of the following is **NOT** a stage in the achievement of ethnic identity?

**Rapprochement**

Preencounter

Immersion-emersion

---

*Correct answer: Rapprochement*

*The achievement of ethnic identity proceeds through four recognized stages: pre-encounter, encounter, immersion-emersion, and internalization/commitment.*

*Rapprochement does not refer to a stage in the achievement of ethnic identity.*

---

54.

Which of the following is **LEAST** likely in a group that is dealing with groupthink?

Originality

Unanimity

Rationalization

Censorship

---

*Correct answer: Originality*

*The concept of groupthink applies in some way to all groups. Groups form an identity that stresses consensus functions, such as unanimity, rationalization, and censorship. By contrast, originality and differentiation are discouraged or even punished to uphold the integrity of the group.*

*The other options are incorrect, as they are all likely in a group that is dealing with groupthink.*

---

55.

A gay client is seeing a social worker because he is frustrated and feeling depressed. He and his partner would like to adopt a child, but the local adoption agency has refused their application because of their same-gender relationship. The client knows he is being discriminated against but feels he would not be successful in fighting the adoption agency.

How should the social worker assist the client with formulating his treatment goals?

**By helping the client confront the adoption agency's discriminatory policies**

By exploring the reasons why the client would like to adopt a child

By evaluating how the client feels about his sexuality

By referring the client to a physician for depression medication

---

*Correct answer: By helping the client confront the adoption agency's discriminatory policies*

*This client is feeling frustrated and depressed because the adoption agency is discriminating against his same-gender relationship. Therefore, the only way that the social worker will be able to assist the client is to help him confront the adoption agency's discriminatory policies.*

*The remaining options are incorrect. The social worker should not explore the reasons why the client wants to adopt because this demonstrates a bias against same-gender parents. There is no need for the social worker to evaluate how the client feels about his sexuality because he is open about his sexuality. If the client's symptoms worsen, the social worker may need to refer the client to a physician for depression medication; for now, the source of the client's frustration is that his adoption application was denied.*

---

56.

Which of the following is used in aversion therapy?

**Antabuse**

Biofeedback

Flooding

---

*Correct answer: Antabuse*

*Aversion therapy involves an aversive stimulus paired with a behavior in order to reduce that behavior. Antabuse is a drug that makes using alcohol unpleasant and is often used as an aversion therapy.*

*The other answers do not involve aversive stimuli. Biofeedback is a study of the body's signals. Flooding is a method of reducing anxiety through exposure.*

---



57.

Clients use various defense mechanisms in order to protect themselves during treatment sessions.

Which of the following **BEST** describes the defense mechanism displacement?

**Transferring actions from a desired target to a substitute target**

Unconsciously forgetting certain unacceptable memories

Replacing an unattainable goal with an attainable goal

Diverting unacceptable impulses into a more acceptable form

---

*Correct answer: Transferring actions from a desired target to a substitute target*

*Displacement is a defense mechanism in which a client transfers actions from a desired target to a substitute target when the first target is not permitted or not available.*

*Repression involves simply forgetting something bad. Repression, like denial, can be temporarily beneficial, particularly if someone forgets something bad that happened.*

*Substitution is a defense mechanism in which a client replaces an unattainable goal with an attainable goal.*

*Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.*

---

58.

Which of the following refers to the ability of a family system to accomplish the same goals through different means?

**Equifinality**

Equity

Homeostasis

Groupthink

---

*Correct answer: Equifinality*

*Equifinality in family systems refers to the way in which different members of a family system arrive at the same goals through different means.*

*The other answers are incorrect. Equity is the larger concept of fairness. Homeostasis refers to the desirable state of balance in family systems. Groupthink is the loss of individuation among members of a group.*

---

59.

Which of the following would be the **LEAST** likely outcome of discrimination?

Thought disorder

Anxiety

Depression

Behavioral problems

---

*Correct answer: Thought disorder*

*Discrimination against individuals has whole-person consequences. Some of the mental health consequences include anxiety, depression, and behavioral problems. Thought disorder is a more complicated matter involving genetics, stress, and the environment.*

*The other options are incorrect, as they are all more likely mental health outcomes of discrimination.*

---

60.

Which of the following **best** describes a transgender identity?

**A person's gender identity is different than the one assigned at birth**

A person's gender identity is changeable

A person's gender identity is female

A person's gender identity is unspecific

---

*Correct answer: A person's gender identity is different than the one assigned at birth*

*The most helpful definition of the complicated phenomenon of transgender identity is that a person's gender identity differs from the one assigned at birth.*

*The other answers are incorrect, as they are not effective in defining a transgender identity.*

---

**61.**

Which of the following occurs in humans from 24 to 38 months of age?

**Object constancy**

Object practicing

Object separation

---

*Correct answer: Object constancy*

*Object constancy, a stage in Margaret Mahler's work on object relations theory, occurs between 24 and 38 months.*

*The other answers are incorrect. "Object practicing" and "object separation" are fabricated terms.*

---

62.

Which of the following is **MOST** responsible for attachment theory?

John Bowlby

Martin Seligman

B. F. Skinner

---

*Correct answer: John Bowlby*

*Attachment theory is a set of ideas about how developmental pressures create lifelong styles of interaction with others. This work was pioneered by John Bowlby.*

*Martin Seligman is known for his work on happiness and learned helplessness. B. F. Skinner is a key figure in the behaviorist approach.*

---

63.

What is the term for the way social workers view the interplay between biological, psychological, and social processes?

**Systems perspective**

Relational perspective

Strengths perspective

Correlational perspective

---

*Correct answer: Systems perspective*

*The systems perspective encompasses the interplay between biological, psychological, and social processes.*

*The other answers are incorrect. The strengths perspective involves leveraging the positives in a client's life. "Relational perspective" and "correlational perspective" are both fabricated terms.*

---

64.

Which of the following is the **LEAST** common cause of disability in older adults?

Addiction/alcoholism

Chronic disease

Injuries

Malnutrition

---

*Correct answer: Addiction/alcoholism*

*Although common in older adults, addiction and alcoholism do not cause disability as often as chronic disease, injury, and malnutrition do.*

*The other options are incorrect, as they are the common factors listed above.*

---



65.

Clients use various defense mechanisms in order to protect themselves during treatment sessions.

Which of the following **BEST** describes the defense mechanism sublimation?

**Diverting unacceptable impulses into a more acceptable form**

Ignoring unacceptable feelings

Replacing an unattainable goal with an attainable goal

Justifying an unacceptable action in order to make it acceptable

---

*Correct answer: Diverting unacceptable impulses into a more acceptable form*

*Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.*

*Denial can be considered a "generic" defense mechanism because it underlies many of the other defense mechanisms. When someone uses denial, they simply refuse to accept the truth or reality of a fact or experience. An example of denial is saying, "I'm just a social drinker."*

*Substitution is a defense mechanism in which a client replaces an unattainable goal with an attainable goal.*

*When someone rationalizes something, they try to explain it away. People often use rationalization to push away their insecurities or remorse after doing something they regret. To make themselves feel better, they shift the blame.*

---

66.

A client chooses to reject the unacceptable aspects of their personality by assigning those traits to others. Which of the following defense mechanisms is this client using?

**Projection**

Reaction formation

Sublimation

Displacement

---

*Correct answer: Projection*

*Projection is a defense mechanism used by clients who choose to reject the unacceptable aspects of their personality. Projection occurs when someone assigns their insecurities to others and, in the process, alienates themselves.*

*Reaction formation is a defense mechanism used by clients who behave in ways that oppose an original unconscious trait.*

*Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.*

*Displacement is a defense mechanism in which a client transfers actions from a desired target to a substitute target when the first target is not permitted or not available.*

---

**67.**

Which of the following is defined in social work as a state of increased linkage of persons across the world?

**Globalization**

Universalization

Interconsciousness

Interconnectedness

---

*Correct answer: Globalization*

*Globalization, as it is expressed in social work, refers to a state of increased linkage of persons across the world.*

*The other options are all fabricated terms.*

---

68.

In psychoanalytic theory, which of the following refers to a person's inability to progress from one developmental stage to another?

**Fixation**

Stagnation

Retention

---

*Correct answer: Fixation*

*In psychoanalytic theory, fixation refers to the inability to progress from one stage to another.*

*The other answer options are incorrect. Stagnation and retention are not terms used in psychoanalytic theory to describe the progression through developmental stages.*

---

69.

Which of the following perspectives sees human problems as internal mental activity causing conflict?

**Psychodynamic**

Humanistic

Social behavioral

---

*Correct answer: Psychodynamic*

*The psychodynamic theory and perspective hold that internal mental processes cause conflict and psychopathology.*

*The other answers are incorrect. The humanistic perspective addresses the higher needs and inherent value of human beings. The social behavioral perspective suggests that human behavior is learned.*

---

70.

Clients use different defense mechanisms in order to protect themselves during treatment sessions.

Which of the following **BEST** describes the defense mechanism of overcompensation?

**Taking extreme measures to counterbalance a perceived deficiency**

Unconsciously forgetting certain unacceptable memories

Transferring actions from a desired target to a substitute target

Diverting unacceptable impulses into a more acceptable form

---

*Correct answer: Taking extreme measures to counterbalance a perceived deficiency*

*Overcompensation is a defense mechanism in which a client takes extreme measures to counterbalance a perceived deficiency.*

*Repression involves simply forgetting something bad. Repression, like denial, can be temporarily beneficial.*

*Displacement is a defense mechanism in which a client transfers actions from a desired target to a substitute target when the first target is not permitted or not available.*

*Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.*

---

71.

Which of the following **MOST** accurately describes the relationship between language and culture?

**Those who speak the same language may or may not share cultural beliefs**

Those who speak the same language generally share the same cultural beliefs

Those who speak different languages generally have diverse cultural beliefs

Language and culture are not necessarily related

---

*Correct answer: Those who speak the same language may or may not share cultural beliefs*

*There is always a relationship between language and culture, as the two have deep influences on each other. However, those who speak the same language may or may not share cultural beliefs. Consider the vast diversity in culture among those who nominally speak English, for instance.*

*It is incorrect to generalize about culture based on language and vice versa.*

---

72.

Which of the following refers to Margaret Mahler's concept of an infant existing both in a state of experimentation and seeing themselves as part of their mother?

**Practicing**

Individuation

Disindividuation

Reindividuation

---

*Correct answer: Practicing*

*Infants reach a stage where they desire to experiment but still see themselves as part of their mothers. Margaret Mahler refers to this stage as practicing.*

*The other options are incorrect. Individuation refers broadly to the way an individual gradually asserts their identity. "Disindividuation" and "reindividuation" are fabricated terms.*

---



73.

Which of the following pairs shares the **MOST** likely correlation?

**Age and disability**

Age and mental illness

Age and discrimination

Age and poverty

---

*Correct answer: Age and disability*

*Advancing age brings the onset of some kind of disability. Other correlates with age are possible but not certain, such as mental illness, discrimination, and poverty.*

*The other options are incorrect, as they are not correlated closely like age and disability.*

---

74.

Which of the following **BEST** describes the relationship between individual family members and subsystems?

**Interdependence**

Independence

Codependence

Dependence

---

*Correct answer: Interdependence*

*Interdependence refers to the relationship among individual family members and subsystems; it describes the complex, fluid interaction among mutually dependent parts of a greater whole.*

*The other answers are incorrect. Independence refers to individual differentiation. Codependence is the unhealthy mental apparatus of helping an addict use the addictive substance. Dependence describes a one-way relationship of need.*

---

75.

What is the **MOST** important thing for a social worker to do when they are working with a client from another ethnicity?

**Openly discuss possible background issues**

Encourage the client to seek emotional support through their family

Contact the client's community to ensure they have social support

Refer the client to another social worker with the same ethnicity

---

*Correct answer: Openly discuss possible background issues*

*When working with a client from a different ethnicity, it is important for the social worker to discuss their differences in order to avoid any issues that may interfere with a professional relationship and effective treatment.*

*The other options may be needed at some point, but they are not needed immediately.*

---

76.

Which of the following is the central idea of gender role theory?

**Gender is socially constructed**

Gender is genetically determined

Gender is individually determined

Gender is rhetorically constructed

---

*Correct answer: Gender is socially constructed*

*The basic idea of gender role theory is that observable differences in gender norms are a product of socialization to some degree.*

*The other options are incorrect, as they do not describe ideas held by gender role theory.*

---

77.

Which of the following is the **MOST** accurate statement regarding social relationships?

**Social relationships decrease the likelihood of negative outcomes**

Social relationships increase the likelihood of negative outcomes

Social relationships do not have an effect on negative outcomes by themselves

Social relationships increase the likelihood of positive outcomes

---

*Correct answer: Social relationships decrease the likelihood of negative outcomes*

*Social relationships, such as friendships or family units, decrease the likelihood of negative outcomes, including illness and death. This is generally true across all social relationships, though there are some social relationships that are negative in character.*

*Social relationships do not increase the likelihood of negative outcomes in general. It is not correct to say that social relationships have no effect on negative outcomes. Given the complexity of social relationships, it is more accurate to say that these relationships decrease the likelihood of negative outcomes than that they necessarily increase the likelihood of positive outcomes.*

---

78.

Which of the following is **NOT** a stage in the treatment of substance abuse?

**Abstinence**

Stabilization

Rehabilitation

---

*Correct answer: Abstinence*

*Abstinence is a goal, rather than a stage, in the treatment of substance abuse.*

*The remaining options are incorrect, as they are stages in the treatment of substance abuse.*

---

79.

When does someone usually discover they are transgender?

**At any time of life**

Before adolescence

After adolescence

In middle age

---

*Correct answer: At any time of life*

*A person can discover they are transgender at any time of life. There is no fixed developmental stage that is strongly correlated with wanting to transition.*

*The other answers are incorrect. The transgender experience is not necessarily linked to adolescence or middle age.*

---

80.

Which of the following levels of cognition is concerned with a more basic understanding of facts?

**Comprehension**

Knowledge

Focus

---

*Correct answer: Comprehension*

*Comprehension is the level of cognition most associated with a basic understanding of facts and data.*

*The other answers are incorrect. Knowledge addresses scope and capacity issues in cognition. Focus is not a level of cognition.*

---



81.

A client behaves in ways that oppose an original unconscious trait. Which of the following defense mechanisms is this client using?

Reaction formation

Sublimation

Displacement

Projection

---

*Correct answer: Reaction formation*

*Reaction formation is a defense mechanism used by clients who behave in ways that oppose the original unconscious trait.*

*Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.*

*Displacement is a defense mechanism in which a client transfers actions from a desired target to a substitute target when the first target is not permitted or not available.*

*Projection is a defense mechanism used by clients who choose to reject the unacceptable aspects of their personality. Projection occurs when someone assigns their insecurities to others and, in the process, alienates themselves.*

---

82.

Which of the following refers to the phenomenon in which discussion strengthens the dominant point of view?

**Group polarization**

Groupthink

Group socialization

Group reflection

---

*Correct answer: Group polarization*

*Group polarization refers to the phenomenon in which discussion strengthens the dominant point of view. This results in a shift toward more extreme positions and decisions than any individual member would take on their own.*

*Groupthink is the more general phenomenon of groups shaping the opinions of individual members to fit the group opinion. Group socialization and group reflection are fabricated terms.*

---

83.

Which of the following refers to the expectations of a person based on gender?

**Gender role**

Gender identity

Gender characteristics

Gender status

---

*Correct answer: Gender role*

*A gender role is the set of expectations of an individual based on their gender.*

*The other answers are incorrect. Gender identity is the gender expressed by an individual. "Gender status" and "gender characteristics" are not used to define social expectations based on gender.*

---

84.

Which of the following is the **MOST** accurate statement regarding the impact of ongoing stress or crisis on the family life cycle?

**Ongoing stress or crisis can delay progress to the next stage**

Ongoing stress or crisis prevents progress to the next stage

Ongoing stress or crisis does not meaningfully affect progress to the next stage

Ongoing stress or crisis tends to accelerate progress to the next stage

---

*Correct answer: Ongoing stress or crisis can delay progress to the next stage*

*The family life cycle is a multi-stage, iterative process similar to that of Erikson's psychosocial stages of development. It is characterized by tasks that are either accomplished or not to indicate progress. Ongoing stress or crisis within a family can delay progress to the next stage.*

*As all families are somewhat different, these factors do not necessarily prevent progress to the next stage, and these factors are highly likely to have some effect that does not accelerate the progress through stages.*

---

85.

A client has extreme anger issues and finds himself getting in physical altercations multiple times per week. He decides to start boxing as a way to relieve his anger.

What type of defense mechanism is this client **MOST** likely using?

**Sublimation**

Rationalization

Projection

Intellectualization

---

*Correct answer: Sublimation*

*Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.*

*When someone rationalizes something, they try to explain it away. People often use rationalization to distance their insecurities or remorse after doing something they regret. To make themselves feel better, they shift the blame.*

*Projection is a defense mechanism used by clients who choose to reject the unacceptable aspects of their personality. Projection occurs when someone assigns their insecurities to others and, in the process, alienates themselves.*

*In intellectualization, people think away an emotion or reaction that they do not want to feel. Although they are not denying that an emotional event occurred, they are not thinking about its emotional consequences.*

---

86.

Which of the following is **FALSE** about feminist theory in social work?

**It suggests specific, evidence-based treatment modalities for women**

Its purpose is to use a study of culture to better women's lives

Themes include objectification, discrimination, and oppression

---

*Correct answer: It suggests specific, evidence-based treatment modalities for women*

*Feminist theory is a perspective that analyzes the status of men and women in society, centering on themes of inequity and difference such as objectification, discrimination, and oppression. The purpose is to use this intersectional study of culture to better the lives and status of women.*

*However, feminist theory is not and has not contributed a specific, evidence-based treatment modality for women; it is more an informative perspective than a clinical system.*

---

87.

Which of the following refers to a person's pattern of physical and emotional arousal toward other people?

**Sexual orientation**

Sexual behavior

Sexual identity

Sexual self-awareness

---

*Correct answer: Sexual orientation*

*Sexual orientation refers to the pattern of a person's physical and emotional attraction toward others.*

*The other options are incorrect. Sexual behavior is acting on sexual feelings. Sexual identity is the presentation of one's sexual preferences. Sexual self-awareness is not a term used in this context.*

---

88.

Which of the following describes when a group makes faulty decisions because of group pressure?

**Groupthink**

Polarization

Censorship

Rationalization

---

*Correct answer: Groupthink*

*Groupthink is the phenomenon of group members making faulty decisions because of group pressures.*

*The other answers are incorrect. Polarization refers to group members taking sides. Censorship refers to a group stifling dissent. Rationalization refers to a group failing to question its assumptions.*

---



89.

Which of the following is the **LEAST** likely focus of a study of outcomes in aging?

**Whether disability will occur**

The negative image of aging

When disability will occur

How severe disability will be

---

*Correct answer: Whether disability will occur*

*As a matter of diversity and planning, the study of aging focuses on the known outcomes of aging, such as when disability will occur and how severe it will be, as well as the negative image of aging in the culture. Researchers do not assess whether disability will occur, as it is a natural part of aging.*

*The other answers are incorrect, as they are all likely focuses of a study of outcomes in aging.*

---

90.

The strengths perspective is **MOST** closely allied with which of the following?

Humanistic approach

Psychoanalytic theory

Feminist theory

---

*Correct answer: Humanistic approach*

*The strengths perspective—the assumption that clients are capable of change from a position of growth—is rooted in the humanistic approach. This is based on the idea that people are to be understood in a positive light outside of their pathology or difficulty.*

*Psychoanalytic theory is more concerned with inner conflict and its influence on human behavior. Feminist theory is a cultural perspective that studies inequity between men and women.*

---

91.

A client is constantly angry with his boss. He chooses to reduce his anger by using a punching bag at the gym.

Which of the following defense mechanisms is this client using?

**Displacement**

Projection

Reaction formation

Sublimation

---

*Correct answer: Displacement*

*Displacement is a defense mechanism in which a client transfers actions from a desired target to a substitute target when the first target is not permitted or not available.*

*Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.*

*Projection is a defense mechanism used by clients who choose to reject the unacceptable aspects of their personality. Projection occurs when someone assigns their insecurities to others and, in the process, alienates themselves.*

*Reaction formation is a defense mechanism used by clients who behave in ways that oppose an original unconscious trait.*

---

92.

What is the **MOST** important factor in determining the success of a client's treatment by a social worker when there is a difference between their ethnic backgrounds?

**The social worker's self-awareness**

The client's openness

The client's ability to overlook the social worker's background

The social worker's ability to understand the client

---

*Correct answer: The social worker's self-awareness*

*The social worker's self-awareness is imperative in helping a client, regardless of any differences in ethnicity, race, or religion.*

*The other options are all components of productive treatment. However, the social worker's self-awareness is the most important factor.*

---

93.

Which of the following is true regarding gender across cultures?

**There tend to be two main genders**

There are an infinite number of genders

There are at least four genders

Cultures do not have established concepts of gender

---

*Correct answer: There tend to be two main genders*

*Although there is variability in the way gender is expressed (and in what numbers), across cultures, there tend to be two main genders—male and female.*

*The other answers are incorrect. Cultures generally do not see gender variation as infinite or specific enough in its variation to suggest a higher number than two. One of the hallmarks of any culture is its established concepts about gender.*

---

94.

What is defined as the ability to be seen as the desired gender?

Passing

Transitioning

Fluidity

Recognition

---

*Correct answer: Passing*

*"Passing" is the goal of many who are seeking to transition gender, and it is defined as the ability to be seen as the desired gender.*

*The other options are incorrect. Transitioning refers to the process of becoming another gender. Fluidity refers to the notion of gender as non-fixed. "Recognition" is not used in this context.*

---

95.

How does gender fluidity relate to transgenerity?

**The two are not necessarily related at all**

The terms refer to two aspects of the same phenomenon

Gender fluidity generally precedes transitioning

Most transgender persons experience gender fluidity

---

*Correct answer: The two are not necessarily related at all*

*Gender fluidity and transgenerity are not necessarily related at all.*

*The terms do not refer to two aspects of the same phenomenon. Persons experiencing transition generally do not go through a period of gender fluidity.*

---

96.

Craig is discussing his client, Phil, who struggles with issues of depression and substance abuse. According to Craig, Phil struggles so much because he was raised in a troubled home where he did not learn age-appropriate skills at the right time.

Which of the following **BEST** describes Craig's perspective?

**Developmental**

Social behavioral

Rational choice

---

*Correct answer: Developmental*

*Social workers and other professionals bring diverse perspectives to their work and ideas about how psychopathology forms in humans. One perspective is developmental, which suggests that clients face issues that are the product of environments or personal forces that prevented normative development and functioning.*

*The other answers are incorrect. The social behavioral perspective suggests that social behavior, including psychopathology, is learned. The rational choice perspective suggests clients demonstrate goal-directed behavior in alignment with their values.*

---



97.

Clients use various defense mechanisms in order to protect themselves during treatment sessions.

Which of the following **BEST** describes the defense mechanism of reaction formation?

**Acting in a manner that opposes an unconscious trait**

Unconsciously removing threatening thoughts from awareness

Transferring actions from a desired target to a substitute target

Transforming emotional conflict into physical manifestations

---

*Correct answer: Acting in a manner that opposes an unconscious trait*

*Reaction formation is a defense mechanism used by clients who behave in ways that oppose an original unconscious trait.*

*Repression involves simply forgetting something bad. Repression, like denial, can be temporarily beneficial, particularly if someone forgets something bad that happened.*

*Displacement is a defense mechanism in which a client transfers actions from a desired target to a substitute target when the first target is not permitted or not available.*

*Conversion is a defense mechanism in which a client transforms their emotional conflict into physical manifestations.*

---

98.

Which of the following is **NOT** a level of cognition?

**Affective**

Synthesis

Application

---

*Correct answer: Affective*

*"Affective" refers to a domain of development rather than a level of cognition, representing the growth in emotional function.*

*The other answers are incorrect, as they all are levels of cognition. Synthesis describes the way different levels of knowledge are brought together, and application refers to the way in which the results of cognition are applied.*

---

99.

Which of the following refers to the ability to work in conjunction with the cultural sensitivity of client systems?

**Cultural competence**

Cultural capability

Cultural awareness

Cultural comfort

---

*Correct answer: Cultural competence*

*Cultural competence refers to the ability to meet clients where they are in terms of their cultural sensitivity.*

*The other options are incorrect. "Cultural capability" and "cultural comfort" are fabricated terms. Cultural awareness refers to the knowledge one has of other cultures.*

---

100.

Which of the following **MOST** likely indicates exposure to emotional abuse?

Devaluation

Regression

Ideas of reference

---

*Correct answer: Devaluation*

*Devaluation is a defense mechanism in which someone attributes exaggerated negative qualities to themselves or others. Clients who have emotional conflict or inadequate feelings often display devaluation.*

*Regression is the return to an earlier stage of development and is often seen in clients who are exposed to severe stress or trauma. Ideas of reference are indicative of a psychotic disorder.*

---