

ASWB MSW - Quiz Questions with Answers

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

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1.

Which of the following is a **TRUE** statement about foster care?

Children come into foster care for many different reasons through different processes

Foster children should be placed with parents that are part of the same religion as the child

Foster care is a punitive adjustment for poor parenting

Foster care is a system that's privately funded through many charities

Correct answer: Children come into foster care for many different reasons through different processes

There are many different reasons that a child may enter foster care, including mental illness of the parent, child abuse or neglect, and others.

The process by which foster care happens can be different depending on what state or county the child lives in. Foster care is not meant to be expressly punitive in character. Foster care is a publicly funded child welfare system.

2.

Though we should not make stereotypes or assumptions, some characteristics are recognized as being more prevalent than others in certain groups. In which of the following groups is communication often indirect to avoid direct confrontation?

Asian

African American

Native American

Hispanic/Latino

Correct answer: Asian

Generally speaking, in Asian cultures, there is a value placed on indirect communication that seeks to avoid confrontation.

The other cultures listed have different communicative norms.

3.

Which of the following is a key component of social constructionist theory?

People learn how to understand the world and their place in it through their interactions with others

The formal rules and regulations that guide individuals' behavior in a society are called social interactions

Individuals repeat the same behaviors so that over time they become habits and are embedded as part of their personality

Correct answer: People learn to understand the world and their place in it through their interactions with others

According to social constructionist theory, human understanding both produces and drives social interaction. Humans are social beings who interact with each other on the basis of a shared understanding about the world, which is itself developed in social interaction.

The remaining answer options are incorrect because they do not apply to social constructionist principles.

4.

What is the word that means a biased belief that an individual's own cultural group is central and more important than other cultural groups?

Ethnocentrism

Racialcentrism

Ethnicentrism

Correct answer: Ethnocentrism

Ethnocentrism is a belief that one's own cultural group is superior to other cultural groups. It is a way of viewing the world only from within one's own cultural perspective.

Racialcentrism and ethnicentrism are incorrect because they are fabricated terms.

5.

You are a social worker meeting with a young child for the first time. During the time you are playing with the child, you observe that the child wants to play house and other forms of pretend play. At one point during your session, the child notices white clouds outside and comments, "Someone painted those clouds very white!" The child then begins asking you lots of curious questions about why and how the clouds are in the sky.

In what stage of Piaget's cognitive developmental theory is this child?

Pre-operational

Sensorimotor

Concrete operational

Formal operational

Correct answer: Pre-operational

Jean Piaget's theory of cognitive development posits that children learn from their environments, and is composed of four stages: sensorimotor, pre-operational, concrete operational, and formal operational. The pre-operational stage lasts between the ages of about 2 and 7. During this stage, children engage in lots of pretend play; they believe in artificialism, the belief that environmental characteristics can be attributed to human actions; and they are extremely curious about their surroundings. The child in the example is clearly engaging in magical or symbolic thinking.

The sensorimotor stage lasts from birth to age two and is a time when babies gain knowledge about the world from their physical interactions with it. The concrete operational stage occurs between ages 7 and 11 and is characterized by the appropriate use of logic. The formal operational stage occurs from about age 11 until adulthood and is characterized by intelligence, which is demonstrated through the logical use of symbols related to abstract concepts.

6.

Which of the following would be an example of the effects of macro discrimination?

Access to education

Substance abuse

Diabetes

Anxiety

Correct answer: Access to education

The effects of discrimination can be measured in ways that affect individuals, referred to as micro discrimination, and its effect on systems and communities, known as macro discrimination.

Individuals suffering from discrimination can suffer directly from it; this may result in higher instances of mental health problems such as anxiety and substance abuse. It may also result in poor health choices leading to preventable health issues such as diabetes.

Macro discrimination is reflected more in its effects on larger groups, such as problems of access to education, employment, and social services.

7.

Though we should not make stereotypes or assumptions, some characteristics are recognized as being more prevalent than others in certain groups. In which of the following cultures is there a special value placed on silence, with an avoidance of eye contact with those seen as superior in status?

Native American

Asian

Native Hawaiian

Hispanic/Latino

Correct answer: Native American

Generally speaking, Native American cultures are comfortable with silence in communication, and in many cases show respect by avoiding eye contact with those seen as being of superior status.

The other cultures listed have different communicative norms.

8.

Melody is a 6-year-old girl whose dog, Duke, just died of old age. How can Melody's parents **BEST** help her process this loss?

Directly explain to Melody why Duke died, and answer her questions honestly

Avoid discussing the death directly

Agree to discuss Duke's death, but speak only in metaphors

Take Melody to a clinical social worker so she can process the loss

Correct answer: Directly explain to Melody why Duke died, and answer her questions honestly

Many children do not have a direct experience with death, so it is necessary for parents or other caregivers to help walk them through these events when they do occur. Children who are given a direct explanation of how and why the death occurred will have an easier time understanding and accepting it. Adults can also give children a simple explanation of the biological functions of the body in order to help them understand the transition from life to death.

By avoiding a discussion about death, Melody will be getting the message that it is not acceptable to talk openly about it. Speaking only in metaphors would probably be confusing and unhelpful in assisting her understanding of what happened to Duke. There is no need to take Melody to see a social worker or other clinician unless Melody begins exhibiting concerning symptoms.

9.

You are working with Olivia, a single mother who is having difficulty managing her son, Jack's, behaviors. You recommend that Olivia offer Jack a reward when he shows desired behavior, as spanking him for bad behavior has not been effective.

Offering a reward for positive behavior is an example of:

Positive reinforcement

Negative reinforcement

Negative punishment

Positive punishment

Correct answer: Positive reinforcement

Positive reinforcement increases the likelihood of good behavior occurring by providing a reward for positive behavior. Offering Jack a reward when he shows good behavior is positive reinforcement.

Negative reinforcement involves removing an undesirable stimuli to promote desired behavior. For instance, when a mother stops nagging when her child cleans his room, he'll be more likely to clean his room.

A negative punishment means removing something desirable to discourage a behavior. A negative punishment could involve a mother taking away her child's video games when he acts out.

Finally, a positive punishment means adding something undesirable, such as spanking for bad behavior. Olivia has tried this with Jack, and it is not working.

10.

Which of the following would **BEST** describe the reason for health disparities between marginalized groups and dominant groups in society?

Discrimination and distrust of the healthcare system

Poor lifestyle choices

Genetic vulnerabilities

Correct answer: Discrimination and distrust of the healthcare system

Discrimination can take a significantly negative toll on a person's health. It can result in poor quality care. Discrimination is also associated with problems like poverty and lack of opportunity, which can reduce access to health insurance and therefore worsen health. Minority populations may also distrust the healthcare system, based on historical injustices. This can lead to resistance to seeking care, which also worsens health.

Poor lifestyle choices can be to blame for health problems among any group. To blame health disparities on poor lifestyle choices would ignore structural and systemic factors contributing to health disparities in minority groups.

Genetic vulnerabilities also do not explain the health disparities.

11.

Which level of cognition is concerned with recall of facts?

Knowledge

Comprehension

Synthesis

Analysis

Correct answer: Knowledge

There are six levels of cognition:

- 1. Knowledge (recall of facts, rote memorization)*
- 2. Comprehension (understanding of facts)*
- 3. Application (using facts or knowledge)*
- 4. Analysis (breaking down knowledge into components)*
- 5. Synthesis (combination of facts into a new whole)*
- 6. Evaluation (forming an opinion about information)*

Though there are relative levels of sophistication, all levels are necessary for proper cognitive development.

12.

When groupthink occurs, what happens to dissent?

It is suppressed

It is encouraged

It is learned from

It is experienced normally

Correct answer: It is suppressed

The phenomenon of groupthink occurs when a given group believes so strongly in its own values that any deviation is suppressed. Dissent or alternatives are discouraged in the interest of group conformity.

In groupthink scenarios, dissent is not encouraged, learned from, or experienced normally.

13.

Which of the following would be considered a **STATIC** risk factor for violence?

Past history of violent behavior

Psychiatric symptoms

Change in employment

Substance abuse

Correct answer: Past history of violent behavior

Static risk factors for violence are those which are not expected to change for the person in question. One example would be a past history of violence, which cannot be changed.

Dynamic risk factors for violence would include things that can change, such as psychiatric symptoms, a change in employment, or substance abuse.

14.

Which of the following is a **TRUE** statement about cultural competence?

Cultural competence is both an ethical obligation and a professional standard in the social work profession

Cultural competence is a set of theories that were developed in the 1980s and have not been changed since

Cultural competence applies only to individual clients and their therapists, not to larger groups or organizations

Correct answer: Cultural competence is both an ethical obligation and a professional standard in the social work profession

Cultural competence is both an ethical obligation and a professional standard in the social work profession.

The remaining answer options are incorrect. Theories, ideas and practices of cultural competence are constantly shifting and changing due to the changing population of the United States. Cultural competence applies to all levels of social work practice, including individuals, groups, and organizations.

15.

Which of the following operant techniques relies on removing a negative to increase behavior?

Negative reinforcement

Positive reinforcement

Positive punishment

Negative punishment

Correct answer: Negative reinforcement

Negative reinforcement relies on the removal of aversive (negative) punishment to reward positive behavior.

The other operant techniques rely on different approaches to shaping behavior.

16.

As a substance abuse counselor, Steven practices a harm reduction model of treatment. Which of the following would you **MOST** expect to hear Steven say as a statement of his treatment orientation?

"I am not requiring strict abstinence from substances."

"I am requiring strict abstinence from substances."

"I want to maximize the functioning of my patients."

"I am attempting to prevent relapse in my patients."

Correct answer: "I am not requiring strict abstinence from substances."

The harm reduction model of substance abuse treatment seeks to reduce the general consequences of substance abuse, and while it does attempt to minimize use, its focus is on management rather than total abstinence.

There are other schools of substance abuse treatment characterized by strict abstinence or maximizing functionality while in recovery. Most substance abuse models recognize relapse as part of recovery.

17.

You are a school social worker. You notice a student who arrives at school earlier and stays later than most other students. This student at times appears to get detention on purpose.

What conclusion might you draw about this child?

The child could have a problem at home and therefore avoids going home

The child often gets into fights with other children

The child has an undiagnosed learning disability

Correct answer: The child could have a problem at home and therefore avoids going home

All of the behaviors listed in this question point to possible problems at home. Children who are being abused in the home may tend to avoid spending time at home and may be overly vigilant or overly compliant.

The remaining answer options are incorrect. There is nothing in the question that indicates the child gets into fights with other students or has a learning disability.

18.

According to which of the following theorists is learning viewed as a person's attempt to reach their full potential?

Maslow

Piaget

Skinner

Bandura

Correct answer: Maslow

According to the work of Abraham Maslow, a person is striving to reach their full potential, and this drives learning as well as most of the rest of personal psychology.

The other theorists listed do not match this theoretical orientation about learning.

19.

Though we should not make stereotypes or assumptions, some characteristics are recognized as being more prevalent than others in certain groups. Among which group is spirituality viewed as being a private affair, but mainly Protestant and Bible-based?

White American

American Indian/Alaskan Native

Asian

African American

Correct answer: White American

Generally speaking, white American spirituality is seen as mostly Protestant, mostly private, and based on the Bible.

The other groups listed are seen as having different approaches to spirituality.

20.

Which of the following is a good example of institutional discrimination?

A bank not hiring elderly people because they are elderly

A real estate company treating a Latin American family differently

A community organization refusing to host an event for a gay couple

Correct answer: A bank not hiring elderly people because they are elderly

Institutional discrimination takes place when a whole class of people is treated differently based on certain characteristics, such as elderly people not being hired by a financial institution.

A real estate company treating a Latin American family differently and a community organization refusing to host an event for a gay couple would be better examples of individual discrimination unless it could be demonstrated that all people of that class were being discriminated against.

21.

What theory can explain why clients' crises are related to problematic reinforcement patterns in their lives?

Behavioral theory

Cognitive theory

Psychodynamic theory

Narrative theory

Correct answer: Behavioral theory

Behavioral theory tries to explain human behavior by looking at a person's learned associations that they have acquired through past experience. Behavioral theory is a fundamental theory in social work.

Cognitive theory explains human behavior by looking at an individual's thought process. Psychodynamic theory explains human behavior in terms of conscious and unconscious desires. Narrative theory explains human behavior in terms of a story, or how individuals arrange their lives based on story lines in order to give their lives meaning.

22.

Which form of feminist theory argues that gender is a social construct used to create power imbalances between men and women?

Radical feminism

Liberal feminism

Socialist feminism

Correct answer: Radical feminism

Radical feminism is the idea that gender roles are completely socially constructed, and are used to give men more power than women. Radical feminists believe that erasing gender roles is necessary in order to end the systematic oppression and exploitation of women.

Liberal feminists believe men and women share a common human nature despite their outward differences. Socialist feminists believe human nature is socially constructed through the interaction of capitalism and patriarchy.

23.

With whom did conflict theories originate?

Karl Marx

Niccolo Machiavelli

Thomas Malthus

Correct answer: Karl Marx

Karl Marx theorized that conflict is inevitable and continual, and is caused by inequality that results from social class differences. He was concerned with exploitation of workers by capitalist economic systems. From there, several other conflict theories were developed based on Marx's original teachings, by what are called "neo-Marxists."

Niccolo Machiavelli was an originator of modern political theory. Thomas Malthus developed the population growth theory.

24.

Which of the following is not necessarily a clinical result of poor body image?

Substance abuse

Depression

Anxiety

Social withdrawal

Correct answer: Substance abuse

Though substance abuse can be a more distal result of negative body image, it is not as immediate to such cases as are phenomena like depression, anxiety, and social withdrawal. The depression, anxiety, and social withdrawal implicated in negative body image are more long-term, stable presentations in individuals struggling with this issue.

25.

Which of the following refers to skills that depend on accumulated knowledge and experience, good judgment, and mastery of social conventions?

Crystallized intelligence

Fluid intelligence

Verbal ability

Inductive reasoning

Correct answer: Crystallized intelligence

Researchers agree that there are two broad mental abilities, each of which includes a variety of intellectual factors. Crystallized intelligence is the collection of skills that depend on accumulated knowledge and experience, good judgment, and mastery of social conventions. These abilities are typically acquired because they are valued by the culture in which the individual lives. Crystallized intelligence can be measured with standardized psychological tests that examine vocabulary, logical reasoning, and other similar intelligence factors.

Fluid intelligence refers to basic information-processing skills such as working memory and spatial visualization. Verbal ability and inductive reasoning are two types of mental abilities that include both crystallized and fluid skills.

26.

Mrs. K has a 7-year-old son, Joe, with autism spectrum disorder who frequently throws temper tantrums when he does not get his way. The tantrums often occur over food-related issues; Joe will scream and cry until Mrs. K gives him the ice cream or cookie that he wants. Mrs. K admits that she can ignore Joe's temper tantrums for up to an hour, but if he is still screaming at that point she gives in, to "just make him stop." What behavior principle is demonstrated in this situation?

Mrs. K is positively reinforcing Joe's behavior

Mrs. K is negatively reinforcing Joe's behavior

Joe is positively reinforcing Mrs. K's behavior

Joe is negatively reinforcing Mrs. K's behavior

Correct answer: Mrs. K is positively reinforcing Joe's behavior

Positive reinforcement occurs when a specific behavior (in this situation, Joe's temper tantrums) is reinforced by a response like Mrs. K giving Joe the cookie. Though Mrs. K tries for an extended amount of time to ignore Joe's behaviors, she further reinforces his temper tantrums by eventually giving in.

Negative reinforcement is when something already present is removed as the result of a behavior, so Mrs. K is not negatively reinforcing Joe's behavior by giving in to his tantrums. Joe is not positively or negatively reinforcing Mrs. K's behaviors, as her responses influence Joe's behaviors, not vice versa.

27.

The environment a person interacts with has several dimensions. Which of the following is a dimension of the environment?

Culture

Biology

Church

Correct answer: Culture

The dimensions of environment include the physical world, social institutions and social structure, families, small groups, formal organizations, communities, culture, and social movements.

28.

A social worker believes that people move through a series of stages in which they confront conflicts between biological drives and social expectations. This social worker is operating from what perspective?

Psychoanalytic

Psychosocial

Behaviorism

Social learning theory

Correct answer: Psychoanalytic

The psychoanalytic perspective was developed by Sigmund Freud in the late 1800s and early 1900s and is based on the belief that people move through a series of stages in which they confront conflicts between biological drives and social expectations. Freud believed that individuals can resolve these conflicts by speaking freely with a therapist about traumatic childhood events. Some social workers and other clinicians today still adhere to a psychoanalytic perspective, though many integrate Freud's theories with other, more evidence-based, approaches.

The psychosocial theory posits that individuals move through clearly defined stages during which time they acquire practical skills that allow them to be active, contributing members of society. Behaviorism refers to the theory that observable events, rather than subjective perspectives, should be studied to gather information and conclusions. Social learning theory emphasizes the importance of modeling as a source of development.

29.

As a Hispanic woman living in the United States, Maria has previously experienced discrimination. Working as a waitress when she was in her early 20s, she experienced several customers making negative comments about her and questioning whether she was in the country legally. Now in her early 30s, Maria has fully explored her cultural identity, and she is comfortable interacting with people from her cultural background, as well as those outside her cultural group.

What identity status does Maria align with?

Internalization and commitment

Encounter

Immersion-emersion

Correct answer: Internalization and commitment

According to the classic model of cultural, racial, and ethnic identity development, the internalization and commitment stage involves a secure sense of identity development. At this stage, people can comfortably interact with those both inside and outside their cultural group. Maria has reached this status.

The encounter stage is typically a negative experience during which a person first experiences discrimination. Maria has previously encountered this, but she has moved into the internalization and commitment status.

Finally, immersion-emersion is a period of exploration after an encounter. During this stage, the person learns about their cultural group by interacting with others from their group. Maria has also moved past this status, as she is comfortable interacting with others both inside and outside her group.

30.

Jeremy is very active in the community, trying to bring about societal change. He believes everyone deserves equal economic, political, and social rights.

What is the **BEST** phrase to describe what Jeremy is fighting for?

Social justice

Political justice

Equal justice

Distribution justice

Correct answer: Social justice

Social justice is the belief that everyone deserves equal economic, political, and social rights regardless of race, religion, sexual orientation, etc. Social justice is a core value of social work.

Political justice, equal justice, and distribution justice are not terms used in social work.

31.

Which of the following was the group that Erikson studied in order to arrive at his model of development?

Children

Older adults

Young adults

Mature adults

Correct answer: Children

Erikson's theories of life cycle development was based on his interest in how children socialize.

Older adults, young adults, and mature adults are all addressed in this model, but Erikson was primarily interested in the socialization of children.

32.

Which of the following terms from system theory describes a system with cross-boundary exchange?

Open system

Suprasystem

Throughput

Closed system

Correct answer: Open system

According to systems theory, an open system is one in which there is cross-boundary exchange.

The other systems theory terms do not describe this kind of a system.

33.

Denise is a school social worker. One of her clients, Dawn, is a teenager who is doing extremely well academically, with perfect grades and participation in a wide variety of activities. However, Dawn reports to Denise that she does not feel good about herself, often thinks about death, and has trouble sleeping.

Which of the classic parenting styles has **MOST** likely been applied to Dawn?

Authoritarian

Authoritative

Permissive

Uninvolved

Correct answer: Authoritarian

Children raised under authoritarian parenting styles tend to have high scholastic achievement but issues with depression and low self-esteem.

Other parenting styles tend to produce different results. Authoritative parenting, where rules and guidelines are more democratic and supportive, tends to produce more positive results in a variety of domains. Permissive parenting creates more of a "friends" atmosphere with children, and is linked to lower achievement and problems with authority. Uninvolved parenting, where the parental figures are not meaningfully present at all, produces the worst results, with children that are low achievers with little self-control and competence.

34.

Which school of thought about crime prevention emphasizes systemic causes?

Positivist

Partialist

Palliative

Predicate

Correct answer: Positivist

The positivist school of thought emphasizes the need for understanding the need for treatment as an approach to crime prevention.

Partialist, palliative, and predicate are all fabricated terms in this context.

35.

According to Sigmund Freud's theories of psychosexual development, boys may go through a period in childhood during which they want to marry their mothers and get rid of, replace, or even kill their fathers. What is this phenomenon called?

The Oedipus Complex

The Electra Complex

The Odysseus Complex

Correct answer: The Oedipus Complex

According to Freud, the Oedipus Complex occurs in boys during the phallic stage of psychosexual development, which occurs between the ages of 3 and 6.

The Electra Complex is when girls want to marry their fathers and replace, remove, or kill their mothers. The Odysseus Complex is not part of Freud's theories of psychosexual development.

36.

Which of the following is an important part of culturally competent practice?

Being aware of one's own values and beliefs

Instructing clients to learn about other cultural groups' values, practices, and behaviors

Helping the client learn new skills, no matter if those skills are relevant to the client's home culture

Correct answer: Being aware of one's own values and beliefs

Cultural competency refers to one's ability to effectively interact with other individuals from different cultures. A clinician must be aware of their own values as well as the values and beliefs of other cultural groups.

The remaining answers are incorrect. In instructing clients to learn about other cultural groups' values, practices, and behaviors, social workers do not consider the importance of the client's own culture. Social workers should not be overly focused on helping clients learn skills that are irrelevant to their home culture.

37.

Which of the following would be an example of negative punishment?

Removing dessert

Adding dessert

Removing a scary picture

Correct answer: Removing dessert

Negative punishment is the behavioral technique by which a desirable stimulus, such as dessert, is removed. It is used to reduce undesirable behavior.

Adding dessert would be positive reinforcement. Removing a scary picture would be negative reinforcement.

38.

Which of the following terms has the **MOST** vague and problematic definition?

Race

Culture

Ethnicity

Cultural identity

Correct answer: Race

The concept of "race" is a troubling and confusing one, and has no fixed meaning. Though it has many connotations, it has gone through a long history of classification and reclassification and has often been misused in scientific and political contexts for other than therapeutic motives.

The other terms are somewhat more specific and refer to things that do have a more stable definition.

39.

Which of the following is **NOT** a self-object need identified in self-psychology?

Integrity

Mirroring

Idealization

Twinship

Correct answer: Integrity

Self-psychology teaches that the self is the most important force in psychology. A lack of self-concept or cohesion develops when childhood experiences do not provide necessary emotional supports. Three of these are mirroring, a behavior that validates the child's sense of self, idealization, where a child borrows strength from others, and twinship, the idea that a child needs an alter ego to achieve a sense of belonging.

Integrity is not a need identified in self-psychology.

40.

Which of the following defense mechanisms is characterized by the avoidance of pleasurable activity?

Inhibition

Displacement

Compensation

Decompensation

Correct answer: Inhibition

The defense mechanism of inhibition serves a protective function by the denial of pleasurable activity that might otherwise be a threat.

Displacement is the redirection of unsuitable impulses toward a proxy figure. Compensation protects the individual by making up for perceived deficiencies with a strong effort in another area. Decompensation is the process in which one's defense mechanisms are failing or have failed.

41.

In which of the following stages of couples development is there a realization that differences do exist, but the decision has been made to remain together and take the good with the bad?

Commitment

Stability

Co-creation

Romance

Correct answer: Commitment

In the commitment stage of couples development, a couple has experienced romance, resolved power struggles, achieved a degree of stability and have established the idea of commitment; that there is good and bad and acceptance of both is crucial.

The other stages listed are either earlier or later in the process. Co-creation is seen as the last stage, where a comfortable commitment enables mutual growth.

42.

Which of the following correctly narrates the classic statuses of cultural, racial, and ethnic identity?

Preencounter, Encounter, Immersion, Internalization

Preencounter, Immersion, Internalization, Encounter

Preencounter, Encounter, Internalization, Immersion

Preencounter, Immersion, Encounter, Internalization

Correct answer: Preencounter, Encounter, Immersion, Internalization

There is a classic presentation of statuses with regard to cultural, racial, and ethnic identity. It is important to remember that this is not necessarily a progression. The preencounter phase refers to a state of relative ignorance. Encounter describes a meeting with an object of cultural, racial, or ethnic identification that provokes consideration. Immersion refers to the confrontation with cultural, racial, or ethnic identity, and internalization is the more secure sense of identity that eventually emerges from the process.

43.

According to Bowlby, which of the following is the **BEST** description of the age range most critical to attachment and bonding?

0 to 5 years

5 to 10 years

0 to 1 years

The entire lifespan

Correct answer: 0 to 5 years

According to the work of John Bowlby, the key period of the lifespan for attachment and bonding is anywhere within the first five years of life.

The other age ranges do not match Bowlby's arguments about attachment and bonding.

44.

Which of the following would be a safe assumption about a client's gender identity?

That it is defined by the client

That it always conforms to a client's anatomical sex

That it is not separate from sexual orientation

That they are likely to have a gender identity that differs from biological sex

Correct answer: That it is defined by the client

Gender identity is defined by the client. For some clients, gender identity is not as simple as being male or female; it can also involve shifts between masculinity and femininity in terms of dress and expression. Assuming that gender identity is defined by the client is really the only entirely safe assumption here.

Gender identity does not always conform to a client's anatomical sex. For instance, transgender individuals identify as being different from their biological sex.

Gender identity and sexual orientation are separate concepts. People who identify as transgender can experience the full range of sexual orientations that those who are not transgender experience.

Finally, it is not likely that everyone has a gender identity that differs from biological sex. For most people, gender identity aligns with biological sex, but this is not the case with transgender individuals.

45.

Which of the following is a **TRUE** statement regarding abuse in relationships later in life?

Abuse in relationships is often linked with childhood experiences

Boys are more likely than girls to experience abuse as children

Witnessing acts of violence in the home decreases the chances that males will be violent and girls will be victims

Adolescent girls typically experience violence only in their homes

Correct answer: Abuse in relationships is often linked with childhood experiences

Studies have shown that abuse in relationships is often linked with childhood experiences. This means that children who are exposed to domestic violence in the home, neighborhood, or school will often act out aggressively later in life simply based on their level of exposure.

The remaining answer options are all false. Girls are more likely than boys to experience abuse as children. Witnessing acts of violence in the home increases the chance that males will be violent and girls will be victims. Adolescent girls typically experience violence in their homes, schools, and communities.

46.

According to psychoanalytic theory, which of the following represents the "I" or reasoning, conscious state?

Ego

Superego

Id

Homeostasis

Correct answer: Ego

According to psychoanalytic theory, the ego is the reasoning, conscious state that mitigates between the superego, or set of societal norms and expectations, and the id, or the unconscious drives operating according to survival and pleasure principles.

Homeostasis refers to the steady state of mood and stability that most people strive for.

47.

Which of the following did Alfred Adler believe was the main motivation for human behavior?

Striving for perfection

Sexual urges

Aggressive urges

Homeostasis

Correct answer: Striving for perfection

Alfred Adler founded the school of Individual Psychology, which suggests that the main motivation for human behavior is not sexual or aggressive urges as his mentor Freud had thought, but the desire for perfection.

Alfred Adler did not believe homeostasis was the main motivation for human behavior.

48.

Which of the following terms refers to involuntary behavior?

Respondent

Operant

Modeling

Flooding

Correct answer: Respondent

According to the paradigm of classical or respondent conditioning advanced by Ivan Pavlov, "respondent" refers to involuntary response to a stimulus.

The other terms listed do not correspond to an assessment of involuntary behavior.

49.

What is strongly associated with violence against women?

Power and control

Conflict

Mental illness

Revenge

Correct answer: Power and control

Domestic violence against women is about power and control. The abuser likes to feel that they have the power to make the decisions in the victim's life. They want to make the victim do anything they want, feel that anything they do to make the abuser angry is their fault, etc.

The remaining answer options are incorrect because domestic violence is not typically about revenge, mental illness, or conflict in particular.

50.

According to which theorist is learning viewed as a change in behavior related to stimuli in the external environment?

Skinner

Piaget

Maslow

Bandura

Correct answer: Skinner

B. F. Skinner belonged to the school of Behaviorism, which teaches that learning is a product of an organism's reaction to external stimuli in the environment.

None of the other theorists listed are in line with this theoretical idea.

51.

A mother and daughter are working on a homework assignment. The girl has five pennies; her mother takes away two pennies and asks how many pennies are left. The girl answers, "Three."

According to Jean Piaget's theory of cognitive development, this girl is in which stage of development?

Concrete operational stage

Preoperational stage

Formal operational stage

Correct answer: Concrete operational stage

The girl can solve concrete problems through the application of logical problem-solving strategies (the use of pennies is tangible and concrete).

The preoperational stage applies to preschool children. The formal operations stage applies to adolescents.

52.

Which of the following is **LEAST** characteristic of an event that will lead to emotional or psychological trauma?

The event happens first in adult life

The event happens unexpectedly

The event happens repeatedly

The event first happens in childhood

Correct answer: The event happens first in adult life

Trauma affects different people in different ways, but if the trauma happens first in adult life it may happen to a person who is protected by such things as a support system, resilience, a track record of dealing with trauma, and preparation or a sense of personal power.

Traumatic events that could lead to permanent damage are more characterized by being unexpected, happening repeatedly, and happening to a child.

53.

According to systems theory, which of the following terms describes that which is closed, disorganized, or using up energy?

Entropy

Negative entropy

Throughput

Output

Correct answer: Entropy

According to systems theory, entropy describes that which is closed, disorganized, stagnant, or subtracts energy from the system's resources.

The other terms, though drawn from systems theory, do not describe this.

54.

All of the following are typical characteristics of perpetrators of sexual abuse, **EXCEPT**:

Perpetrators are usually strangers to the victims

Perpetrators are usually male

Perpetrators often use bribery and threats

Perpetrators often choose victims who are physically weak or otherwise vulnerable

Correct answer: Perpetrators are usually strangers to the victims

Sexual abuse is commonly reported during middle childhood, though victims can be of all ages. Perpetrators are usually someone the victim knows well, such as a family member, neighbor, or family friend. This can make it even more difficult for the victim to discuss the sexual abuse with parents and caregivers.

Perpetrators of sexual abuse are typically male and often use bribery, threats, and sometimes physical force to lure victims and to keep them from disclosing the abuse to others. Many perpetrators choose victims who are physically weak or otherwise vulnerable.

55.

According to the family life cycle, all of the following are tasks of the leaving home stage, **EXCEPT**:

Selecting a marriage partner

Developing intimate peer relationships

Financial independence

Differentiation of self from family of origin

Correct answer: Selecting a marriage partner

The family life cycle approach defines an individual's development within the context of the family and includes eight stages. Stage 3, the premarriage stage, includes tasks such as selecting a marriage partner.

Stage 2, the leaving home stage, includes tasks such as developing intimate peer relationships, having financial independence, and differentiating self from family of origin.

56.

Sarah's father sexually abused her when she was a child. As an adult, she is now suffering from a psychological disorder and seeks the help of a social worker.

Which of the following disorders is Sarah **MOST** likely suffering from?

Post-traumatic stress disorder (PTSD)

Schizoaffective disorder

Dissociative identity disorder

Correct answer: Post-traumatic stress disorder (PTSD)

Victims of child sexual abuse or incest very often suffer from PTSD, which includes flashbacks, nightmares, and intrusive thoughts and memories, among other symptoms.

Dissociative identity disorder can result from child sexual abuse, but it is a very rare disorder, and thus less likely that this is what Sarah is suffering from. Schizoaffective disorder is not linked to child sexual abuse.

57.

Owen is a social worker who specializes in working with people who have experienced some sort of traumatic incident. He has decided that in addition to his clinical practice, he also wants to do something on a macro level to help more people.

Which of the following is an example of what he might do at the macro level?

Help to create a community group to advocate for policy changes in disaster response management

Attend to the emotional needs of the clients to help them cope with the trauma they've experienced

Meet with survivors of a tragedy outside of hours as a pro bono worker so that more people can get the counseling they need

Correct answer: Help to create a community group to advocate for policy changes in disaster response management

Macro social work practice includes activities conducted in organizational, community, and policy arenas, as opposed to clinical social work practice which focuses on the individual, family, or group.

The other answer choices are incorrect because they focus on individuals or small groups, not organizations, communities, or policy arenas.

58.

Which of the following refers to the mediating influence of the mind in psychoanalytic theory?

Ego

Superego

Conscious

Id

Correct answer: Ego

According to Sigmund Freud's psychoanalytic theory, there are three general forces in the mind. The ego is that which mediates between the other forces. These are the superego, the voice of acceptable behavior in the social environment, and the id, which is the primal force of pleasure-seeking.

According to the same theory, the conscious refers to the area of the mind that is available under most circumstances of everyday life.

59.

Which of the following would be an example of negative reinforcement?

Removing a scary picture

Adding a scary picture

Removing pleasant music

Removing a pleasant dessert

Correct answer: Removing a scary picture

Negative reinforcement is the behavioral technique by which a negative stimulus (such as a scary picture) is removed in order to increase a behavior.

Adding a scary picture would be an example of positive punishment. Removing pleasant music and removing a pleasant dessert would be examples of negative punishment.

60.

Your client, Bill, frequently remarks how much pride he has in the fact that he is an honest person. However, he recently cheated on his wife and expresses how much guilt and anxiety he feels about his actions.

What is Bill experiencing?

Cognitive dissonance

An egosyntonic reaction

Social anxiety

A psychotic break

Correct answer: Cognitive dissonance

Cognitive dissonance is the mental stress or discomfort experienced by someone who holds two or more contradictory beliefs at the same time or is confronted with a new situation that conflicts with existing beliefs or values. Bill is distressed because his behavior, cheating on his wife, is in direct contradiction to the importance he places on honesty.

Egosyntonic refers to behaviors and values consistent with one's self-image. Social anxiety refers to a general sense of dread or worry when surrounded by other people. A psychotic break occurs when a person experiences their first episode of acute psychosis, which Bill is not experiencing.

61.

Which of the following is the **MOST** accurate statement about the association between types of abuse and psychological symptoms?

Symptoms may result from abuse

Symptoms always result from physical abuse

Symptoms always result from sexual abuse

Symptoms always result from neglect

Correct answer: Symptoms may result from abuse

Psychological, behavioral, or physical symptoms may or may not be present in cases of physical or sexual abuse or neglect. Thus, their absence is not to be used as a guide to the determination of whether or not such abuse has occurred.

This association is true in any kind of abuse.

62.

Isolation from which of the following is often associated with developmental problems?

Family

Education

Neighborhood

Religious institutions

Correct answer: Family

Within the context of family, children learn language, skills, social norms, and cultural moral values. They also have the unique opportunity to establish attachments to parents and siblings that serve as models for relationships in the wider world.

Children and adults who have warm family ties tend to have better chances for healthy physical and psychological health throughout development, and those who are isolated or otherwise alienated from family are more likely to experience developmental problems.

Children who do not receive an adequate education do not necessarily experience developmental problems, though they may struggle later in life with academic tasks. Research does not show that isolation from one's neighborhood results in developmental problems, and individuals who do not attend religious institutions do not suffer developmentally when compared with those who identify themselves as religious.

63.

Which of the following is **MOST** accurate regarding "twinning" in Self Psychology?

A child needs an alter ego

A child naturally dissociates

A child regresses under stress

A child sees themselves in their same-sex parent

Correct answer: A child needs an alter ego

In Self Psychology, the emphasis is on helping clients develop a greater sense of self-cohesion. The term twinning refers to the way in which children need an alter ego and is one of the "self needs" identified by Self Psychology.

"Twinning" does not refer to dissociation, regression, or seeing oneself in one's same-sex parent.

64.

Which of the following personality theories mainly deals with the results of interactions between the person and the environment?

Behavioral

Psychodynamic

Trait

Biological

Correct answer: Behavioral

Behavioral theories of personality describe personality as the result of the interaction between persons and their environment.

Psychodynamic personality theories see personality development as the result of inner conflict and unconscious experience. Trait theories of personality see personality formation as the function of certain traits that cause individuals to behave in certain ways, and biological theories of personality formation see the process as the result of genetic factors.

65.

Paul is working as a school social worker. One of the children, aged six, has an imaginary friend. According to Jean Piaget's theory of cognitive development, should Paul be concerned?

No, because imaginary friends are age-appropriate at age six

Yes, because imaginary friends are often an indicator of psychosis in children

No, because imaginary friends are normal at all stages of development in childhood

Yes, because imaginary friends are inappropriate to the preoperational stage of development

Correct answer: No, because imaginary friends are age-appropriate at age six

According to Jean Piaget, imaginary friends are appropriate to the preoperational stage of development, encompassing the ages of 2-7 years. Children at this age often have imaginary friends that they can easily identify as imaginary if specifically questioned.

Imaginary friends are not usually considered to be an indicator of psychosis unless the child describes the imaginary friend as a real entity. According to Piaget, imaginary friends would only be normal at the preoperational stage of development and no other.

66.

Which of the following terms from systems theory describes the phenomenon of arriving at the same end from different beginnings?

Equifinality

Throughput

Negative entropy

Open system

Correct answer: Equifinality

Equifinality, according to systems theory, describes the phenomenon of arriving at the same end from different beginnings.

The other terms, though all taken from systems theory, do not describe this.

67.

Which of the following is **TRUE** regarding socioeconomic status (SES)?

SES affects the timing and duration of the family life cycle

People of higher SES usually have children earlier in life

Children raised in poor families are rewarded with more praise and explanations than children raised in higher income families

Higher SES parents have a greater use of coercive discipline

Correct answer: SES affects the timing and duration of the family life cycle

It is true that socioeconomic status (SES) affects the timing and duration of the family life cycle. For example, people who work in white-collar and professional occupations tend to marry later and have fewer children than those who work in skilled and semiskilled occupations.

The remaining answer options are incorrect. People of higher SES usually have children later, not earlier, in life. Children raised in poor families are rewarded with less, not more, praise and explanations than children raised in higher income families. Higher SES parents have a lower, not greater, use of coercive discipline when compared to lower SES parents.

68.

Jake is a 16-year-old boy. His parents have brought him to treatment for social concerns. He is having difficulty interacting with peers, and his self-esteem is quite low, because he doesn't have many friends. During your assessment, you notice that Jake has a difficult time thinking hypothetically and making future plans.

Does this raise additional concerns about his development?

Yes, because his cognitive development may be delayed.

No, because he is too young to be planning for the future

No, because people cannot think hypothetically until adulthood.

Yes, because inability to think hypothetically is a mental health issue.

Correct answer: Yes, because his cognitive development may be delayed.

According to Piaget's theory of cognitive development, a 16-year-old should be in the formal operations stage of cognitive development. During this stage, people develop a higher level of abstraction. They can think hypothetically and plan for the future. Based on Jake's presentation, he may be delayed in cognitive development.

Jake is not too young to be planning for the future and thinking hypothetically. These are cognitive tasks present during the formal operations stage, from age 11 and on.

Finally, the inability to think hypothetically during adolescence represents a cognitive delay, not a mental health issue.

69.

According to Margaret Mahler's Object relations theory, which of the following is the focus of the Object Constancy phase?

Separation

Dissociation

Termination

Loss

Correct answer: Separation

The Object Constancy phase of Margaret Mahler's Object relations theory focuses on the separation from the mother and the resultant sense of self-image.

Dissociation, termination, and loss are not the focus of any phase of Object relations theory.

70.

Which of the following refers to the tendency of people to try to cover their shortcomings with distractions?

Compensation

Homeostasis

Mirroring

Shielding

Correct answer: Compensation

Alfred Adler used the term compensation to refer to the tendency of people to cover up their shortcomings with distractions such as signs of wealth and status. This helps them with innate feelings of inferiority.

Homeostasis refers to the balance human beings strive for. Mirroring refers to finding an "alter ego" in another. "Shielding" is a fabricated term in this context.

71.

Which of the following personality disorders are considered risk factors for violence?

Borderline and antisocial

Paranoid and antisocial

Borderline and schizoid

Correct answer: Borderline and antisocial

Borderline and antisocial personality disorders are considered to be risk factors for violence, as they involve a high degree of risk-taking, instability, criminal behavior, and other factors.

Paranoid personality disorder and schizoid personality disorder are not considered to be as high risk.

72.

Which of the following describes the situation when one's perceived role is at odds with the expectations of others?

Role discomplementarity

Role reversal

Role ambiguity

Role perspective

Correct answer: Role discomplementarity

According to role theory, role discomplementarity exists when the expectations of one's own role differ from those of the surrounding society or one's peers.

The other terms do not describe this conflict. Role perspective is not a term from role theory.

73.

Though we should not make stereotypes or assumptions, some characteristics are recognized as being more prevalent than others in certain groups. In which of the following groups is shame and obligation to others a tool for social control, with adherence to rules of conduct a reflection on the individual as well as their entire family?

Asian

African American

Hispanic/Latino

Native Hawaiian

Correct answer: Asian

Generally speaking, within the Asian culture, shame and obligation to others is an overall method of enforcing social control, with individual behavior reflecting not only on the individual but to their family and other groups to which they belong.

The other groups listed have different cultural values and norms.

74.

A set of high-paying jobs open up to the community, but in the end, one ethnic group seems under-represented in the actual hiring. Which of the following is the **BEST** descriptor of this situation?

Institutionalized discrimination

Institutionalized dependence

Racial discrimination

Ethnic preference

Correct answer: Institutionalized discrimination

Institutionalized discrimination is when an entity such as the government or private industry will not hire or promote a class of people based on the distinguishing characteristics of that class.

Racial discrimination may apply, but it is not a specific enough term, as the discrimination in the example seems to be characteristic of a specific institution.

"Ethnic preference" and "institutionalized dependence" are fabricated terms in this context.

75.

Oral, anal, phallic, latency, and genital stages are all part of what developmental theory?

Freud's psychosexual development theory

Erikson's psychosocial theory

Kohlberg's moral development theory

Piaget's cognitive developmental theory

Correct answer: Freud's psychosexual development theory

Sigmund Freud developed the psychoanalytic sexual drive theory, of which psychosexual development is a major component. This theory posits that there are five stages -- oral, anal, phallic, latency, and genital -- that people must move through in order to complete normal development.

Erikson's psychosocial theory posits that people must move through a series of eight stages: hope vs. mistrust, autonomy vs. shame, initiative vs. guilt, industry vs. inferiority, identity vs. role confusion, intimacy vs. isolation, generativity vs. stagnation, and ego integrity vs. despair.

Kohlberg's moral development theory is based on the idea that people must move through stages of moral reasoning in order to effectively resolve moral dilemmas; these stages include obedience and punishment, self-interest, interpersonal accord and conformity, authority and social-order maintaining, social contract, and universal ethical principles.

Piaget's cognitive developmental theory posits that children learn from their environments, and is composed of four stages: sensorimotor, preoperational, concrete operational, and formal operational.

76.

What do structural family therapy, solution-focused therapy, and psychoeducation have in common?

They are evidence-based family interventions

They focus on providing information to families about mental illness

They are brief therapies focused on resolving problems

They address problems in functioning within a family system

Correct answer: They are evidence-based family interventions

Evidence-based practice is the use of proven interventions that have been tested and shown positive results in the social work field. Structural family therapy, solution-focused therapy, and psychoeducation are all family interventions supported by research.

The remaining answer options are incorrect because they do not apply to all of the family interventions. Psychoeducation focuses on providing information to families about mental illness. Solution-focused therapy is a brief therapy focused on resolving problems. Structural family therapy addresses problems in functioning within a family system.

77.

Which of the following is a **TRUE** statement about the assessment phase of working with clients?

Assessment is an ongoing activity that begins with the social worker using a strengths-based perspective to attempt to understand the client in the context of their environment

During the assessment phase, the social worker must administer some type of quantitative baseline measure

During the assessment phase, the social worker must set a specific date for completion of the discussed goal

During the assessment phase, the therapist should have a discussion with the client about all of the theories that the therapist might decide to use to understand the client's problems

Correct answer: Assessment is an ongoing activity that begins with the social worker using a strengths-based perspective to attempt to understand the client in the context of their environment

In social work, assessment is the ongoing activity of the social worker collecting information from the client by asking direct questions as well as making observations and conclusions based on response to treatment.

Some social workers may wish to use a quantitative baseline measure during assessment, but it is not required. The assessment phase is not the appropriate time to set goals for ending, because the social worker is just beginning to learn about the client and set goals. It can be helpful for the therapist to discuss a theory with a client at times, but it is not necessary for the therapist to engage in a lengthy discussion about theory during assessment.

78.

Which age bracket **BEST** describes the stage at which Sigmund Freud believed that personality solidifies?

Before age 5

Before age 3

Before age 10

It does not truly solidify and is subject to change

Correct answer: Before age 5

Sigmund Freud believed that personality is concrete and established in most cases before the age of five.

The other age brackets do not correspond to Freud's idea about personality formation.

79.

Which of the following is **NOT** a domain of psychological development?

Comprehension

Cognitive

Affective

Psychomotor

Correct answer: Comprehension

There are three general areas of psychological development in a human being. Cognitive development is the domain concerned with mental skills, affective development is the domain of interpersonal relations, and psychomotor development describes the interaction of the individual with their physical environment through action.

Comprehension is one of the six levels of cognition.

80.

Devonte has a sense of pride in his accomplishments both at school and in sports. He sets goals for himself at school, and he feels confident that he can achieve things.

Devonte is successfully progressing through which stage of Erikson's social development?

Industry vs. inferiority

Intimacy vs. isolation

Autonomy vs. shame and doubt

Generativity vs. stagnation

Correct answer: Industry vs. inferiority

The industry vs. inferiority stage of social development progresses from age six to puberty. At this stage, children develop pride in their accomplishments and learn they can be successful at meeting goals. If children do not experience success at this stage, they will feel inferior and doubt their abilities. The description of Devonte aligns with the industry vs. inferiority stage.

Intimacy vs. isolation occurs in young adulthood, when people explore relationships with others and engage more intimately. Devonte is not yet at this stage.

Autonomy vs. shame and doubt occurs between the ages of one and three, when children learn to assert independence, becoming more confident and secure. This does not align with the description of Devonte.

Generativity vs. stagnation occurs during middle adulthood. During this stage, people establish careers and families and feel they are giving back to society.

81.

Which social work practice model uses a "miracle" question to help a client envision what type of future they want to obtain?

Solution-focused

Problem solving

Task-centered

Narrative

Correct answer: Solution-focused

Solution-focused therapy is the social work practice model that uses a "miracle" question to help a client envision what type of future they want to obtain. This practice model starts with obtaining a solution for the client and then helps the client develop steps that will solve the problem.

Problem solving focuses on identifying the problem, identifying solutions, picking a solution, and trying the solution to see if it solves the problem. Task-centered models break down the client's problem into accomplishable tasks. Narrative therapy has the client use letters to re-author their lives.

82.

Which of the following theories argues that there is not one single objective reality, but instead there are multiple social and cultural realities?

Social constructionism

Social creationism

Objective constructionism

Correct answer: Social constructionism

Social constructionism is a theory that puts forth the idea that there is not one single objective reality; there are multiple social and cultural realities. This perspective looks at the way people learn through their interactions with each other.

Social creationism is a theory that implies that an individual is born into a social class and will always remain in that class. Objective creationism is not a term used in social work.

83.

Which of the following values would **MOST** likely be learned during Erikson's stage of Industry vs. Inferiority?

Work ethic

Common justice

Safety

Mutuality

Correct answer: Work ethic

Erikson's stage of Industry vs. Inferiority, which he described as running from age six until puberty, is the stage in which children learn that their effort is worth it. By building on this experience, a work ethic and sense of productivity is either achieved or not.

The values of common justice, safety, and mutuality would not be as characteristic of values learned during this stage.

84.

According to which of the following theorists is learning a product of internal mental processes?

Piaget

Pavlov

Maslow

Bandura

Correct answer: Piaget

According to Jean Piaget, learning is a product of internal mental processes and internal cognitive structures.

None of the other theorists agree with this foundational concept about learning.

85.

Which of the following would be the **MOST** helpful way to view sexual orientation when working with clients?

As a personal and fluid concept

As static

As falling into one category or another

As aligning with their sexual behavior

Correct answer: As a personal and fluid concept

Viewing sexual orientation as personal and fluid is most helpful. The fact that it is personal means that sexual orientation differs from one person to the next, and they may hold private sexual orientations that are different from how they present in public. Sexual orientation is also fluid, as it may change over time as people determine where their attractions fall.

Viewing sexual orientation as static isn't helpful. People can change over time as they process their attractions. While sexual orientation can change over time, it's important to remember that this doesn't mean that people "grow out of" a certain orientation.

It is also unhelpful to view sexual orientation as falling into one category or another. People can have contact with people of the same sex without viewing themselves as homosexual or bisexual.

Finally, sexual orientation does not always align with sexual behavior. Sexual contacts or actions, or what people do sexually, does not necessarily align with how someone identifies in terms of sexual orientation. For instance, a person may have same-sex sexual contact without viewing themselves as bisexual or homosexual.

86.

All of the following are developmental milestones, **EXCEPT**:

Making a friend

Speaking in full sentences

Walking unassisted

Using the toilet rather than diapers

Correct answer: Making a friend

Developmental milestones refer to physical tasks a child accomplishes early in life. It is important for social workers to gather this type of information to determine whether the child accomplished these tasks within a period that is considered normal, or whether there was some developmental lag. Making a friend is a social task important in the life of a child, but it is not usually considered a developmental milestone.

Speaking in full sentences, walking unassisted, and being toilet-trained are all developmental milestones. Additional milestones include crawling and saying first words.

87.

In which of the following stages of couples development is constancy the **MOST** secure?

Co-creation

Romance

Commitment

Power struggle

Correct answer: Co-creation

Co-creation is considered the last stage of couples development and is characterized by greater safety, constancy, and commitment than any other stage. It follows the stages of romance, power struggle, stability, and commitment; all of which build toward a greater mutuality and consistency.

88.

The Strange Situation test is an effective way of assessing attachment patterns between caregiver and child when the child is about what age?

9-18 months old

4-5 years old

1-2 years old

3-4 years old

Correct answer: 9-18 months old

The Strange Situation test is a procedure developed by Mary Ainsworth in the 1970s to assess the type and quality of attachment between caregiver and child. It consists of a structured observation in which a child between the ages of 9 and 18 months old is exposed to the mildly stressful situation of the primary caretaker leaving the room and being replaced by a stranger. Observers record the child's reactions and anxiety levels related to separation, amount of exploration while in the playroom with different adults, and reunion behavior with the caregiver to determine the type of attachment the child has to the caregiver.

The Strange Situation procedure is not construed to judge attachment patterns between caregivers and children older than 18 months, since attachment patterns are not as easily observed past this age.

89.

During which period of development is it **MOST** important to intervene to reduce the negative effects of poverty?

During early childhood

During the adolescent years

During young adulthood

During older adulthood

Correct answer: During early childhood

While poverty can have negative effects across the lifespan, the most important time for intervention is during early childhood. Children who live in poverty for several years suffer the worst outcomes. Poverty during early school years is linked to lower rates of school completion.

Poverty only during the adolescent years is not as predictive of failure to complete school as poverty during the early school years is.

Intervening during early adulthood or older adulthood is too late. Childhood poverty is linked to a range of negative outcomes, such as disability, unemployment, substance abuse, and homelessness.

Among all answer options here, it is most important to intervene during early childhood. This time seems to be the most critical period for intervention.

90.

Bryan is a social worker who uses the task-centered treatment model in order to set specific, measurable, and achievable goals with his clients. The task-centered treatment model involves a four-step process.

Which of the following is **NOT** one of the four steps in this model?

Involvement of the client's family members and/or friends to accomplish identified tasks

Creation of a contract between the social worker and the client that includes a schedule to facilitate necessary changes

Discussion between the social worker and the client to determine if the intervention has been successful enough to terminate further sessions

Correct answer: Involvement of the client's family members and/or friends to accomplish identified tasks

The task-centered treatment model uses a four-step process in order to set specific, measurable, and achievable goals for clients. The four steps include:

- 1. Identification of the target problem(s)*
 - 2. Establishment of goals and the creation of a contract between the social worker and the client that includes a schedule to facilitate necessary changes*
 - 3. Completion of several sessions between the social worker and client in order to share outcomes of identified tasks*
 - 4. Discussion between the social worker and the client to determine if the intervention has been successful enough to terminate further sessions*
-

91.

You are regularly meeting with a 13-year-old boy who has recently told you he feels overwhelmed with fear and anxiety about getting older. He also has been struggling with increased sexual impulses that are normal for his age. However, you hear from his parents that he has been experiencing increased bedwetting and sometimes even speaks in "baby talk" at home.

This adolescent is exhibiting what defense mechanism?

Regression

Denial

Dissociation

Compartmentalization

Correct answer: Regression

Defense mechanisms are ways in which people behave in order to protect themselves from further anxiety. Regression is the reverting to an earlier stage of development due to stressful life events or unacceptable thoughts or impulses. In this question, the adolescent feels so uncomfortable with the sexual impulses he is experiencing due to physical changes in his body that he becomes overwhelmed with anxiety and reverts to an earlier stage of development.

Denial is the refusal to accept reality or facts or acting as if a painful event did not happen. Dissociation is when a person loses track of their current orientation and finds another representation of themselves in which to continue.

Compartmentalization is the process of separating various parts of oneself and behaving as if one had different sets of values.

92.

Which of the following describes a technique by which a person is encouraged toward closer and closer approximations of a desired behavior?

Shaping

Time out

Systematic desensitization

Extinction

Correct answer: Shaping

Shaping is a technique by which a person is encouraged toward closer and closer approximations of a desired behavior through the use of reinforcers.

Time out is the removal of a desirable item. Systematic desensitization is a method by which stress is reduced through measured exposure to a feared stimuli as well as a soothing stimuli. Extinction is the attempt to modify behavior by the removal of a reinforcer.

93.

According to Erikson, what is the main social learning taking place between ages 1 and 3?

Independence

Trust

Work

Identity

Correct answer: Independence

According to Erikson's model of life cycle development, children between the ages of 1 and 3 are in the Autonomy vs. Shame and Doubt stage. They either do or do not learn to take appropriate risks and form a sense of autonomous identity.

Trust, work, and identity are all associated with different stages of Erikson's model.

94.

Which of the following is a good explanation of a closed system as it relates to systems theory?

Uses up its energy and dies

Uses up its energy but lives

Pursues homeostasis

Correct answer: Uses up its energy and dies

In systems theory, a closed system is one in which the energy is used up and the system dies. An open system is one in which energy is allowed to enter and leave the system and keeps it alive.

None of the other choices describe an event in systems theory per se. It would be more characteristic of an open system to say that it uses up its energy and lives. The pursuit of homeostasis is important for any system.

95.

Which of the following would be **LEAST** likely to be part of cognitive development?

Moral development

Perceptual skill

Language learning

Conceptual resources

Correct answer: Moral development

Cognitive development refers to the array of ways in which a person grows through the development of their brain. This includes many different domains, such as perceptual skill, language learning, and conceptual resources, among others.

Moral development is a different matter, which has more to do with personality than cognitive development.

96.

Which of the following phases of Margaret Mahler's object relations theory corresponds **MOST** to a sense on the part of the child that the mother is a separate entity?

Object constancy

Normal autism

Normal symbiotic

Separation/Individuation

Correct answer: Object constancy

The last phase of Margaret Mahler's object relations model is object constancy, in which the child fully understands that the mother is a separate entity.

The other stages, all earlier, correspond to stages in which the division between self and other in the environment is not as clear-cut, an evolving understanding that progresses through infancy.

97.

Which of the following **BEST** describes the context of communication phenomena?

Metacommunication

Information processing

Cognitive dissonance

Nonverbal communication

Correct answer: Metacommunication

Metacommunication describes the phenomena by which a person communicates in ways other than through language, such as through posture, vocalizations, and so on.

Information processing describes responses to information that are mediated through perception and evaluation. Cognitive dissonance is when a person must choose between contradictions. Nonverbal communication is included within metacommunication but refers strictly to the arrangement of one's face and body in relation to the communication.

98.

Which of the following correctly orders the stages of grief related to end of life, according to Kübler-Ross's theory?

Denial, anger, bargaining, depression, acceptance

Anger, bargaining, denial, depression, acceptance

Depression, bargaining, denial, anger, acceptance

Acceptance, depression, anger, denial, bargaining

Correct answer: Denial, anger, bargaining, depression, acceptance

Elizabeth Kübler-Ross (1969) developed a theory of five typical responses individuals have to the prospect of death and the ordeal of dying. During the denial stage, the person denies its seriousness in order to escape anxiety and other uncomfortable emotions. The person next experiences anger at the fact that death will occur despite the fact that they have not had the chance to do everything they wanted to do. Bargaining is when the person tries to bargain for extra time with health care professionals, family members, friends, or God. Depression occurs next, when the dying person becomes depressed about the impending death. Finally, acceptance occurs when the person is at peace with the fact that they will die.

99.

When parents are attempting to correct a child's behavior, the effectiveness of the punishment can be increased in all of the following ways, **EXCEPT**:

Unpredictability

Consistency

A warm parent-child bond

Explanations

Correct answer: Unpredictability

Many parents find it difficult to avoid using harsh punishment when their children misbehave. However, there are alternatives that can reduce the undesirable side effects of punishment. Unpredictability is not one of these alternatives, as unpredictable punishment will not correct the child's behavior but will make it worse.

Consistency is important when administering punishment so children know exactly what to expect if they misbehave. Research has shown that a warm parent-child bond is important in the context of discipline because children in these types of relationships find the interruption in parental affection particularly unpleasant. Finally, parents should provide age-appropriate explanations for punishments so children can connect their behaviors with the consequences.

100.

Name the following theory used in social work practice:

Thoughts, feelings, and behaviors all are interconnected, and it's possible for people to modify their patterns of thinking to improve coping skills.

Cognitive behavioral theory

Cognitive dissonance theory

Behavioral modification theory

Correct answer: Cognitive behavioral theory

The premise of this theory is that if a person changes their way of thinking, it is possible to change their feelings and behaviors. This theory combines ideas from both cognitive and behavioral theories.

Cognitive dissonance theory suggests that we all have an inner drive to keep our attitudes and beliefs consistent with our behavior. Behavioral modification theory asserts that any behavior can be changed through stimuli and responses.
