

ASWB Advanced Generalist - Quiz Questions with Answers

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

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1.

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.

2.

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

Denial

Projection

Sublimation

Intellectualization

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.

3.

Which of the following aspects of groupthink results in members **NOT** reconsidering their assumptions?

Group rationalization

Self-censorship

Illusion of unanimity

Illusion of invulnerability

Correct answer: Group rationalization

Group rationalization occurs in situations of groupthink in which members hold their assumptions without questioning them.

The other options are incorrect. Self-censorship results in group members not fully expressing themselves. The illusion of unanimity is a forced appearance of consensus. The illusion of invulnerability is excessive group optimism.

4.

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.

5.

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

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

Overestimating another person's abilities

Ignoring feelings and objectively analyzing problems

Unconsciously trying to make up for undesirable characteristics

Faulting another for one's unacceptable characteristics

Correct answer: Overestimating another person's abilities

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

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.

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

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.

6.

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.

7.

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

Internal conflict

Emotions

Impulses

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.

8.

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.

9.

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.

10.

Which of the following is **TRUE** of negative feedback loops?

They inhibit change

They encourage change

They stop communication

They enable communication

Correct answer: They inhibit change

According to family systems theory, negative feedback loops act to protect the status quo by inhibiting change.

The other answers are incorrect. Negative feedback loops do not encourage change, nor do they truly stop or enable communication.

11.

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.

12.

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.

13.

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.

14.

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.

15.

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.

16.

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

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.

17.

Which of the following best characterizes the relationship between disability and poverty?

There is an interactive relationship between disability and poverty

Disability and poverty are not directly related

Disability causes poverty, but the reverse is not true

Poverty causes disability, but the reverse is not true

Correct answer: There is an interactive relationship between disability and poverty

Disability and poverty are related in an interactive way. A person may become disabled due to a lack of resources implicit in poverty, and poverty can be caused by the life difficulties present among those with disabilities.

It would not be accurate to say that one necessarily precedes the other in a definite way, but it is true that the two share a dynamic relationship that exacerbates the difficulty of those suffering from one or both.

18.

Which of the following is the **MOST** accurate statement regarding gender roles and culture?

Gender roles are largely a function of culture

Gender roles are biologically based

Gender roles are independent of culture

Gender roles are a function of economics

Correct answer: Gender roles are largely a function of culture

Gender roles are largely a function of culture. There are vast differences between how men and women are expected to behave depending on their culture, and these expectations can result in cultural conflict.

Gender roles may have some biological basis, but their expressions are heavily influenced by the surrounding culture. Although economics as an aspect of culture no doubt has an impact on gender roles, many other aspects inform the expression of gender roles within society.

19.

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

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.

20.

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

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

Transforming emotional conflict into physical manifestations

Ignoring feelings and objectively analyzing problems

Overestimating another person's abilities

Faulting another person for one's unacceptable characteristics

Correct answer: Transforming emotional conflict into physical manifestations

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

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.

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

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 onto others and, in the process, alienates themselves.

21.

A client would like to learn how to fly a plane, but he is scared of heights and cannot afford lessons. Instead, he learns how to ride a motorcycle.

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

Substitution

Rationalization

Sublimation

Conversion

Correct answer: Substitution

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

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.

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.

22.

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

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.

23.

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

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.

24.

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

Which of the following **BEST** describes rationalization?

Shifting blame to feel less remorse after doing something bad

Unconsciously forgetting certain unacceptable memories

Transferring actions from a desired target to a substitute target

Taking extreme measures to counterbalance a perceived deficiency

Correct answer: Shifting blame to feel less remorse after doing something bad

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.

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.

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

25.

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

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.

26.

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.

27.

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.

28.

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

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.

29.

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

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.

30.

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

Stratification

Layering

Classification

Accretion

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.

31.

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

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

Ignoring unacceptable feelings

Ignoring feelings and objectively analyzing problems

Overestimating another person's abilities

Transforming emotional conflict into physical manifestations

Correct answer: Ignoring unacceptable feelings

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."

Intellectualization is a defense mechanism in which a client ignores their feelings and objectively analyzes the problem. 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.

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

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

32.

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.

33.

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.

34.

Which of the following describes the phenomenon of people who have experienced racism expressing that racism against members of their own group?

Internalized racism

Institutional racism

Inter-racism

Adopted racism

Correct answer: Internalized racism

Internalized racism describes the phenomenon by which individuals who have experienced racism go on to express the same aspects of racism against others in their own group.

The other choices are incorrect. Institutional racism expresses racism as part of the structure of a societal institution. "Inter-racism" and "adopted racism" are fabricated terms.

35.

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

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.

36.

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.

37.

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

Psychodrama

Psychoeducation

Psychoanalysis

Cognitive behavioral therapy

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.

38.

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

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.

39.

Which of the following is **LEAST** characteristic of Margaret Mahler's commitment stage of couple development?

Conflict

Stabilization

Acknowledging shortcomings

Deciding to remain as a couple

Correct answer: Conflict

Margaret Mahler's model of couple development describes the commitment stage as when a couple decides to be together based on an acknowledgment of shortcomings and differences and then stabilizes for the long term. Conflict is more likely in the power struggle stage when the first signs of problems emerge.

The other options are incorrect, as they are the commitment items described above.

40.

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

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.

41.

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.

42.

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

Homeostasis

Engagement

Symbiosis

Equifinality

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.

43.

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

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.

44.

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

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.

45.

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.

46.

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

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.

47.

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.

48.

Which of the following is **FALSE** about the family life cycle?

Skills must be learned in order

Stages proceed in a single direction

Stages can be delayed

Correct answer: Skills must be learned in order

Similar to Erikson's stages of personal development, the stages of family life cycle development proceed in a single direction, are vulnerable to stress and other factors, and can be delayed. Also, skills missed at one stage of the family life cycle development can be learned later.

The other answers are true statements about the family life cycle.

49.

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.

50.

Which of the following refers to a role being carried out in an expected way?

Role complementarity

Role equity

Role achievement

Role credibility

Correct answer: Role complementarity

Role theory contains many terms and definitions. Role complementarity refers to a role being carried out in an expected way.

The other options are all fabricated terms.

51.

Which of the following is the **MOST** accurate description of the concept of gender fluidity?

Gender exists on a continuum

Gender is fixed once chosen by an individual

Gender is a social construct

Gender is only a matter of biology

Correct answer: Gender exists on a continuum

The concept of gender fluidity suggests that gender exists on a continuum and that points along that continuum can change for an individual over time by choice.

The other options are incorrect. Gender fluidity does not suggest gender is fixed at any time. The idea that gender is a social construct is better explained by the concept of gender role theory. Gender fluidity does not hold that gender is only a matter of biology.

52.

Which of the following is the **MOST** likely outcome of discrimination?

Anxiety and depression

Personality disorders

Eating/feeding disorders

Premature aging

Correct answer: Anxiety and depression

Although the research is relatively new, exposure to discrimination is linked to anxiety and depression. It is not known to be linked to personality disorders, eating/feeding disorders, or premature aging.

53.

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.

54.

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

Role reversal

Role trading

Role appraisal

Role bargaining

Correct answer: Role reversal

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

The other choices are all fabricated terms.

55.

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

Sexual identity

Sexual behavior

Sexual orientation

Sexual affect

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.

56.

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

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.

57.

A client is never satisfied with a meal that she is served at a restaurant and always sends it back. The client states that her mother made her that way.

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

Projection

Reaction formation

Regression

Denial

Correct answer: Projection

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

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."

In regression, a person reverts to a childlike emotional state in which unconscious fears, anxieties, and general "angst" reappear. Sometimes, a person reverts to a childlike state of development, particularly under conditions of stress (e.g., road rage).

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

58.

Which of the following is the **MOST** accurate statement regarding family dynamics?

Family dynamics are incredibly meaningful in human development

Family dynamics are occasionally significant in human development

Family dynamics are only significant to human development in cases of a family crisis

Family dynamics are relatively insignificant to human development

Correct answer: Family dynamics are incredibly meaningful in human development

Family dynamics impact human development. The family, or whatever takes the place of the family in the formative stages of human development, helps shape an individual's personality, attitudes, values, and well-being. This importance extends to all families and all individuals, not only those who have experienced a crisis.

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 are self-appointed group members who protect the group from risks to cohesion?

Mindguards

Sentinels

Arbitrators

Censors

Correct answer: Mindguards

Mindguards are self-appointed group members who protect the group from risks to cohesion, such as differing opinions, questions about processes, and so on.

The other answers are incorrect. Sentinels, arbitrators, and censors are not acknowledged roles in the group process.

61.

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

Co-creation

Romance

Stability

Power struggle

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.

62.

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.

63.

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

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.

64.

To which of the following developmental areas belongs the classic debate of "nature versus nurture"?

Cognitive

Emotional

Moral

Behavioral

Correct answer: Cognitive

Cognitive development is concerned with the question of "nature versus nurture," or attempting to determine which inborn versus environmental factors are most influential in a child's cognitive development.

The other answers are incorrect. Emotional, moral, and behavioral development are not concerned chiefly with the origin of an individual's thinking.

65.

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.

66.

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.

67.

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

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.

68.

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

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.

69.

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.

70.

Which of the following is **ALWAYS** true regarding gender transitioning?

It is a matter of individual choice

It involves surgery

It involves treatment with hormones

It involves specific counseling

Correct answer: It is a matter of individual choice

Gender transitioning involves a person's individual choice about hormones, surgery, counseling, expression, and even whether to adopt the label of transition at all.

The other options describe situations that may or may not apply to a person who is choosing to transition.

71.

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.

72.

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.

73.

Which of the following concepts has the **LEAST** clear definition?

Race

Ethnicity

Cultural identity

Correct answer: Race

The concept of race has been plastic over time, referring to groupings based on language, geography, or religion. It is a late development to consider race primarily on the basis of skin color.

The other answer options are incorrect. Ethnicity and cultural identity tend to have relatively stable definitions by comparison.

74.

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

Permissive parenting

Authoritative parenting

Uninvolved parenting

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.

75.

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.

76.

Which of the following is the **MOST** accurate general statement regarding group work?

Group members help each other solve problems

Group members work to solve their own problems

Group leaders direct the solving of individual problems

Correct answer: Group members help each other solve problems

In general, no matter what kind of group is being discussed in a therapeutic context, the focus is on group members helping each other to solve problems. This occurs through the dynamic of interpersonal sharing that differs from more individual treatment contexts.

Group members work to solve their own problems during group treatment, but it is more accurate to say that they are helping each other solve their problems. Group leaders should take as non-directive a role as possible so that the group can work without unnecessary interference.

77.

Which of the following describes the concept of changeable gender?

Gender fluidity

Gendermorphism

Gender transformation

Gender switching

Correct answer: Gender fluidity

Gender fluidity describes the concept of changeable gender, no matter in which direction, how often, or on what terms this gender may change.

The other answers are incorrect. Gendermorphism, gender transformation, and gender switching are all fabricated terms.

78.

Which of the following is **MOST** characteristic of Margaret Mahler's romance stage of couple development?

Symbiosis

Differentiation

Conflict

Acceptance

Correct answer: Symbiosis

During Mahler's romance stage, a couple concentrates on the intense period of acquaintance and togetherness; in other words, they create a symbiosis in which the couple is more focused on the relationship than on their own interests.

The other answers are incorrect. Differentiation, conflict, and acceptance are much more characteristic of the second phase of development, which is the power struggle.

79.

Which parenting style is associated with the worst outcomes in later life?

Uninvolved parenting

Authoritarian parenting

Permissive parenting

Correct answer: Uninvolved parenting

Uninvolved parenting, characterized by a detachment from children, is associated with the worst outcomes in later life. Children who grow up under this parenting style rank the lowest across all life domains.

Authoritarian parenting, with strict rules and little explanation for those rules, generally results in high achievers with low self-esteem. Permissive parenting, which is characterized by a more friendship-based relationship with children, results in children with poor self-regulation and problems with authority.

80.

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

Postconventional

Preconventional

Conventional

Metaconventional

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.

81.

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

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.

82.

To which stage of group functioning belongs the activity of individuals working for the group?

Intimacy

Differentiation

Preaffiliation

Separation

Correct answer: Intimacy

Five stages are generally recognized in group functioning. Preaffiliation describes the time before the group has cohesion. Power and control follow, as the group begins to establish its cohesion through conflict. The intimacy stage is when individuals move toward serving the group. Differentiation is when the group matures to recognize members as individuals, and separation happens when individual independence is once again established.

The other options are incorrect, as they are other stages discussed above.

83.

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

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

Faulting another for one's unacceptable characteristics

Forgetting a negative experience

Acting in a manner that opposes an unconscious trait

Unconsciously trying to make up for undesirable characteristics

Correct answer: Faulting another for one's own unacceptable characteristics

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

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

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

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

84.

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

Deficiency needs

Disability needs

Depression needs

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.

85.

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.

86.

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.

87.

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

Operant

Respondent

Active

Proactive

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.

88.

Which of the following is accurate concerning mental illness and culture?

Some mental illnesses are only present in certain cultures

Mental illnesses are expressed in generally the same way across cultures

Mental illness is a biopsychosocial phenomenon unrelated to a larger culture

Mental illness is a medical construct only present in Western culture

Correct answer: Some mental illnesses are only present in certain cultures

Mental illness appears in some form across almost all cultures, although attitudes and perspectives about it vary widely. There is great diversity among cultures about every aspect of the phenomenon, from diagnosis to treatment to how those afflicted should be treated as societal participants; however, the concept is not only present in Western culture. As a biopsychosocial phenomenon, it is interlaced with the prevailing culture.

*Some diagnoses are only present in certain cultures, such as ***taijin kyofusho***, a Japanese mental illness related to social shame, or ***ataque de nervios***, a disorder known chiefly in Hispanic cultures.*

89.

Which of the following statements would be **LEAST** congruent with gender role theory?

Gender roles are derived from genetics

Gender roles are learned through interacting with others

Gender roles are determined by social structure

Gender roles are driven by concerns about the division of labor

Correct answer: Gender roles are derived from genetics

Gender role theory suggests that gender roles are a function of society and not derived from genetics. This theory posits that gender roles are driven by division-of-labor concerns within society.

Gender roles within this theoretical perspective are determined by social structure and learned through interacting with others.

90.

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

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

Forgetting a negative experience

Acting in a manner that opposes an unconscious trait

Ignoring emotional consequences

Diverting unacceptable impulses into a more acceptable form

Correct answer: Forgetting a negative experience

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

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

In intellectualization, people think away an emotion or reaction that they do not want to feel. Although they are not denying 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 by converting these behaviors into a more acceptable form. Sublimation develops over a long period.

91.

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

Hierarchies

Systems

Alliances

Roles

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.

92.

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.

93.

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

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.

94.

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.

95.

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.

96.

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.

97.

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

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.

98.

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.

99.

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

Devaluation

Inhibition

Projection

Displacement

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.

100.

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

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.

101.

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

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.

102.

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

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.

103.

Which of the following is **FALSE** about the PIE system?

It is not field-tested

It is field-tested

It is an alternative to the DSM

It stresses environmental context

Correct answer: It is not field-tested

The PIE (Person-in-Environment) system was developed as an alternative to the traditional model of psychopathology as expressed in the DSM series. It is field-tested and stresses environmental context.

The other options are all true of the PIE system.

104.

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

Growth needs

Behavioral needs

Safety needs

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.

105.

Which of the following contains principles that are **MOST** germane to the alleviation of injustice and oppression?

The Universal Declaration of Human Rights

The Charter of the United Nations

The Declaration of the Rights of Man

The Global Convention for Justice

Correct answer: The Universal Declaration of Human Rights

The Universal Declaration of Human Rights is a document that specifically contains principles germane to the alleviation of oppression and injustice.

The other answers are incorrect. The Charter of the United Nations and the Declaration of the Rights of Man contain more general principles about human rights and organizational principles. The Global Convention for Justice is a fabricated item.

106.

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.

107.

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.

108.

A social worker asks a client how she is handling her ex-husband's new marriage. The client pretends that she didn't know her ex-husband had remarried.

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

Denial

Reaction formation

Displacement

Repression

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."

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

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 has forgotten something bad that happened.

109.

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

Social behavioral

Social conflict

Behavioral conflict

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.

110.

Which concept does the abbreviation PIE reference?

Person-in-environment

People-in-environment

People-in-equity

Person-in-essentials

Correct answer: Person-in-environment

The abbreviation PIE refers to the concept of Person-in-Environment, indicating that individuals exist as elements of complicated systems.

The other answers are fabricated terms.

111.

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.

112.

Which of the following is accurate regarding cultural identification?

Cultural identification may change over time

Cultural identification remains fixed once stabilized

Cultural identification changes in groups but not in individuals

Cultural identification changes in individuals but not in groups

Correct answer: Cultural identification may change over time

The engagement of individuals and groups with a broader culture may or may not remain constant over time. Particularly in immigrant populations, the transition from one nation to another means a cultural shift that different groups interact with differently. In individuals and groups, the identification with a dominant culture may change over time, resulting in assimilation, a lack of assimilation, or most likely a kind of selective assimilation in which some aspects of the previous culture are maintained while others are discarded.

Cultural identification is rarely fixed or stable in individuals or groups over time.

113.

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.

114.

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

Group polarization

Groupthink

Group identity

Group action

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.

115.

Which of the following refers to a society in which diverse members maintain their identity while contributing to the whole?

Pluralistic

Ethnocentric

Ethnodependent

Parallelistic

Correct answer: Pluralistic

A pluralistic society is one in which the diverse elements can maintain their identity while contributing to the whole.

The other options are incorrect. Ethnocentric refers to an outlook that considers one's ethnic starting place as a place of superiority. "Ethnodependent" and "Parallelistic" are fabricated terms.

116.

Which of the following refers to the time when someone begins living as their preferred gender?

Transitioning

Transforming

Passing

Change management

Correct answer: Transitioning

Transitioning in terms of gender identity refers to the time during which someone begins living as their preferred gender.

The other options are incorrect. Passing is the ability to appear as a gender. "Change management" and "transforming" are not terms used in this context.

117.

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

PIE

DSM

ICD

Civil and penal codes

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.

118.

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.

119.

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

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.

120.

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.

121.

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.

122.

Clients can use several defense mechanisms to protect themselves during treatment sessions.

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

Unconsciously forgetting certain unacceptable memories

Unconsciously trying to make up for undesirable characteristics

Faulting another for one's own unacceptable characteristics

Justifying an unacceptable action in an attempt to make it acceptable

Correct answer: Unconsciously forgetting certain unacceptable memories

Repression is a defense mechanism in which a client unconsciously forgets certain unacceptable memories.

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

Projection is a defense mechanism used by clients who choose to reject the unacceptable aspects of their personality. Projection occurs when someone mentally attributes 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 address their insecurities or remorse after doing something they regret, thereby shifting the blame.

123.

Which of the following is **FALSE** about defense mechanisms?

They are indicators of mental illness

They are protective functions

They are usually unconscious

They help manage internal conflicts

Correct answer: They are indicators of mental illness

Defense mechanisms are psychonormative, protective, usually unconscious functions that the mind engages in to manage inner conflict. They appear to some degree in almost all humans and are not an indicator of mental illness.

The other choices are all true statements about defense mechanisms.

124.

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

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.

125.

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

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.

126.

Which of the following therapeutic approaches focuses on the elimination of a maladaptive behavior by associating the behavior with an aversion stimulus?

Aversion

Cognitive-behavioral

Solution-focused

Correct answer: Aversion

Aversion therapy focuses on the elimination of a maladaptive behavior by associating the behavior with an aversion stimulus.

Cognitive-behavioral therapy focuses on the client's present problem. Solution-focused therapy focuses on dealing with the positive outcomes the client seeks instead of their problems.

127.

According to Margaret Mahler, what is the part of the stability stage in couples development where partners seek comfort in each other over individual struggles?

Rapprochement

Reaffiliation

Interrelation

Correct answer: Rapprochement

Rapprochement refers to the stage in couples development identified by Margaret Mahler in which partners seek comfort in each other over individual struggles.

The other answers are incorrect. Reaffiliation and interrelation are fabricated terms.

128.

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

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.

129.

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.

130.

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.

131.

A client's husband just asked her for a divorce. Instead of talking about her feelings, she analyzes what had gone wrong in her marriage.

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

Intellectualization

Projection

Repression

Displacement

Correct answer: Intellectualization

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.

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.

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.

132.

Which of the following is **FALSE** about family boundaries?

They do not exist between subsystems

They regulate the flow of information

They do exist between subsystems

They influence movement within the system

Correct answer: They do not exist between subsystems

According to family systems theory, boundaries exist between all levels of systems and subsystems.

The other answers are incorrect. Boundaries in family systems do regulate the flow of information, do exist between subsystems, and do influence movement within the system.

133.

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

Evaluation

Synthesis

Analysis

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.

134.

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

Structured

Collective

Intimate

Intimate structured

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.

135.

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.

136.

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.

137.

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.

138.

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.

139.

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.

140.

A client informs his social worker that he saw his ex-wife with her new boyfriend, but it didn't bother him because he was glad to be rid of her. The social worker can tell from the client's reactions that the incident really did bother him.

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

Reaction formation

Denial

Displacement

Intellectualization

Correct answer: Reaction formation

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

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."

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.

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.

141.

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

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.

142.

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.

143.

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.

144.

Which of the following is **LEAST** characteristic of a group that is experiencing groupthink?

Problem-focused communication

Self-censorship

Stereotyped views of outsiders

Illusion of unanimity

Correct answer: Problem-focused communication

Groupthink is a psychological effect that is part of group dynamics. Groups take on a tone in which individual thoughts and dissent are discouraged and unanimity is enforced. Problem-focused communication is less likely than communication and energy focused on group cohesion.

The other options are incorrect. Self-censorship, a stereotyped views of outsiders, and the illusion of unanimity are all characteristics of a group dealing with groupthink.

145.

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.

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146.

Which of the following would **NOT** be assessed as a part of a typical mental status exam?

Family background

Orientation in space

Memory

Correct answer: Family background

A mental status exam is meant to measure the status of a person in the present. Elements such as orientation to space, memory, and speech pattern are all part of this exam.

A family background would not be part of this exam, as it is not a part of a client's immediate "status." It will be examined in later measurements and assessments.

147.

In the DSM-5, the specifier "with limited prosocial emotion" applies to which diagnosis?

Conduct disorder

Antisocial personality disorder

Schizophrenia

Reactive attachment disorder

Correct answer: Conduct disorder

The specifier "with limited prosocial emotion" was added to the conduct disorder diagnosis in the DSM-5. It describes a condition of limited empathy.

The other choices are incorrect, as they are not diagnoses to which the specifier was added.

148.

Which of the following is **NEW** about the diagnosis of bipolar disorder in the DSM-5?

The specifier "with mixed features" was added

The specifier "with mixed features" was removed

The primary criteria concentrate on mood alone

Manic depression is now a specifier

Correct answer: The specifier "with mixed features" was added

In the DSM-5, the specifier "with mixed features" was added to the diagnosis of bipolar disorder.

The other answer options are incorrect. "With mixed features" was not removed. The primary criteria address mood and function, and manic depression is no longer part of the current diagnostic language.

149.

Which of the following is essential to use in the assessment of clients' mental health?

The systems approach

The psychoanalytic approach

The strengths perspective

Correct answer: The systems approach

The systems approach, which weighs individual and contextual factors to consider the circumstances of clients, is essential to use in the assessment of client mental health. The basic idea is that a client is a complex organism in which one factor affects others.

The psychoanalytic approach would be a specific path of treatment and analysis that is not essential to the assessment of all clients from a social work perspective. The strengths perspective is more an aspect of client engagement and overall treatment than an assessment.

150.

Which of the following is **FALSE** regarding immigration and service delivery?

Undocumented immigration is not a crime

Immigration laws are made by the federal government

Households often have many different immigration statuses present

States have attempted to pass immigration measures

Correct answer: Undocumented immigration is not a crime

Service delivery to immigrant populations is complex and difficult at the best of times, as social workers navigate a complex set of ethnic, linguistic, and cultural differences. Of the many complications of social work with immigrant populations, the legal status of immigrants adds to the difficulty. It is common among immigrant populations to have several different statuses present in the same household. Immigration laws are set by the federal government; however, many states have attempted to establish their own measures.

Undocumented immigration (i.e., entering the country without being inspected and officially admitted) is a crime. However, simply being in the country as an undocumented immigrant is not.

151.

Which level of society is focused on whole communities?

Macro

Micro

Mezzo

Mini

Correct answer: Macro

Macro levels of society focus on whole communities.

Micro levels of society focus on one individual at a time. Mezzo levels of society focus on groups and families. There is no mini level of society.

152.

Which of the following is **FALSE** regarding the diagnosis of schizophrenia in the DSM-5?

It has its own section

All subtypes were deleted

Some subtypes were changed to specifiers

The symptom threshold was raised

Correct answer: It has its own section

In the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), various changes were made to the diagnosis of schizophrenia. All of the subtypes were deleted, but some were moved to become specifiers. The symptom threshold for diagnosis was raised so that, instead of one such symptom, the diagnosis now requires two.

However, schizophrenia does not have its own section; it is listed in the section schizophrenia spectrum and other psychotic disorders.

153.

Which of the following is the **MOST** common manifestation of trauma?

Emotional symptoms

Physical symptoms

Thought disorder

Addiction and violence

Correct answer: Emotional symptoms

Trauma can "show up" in people in many ways. It most commonly manifests as emotional symptoms, as well as in a variety of other ways. This complicated phenomenon affects people differently.

The other options are incorrect. Physical symptoms, thought disorder, and addiction and violence are not the most common manifestations of trauma.

154.

Which of the following is false regarding the Depressive Disorders section of the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)?

It introduced disruptive dysphoric disorder

It introduced disruptive mood dysregulation disorder

It introduced premenstrual dysphoric disorder

The specifier "with anxious distress" was introduced

Correct answer: It introduced disruptive dysphoric disorder

The diagnostic category of Depressive Disorders underwent many changes in the DSM-5. As far as diagnoses are concerned, disruptive mood dysregulation disorder and premenstrual dysphoric disorder were added. The specifier "with anxious distress" was introduced to help rate the level of anxious distress in those suffering from bipolar and depressive disorders.

There is no such diagnosis as disruptive dysphoric disorder.

155.

A client who is in a state of confusion that is accompanied by hallucinations is suffering from which of the following?

Delirium

Delusion

Dissociation

Correct answer: Delirium

Delirium is a state of confusion that is accompanied by hallucinations, delusions, emotional liabilities, and anxiety.

Delusions are thoughts that one believes are accurate even though there is evidence against said beliefs. Dissociation is used as a defense mechanism in which clients have thoughts that are inappropriate to the current situation.

156.

Which of the following describes the concept in Bowenian family therapy of reducing emotional pressure on an individual?

Differentiation

Dramatic relief

Self-liberation

Counterconditioning

Correct answer: Differentiation

The concept of differentiation in Bowenian family therapy describes the desired state of a person who feels connected to the larger family system but still feels able to act independently, feeling less emotional pressure from the greater system.

The other answers are incorrect. Dramatic relief, self-liberation, and counterconditioning are not terms used in Bowenian family therapy.

157.

A family has been seeing a social worker for six months due to their oldest son's failure to attend school. The son has not missed a day of school in the last four months; therefore, the social worker is conducting the family's termination session. However, while conducting the session, the father states he will be leaving for two months on a business trip.

What is the **NEXT** step the social worker should take?

Reevaluate the decision to terminate the family's treatment sessions

Move forward with the family's termination session

Notify the son's school that his absenteeism may reoccur with his father's departure

Suggest that the family travels with the father for this business trip

Correct answer: Reevaluate the decision to terminate the family's treatment sessions

The father's departure may cause a strain on the family and prompt the son's previous attendance problem to reappear; therefore, the social worker should reevaluate the decision to terminate the family's treatment sessions.

It would be wrong for the social worker to continue with the termination in light of this new information. It would be unethical for the social worker to contact the son's school. It would not help the son's attendance problem if he traveled with his father.

158.

Which of the following tests consists of 550 items used to assess psychopathology?

MMPI

MBTI

TAT

BDI

Correct answer: MMPI

The Minnesota Multiphasic Personality Inventory (MMPI) has 550 questions and is used to assess psychopathology.

The other answer options are incorrect. The Meyers-Briggs Type Indicator (MBTI) is a self-report test used to measure dimensions of personality. The Thematic Apperception Test (TAT) is a projective/imaginative test used to assess many aspects of consciousness. The Beck Depression Inventory (BDI) is a 21-question test used to measure the degree of depressive symptoms a person feels.

159.

After an initial evaluation, the social worker noted that the client was worried about being rejected and had little self-esteem. What type of personality disorder does this client **MOST** likely have?

Avoidant personality disorder

Antisocial personality disorder

Narcissistic personality disorder

Schizotypal personality disorder

Correct answer: Avoidant personality disorder

Avoidant personality disorder is characterized by low self-esteem, hypersensitivity to potential rejection, and social withdrawal.

Antisocial personality disorder is characterized by irresponsibility, an inability to feel guilt or remorse, frequent conflicts with others, a tendency to blame others, and low frustration tolerance. Narcissistic personality disorder is characterized by excessive egocentrism, grandiosity, feelings of envy, fragile self-esteem, and self-centeredness. Schizotypal personality disorder is characterized by cognitive dysregulation, eccentricity, suspiciousness, and lack of empathy.

160.

Which of the following is **NOT** classified as a tic disorder in the DSM-5?

Stereotypic movement disorder

Tourette's disorder

Persistent motor disorder

Unspecified tic disorder

Correct answer: Stereotypic movement disorder

Tics are compulsive, repetitive sounds or movements that are difficult to control. They appear in a separate section in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). Among these are Tourette's disorder, persistent motor disorder, and unspecified tic disorder.

Stereotypic movement disorder is classified as a motor disorder in a section by that name.

161.

Which of the following refers to the ranking of a problem's severity on a scale of 1 to 10?

Problem scaling

Motivation scaling

Rank scaling

Difficulty scaling

Correct answer: Problem scaling

Problem scaling refers to the ranking of a problem's severity on a scale of 1 to 10. It is meant to assist clients in forming a perspective and beginning the task of problem-solving.

The other options are incorrect. Motivation scaling is an assessment of a client's hope of resolution. "Rank scaling" and "difficulty scaling" are fabricated terms.

162.

If a client is seeking help for chronic poverty, what type of life stressor is the client **MOST** likely experiencing?

Environmental/social

Developmental

Traumatic

Biological

Correct answer: Environmental/social

Environmental/social life stressors arise from a lack of resources and social provisions, including poverty, violence, poor schools, and deteriorated dwellings.

Developmental life stressors impose new demands and require adaptation and coping. They include adolescence, job changes, and social changes. Traumatic life stressors are often unexpected and severe and include rape, the diagnosis of a terminal illness, or the death of a child. Biological life stressors include illnesses or injuries.

163.

Which of the following is **MOST** concerned with program outcomes?

Summative evaluation

Formative evaluation

Program evaluation

System evaluation

Correct answer: Summative evaluation

A summative evaluation is concerned with the outcomes of a program.

The other answers are incorrect. A formative evaluation is concerned with the organizational process. A program evaluation is a more general study involving many types of data. "System evaluation" is a fabricated term.

164.

A client states that they are experiencing mild euphoria, intensified sensory impressions, and drowsiness. What substance is **MOST** likely causing this client's condition?

Marijuana

Cocaine

Opioids

Correct answer: Marijuana

Marijuana is a plant that contains tetrahydrocannabinol (THC) as the active ingredient. Mild euphoria, intensified sensory impressions, and drowsiness are all symptoms of marijuana use.

Side effects of cocaine include euphoria and increased energy. Effects of opioids include a strong sense of euphoria, decreased sensitivity to pain, and sedation.

165.

Which of the following is an example of a "miracle question?"

If you could have anything you wanted, what would it be?

How does your back pain feel on your best day?

What would your best friend say about your personality?

What would it take to make you stop using cocaine?

Correct answer: If you had anything you wanted, what would it be?

A "miracle question" allows for an open-ended client assessment of reality without their presenting problem. It is used to help a client arrive at an optimistic framework, as well as orient them toward a possible goal schema.

The other answers are incorrect, as none of them deal with a version of reality in which the presenting problem does not exist.

166.

Various factors can set off a client's emotional dysregulation. Comfortable furniture and accessible phones are signals of which of the following?

Physical safety

Social danger

Social safety

Physical danger

Correct answer: Physical safety

A client may sense physical safety when the following signals are present: clean and well-lit rooms, pictures and plants, comfortable furniture, and accessible phones.

A client may sense physical danger when the following signals are present: broken, torn, or damaged furniture; bad odors; no exit; bars on the windows; dark corners and hallways; and warning signs. A client may sense social danger when the following signals are present: angry voices, profanity, rules without context, consequences and punishments, public use of shame and humiliation, and secrecy.

A client may sense social safety when the following signals are present: pleasant interactions, welcoming people, smiles and a comforting tone, inclusiveness and participation, a sense of belonging, and choices.

167.

Which of the following is **NOT** understood as one of the main benefits of role-playing techniques in therapy?

It enhances rapport

It improves communication

It improves interpersonal skills

It adds clarity to difficult concepts

Correct answer: It enhances rapport

The technique of role-playing in therapy offers many benefits. As an interpersonal exercise, it improves communication and teaches interpersonal skills through the exploration of different roles and perspectives. It can also be a teaching technique that adds clarity to difficult concepts.

The technique may or may not increase therapeutic rapport; this is not one of its explicit objectives.

168.

Which of the following is **FALSE** with respect to grief?

Once the acute phase of grief subsides, it does not recur

Grief is a developmental process

Grief proceeds in idiosyncratic ways

Correct answer: Once the acute phase of grief subsides, it does not recur

Grief is a highly idiosyncratic phenomenon. It is best understood as a developmental, individual process that has many influences, such as culture, family, race, spirituality, and so on. It does not evoke the same responses in everyone who experiences it.

The acuity of grief can come and go, even after the "acute" phase has passed.

169.

Which level of society is focused on one individual at a time?

Micro

Mezzo

Macro

Mini

Correct answer: Micro

Micro levels of society focus on one individual at a time.

Mezzo levels of society focus on groups and families. Macro levels of society focus on whole communities. There is no mini level of society.

170.

What type of test is the Beck Depression Inventory (BDI)?

Specialized clinical test

Personality test

Neuropsychological test

Thematic test

Correct answer: Specialized clinical test

The Beck Depression Inventory (BDI) is a specialized clinical test used to measure symptoms of depression.

The other options are incorrect, as the BDI is not a personality, neuropsychological, or thematic test.

171.

Which of the following would be **LEAST** likely as a technique to teach coping skills?

Reenactment of traumatic occurrences

Teaching breathing techniques

Knowledge about personal history

Formal skills teaching

Correct answer: Reenactment of traumatic occurrences

The teaching of coping skills is a regular part of most therapies that focus on increasing the client's functioning. Through these methods, clients have the opportunity to become helpers for themselves rather than having to reach out to others for support. There are several ways to do this, including teaching breathing techniques, educating the client about their personal history and its influences, and (when appropriate) formal skills teaching in a more structured way.

Traumatic occurrences would likely be targeted with other therapeutic interventions.

172.

Which of the following is false regarding consultation with specialists?

Informed consent is generally not needed

The minimum necessary information should be shared

Consultation can be provided remotely

Consultation is not bound by the NASW Code of Ethics

Correct answer: Informed consent is generally not needed

It is sometimes necessary to engage a specialist to help with the problem-solving process. In these circumstances, the minimum necessary information should be shared that will assist in helping solve the problem. Consultation can be provided remotely; if performed by a social worker, it is bound by the same code of ethics as other kinds of social work.

Informed consent should be gained from the client when engaging in consultative services, particularly when identifying information will be shared.

173.

A client is referred to a social worker after learning he has AIDS. He informs the social worker that he is worried about his family, and he tearfully admits fearing the cost of his treatments and their side effects.

Which of the following is the **BEST** response?

Acknowledge the client's fears

Suggest family therapy

Explore the resources available to the client

Reassure the client that his reactions are typical

Correct answer: Acknowledge the client's fears

To establish a productive relationship, the social worker can help the client feel understood and accepted by acknowledging his feelings.

The consideration of family therapy and the exploration of resources available may be appropriate in future sessions. The social worker could reassure the client that his worries are normal, but the more important task is to validate the client's concerns and help him feel understood.

174.

Which of the following classes of drugs is **MOST** often used to treat the symptoms of schizophrenia?

Atypical antipsychotics

Antimanic agents

Antidepressants

Correct answer: Atypical antipsychotics

Atypical antipsychotics such as Clozaril and Geodon are used to treat the symptoms of schizophrenia.

The other answer options are incorrect. Antimanic agents are used to treat bipolar disorder. Antidepressants are used to treat depressive disorders.

175.

Which of the following is **NOT** a dimension measured by the Myers-Briggs Type Indicator (MBTI)?

Intellect/imagination

Extraversion/introversion

Thinking/feeling

Judging/perceiving

Correct answer: Intellect/Imagination

Intellect/imagination is not a dimension measured by the Meyers-Briggs Type Indicator (MBTI).

The other answers are incorrect, as they are all dimensions measured by the MBTI.

176.

Upon reviewing a client's medical history, a social worker identifies that the client was on Xanax for several years but has recently been switched to Ativan.

What is this client's **MOST** likely diagnosis?

Panic disorder

Obsessive-compulsive disorder

Insomnia

Correct answer: Panic disorder

Xanax and Ativan are both antianxiety agents, which are used to treat panic disorders.

Obsessive-compulsive disorder is usually treated with antidepressant medication. Insomnia is a sleep disorder and is treated with sleep medication.

177.

The symptoms of autism spectrum disorder appear in how many groups in the DSM-5?

Two

Three

Five

Four

Correct answer: Two

In the DSM-5, the symptoms of autism spectrum disorder fall into two categories: social communication/interaction and restricted and repetitive behaviors.

The other answers are incorrect, as they do not reflect the right number of symptom categories.

178.

Which of the following drugs would help treat an anxiety disorder?

Ativan

Haldol

Clozaril

Correct answer: Ativan

Ativan is a benzodiazepine, a class of drug used to treat anxiety disorders.

The other answers are incorrect. Haldol and Clozaril are antipsychotics, which are used to treat symptoms of thought disorder.

179.

Which of the following stages of change involves the first movement toward change?

Contemplation

Action

Preparation

Precontemplation

Correct answer: Contemplation

Contemplation is the first stage of change, involving positive movement toward change, as it is the first time a person is considering making a change.

The other options are incorrect. The action stage represents actual changes. The preparation stage represents efforts toward concrete change. Precontemplation is not concerned with change.

180.

Which of the following is the cause of tardive dyskinesia?

Psychotropic medications

Genetics

Illicit drug use

Correct answer: Psychotropic medications

Long-term high-dose antipsychotic medication may result in tardive dyskinesia, a disorder of facial and body movement.

The other answers are incorrect. Genetics and illicit drug use are not known to cause tardive dyskinesia.

181.

After an initial evaluation, a social worker notes that the client tended to blame others and did not feel guilt for their actions. What type of personality disorder does this client **MOST** likely have?

Antisocial personality disorder

Avoidant personality disorder

Obsessive-compulsive personality disorder

Borderline personality disorder

Correct answer: Antisocial personality disorder

Antisocial personality disorder is characterized by irresponsibility, an inability to feel guilt or remorse, frequent conflicts with others, a tendency to blame others, and low frustration tolerance.

Avoidant personality disorder is characterized by low self-esteem, hypersensitivity to potential rejection, and social withdrawal. Obsessive-compulsive personality disorder is characterized by impulses, obsessions, and reactions to conflicts or other anxieties. Borderline personality disorder is characterized by impulsive and unpredictable behavior, intense mood shifts, an inconsistent self-concept, and manipulation of others.

182.

Which of the following is the **LEAST** reliable predictor of trauma?

The event involved physical pain

The event was unexpected

The event happened in childhood

Correct answer: The event involved physical pain

Trauma is the escalation of a distressing event into a long-term effect on a person. Although there is no exact prescription, many factors seem to escalate distressing events into trauma. These include the event being unexpected, the event happening repeatedly, and the event occurring in childhood.

Although physical pain is often part of a distressing event, it is not necessary for the production of trauma.

The other options are incorrect, as they are all conditions that can produce trauma.

183.

A client meets with a social worker due to her husband's abusive behavior. The client's parents and siblings have told her that they would support her decision to leave her husband, but the client states that she still loves her husband and is not ready to leave him.

What is the **FIRST** thing this social worker should do?

Discuss the client's ambivalent feelings

Recommend reading material that discusses abusive behavior

Inform the client that abusive spouses are not known to change their behavior

Help the client move into a women's shelter

Correct answer: Discuss the client's ambivalent feelings

This case involves the abusive behavior of the client's husband, but the social worker needs to address the client's ambivalence.

The social worker should not focus on the abuse until the client recognizes her mixed feelings, as it may result in the client feeling misunderstood. The client is not ready to leave her husband, so it would be inappropriate for the social worker to help her move into a women's shelter.

184.

Which of the following is **FALSE** concerning personality disorders?

They come and go throughout a client's life

They represent a deviation from the client's culture

Most of these disorders first appear in the teen years

Almost all people diagnosed with a personality disorder are over 18

Correct answer: They come and go throughout a client's life

Personality disorders represent a pattern of maladaptive behaviors and inner experiences regarding a person's way of interaction with others. This maladaptive pattern will represent a deviation from the client's culture. Most of these disorders first appear in the teen years, as personality is considered more permanent in this population. Thus, almost all people diagnosed with a personality disorder are over the age of 18.

Personality disorders represent relatively stable phenomena in the psyche, and they do not generally come and go throughout a client's life.

185.

Which of the following is a new diagnosis in the DSM-5?

Social anxiety disorder

Social phobia

Dysthymia

Manic depression

Correct answer: Social anxiety disorder

Social anxiety disorder is a new diagnosis in the DSM-5, replacing social phobia.

The other options are incorrect. Social phobia, dysthymia, and manic depression are all obsolete diagnoses.

186.

Which of the following would be the **LEAST** likely effect of a negative body image?

Psychotic symptoms

Emotional distress

Eating disorders

Correct answer: Psychotic symptoms

Body image is the way a person regards themselves with respect to how their body meets their expectations as well as the expectations they perceive from others. This complex phenomenon can result in many different effects when the body image in question is negative.

Negative body image is associated with emotional distress or eating disorders. It is not associated with psychotic disorders.

187.

Which of the following specifiers was **REMOVED** from the DSM-5?

Not otherwise specified

Other specified disorder

Unspecified disorder

Otherwise specified

Correct answer: Not otherwise specified

Not otherwise specified (NOS) was removed from the diagnostic literature presented in the DSM-5.

The other choices are incorrect. Other specified disorder and unspecified disorder took the place of not otherwise specified in the DSM-5. "Otherwise specified" is a fabricated term.

188.

Which level of society is focused on groups and families?

Mezzo

Macro

Micro

Mini

Correct answer: Mezzo

Mezzo levels of society focus on groups and families.

Micro levels of society focus on one individual at a time. Macro levels of society focus on whole communities. There is no mini level of society.

189.

A client informs her social worker that she feels anxious around her boss. She explains that her boss is a few years older than her, handsome, and extremely pleasant. The social worker asks the client if she feels that she becomes anxious around her boss because she is attracted to him in a romantic way.

Which of the following **BEST** describes the social worker's actions?

Interpreting

Reflecting

Partializing

Supporting

Correct answer: Interpreting

Interpreting is the process of enhancing a client's understanding by making connections and facilitating the development of insight.

Partializing is the process of prioritizing a client's problems or needs that require immediate attention from those that can wait until a later date. Supporting is the process of giving advice; it provides information and points out a client's strengths. Reflecting is the process of clarifying and showing a client what their current feelings are and encouraging the client to further express and understand those feelings.

190.

While assisting a family with a therapeutic objective, you have already helped them set their goals and action plans.

What is the **NEXT** step to take in this process?

Recommend resources

Monitor the family's success

Initiate the use of resources

Define their problem

Correct answer: Recommend resources

You have already helped the family set their goals and action plans, which means the problem has been defined; therefore, the next step would be to recommend the resources needed.

After recommending the necessary resources, you can initiate the use of the resources and then monitor the family's success.

191.

Which of the following is **NOT** a stage in the three-phase model of trauma-informed care?

Empowering and growth

Safety and stabilization

Mourning and remembrance

Reconnection and reintegration

Correct answer: Empowering and growth

The three-phase model of trauma-informed care involves three stages:

- *safety and stabilization*
- *mourning and remembrance*
- *reconnection and reintegration*

Empowering and growth is not a stage in this process.

The other options are incorrect, as they are all stages in this model.

192.

Which of the following is **FALSE** about the psychology of physical environments?

Physical environments are not cues for behavior

Physical environments are cues for behavior

Physical environments in which people live are part of their self-definition

Correct answer: Physical environments are not cues for behavior

When considering the impact of out-of-home displacement for any reason (e.g., disaster, poverty, illness), social workers must not underestimate the specific impact on those displaced. It is obviously traumatic to be displaced in this way, but there are specific issues of concern.

A chosen physical environment is part of one's self-definition and represents part of one's identity. This identity is transmitted through decoration and arrangement of the physical environment to those who enter. Less obviously, physical environments of choice are cues for behavior; human beings arrange their homes to help keep them occupied, remind them of necessary tasks, and reinforce healthy routines.

193.

Which of the following is characterized by distressing physical symptoms with no known physical cause?

Conversion disorder

Somatic symptom disorder

Obsessive-compulsive disorder

Factitious disorder

Correct answer: Conversion disorder

Conversion disorder refers to distressing physical symptoms with no known physical cause.

The other answers are incorrect. Somatic symptom disorder describes a preoccupation with certain symptoms. Obsessive-compulsive disorder is an anxiety-based condition that involves repetitive mental and physical behaviors that attempt to mitigate greater anxiety. Factitious disorder describes a person taking on physical complaints to assume a sick role.

194.

Which of the following is the **CORRECT** modern diagnostic terminology regarding substance problems?

Substance use disorders

Substance abuse disorders

Substance dependence disorders

Substance addiction disorders

Correct answer: Substance use disorders

In the DSM-5, substance use disorders refer to substance problems.

The other options are incorrect. Substance abuse and dependence disorders have been replaced by substance use disorders. "Substance addiction disorders" is a fabricated term.

195.

During an initial evaluation, a social worker notes that a client pursues themes of a seemingly unattainable desire for perfection. The client is objectively successful but dismisses the social worker's statements to this effect.

What type of personality disorder does the client **MOST** likely have?

Obsessive-compulsive personality disorder

Antisocial personality disorder

Narcissistic personality disorder

Schizotypal personality disorder

Correct answer: Obsessive-compulsive personality disorder

Obsessive-compulsive personality disorder is characterized by a desire for perfection, a high degree of conscientiousness, and a struggle for satisfaction with achievements.

Antisocial personality disorder is characterized by irresponsibility, an inability to feel guilt or remorse, frequent conflicts with others, a tendency to blame others, and low frustration tolerance. Narcissistic personality disorder is characterized by excessive egocentrism, grandiosity, feelings of envy, fragile self-esteem, and self-centeredness. Schizotypal personality disorder is characterized by cognitive dysregulation, eccentricity, suspiciousness, and a lack of empathy.

196.

Which of the following **MUST** be present for the diagnosis of a paraphilic disorder?

Diagnostic criteria and negative consequences

Negative consequences

Diagnostic criteria

Diagnostic criteria and legal charges

Correct answer: Diagnostic criteria and negative consequences

In the DSM-5, in order to diagnose any paraphilic disorder, both diagnostic criteria and negative consequences must be present.

The other answers are incorrect, as they do not accurately describe the necessary elements of a paraphilic diagnosis.

197.

According to Bowenian family therapy, what term refers to the tendency for family members to feel the same way ?

Emotional fusion

Emotional synthesis

Co-emotion

Emotional consensus

Correct answer: Emotional fusion

In Bowenian family therapy, "emotional fusion" refers to the tendency of family members to share emotional responses.

The other options are incorrect. Emotional synthesis, co-emotion, and emotional consensus are not terms used in Bowenian family therapy.

198.

A client pretends to be terminally ill so that they do not have to work.

Which of the following **BEST** describes the client's situation?

Malingering

Secondary gain

Factitious disorder

Correct answer: Malingering

Malingering involves feigning disability or illness in order to avoid undesired obligations. The client is guilty of malingering, as he is avoiding his work obligations by pretending to be terminally ill.

Secondary gain is an advantage or a benefit that one receives from a physical or mental illness. Factitious disorder is an act of deceiving others by pretending to be ill or injured.

199.

A client shares concerns about his wife's recent behavior. The client states that his wife is working long hours, is irritable with him and the children, and constantly wants to be left alone. The client reports having a hard time dealing with his wife's behavior because he knows that it is emotionally hurting their children.

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

Discuss the intricacies of the client's immediate situation

Explore why the client's wife may be reacting in this manner

Discuss additional family support for the children

Assess the wife's mental health history

Correct answer: Discuss the intricacies of the client's immediate situation

In order to improve the client's problem, the social worker should discuss the intricacies of the client's immediate situation before taking further action.

The other options may be appropriate steps for the client's treatment, but they are not helpful not until the social worker understands the details of the immediate situation.

200.

Which of the following family roles is **MOST** often the oldest child?

Family hero

Scapegoat

Lost child

Mascot

Correct answer: Family hero

The role of "family hero" in the standard model of dysfunctional families is most often the oldest child. This child is seen as the example of the family and is often pressured to hyper-achieve.

None of the other answers are correct, as they are roles that do not frequently apply to the oldest child.

201.

Which of the following is **FALSE** about Sigmund Freud's early model of psychoanalysis?

It was a long-term approach

It was a short-term approach

It was conducted individually

It dealt with psychodynamic conflict

Correct answer: It was a long-term approach

Sigmund Freud's early working psychoanalytic model was not long-term, as it later became. At present, psychoanalysis (which is still practiced) takes at least three to five years of regular sessions, and patients must qualify for it through a screening process.

The other answers are incorrect. Freud's early psychoanalytic model was short-term, conducted individually, and dealt primarily with psychodynamic conflict. Whether short- or long-term, Freud's general idea is to make unconscious drives and motivations clear to the conscious mind. This insight is seen as helping a person overcome repressed conflict.

202.

Which of the following refers to superficial changes within a family system?

First-order changes

Second-order changes

Episodic changes

Preliminary changes

Correct answer: First-order changes

In strategic family therapy, first-order changes are more superficial and do not change the family structure.

The other options are incorrect. Second-order changes alter the underlying family structure. "Episodic changes" and "preliminary changes" are fabricated terms.

203.

Which of the following is the best definition of "mindfulness" in a therapeutic context?

An awareness of the here and now

An empathic consideration of others

A technique of stress reduction

A technique of conflict resolution

Correct answer: An awareness of the here and now

Mindfulness in the context of therapeutic work means a heightened awareness of the here and now, including tuning in to one's sensory input and blocking ruminative thoughts in a spirit of self-acceptance.

It does not explicitly relate to an empathic consideration of others, and it is not a technique of conflict resolution. Although stress reduction is one of its aims, it has a broader purpose regarding self-awareness and existence in the present moment.

204.

Which of the following is associated with the family projection process?

Bowenian family therapy

Classical psychoanalysis

Structural family therapy

Strategic family therapy

Correct answer: Bowenian family therapy

In Bowenian family therapy, the family projection process is a focus of study. In Bowenian family therapy in general, the main focus is on improving the transgenerational transmission process. In the family projection process, parents pass on their emotional problems to their children.

The family projection process is not associated with classical psychoanalysis, structural family therapy, or strategic family therapy.

205.

A client is experiencing visual hallucinations, confusion, restlessness, chills, nausea, and dilated pupils. Which substance is **MOST** likely causing their condition?

Cocaine

Opioids

Alcohol

Correct answer: Cocaine

The symptoms associated with cocaine use include visual hallucinations, confusion, restlessness, chills, nausea, and dilated pupils.

Dilated pupils are not a symptom of alcohol use. Restlessness, chills, and dilated pupils are not generally associated with opioids.

206.

A family is admitted to the hospital after a vehicle accident. Their attending physician notifies the hospital social worker that the mother and father are being admitted to the hospital, but the seven-year-old daughter is ready to be dismissed. The physician informs the social worker that the child does not have any other family besides her parents.

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

Help make the necessary contacts to place the child in temporary foster care

Ask the parents for financial assistance to pay for the child's care

Ask the physician to admit the child until the parents are dismissed

Allow the child to live with them until one of the parents is better

Correct answer: Help make the necessary contacts to place the child in temporary foster care

Since this crisis calls for urgency, the social worker will need to help arrange foster care for the child.

After finding a temporary home for the child, the social worker can then secure financial assistance for the child's care. The social worker should not allow the child to live with them or ask for the child to be admitted to the hospital.

207.

Which of the following is **LEAST** accurate about the competing perspectives on crime prevention?

The pro-punishment school of thought believes contextual factors are most important

The pro-punishment school of thought believes individual factors are most important

The positivist school of thought believes contextual factors are most important

The positivist school of thought is more characteristic of social work

Correct answer: The pro-punishment school of thought believes contextual factors are most important

There are two extreme and competing perspectives on crime prevention. One, described as the "pro-punishment" school of thought, believes individual factors are most important and can be meaningfully addressed through punishment. The other, described as the "positivist" school of thought, believes contextual factors are more important and that treatment is the key to crime prevention. Social work has traditionally been associated with the latter.

Although these extremes of perspective do exist, the language used to describe them is obviously loaded. A moderate position is likely closest to the truth. Crime prevention cannot simply be a function of treatment or punishment, and the dichotomy in practice is likely a false one.

208.

Which of the following is **BEST** characterized by repetitive behaviors or mental acts that arise with perceived defects or flaws in physical appearance?

Body dysmorphic disorder

Obsessive-compulsive disorder

Somatic symptom disorder

Conversion disorder

Correct answer: Body dysmorphic disorder

Body dysmorphic disorder is characterized by repetitive behaviors or mental acts that arise with perceived defects or flaws in physical appearance.

The other answers are incorrect. The behaviors and mental acts in obsessive-compulsive disorder do not necessarily involve the body. Somatic symptom disorder refers to a preoccupation with physical symptoms. Conversion disorder refers to symptoms felt by the sufferer without a known physical cause.

209.

A social worker is assisting a client who has low self-esteem. The client informs the social worker of an incident that occurred earlier in the week and how she handled it. The social worker points out how the client correctly handled the incident and provides additional advice on how to handle a similar situation in the future.

Which of the following **BEST** describes the social worker's actions?

Supporting

Focusing

Clarifying

Confronting

Correct answer: Supporting

Supporting is a process in which a social worker gives advice, provides information, and points out a client's strengths.

Focusing is a process in which a social worker targets a specific issue or a single topic with a client. Clarifying is a process in which a social worker asks a client to specify what they are thinking, feeling, or experiencing. Confronting is a process in which a social worker brings together opposing ideas, impulses, or groups to compare them.

210.

Which of the following medications is used to treat depression?

Norpramin

Zyprexa

Risperdal

Correct answer: Norpramin

Norpramin, a tricyclic antidepressant, is used to treat depression.

The other answers are incorrect. Zyprexa and Risperdal are atypical antipsychotics.

211.

Carolyn is a family therapist working with a couple who needs support in resolving their differences. Through many sessions, Carolyn has come to realize that the informal way in which she has been listening to them and helping them has not been effective. The couple has begun to argue heatedly during the sessions, and at times one of them has left.

What is the most effective next step for Carolyn?

Introduce a formal structure

Keep trying to facilitate interactions

Refer the couple to a more experienced therapist

Refuse to treat the couple until they commit to ground rules

Correct answer: Introduce a formal structure

Despite the best efforts of the professional involved, sometimes a dispute between parties cannot be amicably addressed in an informal way. The best thing to do in that case is to apply more structure to the situation by formally structuring the interactions. This will reduce power struggles and enable a stepwise problem-solving process.

Since the current strategy has made the conflict worse, doing the same thing by continuing to facilitate the interaction is probably not the best course of action. There is no need to refer to a more experienced therapist if an alteration in structure might be effective. Although ground rules will be needed for an effective process, insisting on them outside of the context of the problem-solving structure is not likely to be effective.

212.

Which of the following levels of social work practice is concerned with intervening in large groups and communities?

Mezzo

Micro

Mixed

Macro

Correct answer: Mezzo

Mezzo practice addresses the needs of larger groups and communities.

The other options are incorrect. Micro practice works with individual client systems. Macro practice addresses the needs of society as a whole. "Mixed" is not an established level of social work practice.

213.

Which of the following refers to changes that truly alter the structure of a family system?

Second-order changes

First-order changes

Root changes

Core changes

Correct answer: Second-order changes

In structural family therapy, second-order changes truly alter the structure of the family system.

The other options are incorrect. First-order changes are only superficial. The terms "root changes" and "core changes" are fabricated terms.

214.

Which of the following is **FALSE** regarding premenstrual dysphoric disorder in the DSM-5?

It takes the place of perimenstrual-onset depression

It must characterize most menstrual cycles in the past year

It must be minimal or absent in the week after menses

The diagnosis requires five or more of the specified symptoms

Correct answer: It takes the place of perimenstrual-onset depression

In the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), premenstrual dysphoric disorder is a new diagnosis; however, it does not take the place of perimenstrual-onset depression, which does not exist.

In order to qualify for this diagnosis, the symptoms must characterize most menstrual cycles in the past year, symptoms must be minimal or absent in the week after menses, and five or more of the specified symptoms must be present.

215.

Which of the following is **FALSE** regarding limit-setting with clients?

Clients generally do not favor boundaries in a therapeutic relationship

Clients do not feel safe in a completely permissive environment

Clients benefit from a therapeutic relationship with firm boundaries

Compassion is less important than the establishment of accurate limits

Correct answer: Clients generally do not favor boundaries in a therapeutic relationship

Clients enter into the therapeutic relationship with expectations but often little expertise. They depend on the therapist to guide them, including the establishment of firm boundaries within the therapeutic relationship. Clients do not feel safe in a completely permissive environment in which there are no rules. Clients benefit from knowing these rules in a therapeutic relationship with firm boundaries.

Compassion is definitely important, but clients can likely encounter compassion in many places in their lives; the most reliable indicator of good outcomes in therapeutic relationships is not compassion but the quality of the relationship between the therapist and the client. Thus, compassion (although necessary), is less important than the professional trust and structure present in a therapeutic relationship with healthy limits.

216.

Which of the following conditions has diagnostic criteria that include "possession-form phenomena"?

Dissociative identity disorder

Schizophrenia

Schizophreniform disorder

Delusional disorder

Correct answer: Dissociative identity disorder

In the DSM-5, dissociative identity disorder has criteria including "possession-form phenomena."

None of the other options are correct. Schizophrenia, schizophreniform disorder, and delusional disorder do not have diagnostic language referring to possession phenomena.

217.

Which of the following would be done in the **FIRST** stage of trauma-informed care?

Establishing safety plans

Processing what happened

Grieving losses

Committing to a plan

Correct answer: Establishing safety plans

The first stage of trauma-informed care—safety and stabilization—targets securing the immediate needs and establishing the immediate safety of the client system. Especially in this stage, seek to establish safety plans and other contingencies to ensure the basics of client support.

The other options are incorrect. Processing what happened, grieving losses, and committing to a plan will all happen in later stages.

218.

An engaged couple is undergoing premarital counseling with a social worker. The social worker asks the couple if there are any problems that they can foresee. The woman states that the man's family does not accept her because she comes from a lower social class. The man agrees with the woman on this issue with his family and explains feeling some tension between his fiancé and his parents.

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

Investigate the influence that the matter has on the couple's relationship

Focus on how the couple will handle their financial differences after marriage

Explore methods the couple can use to help parents accept their marriage

Suggest individual sessions in order to deal with these feelings privately

Correct answer: Investigate the influence that the matter has on the couple's relationship

Since this matter has the most immediate, direct importance to the couple, the social worker should address it first.

Strategies for gaining parental approval and the handling of financial differences are both important, but they can be discussed at a later time. No information suggests the couple needed individual sessions.

219.

While attending a funeral, a client believes that they are at a party and begins to dance and laugh.

What is this client experiencing?

Dissociation

Delirium

Delusion

Correct answer: Dissociation

Dissociation is a defense mechanism in which clients have thoughts that do not reflect the current situation.

Delirium is a state of confusion that is accompanied by hallucinations, delusions, emotional liabilities, and anxiety. Delusions are thoughts that one believes are accurate even though there is evidence to the contrary.

220.

Which of the following is **NOT** characteristic of a harm-reduction strategy?

Abstinence

Reducing use

Nonclinical approaches

Reducing consequences

Correct answer: Abstinence

Harm reduction is a strategy designed to meet clients where they are. It seeks to reduce the harm and consequences of a behavior without insisting on its discontinuation.

The other options are incorrect, as they are all characteristic of a harm-reduction strategy.

221.

Which of the following is defined as the ability of the ego to deal with the demands of the id, the superego, and the exterior world?

Ego strength

Ego structure

Ego capability

Ego resilience

Correct answer: Ego strength

In psychoanalytic theory, ego strength refers to the ability of the ego to deal with the conflicting demands of the id, the superego, and the exterior world.

The other options are all fabricated terms.

222.

"Munchausen syndrome" is a type of which disorder?

Factitious disorder

Conversion disorder

Somatic symptom disorder

Dissociative identity disorder

Correct answer: Factitious disorder

Munchausen's syndrome is a type of factitious disorder in an extreme and dramatic form.

The other options are incorrect, as they are not diagnoses that include Munchausen's syndrome.

223.

Which of the following **WOULD** be an appropriate candidate for group work?

A client with schizophrenia

A client in crisis

A psychotic client

A suicidal client

Correct answer: A client with schizophrenia

Although group strategy and exercise may vary, group work applies to a broad variety of mental health disorders, including schizophrenia.

The other choices are incorrect. Clients who are in crisis, actively psychotic, or suicidal are not appropriate candidates for group work.

224.

Which of the following is the **MOST** accurate statement regarding a patient's level of care?

The level of care should be in the least restrictive environment possible

The level of care should start at high acuity and trend toward lower acuity

The level of care should start at lower acuity and trend toward high acuity

The level of care is almost always determined by payer sources

Correct answer: The level of care should be in the least restrictive environment possible

Each client presents differently, and every individual will present differently at different times. In general, however, any level of care should be in the least restrictive environment possible that still allows for the patient's safety.

The level of care should be carefully determined with the best possible information to suit each individual client's situation and presentation. Payer sources have some input into a client's level of care, but they normally do not determine it.

225.

A client who is diagnosed with excoriation would **MOST** likely do which of the following?

Pick at their skin

Pull someone's hair

Start a fire

Steal something

Correct answer: Pick at their skin

Excoriation is the diagnosis given to someone who picks their skin.

Kleptomania is the diagnosis for someone who steals. Pyromania is the diagnosis for someone who starts fires. Trichotillomania is the diagnosis for someone who pulls hair.

226.

Which of the following would be **MOST** appropriate in the stage of trauma-informed care known as mourning and remembrance?

Psychoeducation

Safety planning

Securing shelter

Self-care strategies

Correct answer: Psychoeducation

The second stage of trauma-informed care—mourning and remembrance—is designed to allow the client to begin processing traumatic events. Part of this stage would be psychoeducation, and other items can be important in this stage as the client attempts to discover their new baseline of "normal."

The other options are incorrect. Safety planning and securing shelter would be more characteristic of the first stage of trauma-informed care, which is safety and stabilization. Self-care strategies and other maintenance strategies would more likely be a part of the third stage, reconnection and reintegration.

227.

Which of the following is the right time to terminate services with a client?

When services are no longer required

When the client is resistant

When payer sources are terminated

When the client feels it is the right time

Correct answer: When services are no longer required

According to the NASW Code of Ethics, the right time to terminate services with a client is when, in the social worker's judgment, services are no longer required.

Clients are often resistant, particularly in the initial stages of challenging treatment; this is not a reason for termination. Payer sources may or may not be terminated during the course of a client's treatment; the social worker is ethically bound to attempt a continuity of service of some kind under these conditions. The client may want to continue services even after they are no longer clinically necessary for a variety of reasons; it is the social worker's clinical judgment that should be the final word on whether to terminate.

228.

Which of the following would **NOT** be considered metacommunication?

Content of speech

Body language

Vocalizations

Proxemics

Correct answer: Content of speech

Metacommunication refers to virtually anything that provides context for the content of communication. It does not include the content of the speech itself.

Metacommunication includes elements like body language, proxemics (chosen distance between communicators), and vocalizations (sub-lexical vocal input), among many others.

229.

Jake is a client who is exceptionally uneasy talking to others. His therapist, Beth, shows him a video of a person much like himself who is shy at first but, after engaging with others, begins to display skills and mastery.

Which of the following types of role modeling is this?

A coping model

A mastery model

A practicing model

A live model

Correct answer: A coping model

Role modeling is often helpful for clients who struggle with a particular skill or situation. In a coping model, the model is seen as struggling then achieving mastery. In a mastery model, the model is seen as competent throughout. In this situation, the model is not live but depicted through video; live modeling is sometimes preferred.

The term "practicing model" is fictitious.

230.

A social worker noticed that her client's feelings toward her mother were inconsistent. During the last session with the client, she had stated how much she loved her mother. During this session, the client states that her mother was a terrible person. The social worker informs the client that her feelings toward her mother are inconsistent, and informs the client of the inconsistencies.

Which of the following **BEST** describes the social worker's actions?

Confronting

Interpreting

Reflecting

Partializing

Correct answer: Confronting

Confronting is the process in which a social worker brings together opposing ideas, impulses, or groups to compare them.

Partializing is the process by which a social worker prioritizes a client's problems or needs that require immediate attention from those that can wait. Interpreting is the process in which a social worker enhances a client's understanding by making connections and facilitating the development of insight. Reflecting is the process in which a social worker clarifies and shows a client what their current feelings are and encourages the client to further express and understand those feelings.

231.

What sort of message is an implicit one?

Hinted

Evident

Processed

Decoded

Correct answer: Hinted

Implicit messages are not expressed plainly but hinted at or implied.

The other answers are incorrect. An implicit message is not evident. It is likely not processed until it becomes more open, and its decoding will determine its meaning.

232.

Which of the following **BEST** describes "dissociation"?

Disturbance in identity

Disturbance in beliefs

Disturbance in behavior

Correct answer: Disturbance in identity

Dissociation is a disturbance in identity (i.e., the integrative function of personality).

The other options do not describe the primary feature of dissociation.

233.

Upon reviewing a client's medical history, a social worker identifies that the client took Tegretol for several years but has recently been switched to Depakote.

What is this client's **MOST** likely diagnosis?

Bipolar disorder

Psychosis

Schizophrenia

Correct answer: Bipolar disorder

Tegretol and Depakote are both mood stabilizers, which are used to treat bipolar disorder.

Mood stabilizers are typically not the first medication used to treat anxiety, psychosis, or schizophrenia. For both psychosis and schizophrenia, antipsychotics are used to treat symptoms of psychosis.

234.

A client who is diagnosed with trichotillomania would **MOST** likely do which of the following?

Pull their hair

Start a fire

Steal something

Pick at their skin

Correct answer: Pull their hair

Trichotillomania is a diagnosis characterized by hair-pulling.

Kleptomania describes a person who is obsessed with stealing. Pyromania is used to describe someone who has an obsession with fire. Dermatillomania is used to describe a client who picks their skin.

235.

Which of the following is characterized by a person taking on a sick role?

Factitious disorder

Conversion disorder

Somatic symptom disorder

Obsessive-compulsive disorder

Correct answer: Factitious disorder

Factitious disorder is characterized by a person taking on a sick role for secondary gain, such as being taken care of, kindness, attention, and so on.

The other answers are incorrect. Conversion disorder refers to the experience of physical symptoms without a known physical cause. Somatic symptom disorder is diagnosed when a person has a preoccupation with certain physical symptoms. Obsessive-compulsive disorder refers to a condition in which a person repeats mental and physical acts to mitigate greater levels of anxiety.

236.

Which of the following refers to the repetition of another's words?

Echolalia

Echopraxia

Echokynesia

Echomania

Correct answer: Echolalia

Echolalia refers to the repetition of another's words or phrases.

The other answers are incorrect. Echopraxia is the repetition of another's movements. "Echokynesia" and "echomania" are fabricated terms.

237.

What is the Gottman Method?

A couples therapy modality

A mediation technique

A stress-reduction technique

A children's therapy modality

Correct answer: A couples therapy modality

The Gottman Method is a couples therapy modality based on sharing struggles, admiration, positivity, and commitment. Communication techniques and the avoidance of a sense of stagnation are also part of the technique.

The Gottman Method is not a mediation technique, a stress-reduction technique, or a children's therapy modality.

238.

When a social worker is working with reluctant involuntary clients, what is the **MOST** important thing to discuss?

The reason why the clients are reluctant to receive treatment

The treatments that the social worker provides

The anger that the clients have at being referred for treatment

The fees associated with treatment

Correct answer: The reason why the clients are reluctant to receive treatment

Reluctance toward treatment is a common issue with involuntary clients, and it is important for the social worker to discuss this for other areas of concern to be addressed.

The question does not suggest that the clients are angry, so this option can be eliminated. The social worker does not need to list all of the treatments that they provide, only the treatments that will be used for the particular client. The social worker can discuss the fees associated with treatment, but this is not the most important topic.

239.

Which of the following is **FALSE** about the impact of poverty on individuals?

There is a greater prevalence of poverty among male household heads

There is a greater prevalence of poverty among People of Color

Poverty decreases social, economic, and educational opportunities

Correct answer: There is a greater prevalence of poverty among male household heads

The phenomenon of poverty is complex and results in many consequences that may or may not be evident. Poverty is a continuum of cause and effect, not a simple economic reality.

In terms of demographics, there is a greater prevalence of poverty among female household heads and People of Color. In terms of its effects, poverty results in a cascade of negative outcomes, including a lack of social, economic, and educational opportunities, as well as stresses that lead to physical and mental illness.

240.

Which of the following agents is used to treat heart failure?

Diovan

Lyrica

Cymbalta

Correct answer: Diovan

Diovan (Valsartan) is a medication used to treat heart failure.

The other answers are incorrect. Lyrica is a seizure medication. Cymbalta is a selective serotonin and norepinephrine reuptake inhibitor (SSNRI).

241.

Codependency is **BEST** defined as which of the following?

Supporting an addict's use

Using a drug with an addict

Having a relationship with an addict

Correct answer: Supporting an addict's use

Codependency is a pattern of behavior that ignores, allows, or otherwise supports an addict's use.

The other options do not accurately describe codependency. Codependency may or may not involve using a substance with an addict, but it would not include simply having a relationship with them.

242.

Joe is seeing his client, Janet, who has a history of depression. Janet believes that her symptoms make her "crazy" and that her mental illness sets her apart permanently from human society. Joe does his best to reassure Janet that these ideas are not true or valuable.

Which of the following **BEST** describes what Joe is doing to help Janet?

Normalization

Clarification

Interpretation

Confrontation

Correct answer: Normalization

To normalize means to assert that a phenomenon, symptom, feeling, or event is not unusual. It is helpful in treatment contexts as a step toward making symptoms and illness manageable.

The other options are incorrect. Clarification means to reformulate a situation in the client's words. Interpretation is to decipher patterns to promote greater understanding. Confrontation means to call attention to something immediately.

243.

If a social worker asks a client to perform the thematic apperception test, what diagnostic information is the social worker trying to obtain?

Personality traits

Anxiety level

Self-perception

Attitude

Correct answer: Personality traits

In the thematic apperception test, clients are shown ambiguous pictures of people and are asked to tell a story about each picture. The test was designed to show a social worker whether a client is repressing aspects of their personality.

The thematic apperception test does not assess for levels of anxiety, self-perception, or attitude.

244.

Which of the following therapeutic approaches focuses on the client's thoughts and feelings related to their present problem?

Cognitive-behavioral

Solution-focused

Aversion

Action

Correct answer: Cognitive-behavioral

Cognitive-behavioral therapy focuses on the client's present problem and aims to adapt the way they think and feel in response to the problem.

Action therapies focus on strategies to directly alter behaviors. Solution-focused therapy focuses on dealing with the positive outcomes the client seeks instead of the client's problems. Aversion therapy focuses on the elimination of a maladaptive behavior by associating the behavior with an aversion stimulus.

245.

Which of the following is the term for viewing a client as worthy of attention, time, kindness, and help?

Positive regard

Positive insight

Positive communication

Positive affect

Correct answer: Positive regard

Positive regard is the ability to view a client as worthy of attention, time, kindness, and help.

The other choices are incorrect and are all fabricated terms.

246.

Which of the following would be **LEAST** characteristic of ego strength?

Trying to reduce others' pain

Using painful events to strengthen themselves

Taking responsibility for mistakes

Avoiding people when necessary

Correct answer: Trying to reduce others' pain

Ego strength is an index of an individual's total power for consistent, effective coping with day-to-day existence. It is characterized by such things as using painful events to build strength, taking responsibility for mistakes, and even negative actions such as choosing to avoid others when they create a physical or mental drain. Although it does include empathy, it does not include the attempt to reduce another's pain.

The other options are incorrect, as they are the ego strength indicators mentioned above.

247.

Which of the following types of medication is **MOST** likely to be administered in an injectable form?

Antipsychotics

Mood stabilizers

Stimulants

Correct answer: Antipsychotics

Long-acting doses of antipsychotics are common in the treatment of thought disorders, as they assist with therapeutic adherence.

The other options are incorrect, as they are not as likely (if at all) to be administered through injection.

248.

A court-ordered client is being extremely resistant during their treatment sessions.

What is the **best** way to move forward with this client?

Explore the client's feelings of resistance

Report the client's resistance to the court

Pressure the client to communicate more openly

Confront the client's resistance

Correct answer: Explore the client's feelings of resistance

Most clients who are court-ordered to receive help show signs of resistance. The best way to move forward with these clients is to explore their feelings of resistance and allow them to open up and develop a therapeutic bond.

The remaining answer options are incorrect. Social workers should always try several different approaches with a client before reporting the client to the court. Pressuring a client will only make them more resistant. Confronting a client may work but may provoke a negative reaction.

249.

Which of the following tests consists of a self-report inventory?

MBTI

MMPI

TAT

BDI

Correct answer: MBTI

The Meyers-Briggs Type Indicator (MBTI) is a self-report inventory that seeks to measure personality along several dimensions.

None of the other options are correct. The Minnesota Multiphasic Personality Inventory (MMPI) is a 550-question test that seeks to measure personality. A Thematic Apperception Test (TAT) is a projective/imaginative test used to assess many aspects of consciousness. The Beck Depression Inventory (BDI) is a 21-item test used to assess a person's degree of depression.

250.

A social worker is meeting with a client who has multiple problems. The social worker asks the client to list these problems. After the client is finished, the social worker identifies the problems that need immediate attention and those that can wait until later.

Which of the following **BEST** describes the social worker's actions?

Partializing

Supporting

Focusing

Clarifying

Correct answer: Partializing

Partializing is a process in which a social worker prioritizes a client's problems or needs that require immediate attention from those that can wait until a later date.

Supporting is a process in which a social worker gives advice, provides information, and points out a client's strengths. Focusing is a process in which a social worker focuses on a specific issue or a single topic with a client. Clarifying is a process in which a social worker asks a client to specify what they are thinking, feeling, or experiencing.
