ASWB BSW - Quiz Questions with Answers

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

1.

A social worker works within the criminal justice system in a mental health court to reduce recidivism in clients with severe and persistent mental health issues. They are meeting with a client, Jon, who reports that he has issues only when he is at school. The social worker completes a biopsychosocial assessment and determines that the client may benefit from psychological testing for a neurodevelopmental diagnosis. The testing returns a diagnosis of autism spectrum disorder.

The social worker arranges a meeting with the school and reviews the testing results. The social worker explains to the judge that the issue was specific to the school environment and has been addressed. She reports that the client was previously using maladaptive coping skills to manage but has learned new coping skills and has worked with the school to implement changes to the student's school experience. The social worker used which perspective to assist the client?

Ecological

Disease and moral model

Social exchange

Rational choice

Correct answer: Ecological

The ecological perspective involves the person-in-environment perspective and emphasizes that coping mechanisms used are directly correlated to the environment. When using an ecological perspective in social work, the social worker places interventions within the identified problem system. The social worker in this scenario identified the school as the problem system and implemented interventions in this system to resolve the client's issue.

The disease and moral model is the basis of the ICD and DSM. It views illness as the cause of a problem rather than being person-centered. This model is not as prevalent in social work because it can cause the client to view themselves as a problem. The social exchange perspective asserts that relationships and interactions are rooted in cost-benefit analysis of situations and asserts that behaviors are the result of a

determination of what would best benefit the individual. The rational choice perspective is similar to social exchange in that it involves cost-benefit analysis but places more emphasis on the notion that individuals are rational as they weigh the options and make the best choice for themselves. This perspective aids in understanding clients' motivations and thought processes.

2.

What is the **BEST** definition of "homeostasis" as it applies to family theory and dynamics?

A sense of balance within the family system

The concept of mutual influence and dependence in family dynamics

The idea that families organize themselves into subsystems

The pattern of interactions within family systems that facilitate change

Correct answer: A sense of balance within the family system

Homeostasis is a term borrowed from biology. In its original context, it describes the state of relative operational balance achieved by organisms. In family systems, it is used to describe the sense of balance achieved by functional, self-correcting family dynamics.

Homeostasis could be described as the "functional balance" between all of the complex, interdependent, and competitive energies of a family system.

3.

Which of the following theories asserts that gender identity is learned via observation?

Gender role theory

Social role theory

Systems theory

Harm reduction theory

Correct answer: Gender role theory

Gender role theory is rooted in the belief that children observe cultural and societally constructed ideologies and patterns of behavior, including variations in expectations for different genders. As a result, gender role theory asserts that differences in behaviors are the result of socially constructed ideas, and children learn them via observation and modeling as they grow up and interact with peers and adults.

Social role theory uses the division of labor to develop gender identities and gendered roles within societies. Systems theory encourages one to consider that an individual is influenced by all the systems with which they interact and are a part of, as opposed to simply assessing biology and individual psychological health. Harm reduction theory is used in the field of substance use and refers to an intervention that seeks to reduce the risks associated with substance use without requiring the individual to engage in an abstinence-only approach to treatment.

4.

A middle-aged woman with two teenagers has recently been providing full-time care for her ailing mother-in-law, who has terminal cancer. She comes to a social worker wanting to talk about all of the stress she has been under lately.

All of the following should be expected, **EXCEPT**:

The client will have a spiritual crisis

The client will feel fatigued and exhausted

The client will worry about the impact her caregiving has on her children

The client will feel guilty

Correct answer: The client will have a spiritual crisis

One of the transitions in life that is challenging for both parent and child is when a child takes on the role of caregiver to an aging parent. Complex and often incongruent emotions emerge for the adult child caring for the parent, including (but certainly not limited to) obligation, guilt, frustration, love, sadness, fear, and isolation. When taking on a new role in addition to already present roles, it is to be expected that a client will experience exhaustion and tiredness, especially during the transition phase. Similarly, the client is likely to feel guilt as a result of some of the feelings they experience that are viewed as negative, such as frustration or anger. Due to the added responsibility and time commitment, it is rational and likely good parenting for a caregiver to have concerns about the impact this new role may have on their own children.

While it is possible that a client would experience a spiritual crisis, it is not something that is expected.

5.

Which of the following is **NOT** typically part of the formal operations stage of cognitive development?

Thinking is concrete and egocentric

Thinking is hypothetical

There is an assumption of adult responsibilities

Planning is future-oriented

Correct answer: Thinking is concrete and egocentric

Piaget's stages address the acquisition of knowledge and how humans come to acquire it gradually. The formal operations stage begins at age 11 and lasts throughout the rest of life. This stage is characterized by a higher level of abstraction, planning for the future, hypothetical thinking, and assumption of adult roles and responsibilities.

Concrete and egocentric thinking occurs during the preoperational stage, which is between the ages of two and seven years.

6.

Luisa is meeting with Sue Ellen, a newly admitted member of an assisted living community. The community offers a variety of levels of care, from quasi-independent living to total care. Which of the following is **MOST** important for Luisa to assess during intake to determine the most appropriate level of care?

The combined impact of biopsychosocial factors on Sue Ellen's ability to complete activities of daily living

Sue Ellen's physical ability to complete activities of daily living, especially mobility

Any cognitive issues present, such as memory loss or neurocognitive illness

Sue Ellen's mental status and ability to manage her emotions throughout the day

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Correct answer: The combined impact of biopsychosocial factors on Sue Ellen's ability to complete activities of daily living

The process of aging can have a significant impact on all areas of biopsychosocial functioning. It is crucial to understand the impact of aging across multiple domains, including physical, cognitive, emotional, and social. In order to provide the most comprehensive but least restrictive level of care, a comprehensive biopsychosocial assessment should be completed and all elements of functioning should be taken into account.

Assessing physical abilities is important because decreased strength, flexibility, and mobility are common challenges for the elderly, but it would not be appropriate to focus on only one area of functioning. Cognitive functioning can also impact a person's ability to live independently and the required level of care, but it is possible to modify a living situation to accommodate a particular issue, and other factors would need to be considered as well. Mental wellness of the elderly can also impact their ability to live independently. However, if strong social supports exist, it may be appropriate for an individual to live at an array of levels of care. As a result, all elements of biopsychosocial functioning must be assessed because they can strongly influence one another and impact overall functioning.

7.

Barbara, a school social worker, is concerned about her young client, Mark. Mark is beginning to show signs of violent behavior in class, including throwing pencils and threatening other children. Mark is known to have a difficult family life in which both parents are struggling with substance abuse.

Which of the following defense mechanisms **BEST** describes Mark's behavior?

Acting out

Decompensation

Conversion

Regression

Correct answer: Acting out

Defense mechanisms are cognitive and emotional tools designed to resolve conflict within the psyche. In this case, Mark is acting out, meaning that he is acting out his feelings (in this case, rage and frustration) rather than speaking about his feelings.

The other answer choices are incorrect. Decompensation applies more to people in whom an existing support system does not work. Conversion applies to the physical experience of emotional symptoms. Regression refers to a return to a more childlike state.

8.

Justin was reprimanded by a teacher at school this morning. When he returns home, he screams at his older brother and throws a soccer ball at him. This is an example of which of the following defense mechanisms?

Displacement

Identification

Inhibition

Substitution

Correct answer: Displacement

Displacement involves redirecting a feeling, impulse, or desire toward a person or situation that is not the actual object (and is often less threatening). In this instance, Justin is directing his anger with his teacher at his brother (someone who is not an authority figure and thus is less threatening).

Identification involves patterning oneself after a significant figure in one's life. This defense mechanism is thought to play a role in identity and personality development. Inhibition involves the loss of motivation to engage in activities that bring one pleasure out of fear that it will generate conflict. Substitution involves replacing an unacceptable or unattainable goal with one that is acceptable or attainable.

9.

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

Interpersonal

Cognitive

Affective

Psychomotor

Correct answer: Interpersonal

The three domains of development are considered to be:

- *Cognitive: mental skills and knowledge*
- *Affective: feelings and emotional growth*
- *Psychomotor: physical skills and capabilities*

"Interpersonal" is not considered a domain of development.

10.

A social worker is conducting an assessment of a non-binary teenager named MJ to understand their overall development and well-being. What are the three domains of development that the social worker should consider while assessing MJ's progress?

Psychomotor, cognitive, affective

Social, academic, behavioral

Sexual, emotional, cognitive

Correct answer: Psychomotor, cognitive, affective

The three commonly recognized domains of development are psychomotor (motor skills), cognitive (thinking and learning), and affective (social and emotional skills). These domains are interconnected, and progress in one domain can impact development in the others. For example, improved physical coordination can positively affect a child's social interactions.

While social, academic, sexual, and behavioral development are important aspects, the commonly recognized domains of development are physical, cognitive, and emotional, which interrelate more closely and encompass these areas of development and growth.

11.

All of the following are examples of strengths-based approaches to helping clients **EXCEPT:**

Set goals for the client centered around areas they struggle in, in an effort to turn them into strengths

Connect the client to local social service departments to ensure their basic needs are met

Connect the client to educational networks to increase their knowledge base and opportunities for learning

Connect the client to peers who have faced similar struggles in an effort to boost feelings of self-help and empowerment

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Correct answer: Set goals for the client centered around areas they struggle in, in an effort to turn them into strengths

The social work profession is a helping profession rooted in the person-in-environment model, which incorporates a strengths-based approach into problem identification and intervention strategies. This involves assessing a client's strengths and using those strengths to help them overcome challenges. In other words, social workers are expected to empower clients throughout their work with them such that they are able to experience and exercise autonomy, not only during the process, but after as well. This is known to promote better outcomes. The strengths-based approach relies on use of a strong therapeutic alliance and connection to outside resources to enhance the client's strengths. Connecting a client to social services, educational networks, and peers are all examples of promoting the client's wishes and using their existing strengths to work toward achieving goals.

Setting goals centered around client weaknesses, or areas they struggle in, is not strengths based and would be more likely to result in frustration and discontinuation of services. This is not an example of a strengths-based approach.

12.

Why might a social worker refer to someone as a "person with a disability" rather than a "disabled person"?

> **To acknowledge that the disability is only one part of the person**

> It is more legal-friendly language

> Due to a language barrier

Correct answer: To acknowledge that the disability is only one part of the person

In recent years, there has been a transition to a more person-centered language when speaking about individuals with disabilities. Therefore, a disability someone has is recognized as being only one part of a person rather than describing the person entirely. Understanding language this way is a key part of a culturally-competent practice.

Person-centered language has to do with respect and dignity of the person, not being legal-friendly and does not have anything to do with language barriers.

13.

A social worker is meeting with an engaged couple for an intake session for couples therapy as they have been fighting more due to conflict with one of their fathers resulting from disapproval of them being in a same-sex relationship. The social worker identifies that the couple is in the pre-marriage stage of the family life cycle.

Which of the following tasks would **NOT** occur during this stage?

Shifting the dynamic in the parent-child relationship to more closely resemble an adult-to-adult relationship

Developing an intimate relationship or partnership

Establishing a home with another person

Selecting a life partner

Correct answer: Shifting the dynamic in the parent-child relationship to more closely resemble an adult-to-adult relationship

There are eight identified stages of the family life cycle: family of origin experiences, leaving home, pre-marriage stage, childless couple stage, family with young children, family with adolescents, launching children, and later family life. During the pre-marriage stage, the main tasks include finding a partner, developing a relationship with someone, and establishing a home with that person.

The stage prior to pre-marriage is leaving home, and during this stage, the primary tasks include shifting the dynamic within the parent-child relationship to more closely resemble an adult-to-adult dynamic, developing strong peer connections, entering the workforce and pursuing career exploration, developing an identity at work, and working toward financial independence.

14.

Jasmine is a social worker meeting with a client who carries a diagnosis of borderline personality disorder. The client shows up to their session and reports, "I wish I had never met my ex. She is the worst person ever. She was never on time, she always lied, and she's incredibly unintelligent." This is an example of which of the following defense mechanisms?
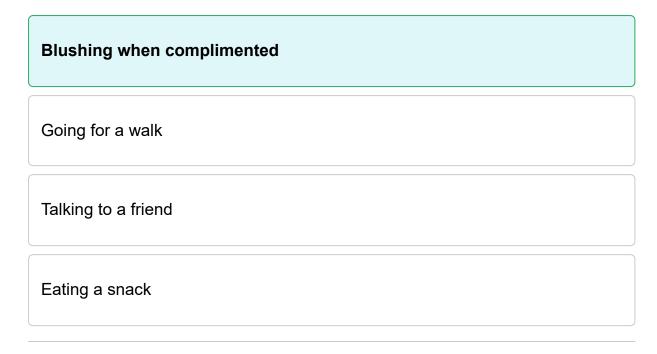
Devaluation

Displacement

Rationalization

Reaction formation

Correct answer: Devaluation

Defense mechanisms are behaviors that individuals engage in to protect themselves from anxiety. These behaviors are automatic, involuntary, and derived in the unconscious mind. Devaluation involves applying exaggerated characteristics to themselves or to someone else. It is common among individuals with borderline personality disorder. By applying such hyperbolic traits to the ex, the client is employing devaluation.

Displacement involves applying an impulse or feeling toward a circumstance to a person or situation that is not the actual object, allowing expression in a safer manner. An example is someone feeling angry at their partner and hitting the wall. Rationalization involves providing a rational, or possible, explanation for an irrational thought or behavior. Reaction formation involves taking on affects, thoughts, or behaviors that are opposite the person's actual affect, thought, or feeling. The phase "kill them with kindness" is a form of reaction formation.

15.

Which of the following is considered respondent behavior?

Blushing when complimented

Going for a walk

Talking to a friend

Eating a snack

Correct answer: Blushing when complimented

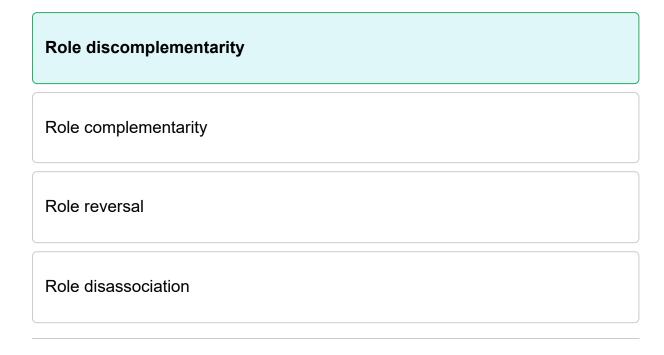*All behaviors can be placed in one of the following categories:*

1. *Respondent: behaviors that are involuntary or automatically elicited*
2. *Operant: behaviors that are considered voluntary or controlled by the individual or consequences*

Blushing when receiving a compliment is an involuntary response to a stimulus (being complimented) and is thus a respondent behavior. Other examples of respondent behaviors include sexual arousal, anxiety, and salivating when you smell food.

Walking, talking, and eating are all voluntary and are thus operant behaviors.

16.

A social worker is meeting with a newly married couple who have been experiencing conflict since their wedding six months ago. The husband states that he is frustrated with his wife, who insists on making decisions about major purchases such as buying a car and looking for a home. The wife complains that her husband does not call her during the day or tell her often enough that he loves her.

Which of the following is occurring?

Role discomplementarity

Role complementarity

Role reversal

Role disassociation

Correct answer: Role discomplementarity

A role is the set of expectations society, family members, or an individual has for a person based on their gender, status, position, etc. In this case summary, it appears that the husband and wife's expectations surrounding one another's roles in the marriage are not aligned. When expectations of roles are misaligned, this is referred to as role discomplementarity.

If each spouse's expectations for one another were aligned, it would be referred to as role complementarity. If the husband and wife were to have switched roles, this would be referred to as role reversal. Role disassociation is not a term used within role theory.

17.

Which of the following is the strongest indicator of a negative outcome in relation to ability and achievement for a child?

Living at or below the poverty line

Experiencing early trauma

Experiencing childhood sexual abuse

Being involved in the foster care system

Correct answer: Living at or below the poverty line

Poverty increases the likelihood that a child experiences issues in education, nutrition, hygiene, physical health, mental health, employment, substance use, and housing. Studies have shown that a family living at or below the poverty line is most at risk for challenges in ability and achievement rather than emotional outcome. This link is strengthened if poverty is present during early school years. This correlation has led to the creation of many "early childhood intervention" programs to boost children's chances of success.

Though trauma, sexual abuse, and out-of-home placement do play a role in children's overall well-being and increase the likelihood of a poorer outcome, the strongest influence on ability and achievement comes from living in poverty.

18.

Kerrie, a ten-year-old child, has recently begun participating in a school project in which students work together in teams to solve problems. She seems to enjoy collaborating with her peers, actively listens to their ideas, and contributes her own thoughts. According to Erik Erikson's theory of psychosocial development, which stage of social development is Kerrie **MOST LIKELY** experiencing?

> **Industry vs. inferiority**

> Identity vs. role confusion

> Intimacy vs. isolation

Correct answer: Industry vs. inferiority

The industry vs. inferiority stage, which occurs from ages six to 11, is characterized by children's efforts to master new skills and tasks, leading to a sense of industry and competence. Kerrie's active participation in the school project, her enjoyment of collaboration, and her eagerness to contribute demonstrate success in this stage.

Erikson's theory of social development includes the following eight stages:

1. *Trust vs. mistrust*
2. *Autonomy vs. shame and doubt*
3. *Initiative vs. guilt*
4. *Industry vs. inferiority*
5. *Identity vs. role confusion*
6. *Intimacy vs. isolation*
7. *Generativity vs. stagnation*
8. *Ego integrity vs. despair*

The identity vs. role confusion stage, which occurs from ages 12 to 18, involves the exploration and development of a sense of self and identity. Sarah's age and the scenario provided indicate that she is not yet in this stage. The intimacy vs. isolation stage occurs during early adulthood and focuses on the development of close and meaningful relationships with others. Sarah is too young to be experiencing this stage.

19.

According to Erikson, which of the following is **TRUE** about the psychosocial stages of human development?

Incomplete stages can be completed at a later time

Incomplete stages result in an increased ability to complete later stages

The earliest stages are less important than later stages

Only the first three stages must be completed in order

Correct answer: Incomplete stages can be completed at a later time

Erikson's theory of human development depends on the navigation of specific stages, each representing a test or conflict. Success in the completion of a given stage generally means a greater ability to complete later stages. Conversely, failure to complete earlier stages is linked with a decreased potential for later success.

As learning and development in human beings is somewhat flexible, it is possible for incomplete stages to be completed later. For example, a lack of self-esteem and initiative brought on by failure to complete the Initiative Versus Guilt stage can be compensated for by later developments such as personal success or rewarded risk-taking.

The stages are ordinal in character, as they are defined by developments in the human lifespan. The result of success is a healthy, stable, resilient personality.

20.

Which of the following clients is **LEAST LIKELY** to develop an eating disorder?

Lisa, a teenager who is overweight, works to embrace her unique body shape, and encourages others to love and accept themselves

Samira, a young adult who constantly compares herself to unrealistic beauty standards and expresses dissatisfaction with her body

John, a college wrestler who engages in extreme dieting to make weight for a meet but stops once the meet is over

Michael, an older adult who feels dissatisfied with his body as a result of aging and begins to withdraw from social engagements

Correct answer: Lisa, a teenager who is overweight, works to embrace her unique body shape, and encourages others to love and accept themselves

Lisa is promoting acceptance and appreciation of her body regardless of shape, size, and appearance. This is an act of body positivity and is associated with a positive body image. Though she has other risk factors for low self-image (such as being female and a teenager), her practice of body positivity increases her chances of developing self-acceptance and decreases the risk of developing an eating disorder as a result of a negative body image.

Samira, John, and Michael all appear to experience negative body image and engage in practices that are not protective in regard to developing eating disorders. These scenarios do not align with body positivity nor do they work to counteract negative cognition surrounding body image. These three are at increased risk for emotional distress, low self-esteem, unhealthy dieting habits, anxiety, depression, social isolation, and eating disorder development.

21.

Which of the following models was developed as an alternative to disease and moral models and emphasizes client-centered treatment planning?

PIE theory

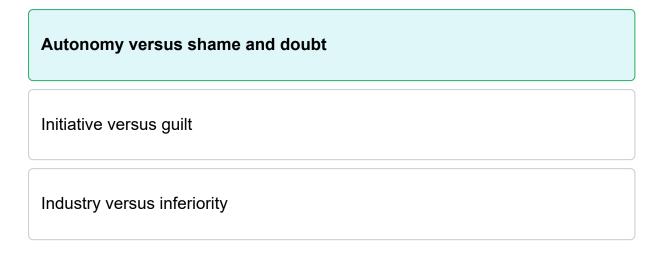Systems theory

The DSM

Psychoanalytic theory

Correct answer: PIE theory

PIE (Person-In-Environment) theory is rooted in the social work field and emphasizes placing the client at the center of diagnosis and treatment by viewing them within the context of their environment. Practice using PIE theory involves considering social role functioning, environments, mental health, physical health, and relationships prior to engaging in treatment. The theory emphasizes that the focus should always be on the client's needs rather than the agency's needs.

Systems theory emphasizes viewing issues that clients experience as resulting from influence generated during interactions with an array of systems. The various systems can include family, friends, school, work, social clubs, economic class, etc. The DSM is an example of a disease and moral model being used to diagnose and treat clients. Psychoanalytic theory was developed by Freud and views clients in the context of the conscious and subconscious with heavy influence from parental figures.

22.

A child has recently begun making his own choices about what to wear to daycare, has developed preferences regarding which toys he plays with, and often walks away from his mother, his primary caregiver.

This child is probably in which stage of Erikson's psychosocial model?

Autonomy versus shame and doubt

Initiative versus guilt

Industry versus inferiority

Correct answer: Autonomy versus shame and doubt

Erikson's theory of social development emphasizes the ways in which children engage with their peers and how this impacts their sense of identity throughout the life course. The autonomy versus shame and doubt stage is focused on children between one and three years old and centered around taking small steps toward independence. If parents are able to foster and encourage the child to make their own choices and exercise small acts of physical independence, the child is more likely to begin to develop a strong sense of identity and self-esteem.

The initiative versus guilt stage is focused on children between ages three and six and encourages forward thinking, planning, and imaginative activities. If behaviors such as making up stories, planning play time, and leading others are encouraged, the child is more likely to develop a strong sense of security. The industry versus inferiority stage is focused on children between the ages of six to puberty and emphasizes feelings of accomplishment and pride in themselves and their activities.

23.

Jessica is a high school student who experiences high levels of anxiety anytime she is in a car as a result of being in a serious car accident a few weeks prior. Her therapist wants to eliminate this response by exposing her to being in a car, starting with VR exposure and transitioning into spending large amounts of time in a car in real life. What technique is the therapist using to help Jessica?

Flooding

Biofeedback

Aversion therapy

In vivo desensitization

Correct answer: Flooding

Flooding is a type of behavioral therapy in which the client is exposed to an imagined or real stimulus that produces anxiety for prolonged periods of time in an effort to extinguish the anxious response. Spending time in a car (VR or real) is using flooding to reduce the client's response.

Biofeedback entails teaching a client to control certain bodily functions, such as heart rate, blood pressure, or muscular tension, in an effort to manage symptoms with greater control. It is often used in treatment of ADHD and/or anxiety. Aversion therapy entails pairing an unwanted stimulus with a behavior in an attempt to reduce and/or eliminate that behavior. An example of aversion therapy is prescribing Antabuse for alcohol use disorder. In vivo desensitization entails moving through hierarchical anxiety-provoking situations in a real setting, from least intense to most, in an effort to reduce the response.

24.

A social worker is acting as a consultant for a company seeking support in assessing its employees' personalities and matching them with the most appropriate managers. The social worker provides psychoeducation to the agency stating that personality is the result of an individual's experiences within their environment over the lifespan. This social worker would **MOST LIKELY** be considered which of the following types of personality theorists?

> **Behavioral**

> Psychodynamic

> Humanist

> Trait

Correct answer: Behavioral

Behavioral theorists rely on the concept that personality is developed as a result of an individual's interactions with their environments throughout the lifespan. Behavioral theorists do not accept theories that lean on internal thoughts and feelings as an integral part of personality development.

Psychodynamic personality theorists focus on the interconnection of the unconscious and experiences in childhood to develop personality. Humanists believe that free will and individual experiences together generate a person's personality and seek a goal of self-actualization throughout the lifespan. Trait theorists believe that an individual's personality is comprised of an array of broad characteristics that influence behaviors.

25.

Marquita is a member of a support group. During their most recent meeting, she felt increasingly uncomfortable and was unable to express her feelings of anger toward her friend, who died by suicide, as a result of her perception that the group viewed anger as unhealthy. Which of the following **BEST** describes this phenomenon?

Self-censorship

Illusion of unanimity

Collective rationalization

Mindguarding

Correct answer: Self-censorship

Self-censorship is identified as one of the causes of groupthink and occurs when an individual chooses not to express an opinion that dissents from a perceived group consensus. Marquita seems to perceive her feelings of anger as a deviation from a consensus that other group members have come to and thus withholds her thoughts and feelings. In reality, it is highly possible that other group members are experiencing the same thing as Marquita but are not comfortable speaking up due to the occurrence of groupthink.

Groupthink is a phenomenon that entails a group coming to a faulty decision (or decisions) because of group pressure. Illusion of unanimity, collective rationalization, and mindguarding are all considered causes of groupthink. The illusion of unanimity is the perception that all other members of the group are in agreement. Collective rationalization occurs when group members disregard warnings and will not reconsider assumptions. Mindguards happen when members filter information or opinions contrary to group cohesiveness.

26.

All social workers should engage in which of the following?

Social and political action

Running for political office

Provision of individual therapy

Education related to current pharmacological interventions

Correct answer: Social and political action

According to the NASW Code of Ethics, social workers should engage in social and political action that seeks to ensure that all people have equal access to the resources, employment, services, and opportunities they require to meet their basic human needs and to develop fully. Social workers should be aware of the impact of the political arena on practice and should advocate for changes in policy and legislation to improve social conditions in order to meet basic human needs and promote social justice.

Not all social workers need to run for political office, provide individual therapy, or become educated about pharmacological interventions. These are dependent on the individual social worker's strengths and areas of practice.

27.

According to Erikson, which stage of psychosocial development is **MOST** closely associated with the formation of a personal, stable sense of self?

Identity Versus Role Confusion

Ego Integrity Versus Despair

Autonomy Versus Shame and Doubt

Initiative Versus Guilt

Correct answer: Identity Versus Role Confusion

The Eriksonian stages of identity each define a conflict and a product. In this case, a stable sense of self is the product of what Erikson called Identity Versus Role Confusion. The conflict in this stage of the psychosocial model takes place somewhere during adolescence and marks the transformation from childhood to adulthood. The conflict at this stage is between the dependent nature of the child and the independent nature of the emerging adult. Previous stages will, if successfully negotiated, have given the individual a sense of autonomy, initiative, and industry.

Rewarded by successful completion of previous developmental stages, the individual in the Identity Versus Role Confusion stage is able to regard the future in adult terms with themselves as the main actor. The individual successfully completing the Identity Versus Role Confusion stage of development has developed a stable sense of self-based on their successful management of personal projects, crises, and explorations of the world.

28.

A social worker is meeting with a woman who says she feels "stuck" in her job and family situation. The woman expresses concerns about getting older since she has recently been diagnosed with high blood pressure and is worried about her health.

This woman is **MOST** likely in which stage of development?

Middle adulthood

Young adulthood

Older adulthood

Correct answer: Middle adulthood

The development of adults ages 40 through 64 years old (called middle adulthood) focuses on recognizing abilities and contributions while planning for older adulthood. Individuals in middle adulthood may begin to develop chronic health problems and need support and encouragement as they work to accept age-related changes.

Young adults, roughly ages 21 to 39, tend to focus on family, career, and community involvement. Older adulthood focuses on social activities, physical health maintenance, and promoting independence.

29.

Using Kohlberg's theory of moral development, at which level would an individual demonstrate adherence to rules in order to receive a reward?

Preconventional

Postconventional

Conventional

Unconventional

Correct answer: Preconventional

Kohlberg developed a theory of moral development broken into three primary levels and six stages. The stages are experienced successively and become increasingly complex. The stages are as follows:

1. *Preconventional: occurs during elementary school and involves a progression from obeying rules for fear of punishment to following rules in order to receive rewards.*
2. *Conventional: occurs during early adolescence and involves following rules or making decisions to receive praise and be perceived as "good." This stage then progresses to following rules to fulfill obligations and avoid feelings of guilt.*
3. *Postconventional: occurs during adulthood and involves a progression from developing an interest in the well-being of others and being morally upstanding to developing individualized principles of morality and a concern for macro moral issues.*

30.

A secretly homosexual man making public statements about the evils of same-sex relationships is an example of:

Reaction formation

Regression

Sublimation

Correct answer: Reaction formation

Reaction formation is a defense mechanism that is employed subconsciously to protect a person's psyche from potential harm by taking on beliefs or ideas that are actually in opposition to what a person truly believes (whether this is on a conscious or unconscious level). Making public statements that are in direct contrast to one's personal identity is an example of the reaction formation defense mechanism.

Regression is another defense mechanism, and it involves a return to an earlier and inappropriate phase of development. An example is an adult throwing a tantrum when angry, as though they are a child. Sublimation is a defense mechanism that involves engaging in behaviors that are acceptable in place of harmful or unacceptable behaviors. An example is going to the batting cages to release anger instead of hitting people.

31.

You are a social worker who primarily works with older adults. During a meeting, Mr. Johnson, an 80-year-old man who recently lost his spouse of 50 years, expresses feelings of loneliness, sadness, and difficulty adjusting to life without his partner. Which of the following **BEST** describes the emotional and psychological state that Mr. Johnson is likely experiencing?

Grief and bereavement

Empty nest syndrome

Identity diffusion

Correct answer: Grief and bereavement

Grief and bereavement are the emotional and psychological responses that individuals experience after the death of a loved one. Mr. Johnson's feelings of loneliness, sadness, and difficulty adjusting to life without his spouse indicate grief and bereavement. The loss of a spouse is a normal process for older adults to navigate and to seek mental health support for.

Empty nest syndrome is the feeling of sadness or loss that parents may experience when their children leave home to live independently. It is not directly relevant to Mr. Johnson's situation because he is grieving the loss of his spouse, not his children. Identity diffusion is a concept from Erik Erikson's psychosocial theory that refers to an individual's lack of a clear sense of self or direction. While this concept may be relevant in certain contexts, it does not describe Mr. Johnson's current emotional state related to the loss of his spouse.

32.

Lisa, a client you are working with, is facing financial difficulties, a lack of self-esteem, and loneliness and often expresses feelings of hunger and fatigue. According to Abraham Maslow's hierarchy of needs, which category of needs is Lisa currently struggling with the **MOST**?

Physiological needs

Safety needs

Esteem needs

Correct answer: Physiological needs

Physiological needs are the foundational requirements for survival, such as food, water, shelter, and sleep. Lisa's financial difficulties and feelings of hunger and fatigue are struggles with these essential physiological needs. Though she has also identified esteem needs, if any physiological needs are present, they must be addressed prior to other levels of Maslow's hierarchy of needs (such as esteem, safety, or social needs).

Safety needs include those related to feeling safe from harm, danger, or threats of death. While safety needs are essential to a person's well-being, they should be addressed after physiological needs. Esteem needs involve feelings of self-worth, respect, and recognition from others. While these needs are important, Lisa's current physiological needs are more fundamental and relate to her immediate well-being.

33.

Ariana is a social worker at an assisted living facility for older adults. Which of the following is she **LEAST** likely to identify as a cause of disability for one of her clients?

Intellectual disability

Major neurocognitive disorder

Malnutrition

A broken arm

Correct answer: Intellectual disability

It is essential for social workers to understand that disability can impact all areas of biopsychosocial functioning. The most common causes of disability in the elderly are disease development, physical injury, mental decline, and malnutrition. An intellectual disability can certainly lead to disability and can be present in an elderly person, but it is not linked to the development of disability in the elderly specifically or most commonly. When working with the aging population, it is essential that social workers know and are able to identify these common causes of disability.

Major neurocognitive disorder is a diagnosis that can be classified as a form of mental decline, and examples include dementia and Alzheimer's disease. Nutrition is essential for older adults as they become more vulnerable to other illnesses and the risk of illness can increase significantly without proper nutrition. A broken arm is a physical injury, and older adults become more susceptible to breaking bones as part of the aging process. Of note, upper extremity injuries are a major cause of disability as they significantly impair the ability to complete daily tasks needed for independent living.

34.

Rick, a school social worker, is concerned about a young student named Diane. Diane has been showing sadistic behavior toward younger children and has been seen to be cruel to animals. Diane's family has only recently moved into the area away from one in which Diane had a thriving network of friends.

Which of the following **BEST** describes the defense mechanism at work with Diane?

Displacement

Conversion

Projection

Inhibition

Correct answer: Displacement

Defense mechanisms are cognitive and emotional tools meant to resolve conflict within the psyche. Diane's behavior in being cruel to those weaker than herself is likely an expression of her rage at having been forced to move away from her friends. Displacement is the defense mechanism whereby a person takes out their unresolved feelings about one object (in this case, her parents or the situation itself) onto a less threatening target.

The other answer choices are incorrect. Conversion is the shifting of emotional into physical symptoms. Projection is the casting of undesirable feelings onto others. Inhibition is the restriction by oneself of pleasurable activity.

35.

A family life educator is conducting a workshop at a local nonprofit. The participants are parents of children ranging from preschool to adolescence who live in the surrounding area. Which of the following **BEST** identifies the primary goal of family life education?

To equip families with skills to foster open, respectful, and effective communication, leading to healthier relationships and improved family dynamics

To provide parents with a means to solve every family issue, ensuring a conflict-free environment

To teach parents how to control and dictate communication within the family to maintain authority

Correct answer: To equip families with skills to foster open, respectful, and effective communication, leading to healthier relationships and improved family dynamics

Family life education aims to provide parents with tools to enhance communication skills, which in turn help foster respectful and effective interactions among family members. This leads to healthier relationships and improved family dynamics.

Family life education does not promise a conflict-free environment or provide a one-size-fits-all solution manual. Its goal is to equip parents with skills to navigate challenges more effectively. The goal of family life education is to promote healthy family dynamics through collaborative communication, not to impose control or dominance.

36.

Temper tantrums that occur regularly in a three-year-old are **MOST** likely indicative of what?

Normal development

A mental illness

Poor parenting

A medical disorder

Correct answer: Normal development

Social workers who work with children should be aware of normal child development to be able to identify behaviors that need attention and/or treatment. It is normal for two-, three-, and even four-year-olds at times to throw temper tantrums due to immature language development and inability to regulate emotions.

As stated above, temper tantrums in a three-year-old are not indicative of mental illness. While a child with a medical disorder may feel worse than normal and therefore more prone to throw tantrums, this is not always the case. Poor parenting can contribute to more frequent or more intense temper tantrums, but even children of excellent parents experience times when they throw tantrums.

37.

Laura works with young children, ages five to eleven, in an inpatient hospitalization setting. Most of her patients have trouble getting along with other children and are often isolated.

What type of group would be **MOST** appropriate for Laura's patients?

Socialization group

Therapy group

Social action group

Correct answer: Socialization group

In group work, individuals help each other in order to influence and change personal, group, organizational, and community problems. A socialization group is often led by a professional and helps members learn how to get along with others and build general social skills. Socialization groups are especially beneficial for those who are isolated due to their mental health conditions.

A therapy group would not be the best option for children, as they require a great deal of leadership and contribution from members. Social action groups are groups that gather in order to effect some sort of social change.

38.

Which of the following is an example of "people first language"?

A student with ADHD

A diabetic patient

An actively psychotic client

A depressed consumer

Correct answer: A student with ADHD

People first language calls for the use of "people with disabilities" rather than "disabled people" or "the disabled." The use of "people first language" began in the disability self-advocacy community, but is now used universally. It is the belief that a person is not their disability and by referring to those with varying physical and cognitive abilities as "the disabled," society dehumanizes them.

Sentence structure should be used that names the person first and the condition second to avoid perceived and subconscious dehumanization when discussing people with diagnoses, disabilities, or conditions.

39.

Which of the following statements **LEAST** aligns with Karl Marx's conflict theory?

Inequality exists because those in control passively defend their advantages

Society is broken into groups that are all competing for the same resources

Groups with different levels of power often have conflicting value systems

High value should be placed on challenging the status quo

Correct answer: Inequality exists because those in control passively defend their advantages

Karl Marx is the father of conflict theory, and his theory is rooted in the concept that society is broken into groups that compete for society's limited resources. Within the framework of this theory, inequality exists because those who are in control of the most resources defend their their advantage actively, not passively.

Conflict theory also posits that competing groups often hold different value systems and fight to advance their own interests over the interests of the whole. Conflict theorists highly value challenging the status quo and seeking positive change by encouraging social change and recognizing that class, race, and gender are the most prominent societal struggles.

40.

All of the following explain the increase in life expectancy, **EXCEPT**:

Stronger family support systems

A decrease in the number of lethal childhood diseases

Increased knowledge of germs and thus, better hygiene habits

Correct answer: Stronger family support systems

It is critical for social workers to understand the phases of the life course and the challenges individuals and families face during the varying stages. The average age a person in a particular society is expected to live is referred to as the life expectancy. In recent decades, the life expectancy has generally been increasing. This is due to scientific advances that have resulted in a significant decrease in the number of lethal childhood diseases, increased knowledge of germs resulting in better hygiene practices, and the development of vaccines and antibiotics.

Family systems have shifted and changed in recent decades, and many view them as having become weaker rather than stronger.

41.

A social worker who works with families who have teenagers with substance-use issues observes that two families she meets with share the same problem: a 14-year-old with an opioid addiction. Over the course of treatment, one family sends their child to a wilderness camp for treatment, and the other keeps their child at home and seeks outpatient treatment. Both families find success and stability following completion of their chosen treatment methods. This is an example of which of the following systems theory concepts?

Equifinality

Homeostasis

Subsystems

Open boundaries

Correct answer: Equifinality

Equifinality is the notion that family systems can accomplish the same goals using various methods or routes. Though these families have taken different paths, they have achieved the same outcome.

Homeostasis is stability or the perception that families are always seeking a sense of balance, even if that balance incorporates maladaptive or dysfunctional patterns of behavior. Subsystems are the organizational systems within the family structure and often help identify the family hierarchy. Open boundaries within a family system allow members to interact without much restriction. A family with strict boundaries is considered to have closed boundaries.

42.

A social worker is completing an intake with a mother and daughter who report ongoing conflict. The daughter (who is 14) reports that she feels overwhelmed as a result of being expected to take care of her younger siblings and her mother. The mother reports that she has worked hard all her life and is entitled to a little "fun time" to go out with her friends. Using systems theory, which of the following terms is **MOST** applicable to this family system?

Role reversal

Role conflict

Role ambiguity

Role complementarity

Correct answer: Role reversal

Role theory, within systems theory, asserts that roles influence psychological outcomes. When two or more individuals switch roles, it is referred to as a role reversal. As the teen has been thrust into a parenting role while the mother has assumed a childlike role, this is the most appropriate descriptor.

Role conflict occurs when there are incompatible expectations of an individual's role. Role ambiguity occurs when there is not adequate clarity surrounding a person's role. Role complementarity occurs when an individual's role is carried out in the expected manner.

43.

Which of the following is the best practical value of stereotypes?

They are a guide to attitudes

They have no value

They can be used in any clinical context

They are fact-based shorthand for understanding different groups

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Correct answer: They are a guide to attitudes

Stereotypes should be avoided, as they compromise the value of individuals in sweeping assumptions about groups. However, they are of some practical value, as they point to attitudes others hold about the stereotyped group. Once these attitudes are known, they can be examined and perhaps changed.

However, their value in clinical contexts is minimal. In clinical contexts, individual client systems should be allowed to express their individual identity and diversity. Stereotypes may or may not have a basis in any kind of fact, but understanding them as factual descriptors of different groups is risky.

44.

A social worker is meeting with a single mother whose three-year-old has been acting out aggressively toward other children and his teachers at daycare for the past two months. About three months ago the client's husband and father of the three-year-old was killed in a car accident. The social worker has tried several times to initiate a conversation about the death of the client's husband, but the client insists that she has "moved on." However, the social worker believes that the child is acting out because of his father's sudden absence.

Which of the following should the social worker do **FIRST**?

Acknowledge the client's positive outlook on the situation

Let the client know that it is normal to deny feeling sad or angry about a spouse's death

Ask the child how he feels about his father's death

Correct answer: Acknowledge the client's positive outlook on the situation

The social work profession acknowledges the environment as an important contextual consideration in understanding client problems and providing assistance. The aim of social work practice is to focus on the interactions between people and systems in the social environment to attain a goal of restoration of balance or equilibrium where there has been some disruption. However, social workers should always aim to meet clients where they are, emotionally and psychologically. The client is clearly denying the impact that her husband's death is having on her son but, to preserve the relationship and focus on the client's strengths, the social worker should acknowledge the client's positive outlook on the situation before doing anything else.

By letting the client know that it is normal to deny feeling sad or angry about a spouse's death, the social worker is making an assumption about the client rather than validating her feelings. The social worker would be splitting if she asked the child how he feels about his father's death; this might be a question for further exploration once the mother has come further along in her therapy.

45.

A social worker is beginning a new job at a substance use treatment center. The identified agency goals for treatment are rooted in the harm-reduction model of substance use treatment. Which of the following would **NOT** be a goal this agency would set for its clients?

Abstinence from substances

Maximization of life functioning

Minimization of adverse health consequences

Prevention and/or limitation of negative consequences of relapse

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Correct answer: Abstinence from substances

There are three typical goals of substance use treatment: abstinence from substances, maximization of life functioning, and prevention and/or reduction of the frequency of relapse episodes. However, the harm-reduction model emphasizes reduction of adverse health and social consequences linked to substance use without requiring the individual to completely abstain from substance use. This model emphasizes that some clients may not be willing or able to adhere to an abstinence-only approach at some times and leans into the ethical perspective that minimizing harm helps the individual and the larger community.

46.

Which of the following types of clients would probably **NOT** benefit from group work?

A person in a state of crisis

A person with long-term depression

A person struggling with substance abuse

A person having marital difficulties

Correct answer: A person in a state of crisis

Successful group work depends on the active and therapeutic interaction of all members to support not only the individuals in it but the group as a whole. Group work can benefit people with a wide range of presenting problems, including substance abuse, depression, marital issues, and severe and persistent mental illness.

One type of client for whom group work is contraindicated is a person in crisis. By definition, a person in crisis is unable to maintain stability in their current circumstances. These individuals are more focused on resolving their crisis and meeting immediate needs than they are on focusing therapeutically on the needs of others.

47.

Which of the following theorists is considered a key figure in the school of Operant Conditioning?

Skinner

Maslow

Pavlov

Freud

Correct answer: Skinner

B. F. Skinner is considered a key figure in the school of Operant Conditioning, which models behavior based on consequences.

The other answers are incorrect. Abraham Maslow was a humanist theoretician. Ivan Pavlov is more associated with Classical Conditioning. Sigmund Freud founded the school of Classical Psychoanalysis.

48.

Emily, a three-year-old child, displays distress when separated from her mother and seeks comfort from her whenever they are reunited. She appears to use her mother as a secure base to explore her environment. According to attachment theory, which attachment style **BEST** describes Emily's behavior?

Secure attachment

Avoidant attachment

Ambivalent attachment

Correct answer: Secure attachment

Attachment theory originated with John Bowlby and can best be viewed in an evolutionary context: caregivers provide safety for a child, and a child's ability to attach appropriately is influenced by a parent's behaviors. Children attach strongest to the caregiver who provides them with consistent food and learns that particular behaviors bring certain responses from the caregiver. For example, if a child cries and the caregiver provides food, the child is likely to repeat this behavior when they have a hunger need. The basis of Bowlby's attachment theory is that a consistent caregiver will produce a child with a secure attachment. It would be considered a normal, secure attachment for a toddler to cry when they are not with their caregiver and to be soothed when the caregiver returns. As a result, Emily most likely has a secure attachment to her mother.

Children with avoidant attachment tend to avoid or ignore their caregivers when they return after a separation. They may not seek comfort or show distress when the caregiver leaves. Children with ambivalent attachment tend to be anxious and uncertain about their caregiver's availability. They may display heightened distress upon separation and difficulty being soothed upon reunion.

49.

The Smith family is meeting with a social worker after the eldest daughter, Rebecca, is discharged from an inpatient psychiatric hospitalization. Rebecca experienced a psychotic break for the first time and was given a schizophrenia diagnosis. She has been taking an antipsychotic medication and her symptoms have been eliminated. During the meeting with the social worker, the family says, "It was scary, but she's better now. We're ready to move on." Which of the following is **MOST** protective for the family moving forward?

Referral to a psychoeducation group about psychotic illnesses

Referral to a support group for family members of those with a psychotic illness

Referral to a family therapist

Encouragement to return to the family routine prior to hospitalization

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Correct answer: Referral to a psychoeducation group about psychotic illnesses

Mental and physical illness can have a significant impact on a family's dynamics and ability to function in a healthy manner. Family members often lack knowledge surrounding a new illness/diagnosis and have a desire to return to "normal" following a disruption of homeostasis. Additionally, it is common for family members to experience denial in regard to persistent illness. Learning about the illness, ways to manage it, and best practices for future planning is essential for families following onset of a severe and persistent mental illness. By attending a psychoeducation group, this family would be able to learn about the illness, its persistent nature, challenges that may arise, and how to best manage symptoms. Additionally, the experience would be normalized because a group setting offers interaction with other families in similar situations. For these reasons, a psychoeducation group would be most beneficial to this family.

A support group would be a helpful referral as well, but as the family lacks knowledge and appears to have misconceptions about the persistence of the diagnosis, it would be more beneficial to refer them to a psychoeducation group. It may also be helpful to refer them to a family therapist who can help them navigate family dynamics and provide psychoeducation. However, the positive impact of normalization of the experience in a group setting has an added benefit. Encouraging the family to return to a normal routine is not ill-advised, but some modifications may be necessary. As a result, it would be better to provide opportunities for education.

50.

As a social worker, you are interested in bringing together residents of a particular community in an attempt to change that community. As part of your community assessment, you are making observations about the community. Rather than focusing on the problem areas, you notice the presence of several churches and a well-attended community playground.

What type of approach are you using?

Strengths-based

Introspective

Person-in-environment

Correct answer: Strengths-based

A strengths-based approach is a way to focus on an individual's or community's positive aspects rather than on the problems. Social workers are known for focusing on the good aspects rather than the bad, which in turn promotes a feeling of confidence in the recipient.

The person-in-environment approach is a perspective taken by social workers that acknowledges the impact the environment can have on the individual and vice versa. "Introspective" is not a type of social work approach.

51.

Which of the following theorists saw learning as internal mental processing?

Piaget

Maslow

Pavlov

Bandura

Correct answer: Piaget

Jean Piaget is seen as one of the key figures in the Cognitive school of learning, which suggests that the locus of learning is internal, mental process.

The other answer options are incorrect. Abraham Maslow is associated with the Humanist school (learning as human achievement); Pavlov, the Behaviorist school (learning as alterations of behavior and stimuli), and Bandura, the Social/Situational school (learning as shared behavior).

52.

A social worker is assigned to a neighborhood that has experienced a decline in community engagement, high unemployment rates, and limited access to basic services. The social worker is tasked with revitalizing community development efforts to address these challenges. Which of the following is the **MOST** appropriate approach to this task?

Engage community members in participatory processes, identify local assets, and foster empowerment and ownership of solutions, aligning with the principles of community development

Collaborate with external organizations to implement solutions without seeking input from community members because it ensures quicker implementation

Focus exclusively on providing direct services to address immediate needs because community development theories are irrelevant in this situation

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Correct answer: Engage community members in participatory processes, identify local assets, and foster empowerment and ownership of solutions, aligning with the principles of community development

Community development theories emphasize involving community members in identifying strengths, needs, and solutions. This approach builds ownership, increases sustainability, and empowers the community to drive positive change. Engaging the community in a collaborative and empowering way is key to addressing the multifaceted challenges in community development.

While it may be faster to implement interventions without consulting the community, this would likely be less successful because there would not be buy-in from community members, the social worker may not correctly identify underlying patterns, and the social worker may be viewed as an outsider and not be trusted. Addressing individual needs may help a few people in the short term but would not create macro-level, long-term changes as is expected and inherent to community development.

53.

Most social workers agree that development is the product of:

The interplay between biological, psychological, and social influences

Early childhood experiences

The influence of culture on the individual

Correct answer: The interplay between biological, psychological, and social influences

Human development is a process beginning before birth and extending to death; each moment in life is marked by personal evolution. Most social workers agree that development is the product of the elaborate interplay of biological, psychological, and social influences.

The remaining answer options are incorrect. Most social workers and other clinicians believe that genetics, biological factors, early childhood experiences, and cultural context all play a role in development, but not any one of these alone.

54.

The family systems approach is based on all of the following assumptions, **EXCEPT**:

A healthy family is rigid and has a changing structure

Families are goal-oriented

Families must fulfill a variety of functions for each member

Correct answer: A healthy family is rigid and has a changing structure

The family systems approach is rooted in the basic understanding that each family requires a social worker to assess the family entirely rather than focusing on the identified "problem" alone or by looking at singular members. The planks of the family systems platform include the following truths:

- *Every family is constantly seeking a sense of homeostasis (regardless of if it is healthy or dysfunctional)*
- *Behaviors are in the pursuit of a goal*
- *In order for each member to grow and develop appropriately, certain functions must be achieved*
- *Healthy family dynamics are flexible and accommodating*
- *Healthy family dynamics have consistent structure and communication patterns*

55.

Why should gerontological social workers have a basic knowledge of medications?

They can help monitor clients' prescriptions

They are required to by law

It helps them build credentials

They are able to collect more money from insurance companies

Correct answer: They can help monitor clients' prescriptions

Social workers with older clients should have a basic knowledge of prescription medications and their side effects, as well as which medications should not be combined. Most older Americans are on at least one medication daily, making it a central part of their presentation and lives.

Social workers are not required by law to have an understanding of medications, nor does it allow them to collect more money from insurance companies. Social workers with a better knowledge of medications may gain credentials among various members of the community, but this is not the best answer.

56.

The local homeless shelter employs a social worker as a researcher with the goal of assessing clients to determine if there is a correlation between discrimination and homelessness. Which of the following is considered a macro-level implication of discrimination?

A poor education system

An anxiety disorder diagnosis

A depressive diagnosis

Obesity

Correct answer: A poor education system

Discrimination ripples out and impacts society and clients on both micro and macro levels. Studies have shown a correlation between discrimination and development of illness, including anxiety, depression, diabetes, obesity, high blood pressure, and substance use. These are all examples of micro-level impacts because they directly relate to the individual.

Macro-level issues correlated to discrimination are the result of limitations on resources and subsystems that lead to positive outcomes, including poor education opportunities, lack of employment opportunities, decrease in civic engagement, and decrease in access to health resources. The key distinction is that micro-level issues relate to a client directly, but macro-level issues correlate to groups of people, neighborhoods, and systems.

57.

All of the following are true about typical sexual development during the preadolescent years, **EXCEPT**:

Same-gender sexual behavior indicates a child's sexual orientation

Masturbation increases during this time

The idea of having sexual intercourse is unpleasant to both boys and girls

Correct answer: Same-gender sexual behavior indicates a child's sexual orientation

There are many different stages of typical and atypical sexual growth and development. During the preadolescent years, from age 8 to age 12, puberty occurs for most children. Children become more self-conscious about their bodies during this time and often feel uncomfortable undressing in front of others. Masturbation increases during these years and preadolescents have usually heard about sexual intercourse, though the idea of it usually sounds unpleasant to both boys and girls.

Same-gender sexual behavior can occur at this age, though same-gender behavior is unrelated to a child's sexual orientation.

58.

A social worker is meeting with a married couple and their two adolescent children for a family therapy session. During the course of the session, the social worker notices that the couple's 13-year-old daughter often interrupts her mother when she is talking. The 13-year-old also says things like, "Now, you know you shouldn't be talking like that," and, "How many times have I told you that you're not in charge?"

This is an example of:

Role reversal

Role complementarity

Role conflict

Role cohesion

Correct answer: Role reversal

Nearly every culture has a set of expectations of how parents and children are to interact with one another. This is an example of role theory, and when roles are carried out as expected, it is referred to as role complementarity. However, when expected roles are carried out in the opposite arrangement, such as in the example above (a child behaving as one would expect a parent to), it is referred to as role reversal.

When two individuals have perceptions about their roles that are incongruous or in conflict, it is referred to as role conflict. There is not a term within role theory referred to as role cohesion.

59.

Ernest, a social worker, is welcoming his elderly client Phil to their first meeting. Ernest and Phil establish a good therapeutic rapport and the work begins on a biopsychosocial assessment.

Which of the following areas is the **MOST** important topic area to address?

Functional capacity

Psychopathology

Social supports

Financial status

Correct answer: Functional capacity

In working with elderly clients, the most important aspect of a biopsychosocial assessment is establishing the functional capacity of the client. There is a wide variety of functionality among older clients, and their ability to cope with everyday needs should be established as it is likely their immediate focus.

The other areas should be part of such an assessment. Psychopathology will be established, if present, as the assessment goes deeper. An older adult's social supports are very important as well, as many of these clients suffer from increasing social isolation with its consequences to mental and physical health. The client's financial status will be recorded, but a biopsychosocial assessment with older adults must first address the primary concern facing that population.

60.

Spanking is an example of which type of operant technique?

Positive punishment

Negative punishment

Positive reinforcement

Negative reinforcement

Correct answer: Positive punishment

Operant techniques involve an antecedent followed by a response followed by a consequence. Consequences that aim to support and promote a particular behavior are referred to as reinforcers. Consequences that aim to decrease or extinguish a behavior are referred to as punishments. As spanking aims to decrease or extinguish a behavior, it is considered a punishment. Positive punishment is the addition of an undesirable consequence to decrease a behavior, such as spanking.

Negative punishment is removing something desirable in an effort to decrease a behavior. Positive reinforcement involves providing a reward in an effort to increase a behavior. Negative reinforcement is promoting a behavior via removal of an undesirable stimulus, such as shock.

61.

Which of the following is an example of negative entropy?

Exchange of resources between systems that promotes growth and transformation

Arriving at the same end from different beginnings

Becoming specialized in structure and function

A product of the system that exports to the environment

Correct answer: Exchange of resources between systems that promotes growth and transformation

A system is a whole comprising many parts that work together, and there are several system theory terms with which social workers should be familiar. Negative entropy is the exchange of resources between systems that promotes growth and transformation.

Arriving at the same end from different beginnings is equifinality. Differentiation is becoming specialized in structure and function. A product of the system that exports to the environment is known as output.

62.

Jesse is a 36-year-old nonbinary adult living in California. Their father passed away the previous year, and their mother is turning 85 next week. Jesse has had a harmonious relationship with both parents throughout their lifespan. Their mother has been working with a social worker to discuss options for a new living situation because she has become less mobile and struggles to care for herself adequately. She asked the social worker to involve Jesse in the process but has been met with avoidance, resentment, and anger. What should the social worker do **NEXT?**

Assist Jesse in identifying their feelings surrounding their mother's aging

Reframe Jesse's feelings into empowerment and opportunities

Assist Jesse in finding the root cause of these negative feelings

Plan next steps without Jesse's involvement

Correct answer: Assist Jesse in identifying their feelings surrounding their mother's aging

As Jesse's mother has stated she would like their involvement, it would be appropriate for the social worker to attempt to assist Jesse in identifying issues they are facing in relation to their mother's aging. It seems likely that the issue is directly correlated to this because they had a positive relationship prior to this. In order to assist in navigating difficulties that arise due to parents aging, social workers should help the client identify difficult feelings that arise as a result of aging parents.

Once issues or difficult feelings have been identified, social workers can help clients find the root of the feelings and then reframe them into areas of empowerment and opportunity. While it may eventually become necessary to plan the mother's next steps without her child's involvement, social workers have an ethical obligation to respect a client's autonomy and right to self-determination and must take their wishes into account.

63.

What is wrong with using traditional behavioral observation with outpatient behavioral modification?

It is impractical

It is unethical

It is unreliable

It is cost-prohibitive

Correct answer: It is impractical

Using traditional observation to monitor behavior in outpatient clients using behavioral modification techniques is impractical, as 24-hour observation outside inpatient or residential settings is extremely difficult to facilitate. Key to these techniques is the monitoring of behavior, so clients are trained to monitor their own behavior in various ways.

The other answers are incorrect. It is not unethical or unreliable to attempt to monitor behavior in this way, and its cost would be only one of many problematic areas.

64.

Which of the following is **FALSE** regarding self-esteem through the life course?

> **Self-esteem is typically highest in older adulthood**

> A gender gap develops in self-esteem during adolescence

> Self-esteem is the level of self-acceptance an individual experiences

> If one has high self-esteem during adulthood, they are more likely to have high self-esteem during later stages as well

Correct answer: Self-esteem is typically highest in older adulthood

Self-esteem is generally highest during childhood (children have unrealistically positive self-views) and gradually declines through adolescence. During adulthood, it gradually increases until older adulthood, when it generally begins to decline around age 70.

Over the lifespan, males and females generally follow the same path with regard to self-esteem. However, a notable gap develops between men and women during adolescence, resulting in men having higher self-esteem during this period. Self-esteem is defined as the level of self-acceptance and individual experiences in regard to self-image. Additionally, there is a correlation between high self-esteem during one period of the lifespan and during other periods of the lifespan. So, if an adolescent or young adult experiences high self-esteem, they are likely to have high self-esteem in later periods as well.

65.

Someone who is pansexual:

Is attracted to a person regardless of their gender identity

Is attracted to many genders

Lives as a member of the sex different from his or her birth sex

Has no gender identity

Correct answer: Is attracted to a person regardless of their gender identity

There is an array of sexualities, and each client may identify independently and not necessarily in accordance with the typical definition of an identity. It is essential that when discussing sexuality, social workers make space for clients to define their sexuality on their own terms. It is helpful, however, for social workers to be familiar with common terms and sexualities within the LGBTQIA+ community. Pansexuality generally refers to the experience of being attracted to a person without influence of gender, or experiencing attraction to all gender identities.

An individual who expresses their gender differently than the sex they were assigned at birth would generally identify as transgender. The term pansexual does not refer to the individual's gender identity but, rather, their sexuality. Sexuality and gender identity are separate elements of an individual's identity.

66.

Which of the following is considered a precipitating cause of a crisis?

All of the above

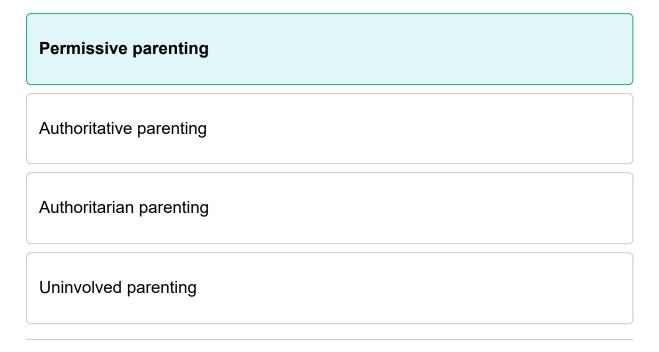The death of a spouse

Getting into a car accident

Being stood up on a date

Correct answer: All of the above

It is a common misconception that precipitating events to a crisis must be major life events. In fact, precipitating events are often "small" events that can be considered a client's "last straw" in a series of difficulties. A crisis is simply a disruption of a client's steady state, or homeostasis, and many factors can influence a client's likelihood of experiencing this type of disruption. Clients with a greater level of resilience are less likely to experience crisis due to the same event than clients with low levels of resilience. Regardless of the cause, when a crisis is addressed appropriately, all clients have the ability to emerge healthier. This is why crisis support is extremely important in social work.

67.

Rebecca, a social worker whose specialty is children, is meeting with her young client, Alice. Alice has been having some behavioral problems at school, such as disruptive behavior, talking back to authorities, and calling teachers by their first names. She has also been reporting that she is not happy, and her grades have been poor this year.

What kind of parenting model is **MOST** likely present in Alice's home?

Permissive parenting

Authoritative parenting

Authoritarian parenting

Uninvolved parenting

Correct answer: Permissive parenting

Permissive parenting, an approach most characterized by a lack of discipline and a more peer-style relationship with children, tends to produce children with authority-related behavioral problems and low grades in school.

The other answers are incorrect. Authoritative parenting (a balanced, nurturing approach that still asserts rules and boundaries) tends to produce children that are well-functioning, able to produce good grades in school, and report higher levels of happiness. Authoritarian parenting (an approach characterized by many rules and lots of discipline but severely lacking in nurturing interactions) often produces children who perform well academically but are less well-rounded socially, less happy, and less confident. Uninvolved parenting (a very hands-off approach with little interaction) is associated with poor academic achievement, lower levels of self-confidence, and poor self-control.

68.

Marissa and Tim are meeting with a social worker to join a family support group for those who have a family member diagnosed with a severe and persistent mental illness. They have recently learned that their youngest son experienced a psychotic episode during his sophomore year of college and is currently at an inpatient psychiatric hospital. They are struggling to navigate the different caretaking dynamic now that they are parents to adult children. Based on the information provided, which of the following stages of the family life cycle are Marissa and Tim in?

Launching children

Later family life

Childless couple

Family of origin experiences

Correct answer: Launching children

The family life cycle is made up of eight distinct stages:

1. *Family of origin experience*
2. *Leaving home*
3. *Premarriage*
4. *Childless couple*
5. *Family with young children*
6. *Family with adolescents*
7. *Launching children*
8. *Later family life*

The launching children stage involves managing midlife issues, navigating shifting dynamics with adult children, adjusting to an empty nest, incorporating in-laws and grandchildren, and managing death and disability within the family of origin. The later family life stage focuses on managing physical decline, adjusting to grown children taking on increased responsibility, managing grief associated with family member deaths, and preparing for death. The childless couple stage is focused on living with a partner, managing daily life tasks with a partner, and managing changes in relationships with the family of origin. The family of origin experience emphasizes navigating relationships with parents and siblings, finishing education, and building the foundations of an independent life.

Because the couple's youngest child is in college and they are navigating shifting dynamics in the parent-child relationship, their current circumstances most closely

align with the launching children stage. Though their children are out of the home, this couple still has children and thus they are not childless.

69.

A social worker thinks of himself as someone who respects and values the diversity of others. He often reads publications about various ethnicities and races so he can be better informed when he serves clients of other backgrounds. Today, he is meeting with a Japanese family for the first time.

Which of the following is the **BEST** approach the social worker should use when meeting with this family?

Express an interest in knowing more about the family's background, beliefs, and values

Make an effort to restrict his own expressions, as he has read that Asian populations are typically reserved

Ask the father or another patriarchal figure to answer the social worker's questions first

---

Correct answer: Express an interest in knowing more about the family's background, beliefs, and values

While it is admirable that the social worker wants to be culturally sensitive and know more about his clients' races and ethnicities, he should not assume that each individual family automatically fits into a mold. Each family is unique, so the social worker's best course of action is to express an interest in knowing more about the family's background, beliefs, and values.

It is true that communication in Asian cultures is often indirect and more reserved than in American cultures, but the social worker should be as genuine as possible rather than make an effort to restrict his own expressions. The social worker should not ask the father or another patriarchal figure to answer the social worker's questions first because, again, the social worker is making an assumption about the family that may not be true.

As a general principle, though cultural groups do tend to demonstrate commonalities within their group, a social worker's best course of action in any client context is to first regard that client or client system as its own unique entity and proceed in a respectful, curious manner about relevant cultural issues.

70.

A social worker is meeting with a client who is struggling with depression and anxiety. The client appears to be female, though when completing the initial paperwork the client marks the "male" checkbox. When the social worker reviews the paperwork with the client, the client confirms that the correct checkbox is marked. What should the social worker do?

Refer to the client as male throughout the treatment

Include a goal related to gender confusion on the client's treatment plan

Engage the client in a discussion about why the client wants to be male

Refer the client to another provider with experience in treating individuals with gender identity issues

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Correct answer: Refer to the client as male throughout the treatment

Gender identity is the knowledge of oneself as being male or female and usually conforms to anatomic sex in both heterosexual and homosexual individuals. However, individuals who identify as transgender feel themselves to be of a gender different from their biological sex; their gender identity does not match their anatomic or chromosomal sex. The social worker should be aware that it is important to let individuals define their own sexual orientation and gender identity.

The client did not come to the social worker asking for help related to gender confusion, so the social worker should not identify this as a goal on the treatment plan. The client came to the social worker for help with depression and anxiety, not gender identity problems. Unless the client initiates the topic of his sexuality, the social worker should focus on the client's symptoms of depression and anxiety.

71.

A social worker usually recommends that her clients attend family therapy, as she believes the best interventions involve the interaction between the individual and their environment. This social worker **MOST** likely operates from which perspective?

Ecological

Psychoanalytic

Social learning

Attachment

Correct answer: Ecological

The ecological systems perspective is rooted in systems theory which views coping as a transactional process that reflects the "person in environment" relationship. Using this perspective, the focus of intervention is the interface between a client and a client's environment.

The psychoanalytic perspective addresses the ways in which early childhood experiences affect current functioning. The social learning perspective emphasizes the impact that observation of others has on our attitudes and behaviors. The attachment perspective focuses on early relationships with primary caregivers.

72.

Which of the following is **NOT** characteristic during the preoperational stage of Piaget's theory of cognitive growth?

Imitative play

Night terrors

Difficulty seeing another's point of view

Correct answer: Imitative play

Jean Piaget was a developmental psychologist best known for his theory of cognitive development. According to this theory, children ages two to seven years are in the preoperational stage of growth. During this stage, night terrors, magical thinking, and difficulty seeing others' points of view are considered to be typical.

Imitative play usually occurs during the sensorimotor stage, which refers to children two years of age and younger.

73.

Which of the following is the **MOST** accurate statement according to gender role theory?

Differences in behaviors between genders are a result of socially constructed ideas

Biological causes account for gender differences

Environmental causes account for gender differences

Gender differences are not observable in young children

Correct answer: Differences in behaviors between genders are a result of socially constructed ideas

Gender role theory is rooted in the belief that children observe cultural and societally constructed ideologies and patterns of behavior, including variations in expectations for different genders. As a result, gender role theory asserts that differences in behaviors are the result of socially constructed ideas, and children learn them via observation and modeling as they grow up and interact with peers and adults.

While most theories of gender assert that biology is at the root of differences among the genders, gender role theory is one of the few that does not. While society is one of the domains in which children observe and learn behaviors, society specifically is the domain that gender role theory asserts is responsible for observable differences in gender roles. It is not accurate that gender differences are not observable in young children; in fact, marketing agencies gear advertisements and products toward genders from infancy, before children are even able to express gender on their own.

74.

Which social work value demands that social workers develop and promote strategies to ensure that all people have equal opportunities to meet basic human needs?

Social justice

Competence

Integrity

Professionalism

Correct answer: Social justice

The social work profession is rooted in the following core values: service, social justice, dignity and worth of the person, importance of human relationships, integrity, and competence. Social justice refers specifically to challenging social injustices via advocacy for oppressed populations and the promotion of efforts that uplift diversity, equity, and inclusion.

Competence requires social workers to ensure that they are fully trained in areas in which they practice. Integrity requires that social workers engage in trustworthy and ethical practices. Professionalism is not a core value but is an important standard that social workers are expected to adhere to and refers to acting in a way that demonstrates competence and skill in their profession.

75.

Which of the following is **FALSE** regarding addiction?

Sexual addiction is not a recognized addiction

People are able to become addicted to anything that provides pleasure

Treatment involves stabilization, rehabilitation, and maintenance

Withdrawal can be experienced even in the absence of substance use

Correct answer: Sexual addiction is not a recognized addiction

While substance addiction receives the bulk of the research and attention in regard to addiction, it is possible to develop an addiction to anything that provides pleasure, including sex. Sexual addiction is one of the most commonly misunderstood forms of addiction because sex is an activity that should naturally produce pleasure. If something (such as sexual activity) begins to dictate a person's routine, life, and decision-making, it can lead to feelings of guilt and shame and can cause problems.

When an activity produces pleasure, a "high" is produced as a result of beta-endorphins being released. This chemical release can lead to addiction and addictive behaviors that negatively impact a client's life. Due to this chemical component, withdrawal symptoms can occur regardless of whether substances are involved in the addiction. The most common symptoms include irritability, cravings, and restlessness. Regardless of treatment modality (harm reduction vs. abstinence), the goals of addiction treatment are stabilization, rehabilitation, and maintenance.

76.

According to Erikson's psychosocial model of development, why might a senior citizen develop feelings of hopelessness and despair?

They see their lives as unproductive

They feel a sense of confusion about themselves and their role in the world

They have a sense of fear about an inconsistent world

They feel like a nuisance to others

Correct answer: They see their lives as unproductive

Erikson's theory of social development emphasizes the ways in which children engage with their peers, and how this impacts their sense of identity throughout the life course. The final stage of the model is the ego integrity versus despair stage and is focused on life review and contemplation of things the adult has accomplished over the course of their life. When viewing their life's work, one is likely to view their life as productive or unproductive. Success in this stage leads to an overall sense of integrity, whereas failure leads to feelings of depression, hopelessness, and despair.

A stable sense of self is the product of what Erikson called Identity Versus Role Confusion. The conflict in this stage of the psychosocial model takes place somewhere during adolescence and marks the transformation from childhood to adulthood. The conflict at this stage is between the dependent nature of the child and the independent nature of the emerging adult. Erikson's developmental stage of Trust Versus Mistrust defines the basic developmental conflict in human beings. From birth to one year of age, the individual is learning that the world is a safe and stable place in which conflict can be managed, or they are learning that the world is a dangerous and threatening place where danger is always present, and disaster is a constant possibility.

77.

A social worker is meeting with a young mother who expresses frustration with her conflicting roles as mother, wife, and employee. The source of her frustrations centers on the way others judge her balancing these roles. The social worker has the client write down the expectations that society places on her for each role. Which of the following expresses the phenomenon experienced by the young mother?

Role discomplementarity

Role reversal

Role ambiguity

Role complementarity

Correct answer: Role discomplementarity

Role discomplementarity describes the situation when the expectations of others differ from one's own with respect to roles. It can be seen as a disagreement between oneself and others about the nature of how one manages different "jobs" in life and can cause distress.

Role reversal is when two or more people switch roles. Role ambiguity occurs when roles are not clear. Role complementarity is when a role is carried out in an expected way.

78.

According to Behaviorist theory, which of the following changes behavior by removing a negative stimulus?

Negative reinforcement

Positive consequence

Negative consequence

Positive reinforcement

Correct answer: Negative reinforcement

According to Behaviorist theory, negative reinforcement changes behavior by removing a negative stimulus. Positive reinforcement changes behavior by adding a positive.

The other answer options are incorrect. "Positive consequence" and "negative consequence" are not terms used in Behaviorist theory in this way.

79.

Which of the following is **TRUE** regarding emotional growth and development?

> **Emotional milestones are more difficult to identify than physical milestones**

> Emotional development is accomplished through academic tasks

> The bulk of emotional development during childhood occurs during conversations with adults

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Correct answer: Emotional milestones are more difficult to identify than physical milestones

As children grow and develop, their physical development and milestones are relatively easy to observe and measure via appointments with pediatricians. During appointments, pediatricians are able to use instruments such as scales, measuring tapes, and tools to test reflexes to ensure that a child's body is developing appropriately for their age. However, when assessing emotional milestones, there are no physical instruments to be used to assess progress. Assessment involves a significant amount of observation in the child's environments to ensure that milestones are being met. This involves observation of conversations with both adults and peers, not just adults.

80.

Which of the following has been eliminated from the diagnosis of Substance Use Disorder?

Problems with law enforcement

Craving

Scholastic problems

Work problems

Correct answer: Problems with law enforcement

Problems with law enforcement has been removed from the current diagnostic literature as it pertains to Substance Use Disorder as a cultural consideration.

The other answer options are incorrect. Craving has recently been added to the criteria, and functional issues (such as those reflected in a decrease in school or work functioning) have always been a part of diagnostic criteria of Substance Use Disorder.

81.

Jennifer works for a therapy agency in a major city. A protest is taking place following the state legislature's passage of a law that limits LGBTQIA+ rights in regard to healthcare, marriage, and protection from discrimination. Jennifer is concerned that her employer may be unhappy if she participates in the protest. She reviews the NASW Code of Ethics prior to making a decision. Which of the following actions is **MOST** aligned with the Code of Ethics?

Deciding to participate in the protest

Declining to participate in the protest to protect her job and direct-practice work with clients

Declining to participate in the protest but engaging politically in an anonymous manner online

Deciding to participate in the protest if her employer provides permission in advance

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Correct answer: Deciding to participate in the protest

The NASW Code of Ethics states, "Social workers should engage in social and political action that seeks to ensure that all people have equal access to the resources, employment, services, and opportunities they require to meet their basic human needs and to develop fully. Social workers should be aware of the impact of the political arena on practice and should advocate for changes in policy and legislation to improve social conditions to meet basic human needs and promote social justice." It also says, "Social workers should act to prevent and eliminate domination of, exploitation of, and discrimination against any person, group, or class on the basis of race, ethnicity, national origin, color, sex, sexual orientation, gender identity or expression, age, marital status, political belief, religion, immigration status, or mental or physical ability." This indicates that social workers are expected to advocate for individuals both in direct practice and on the macro level. Participating in the protest is an example of macro-level advocacy via political pressure.

While it is important to engage in direct practice, declining to participate in macro-level advocacy is not aligned with the Code of Ethics. It would be acceptable to participate in political engagement online, but because social workers are charged with macro-level advocacy, engaging anonymously is not the best course of action. While it may be beneficial to understand and follow agency guidelines, if those

guidelines are in opposition to the Code of Ethics, social workers are expected to adhere to the Code of Ethics rather than agency policy.

82.

In which stage of couples development is marriage **MOST** appropriate?

Commitment

Stability

Power struggle

Co-creation

Correct answer: Commitment

There are five identified stages of couples development that occur in the following order:

1. *Romance*
2. *Power struggle*
3. *Stability*
4. *Commitment*
5. *Co-creation*

Theorists have identified the fourth stage, commitment, as the most appropriate stage for marriage as couples have successfully navigated the power struggle phase and have been able to "practice" and achieve differentiation in a healthy manner. In this stage, couples are able to maintain both intimacy and independence.

The stability phase follows the power struggle phase and emphasizes rapprochement and developing the ability to experience the benefits of being independent within an intimate relationship. The power struggle phase follows the romance stage, and in this stage individuals see their partner's flaws and seek to see themselves as individuals within the relationship. The co-creation stage follows commitment and marriage and generally involves having children and engaging in mutual growth.

83.

Exposure to discrimination is linked to:

Anxiety and depression

Lower levels of cognitive functioning

Improved results from drug and alcohol treatment

Increased need for family therapy

Correct answer: Anxiety and depression

Exposure to discrimination of all kinds is linked to anxiety and depression as well as other mental health and behavioral problems. In addition, there may be physical effects such as diabetes, obesity, and high blood pressure.

The remaining answer options are incorrect. Discrimination has not been linked to lower levels of cognitive functioning, improved rates of recovery from drug and alcohol abuse, or an increased need for family therapy.

84.

Social workers working in what field tend to specialize in issues related to health and medicine and end-of-life care?

Aging

Family services

Mental health

Correct answer: Aging

The field of aging is quickly expanding as the baby boom generation ages and has access to up-to-date medical care. Social workers are in high demand to work with these populations and their families surrounding issues such as medical treatment and end-of-life care.

Family services issues typically include finding resources for families and providing family therapy so all members can function better. Mental health services include providing therapy and other psychiatric interventions.

85.

Using systems theory, which social institution would be responsible for relaying functional skills to children and young adults?

> **The education system**

> The government system

> The family system

> The religious system

Correct answer: The education system

Within a society, many systems interact with one another and together ensure that an individual's needs are met, societal expectations are established, rules and regulations are upheld, and patterns of behavior are established. It is generally accepted that the education system is responsible for sharing cultural norms, preparing individuals for jobs, evaluating and identifying competent people, and sharing functional skills.

The government system is responsible for creating norms and enforcing them, managing conflict using the courts, providing for society's general welfare, and protecting society. The family system is responsible for regulating sexual behaviors, having children, providing economic and emotional maintenance, and providing initial socialization for kids. The religious system is responsible for providing answers to things that cannot be explained, supporting the social structure, providing psychological distractions for stress, upholding an existing class structure, and promoting or preventing social change.

86.

A social worker at a medical facility is meeting with a young woman and her mother. The young woman is transgender and has been transitioning for the past several years. When the young woman steps away to take a phone call, the mother says to you, "She'll always be Jack to me." Which of the following is the **BEST** next step for the social worker?

Provide psychoeducation that statements like that can be invalidating and harmful, regardless of intent

Provide the mother with a support/psychoeducational group for parents of LGBTQIA+ children

Inform the mother that statements like that will not be tolerated in the facility

Wait for the daughter to return and inquire how she would like to address the comment

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Correct answer: Provide psychoeducation that statements like that can be invalidating and harmful, regardless of intent

It is not uncommon for friends and family members of transgender individuals to have a limited understanding of the transgender experience and to ask invasive questions or make harmful statements. In an effort to uphold the code of ethics and provide appropriate care, the social worker should respond in a manner that is affirmative to the transgender client. As the mother's comment does not seem to communicate an intent to harm, the best option is to provide psychoeducation and to empower the mother to engage in a less harmful way with her child.

It may also be appropriate to refer the mother to a group, but in-the-moment psychoeducation would be indicated first. Simply informing the mother that her statements are not tolerated may damage rapport and increase her conflict with the daughter as it may lead the mother to feel defensive. In the event that the behavior continues, it may be necessary to set a firm boundary such as this one. Waiting to address the issue until the daughter returns places the burden on the client's shoulders, and this would not be appropriate.

87.

Rebecca reports to her social worker that when she thinks about recent political circumstances, she feels overwhelming rage and wants to punch holes in the wall. She reports that she has developed a new habit of running three miles before work and going to the gym in the evening to manage her anger. This is an example of which of the following defense mechanisms?

Sublimation

Substitution

Repression

Projection

Correct answer: Sublimation

Sublimation is a defense mechanism in which an individual diverts unwanted feelings into a socially acceptable activity. As Rebecca is diverting her anger into running and exercise, she is engaging in sublimation.

Substitution is a defense mechanism in which an unwanted or unrealistic feeling, situation, or emotion is substituted, or replaced, with one that is more desirable or attainable. Repression involves experiencing memory loss or amnesia as a means of unconscious elimination of distressing, unwanted, or socially unacceptable thoughts, feelings, or desires. Projection involves placing an unwanted or undesirable thought, feeling, or desire onto a third-party person or object.

88.

Emily is a 19-year-old college student who has recently started reporting increased intrusive thoughts. She has been comparing herself to images of models and influencers on social media and states she is feeling dissatisfied with her own appearance. Emily has started skipping meals and engaging in intense exercise routines to achieve what she perceives as the "ideal" body type. She avoids social events and has become increasingly withdrawn from her friends. Which of the following is the **BEST** intervention for her social worker to select for treatment?

> **A comprehensive approach involving therapy to address body image issues and coping skill development**

Encouraging her to continue her exercise routine to help boost her self-esteem

Focusing on developing a diet plan to achieve her desired appearance and improve her self-confidence

Encouraging her to focus on academic achievements and career goals to naturally boost her self-esteem

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Correct answer: A comprehensive approach involving therapy to address body image issues and coping skill development

Emily's negative body image is influencing her to engage in unhealthy behaviors and isolate herself. A comprehensive approach that involves therapy to address her body image concerns, develop coping strategies, and promote a healthier self-perception is the most appropriate intervention.

Negative body image can have a significant impact on an individual's overall well-being, leading to harmful behaviors and emotional distress. Encouraging Emily to continue her exercise routine or focusing on diet without addressing the underlying issue is likely to exacerbate her problems. Emily's withdrawal from social events is likely connected to her negative body image and the emotional distress it causes. Encouraging her to focus on academic achievements and career goals while neglecting her emotional struggles would not address the root issue affecting her well-being and may feel dismissive and hurt therapeutic rapport in the long run.

89.

Which of the following clients is the **MOST** appropriate for group work?

A 10-year-old girl whose parents are going through a divorce

A 35-year-old woman recently admitted to a psychiatric hospital for suicidal gestures

An elderly man whose apartment just burned down

Correct answer: A 10-year-old girl whose parents are going through a divorce

Group work can be quite helpful for children who are experiencing difficult life stressors, such as divorcing parents.

Contraindications for group work include clients who are in crisis, suicidal, actively psychotic or paranoid, and compulsively needy for attention.

90.

During a case consultation, a social worker says they are working with a client who has a very antisocial personality as a result of traumatic childhood experiences and a high level of influence of the unconscious. This social worker is **MOST LIKELY** which type of personality theorist?

Psychodynamic

Behavioral

Humanist

Trait

Correct answer: Psychodynamic

Psychodynamic personality theory roots personality in childhood experiences and emphasizes the influence of the unconscious on a person's personality.

Behavioral personality theory roots personality in interactions between the person and their environment and rejects concepts that rely on thoughts and feelings. Humanist personality theory roots personality in individual experience and free will and asserts that self-actualization drives personality development. Trait personality theory roots personality in the collection of an array of broad personality traits that lead to particular behaviors.

91.

Lauren is a social worker at a juvenile justice facility. After a few years of working there, she begins to understand that the root causes of criminal behavior are institutional racism, poverty, and inequality rather than individual problems.

Which environment should Lauren address **FIRST** as she works to create change?

Social

Cultural

Political

Physical

Correct answer: Social

The conceptual foundation for the social work profession acknowledges the environment as an important contextual consideration in understanding client problems and providing assistance. The social environment consists of society's beliefs, customs, practices, and behaviors. Unlike the physical or natural environment, it is largely an artificial construct. Lauren's understanding of criminal behavior is that it is caused by influences outside the individual's control in the social environment.

The physical environment refers to the geographical location and concrete measures in the client's natural environment. The cultural environment refers to learned behavioral traits, such as religion and language. The political environment refers to public policies that influence a client system.

92.

Meghan is meeting with a new social worker after asking for support from a teacher at her school. When the social worker asks what prompted the student to seek support, Meghan reports that all her friends have crushes and want relationships but that she doesn't experience sexual attraction to anyone and is seeking help understanding what this means. Which term would the student **MOST LIKELY** identify with?

Asexual

Questioning

Pansexual

Genderqueer

Correct answer: Asexual

Asexual refers to the concept that some people do not experience the feeling of sexual attraction to anyone, regardless of gender identity or sexual orientation. This best fits with what the student has described. It is essential for the social worker not to label the client themselves but rather to provide education and allow the student to express their own identity.

Questioning describes individuals who are unsure of their sexual orientation or expresses curiosity surrounding sexual orientation. Pansexual describes an individual who experiences sexual attraction to individuals regardless of gender (attraction can exist toward any gender identity). Genderqueer describes someone whose gender identity does not align with the binary, conventional concept of gender.

93.

During an assessment, a client expresses to the social worker that they picked out their own outfit and got to choose their breakfast with excitement. Which stage of social development is the client **MOST LIKELY** in?

Autonomy vs. shame and doubt

Trust vs. mistrust

Industry vs. inferiority

Initiative vs. guilt

Correct answer: Autonomy vs. shame and doubt

According to Erik Erikson's theory of social development, individuals pass through eight stages during their lifetime. The autonomy vs. shame and doubt stage typically occurs between ages one and three and involves learning to assert independence by allowing physical distance between them and their parents, selecting toys, selecting foods, selecting clothing, and generally making decisions for themselves. As the child was focused on making choices, this is the stage they are most likely in when meeting with the social worker.

The trust vs. mistrust stage occurs between birth and one year and involves learning to trust others. This stage relies on consistency from caregivers. The industry vs. inferiority stage occurs between age six and puberty and involves starting and completing projects, using imagination to create games, and starting activities with other people. The initiative vs. guilt stage occurs between ages three and six and involves making up games, planning activities, and initiating interactions with others.

94.

A social worker is observing a child as their parent must have supervised visitation following a substantiated report of neglect and subsequent foster care placement. The social worker observes that the child hears and applies a playground rule appropriately during the visit. Which level of cognition has the social worker observed the child demonstrate?

Application

Comprehension

Analysis

Synthesis

Correct answer: Application

The application level of cognition is indicated by proper use of facts, rules, and concepts. Following rules on a playground is a demonstration of the application level.

There are six levels of cognition:

1. *Knowledge: memorization, recall, and recognition*
2. *Comprehension: the ability to understand what facts mean*
3. *Application: properly using facts, rules, and concepts*
4. *Analysis: the ability to break information into parts*
5. *Synthesis: combining ideas, concepts, and facts*
6. *Evaluation: forming opinions or making judgments*

95.

Which of the following is more strongly related to children's achievement than to their emotional outcomes?

Family income

Domestic violence

A parent with a mental illness

A natural disaster

Correct answer: Family income

It is critical that social workers understand the impact that larger social issues can have on individual clients. As part of the biopsychosocial assessment, one of the factors that should be reviewed is socioeconomic status currently and when the client was a child. One of the reasons for this is that research has indicated that there is a significant correlation between extreme poverty in early childhood and achievement. Income has been shown to have a significant impact upon a child's expected level of achievement.

While experiencing or witnessing domestic violence has been shown to have an impact upon a child's likelihood of engaging in and/or experiencing domestic violence themselves, it is not significantly tied to achievement presently. Similarly, while research has indicated that having a parent with mental illness can be closely linked to an increased likelihood of a child developing a mental illness, it is not significantly linked to their expected achievement. Last, there is not a known correlation between a child experiencing a natural disaster and their achievement being impacted.

96.

A social worker is a case manager at a substance use treatment facility. They are meeting with a client who currently has a goal of developing coping skills to use during times of distress. Which stage of substance use treatment is this client engaged in currently?

Rehabilitation

Maintenance

Stabilization

Relapse

Correct answer: Rehabilitation

There are three stages of substance use treatment: stabilization, rehabilitation, and maintenance. Coping skills are developed during the rehabilitation phase. During this phase, clients also work to establish a healthy lifestyle, increase support systems, and grieve the loss of substance use.

The stabilization stage of treatment involves working to establish abstinence or reduce substance use, accepting that there is a problem, and making a commitment to change. The maintenance phase focuses on maintaining accomplishments in treatment and preventing relapse. Relapse is part of the ongoing substance use treatment process but is not generally included as its own phase because it can occur during any phase.

97.

A social worker at a hospice facility runs a grief group for family members who have recently lost loved ones. The group allows new members to join at any time and does not require attendance at each meeting. What type of group does this social worker run?

An open group

A closed group

A crisis group

A self-help group

Correct answer: An open group

It is essential to know the difference between group types, specifically open vs. closed group types. Open groups allow new members to join at any point during the course of the group without a specified start date and generally do not require attendance at each session.

Closed groups have a specified start and end date and do not allow new members to join between those dates. These groups tend to have a structured curriculum and run in cycles. This group could have members who are experiencing crisis, but it is important to remember that crisis does not have to be precipitated by a major life event (such as the loss of a loved one) or, conversely, a major life event does not necessarily lead to crisis. Self-help groups are typically led by members and include groups such as AA and Weight Watchers.

98.

A community agency available to provide psychoeducation and case management services to pregnant and parenting teens places great emphasis on the strengths perspective and assumes that each client has the capacity to grow, change, and thrive. This approach is rooted in which theory of human development?

Humanist

Psychodynamic

Cognitive

Behaviorist

Correct answer: Humanist

The humanistic approach to development is rooted in the notion that an individual always aims to reach their full potential and find success. This theory is popular in social work and sets a goal of working to assist in developing the whole person rather than one facet of an individual.

The psychodynamic approach focuses on early childhood experiences and their unconscious influence on behaviors.

The cognitive approach focuses on internal cognitive structures to understand learning. Social workers are expected to seek opportunities for a client to enhance their capacity to learn.

Behaviorists focus on learning and growth through changes in the environment, behaviors, and stimuli. Social workers aim to alter the environment to better meet client needs.

99.

Which of the following theorists **FIRST** developed a theory of moral development?

Piaget

Kohlberg

Maslow

Jung

Correct answer: Piaget

Jean Piaget was the first to develop a theory of moral development, though Lawrence Kohlberg later developed it further.

The other answer choices are incorrect. Abraham Maslow was best known for his hierarchy of needs. Carl Jung was a psychoanalytic theorist and did not develop a theory of moral development.

100.

John Bowlby's Attachment Theory states the following:

Attachment is a product of human evolution

Attachment is a cultural invention

Attachment is mainly defined by genetic characteristics

Attachment is learned by interaction with peers

Correct answer: Attachment is a product of human evolution

According to the work of John Bowlby, attachment is a lasting psychological connectedness between individuals. In Bowlby's view, attachment is a necessary product of human evolution. In the course of normal development, a human being will develop attachments to others based on the model provided by an initial figure of attachment. The main purpose of attachment from an evolutionary perspective is to provide a child with a model of safety and security; a "secure base" from which to explore further human interaction.

Bowlby suggests that children enter the world with genetic programming for attachment, as attachment between like organisms is a necessary phenomenon for the survival of the species.

101.

Which of the following is the term used by system theorists to describe the exchange of energy and resources between systems that promotes growth and transformation?

Negative entropy

Collaboration

Interrelation

Throughsystem effort

Correct answer: Negative entropy

Systems theorists have detailed terms that are used to describe all of the different ways in which systems interrelate, in both effective and non-effective ways. Negative entropy is used to describe the situation when there is an exchange of energy and resources between systems that promotes growth and transformation.

The other options are incorrect. Collaboration is not a term used by system theorists to describe this phenomenon. "Interrelation" and "throughsystem effort" are fabricated terms.

102.

Which of the following is **TRUE** regarding healthy growth and development of children ages seven to 12?

> **They begin to understand cause and effect**

> They are able to think in an abstract manner

> They choose their own values

> They often challenge authority

Correct answer: They begin to understand cause and effect

Older children, ages seven to 12, often grow slowly until hitting a spurt at the start of puberty, begin to understand cause and effect, develop the ability to read and write, develop a sense of self, and seek greater independence. Thinking in an abstract manner, selecting one's own values, and challenging authority are more closely associated with adolescent development alongside growth spurts, physical maturation, close social relationships, pursuit of balance between social and family values, and concern about appearance.

103.

Jessica is running a support group for people who have recently been hospitalized for psychiatric reasons. During the most recent group session (the second session), she observed that some members were having disagreements. What is Jessica's **BEST** course of action?

> **Allow group members to work it out on their own**

> Stop discussions and review the group rules

> Terminate the group

> Encourage acceptance of members as individuals

Correct answer: Allow group members to work it out on their own

Disagreements and power struggles are a normal part of the "storming" phase of group development. During this phase, group members seek to maintain individual autonomy and group identity. It is best to allow group members to work these struggles out on their own because it is a natural part of group development.

If disagreements or power struggles escalate to an unhealthy or threatening level, it is appropriate for the group leader to step in and redirect the discussion. It is not appropriate to terminate the group due to disagreements because these are an expected and necessary part of group development.

Acceptance of group members as individuals is a part of the performing stage of group development. The natural stages of group development include forming (trust is developed), storming (power struggles occur), norming (intimacy is established), performing (acceptance of individuals occurs), and adjourning (group is terminated).

104.

A social worker specializes in providing support to individuals throughout the social, cultural, psychological, cognitive, and biological aspects of aging. Which of the following job titles is this social worker **MOST LIKELY** to have?

Gerontology social worker

Pediatric social worker

Oncology social worker

Hospice social worker

Correct answer: Gerontology social worker

Gerontology is the study of the social, cultural, psychological, cognitive, and biological aspects of aging. This social worker would most likely find work as a gerontology social worker. They will likely support clients during changes in health and physical capability and help them access appropriate care, manage economic instability, decrease vulnerability to abuse, increase meaningful social interaction, and remain engaged with society.

Pediatrics social workers specialize in providing care for infants, children, adolescents, and young adults. Oncology social workers specialize in providing care to clients who have been diagnosed with cancer. Hospice social workers specialize in providing end-of-life care to clients of all ages but may interact with geriatric clients at a higher rate than most other fields. Hospice agencies provide care to individuals of any age who have terminal diagnoses.

105.

A social worker is meeting for the first time with a family from Afghanistan. Though the social worker has provided family therapy for many years, she has never worked with a family from this particular culture.

What should the social worker do?

Attempt to engage the family in conversation about cultural differences that may affect the helping process

Refer the family to another professional with experience working with the Afghan culture

Research the Afghan culture and assume that this family has the same cultural beliefs

Consult with coworkers for assistance

Correct answer: Attempt to engage the family in conversation about cultural differences that may affect the helping process

Cultural misunderstandings can occur when social workers do not share or understand the rules of a client's culture. Social workers can learn the rules of a culture through observation and through asking questions.

After gathering information from the family and engaging in honest conversation, the social worker can decide whether to refer the family to another professional. Social workers should never make assumptions and should view a client as the expert in better understanding how their cultural environment will facilitate or hinder change. The social worker may speak with coworkers for their advice, but should first attempt to talk with the family about cultural differences and similarities.

106.

Today's society classifies people into different races primarily based on what?

Skin color

Religion

Geographical location

Language

Correct answer: Skin color

Historically, race has used distinguishing characteristics such as biology or other physical characteristics such as skin color. However, in modern society, race is typically classified based on an individual's skin color using labels such as "Black" or "White." There have been groups discouraging this conceptualization of race as it is an oversimplification of a complex topic and racist roots.

Both race and ethnicity are terms used to identify and describe certain segments of the global population. Ethnicity has relied on cultural characteristics such as nationality, cultural identity, language, religion, customs, geographic origin, and so on.

107.

The failure of one system in the human body often affects the functioning of other bodily systems as well. This is an example of which theory?

Systems

Person-in-environment

Psychodynamic

Correct answer: Systems

The systems theory is based on the biological phenomenon that when one system in an organism fails, it greatly affects the remaining systems. In social work, this means that when one system (such as a family unit) changes, it affects the related systems and subsystems, such as the extended family or neighborhood.

The person-in-environment theory describes a person as being affected by their environment and vice versa. The psychodynamic theory describes personality in terms of conscious and unconscious forces.

108.

Which of the following is **TRUE** regarding social support from the family system?

Even after years of estrangement, time spent in a problematic family system can continue to have a negative impact on a person's well-being

Family systems do not have a lasting impact upon an adult's functioning and well-being

While supportive family systems have a positive impact upon resiliency and ego strength, dysfunctional family systems have been shown to have a far less significant negative impact upon the same factors

While family systems can impact social functioning, they do not often impact a person's mental, physical, or emotional functioning

Correct answer: Even after years of estrangement, time spent in a problematic family system can continue to have a negative impact on a person's well-being

The influence that an individual's family or origin has on them throughout the life course ranges from self-esteem, feelings of safety in the world, the ways in which they form attachments, typical behaviors, and overall functioning. These influences can be positive, negative, or a mixture. In the event that an individual becomes estranged from a toxic family system, the repercussions from the time spent with that family can last for years afterward.

109.

Which of the following is **TRUE** of gender identity?

It is not correlated with sexual orientation

It is correlated to anatomical sex

It is defined as a shift between masculine and feminine expressions of gender

If a person questions their gender identity, the DSM would identify them as having a mental illness

Correct answer: It is not correlated with sexual orientation

Gender identity is defined as a person's personal conceptualization of their own gender and can be expressed as male, female, both, or neither. Gender identity can match the gender assigned at birth, but, sometimes, a person's gender identity is not aligned with the sex they were assigned at birth. In this case, this person may identify as transgender or nonbinary. It is important for social workers to understand that gender identity and sexual orientation are two distinct identities and do not necessarily influence one another in any way.

When an individual's gender expression is not fixed and can shift, that person likely identifies or can be described as "gender fluid." The DSM does have a diagnosis of gender dysphoric disorder, but simply questioning gender does not meet the diagnostic criteria, and more information would be required for a diagnosis.

110.

Which of the following theories of personality **MOST** suggests that personality is made up of a set of stable characteristics?

Trait

Humanist

Psychodynamic

Behavioral

Correct answer: Trait

There have been several attempts to describe human personality. Trait theories suggest that personality is composed of several stable characteristics, or traits, such as agreeableness or extraversion.

The other choices are incorrect. Humanist theories describe the importance of free will and individual experience. Psychodynamic theories conceptualize human personality as a result of inner conflict and early experience. Behavioral theories describe human personality as the result of the interaction between individual and environment.

111.

Adriana, a 60-year-old client, has been experiencing a sense of purposelessness and a desire for deeper meaning in her life. She mentions that she used to have strong religious beliefs in her youth but has since drifted away from organized religion. As a social worker, which approach would be **MOST** appropriate to address Adriana's quest for spiritual development?

Explore various spiritual and philosophical perspectives with Adriana, allowing her to discover her own sense of spirituality

Advise Adriana to avoid discussing spirituality, as it might lead to increased confusion and distress

Suggest that Adriana focus solely on her social relationships to overcome her sense of purposelessness

Correct answer: Explore various spiritual and philosophical perspectives with Maria, allowing her to discover her own sense of spirituality

Generally, individuals move through four stages of spiritual development throughout the lifespan. The first stage is a lack of belief that there exists a will greater than their own. The second stage involves a blind faith in an authority figure of a spiritual nature. The third stage involves skepticism and questioning of a logical basis and is characterized by an inability to accept things on faith alone. The fourth stage involves enjoying the complexity and mystery of the world and existential questioning. Individuals can belong or not belong to an organized religion regardless of stage. Social workers must provide empathetic support and encouragement to explore spiritual beliefs, regardless of their own beliefs or stage of spiritual development. The best response is to encourage Adriana to explore her beliefs in an effort to find perspectives that best fulfill her needs.

Ignoring or avoiding discussions about spirituality may hinder Adriana's ability to explore and understand this aspect of her life. Open dialogue and exploration can offer her the opportunity to find greater clarity and meaning. While social relationships are important, focusing solely on them may not fully address Adriana's quest for deeper meaning and spiritual fulfillment. Spiritual development encompasses a broader aspect of one's identity and sense of purpose.

112.

A social worker at a nursing home is meeting with a resident who fell and broke her hip and wrist last week, severely limiting her mobility and physical functioning. The social worker, who operates from a systems theory perspective, can expect this resident's physical restrictions to:

Impact the resident's social relationships and psychological functioning

Heal rather quickly, considering she is receiving excellent medical care

Cause severe depressive symptoms

Give the resident hope and motivation to get better

Correct answer: Impact the resident's social relationships and psychological functioning

The social worker should view the impact of the resident's physical injuries using systems theory. Important to this theory is the concept that when one thing changes in a system, other aspects are affected. The resident has experienced a change in physical functioning. This will likely impact her psychological and social well-being because the biopsychosocial functioning of an individual is interrelated.

The remaining answer options are incorrect. The resident probably will not heal quickly, as she is already living in the nursing home and therefore in need of additional medical care. The injuries may or may not lead to some depressive symptoms, but the social worker should not have an expectation that the resident will suffer from severe depression. The injuries would probably not give the resident hope; rather, they would likely be emotionally difficult to handle.

113.

Which of the following is a child **MOST** likely to form an attachment to, based on attachment theory?

> **The caregiver providing food**

> The caregiver in the maternal role

> The caregiver who carried the child in utero

Correct answer: The caregiver providing food

While the original attachment theory developed by Bowlby posits that attachment should be viewed via an evolutionary lens, such that the caregiver providing safety would be the person a child would form the most secure attachment to, newer theorists assert that the caregiver providing food to the child is the one most likely to form a meaningful attachment. Those who hold this belief assert that attachment is partially developed via learned behaviors such as feeding and comfort.

Attachment theory does not differentiate between maternal and paternal roles but, rather, focuses on who provides either safety or sustenance to the child. Similarly, the individual who carried the child in utero is not necessarily the person who forms the strongest attachment if the elements of safety and/or food are not addressed following birth and during the subsequent five years of life when attachment is most critical, per attachment theory.

114.

What is the social worker's main role in group work?

Helping each member change their situation through interpersonal experiences

Providing evidence-based treatments that meet the needs of all members

Ensuring there is no conflict within the group

Correct answer: Helping each member change their situation through interpersonal experiences

Group work is a method of social work that helps individuals enhance their social functioning through group experiences. Groups can also help people cope more effectively with their personal, group, or community problems. The social worker focuses on helping each member change their environment or behavior through interpersonal experience.

Though a social worker should use evidence-based practice, this might not meet the needs of all members, and it is not the social worker's main role. The social worker does not make sure there is no conflict but helps members to navigate and process the conflicts when they occur.

115.

Which of the following is **FALSE** regarding feminist theory?

It analyzes the status of women only in society

It includes the study of discrimination and objectification

It analyzes the status of both men and women in society

Its purpose is to use knowledge to improve women's lives

Correct answer: It analyzes the status of women only in society

Feminist theory is the study of the status of women and men in society with the goal of using the data gathered to improve women's lives. Topics such as discrimination, objectification, oppression, stereotypes, and gender roles are encompassed under the feminist theory umbrella. It is closely associated with feminism, which is a movement of a political, economic, and/or cultural nature with a goal of establishing equal rights and legal protections for women.

It is false that only women are studied, as it would be impossible to assess levels of oppression and/or discrimination if data was not gathered about men and nonbinary individuals in society as well.

116.

A social worker is meeting with a new client at a homeless shelter to help her get connected to resources. During the intake, the client reports feeling distressed that she has been finding herself attracted to other women but continually engages in sexual contact with men. The client has described which of the following?

Sexual orientation and sexual behavior

Sexual behavior and sexual identity

Sexual orientation and sexual identity

Sexual identity, sexual orientation, and sexual behavior

Correct answer: Sexual orientation and sexual behavior

Sexual orientation, sexual behavior, and sexual identity are three distinct concepts. Sexual orientation references an individual's pattern of attraction and/or arousal (or lack of) toward other persons. Sexual orientation is not a choice but an integral part of a person's identity. The client reporting that she feels attracted to women is an expression of sexual orientation. Sexual behavior refers to a person's sexual contacts and/or actions. The client reporting that she has had sexual encounters with men describes her sexual behavior.

Sexual identity refers to the way in which a person presents their sexual orientation to others. Some individuals may not feel safe or comfortable expressing their sexual orientation openly. The client has not referenced how she presents her sexual orientation to others, so this is not applicable.

117.

According to Maslow, which of the following is **NOT** a deficiency need?

Self-actualization

Safety

Physiological concerns

Esteem

Correct answer: Self-actualization

Maslow described needs in two broad categories; deficiency needs such as those for safety, social contact, physiological concerns, and esteem, and growth needs, which includes self-actualization. The idea is that one must satisfy the lack of things (a deficiency need) before one can pursue the growth of things (growth needs).

118.

An African-American child has friends of all different races and ethnicities. When asked what color his skin is, he replies, "Chocolate," and when asked what color his white friend's skin is, the child replies, "Peachy."

This child is in what stage of racial identity development?

Preencounter

Encounter

Immersion-emersion

Internalization and commitment

Correct answer: Preencounter

When viewing racial identity via the lens of the classic model, there are four distinct statuses denoted that do not necessarily occur in a specific order:

1. ***Preencounter*** *- There is not necessarily an awareness of racial, ethnic, or cultural differentiation or identity or the influence it has on the individual.*
2. ***Encounter*** *- An event occurs that brings racial, ethnic, or cultural identity to the individual's awareness. This event is not necessarily negative, but, for oppressed groups, does often involve some form of discrimination.*
3. ***Immersion-emersion*** *- Following the event that generates awareness, the individual begins to seek information, explore cultural roots, and learn from others of similar backgrounds.*
4. ***Internalization and commitment*** *- Once the individual has expanded their knowledge and exposure to their racial, cultural, or ethnic group, a secure attachment to this identity is established, leading to an enhanced sense of identity.*

As the child does not appear to have experienced an event that triggered an awareness of cultural, racial, or ethnic identity, the child is likely in the preencounter stage.

119.

Maya, a 16-year-old girl, comes from a multicultural background with one parent from South Asia and the other from North America. She often feels torn between her parents' cultural expectations and the cultural norms of her peers and school. Maya expresses confusion about her identity and is unsure of where she fits in. According to the model of adolescent cultural identity development, which stage is Maya **MOST LIKELY** in at this time?

Identity search

Identity achievement

Unexamined identity

Correct answer: Identity search

Modern models of cultural identity development break development down into three stages:

1. *Unexamined cultural, racial, and ethnic identity: a lack of identity exploration and acceptance of these concepts without critical thinking about the implications*
2. *Cultural, racial, and ethnic identity search: critical thinking and questioning of issues related to race and ethnicity in an effort to find belonging*
3. *Cultural, racial, and ethnic identity achievement: development of a clear sense of self related to race and ethnicity*

Maya is demonstrating critical thinking about race and ethnicity without a clear sense of self and is thus in the identity search stage of racial identity development.

120.

Why are social workers mandated to engage in advocacy aimed at improving adverse environmental conditions for clients?

> **An increased awareness of how the physical environment impacts individuals' beliefs, attitudes, and behaviors**

> Recent developments in domestic and international politics

> Public policies that require social workers to focus on environmental factors

> Increased reimbursement from insurance companies for treatment that includes the environment

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Correct answer: An increased awareness of how the physical environment impacts individuals' beliefs, attitudes, and behaviors

Historically, social workers have paid much more attention to the influences of the social environment, as opposed to the physical, on client beliefs, attitudes, and behaviors. However, there is a growing shift, and social workers are recognizing the importance of physical and environmental issues such as water shortages, global warming, depletion of environmental resources, and catastrophic weather patterns on human well-being. Social workers are increasingly being called upon to develop and promote sustainable environmental practices. Environmental justice is now widely recognized as part of the social work mandate to engage in advocacy aimed at improving adverse conditions.

121.

A social worker who works primarily with transgender clients believes that gender is a social construct influenced by societal and environmental influences resulting in learned behaviors and expectations absorbed by young children via socialization.

This is **MOST** consistent with which of the following theories?

Gender role theory

Systems theory

Piaget's theory

Attachment theory

Correct answer: Gender role theory

Some models of gender posit that biological factors are the primary contributors to gender roles. However, gender role theory argues the opposite, that the primary factors in gender roles are societal constructs that are influenced by environmental factors and are learned behaviors rather than biologically influenced ones. This theory is further bolstered by the fact that different societies have varied gender roles and expectations. The social worker in the example is following gender role theory.

Systems theory posits that each of the different spheres (or systems) within a person's life (such as friends, family, school, society, politics, work) are all constantly influencing the individual and one another. While systems do have an impact upon gender, systems theory does not directly address gender identity. Piaget's theory primarily focuses on cognitive development and is broken into four primary stages, but does not address gender roles or gender identity directly. Attachment theory emphasizes the attachment between a young child and their parents and how this can impact that child's relationships throughout the life course. While attachment may have an impact upon transgender clients, it is not believed to impact a client's gender identity.

122.

Jean Piaget was a developmental psychologist **BEST** known for his:

Theory of cognitive development

Theory of sexual development

Theory of cultural development

Theory of spiritual development

Correct answer: Theory of cognitive development

Jean Piaget is most well known for the theory he developed in cognitive development. The root of his theory is that humans learn by interacting with other humans and with their surrounding environments. Piaget broke cognitive development into four primary stages:

1. ***Sensorimotor**: Children ages zero to two years are in the sensorimotor stage of growth. During this stage, imitative play, primitive logic, signals meaning, and language beginnings are considered to be typical.*
2. ***Preoperational**: Children ages two to seven years are in the preoperational stage of growth. During this stage, night terrors, magical thinking, and difficulty seeing others' points of view are considered to be typical.*
3. ***Concrete operations**: Children ages seven to eleven years are in this stage of growth. During this stage, abstract thoughts begin, games with rules are played, logical thinking begins, children become able to reverse their ideas, and children begin to develop internal rules to logic.*
4. ***Formal operations**: Children ages eleven through adulthood are in this stage of growth. During this stage, children develop a more complex ability to engage in abstract thought, develop the ability to plan longitudinally, develop the ability to hypothesize, and begin to take on adult roles.*

123.

Which of the following is the final stage in Erikson's psychosocial model?

Ego integrity versus despair

Industry versus inferiority

Intimacy versus isolation

Correct answer: Ego integrity versus despair

Erikson's theory of social development emphasizes the ways in which children engage with their peers, and how this impacts their sense of identity throughout the life course. The final stage of the model is the ego integrity versus despair stage and is focused on life review and contemplation of things the adult has accomplished over the course of their life. Success in this stage leads to an overall sense of integrity, whereas failure leads to feelings of depression.

The industry versus inferiority stage is focused on children between the ages of six and puberty and emphasizes feelings of accomplishment and pride in themselves and their activities. The intimacy versus isolation stage generally occurs in early adult years and is focused on developing deeper relationships with peers and partners who are not members of the nuclear family.

124.

What is one likely consequence of insecure attachment in adults?

Hostility to and rejection of others

A decrease in learning ability

Separation anxiety

Stranger anxiety

Correct answer: Hostility to and rejection of others

Attachment theory states that if normal attachment bonds are not established along expected milestones, the phenomenon of insecure attachment style will result. The adult who has not learned how to establish secure attachment bonds may develop a hostile and rejecting relational pattern in their dealings with others.

According to attachment theory, separation anxiety is a phenomenon beginning from 6 to 8 months, peaking between 14 and 18 months, and resolving by 24 to 36 months. It is characterized by anxiety and upset when a caregiver is out of sight or leaves the room.

Stranger anxiety typically starts between 5 and 9 months and resolves in most cases by age two. It is characterized by an aversion to unfamiliar persons trying to approach the child.

125.

Carl, a social worker, is seeing his client Julia for their first session. During the course of the session, Julia is surprised to find that Carl's office is in his home, having expected to be seen in an office. Julia also does not receive a physical examination during the session, which she expects from all health care providers. Finally, Julia is upset when she finds that Carl cannot prescribe medication as she anticipated.

Which aspect of role theory does Julia's experience depict?

Role conflict

Role ambiguity

Role complementarity

Role reversal

Correct answer: Role conflict

Roles are the norms that guide behavior in social interactions. Role conflict is defined as incompatible or conflicting expectations around these rules or norms. In this case, Julia's expectations of Carl as her therapist are completely congruent with her expectations but completely incongruent with Carl's actual role. The role conflict exists because Julia does not understand or is confused by Carl's role as her social worker.

According to role theory, role ambiguity exists when roles are undefined or incompletely defined. Role complementarity exists when all parties in the social interaction are satisfied that their expectations have been met. Role reversal exists when, in a planned or unplanned manner, roles are exchanged.

126.

Which of the following **BEST** describes the affective area of development?

Growth in emotions

Growth in attention

Growth in the nervous system

Growth in problem-solving

Correct answer: Growth in emotions

The affective area of development specifically describes the growth in one's ability to process, express, and control emotions.

The other answers are incorrect. Growth in attention and problem-solving would be considered cognitive areas. Growth in the nervous system would be considered biological.

127.

Why should social workers try to develop and promote sustainable environmental practices?

The physical environment can impact client beliefs, attitudes, and behaviors

It is more lucrative to be employed in the environmental than the behavioral health field

Environmental advocates have a high need for mental health interventions

The federal government requires social workers to work toward environmental justice

Correct answer: The physical environment can impact client beliefs, attitudes, and behaviors

Social workers have paid much more attention to the influences of the social environment, as opposed to the physical, on client beliefs, attitudes, and behaviors. However, there is a growing shift, and social workers are recognizing the importance of physical and environmental issues such as water shortages, global warming, depletion of environmental resources, and catastrophic weather patterns on human well-being. Social workers are increasingly being called upon to develop and promote sustainable environmental practices.

The remaining answer options are incorrect. It is not necessarily more lucrative to be employed in the environmental than the behavioral health field; environmental advocates do not have any higher need for mental health interventions than others, and the federal government does not require social workers to work toward environmental justice.

128.

A school social worker is seeing a young boy about his recent behavior. This behavior involves instances of physical aggression and teasing of classmates. Though the boy is of small size, he has begun to bully others in play environments. During the first interview, it is established that the boy is likely being abused by his father.

Which defense mechanism is the boy **MOST** likely using?

Identification with the aggressor

Projection

Projective identification

Devaluation

Correct answer: Identification with the aggressor

Identification with the aggressor is the defense mechanism used when a person begins to take on characteristics of a powerful aggressor. This is done to compensate for feelings of helplessness by using aggressive behavior to achieve a feeling of power after having felt powerlessness.

The boy's stated behavior (bullying) likely reflects the experience he has felt in his reported home environment. By expressing aggression (both verbal and physical) toward peers, the boy is serving important psychological needs. First, he is resolving his feelings of powerlessness by securing a sense of power over others. Second, he is experimenting with the identity of an aggressor as a relational style. Finally, he is using the defense mechanism to ward off internal conflict about his status as a victim.

129.

During which stage of development do children begin to separate from their families and become more attached to peers?

Adolescence

Middle childhood

Preschool years

Correct answer: Adolescence

Adolescence is the stage of childhood that begins at age twelve or thirteen and lasts until eighteen or so. During this time, individuals begin to separate from their parents and families and become more attached to their peers. Adolescents also begin forming their own identities and are more concerned with appearances.

During middle childhood (ages six to eleven), children are interested in their peers but still rely on their parents for most emotional and social support. During the preschool years and infancy, children are very attached to their parents, though they may have some meaningful peer relationships.

130.

John, Mike, and Stella are all from wealthy backgrounds, are age peers, and work together in conditions of relative isolation. Which phenomenon of group psychology are these three **MOST** susceptible to?

Groupthink

Psychodrama

Group polarization

Attention-seeking

Correct answer: Groupthink

Groupthink is a phenomenon of group psychology in which a group makes faulty decisions because of group pressures. A group is especially vulnerable to this phenomenon when its members are similar in background, when the group is insulated from outside influences, and when rules for decision making are lacking.

Groupthink is characterized by several false beliefs shared by the group, including collective rationalization, belief in inherent morality, and stereotyped views of others outside the group. In addition, persons experiencing groupthink may censor themselves even when they perceive the group making a bad decision if speaking out risks their status as a group member.

131.

Which of the following behavioral terms describes a client's journey through scaled, therapeutic challenges?

In vivo desensitization

Modeling

Aversion therapy

Biofeedback

Correct answer: In vivo desensitization

In vivo sensitization is a therapeutic technique designed to expose a client to an increasingly tolerable set of negative stimuli that approximate the focus of anxiety, with the end in mind of a final desensitization to that focus altogether.

The other answers are incorrect. Modeling is the act of the therapist showing a client a skill. Aversion therapy is designed to pair negative stimuli with undesirable behaviors. Biofeedback teaches awareness of body states that are especially sensitive to mental phenomena.

132.

Alice is getting to know her co-worker Mark. When she first meets him, she is impressed by his professional appearance, good manners, and education, and she begins to idealize him as the perfect man. Some weeks later, Mark lets it slip in casual conversation that he has been unfaithful to his wife. Immediately, Alice decides that Mark is a bad person through and through.

Which defense mechanism is Alice using?

Splitting

Undoing

Substitution

Repression

Correct answer: Splitting

Splitting is the defense mechanism by which the person cannot tolerate the ambiguity in others or the self. People are either wholly good or wholly bad, with no space between the extremes. This defense mechanism resolves the anxiety attached to the ambiguity of human behavior by simplifying human nature to two extremes. Splitting is characteristic of Borderline Personality Disorder.

Undoing is a set of symbolic gestures meant to ward off harm or reverse unacceptable feelings, thoughts, or actions. Substitution refers to the replacement of unattainable objects of desire with achievable, replaceable ones. Repression refers to the wholesale banishment of unacceptable thoughts or impulses from the mind.

All defense mechanisms are mental processes and/or physical behaviors meant to reduce the anxiety brought on by problematic stimuli in the interior or exterior environment.

133.

Jessica is a macro-level social worker whose agency mission statement emphasizes the promotion of increasing availability of opportunities for individuals to establish an adequate material foundation to live a productive and dignified life. Her agency's mission is rooted in which foundational component of social work?

Economic justice

Social justice

Environmental justice

Criminal justice

Correct answer: Economic justice

Economic justice falls under the umbrella of social justice and focuses on creating change that will allow each individual in a society to establish an adequate material foundation to live a productive and dignified life.

Social justice is an umbrella term used to encapsulate all the components that would allow each member of society to experience equal economic, political, and social opportunities regardless of class, race, gender, religion, sexual orientation, etc. The NASW Code of Ethics specifies, "Social workers' social change efforts are focused primarily on issues of poverty, unemployment, discrimination, and other forms of social injustice. These activities seek to promote sensitivity to and knowledge about oppression and cultural and ethnic diversity." Environmental justice refers to promoting change to reduce the exposure of marginalized communities to environmental dangers such as pollution, resource extraction, natural disasters, and hazardous waste. The Flint water crisis is an example of an environmental justice issue. Criminal justice refers to work aimed at eliminating inequities within the legal system that disproportionately impact marginalized groups.

134.

A social worker is meeting with an individual who feels frustrated at his job. The client states that, though he has been working at the same company for 15 years and regularly receives positive reviews from his customers, he has never been considered for a promotion. The client seems genuine, and the social worker does not think he is lying, paranoid, or delusional. The social worker is aware that the client is the only Hispanic employee at the company, whereas everyone else is White.

What might the social worker do to help this client?

Encourage the client to speak with his supervisor about his concerns

Encourage the client to file a lawsuit against the company for employee discrimination

Address some of the client's defense mechanisms that are contributing to his feelings of rejection

Suggest that the client join a support group for Hispanic clients

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Correct answer: Encourage the client to speak with his supervisor about his concerns

Social work is about understanding behavior in a social context; it looks at human behavior as influenced by other people and the social context in which the behavior occurs. This question implies that some discrimination may be occurring at the client's place of employment, so the best thing the social worker can do in this situation is to empower the client to speak with his supervisor about his concerns.

The social worker's role is not to encourage the client to file a lawsuit against the company. Addressing the client's defense mechanisms and suggesting that the client join a support group for Hispanic clients ignore the role of the client's company in the problem.

135.

According to Behaviorist theory, which of the following operant techniques increases the probability of a desired behavior?

Negative reinforcement

Negative consequence

Positive punishment

Positive consequence

Correct answer: Negative reinforcement

Within Behaviorist theory, negative reinforcement (the removal of a negative stimulus) increases a desired behavior. Positive punishment decreases behavior by increasing a negative stimulus.

The other two answer choices are incorrect. "Negative consequence" and "positive consequence" are not terms used in this way in Behaviorist theory.

136.

Which of the following parenting styles is most closely associated with positive outcomes for children?

Authoritative

Authoritarian

Permissive

Uninvolved

Correct answer: Authoritative

Authoritative parenting is characterized by establishing rules and boundaries coupled with responsiveness to children. Failure to meet established expectations is met with a nurturing response. Children with authoritative parents often have higher levels of happiness, capability, and success.

Authoritarian parents also establish rules and expectations for children but meet failure with harsh punishments and an unwillingness to explain rules to children. Children with authoritarian parents often rank lower in overall happiness, social skill, and self-esteem. Permissive parents place few expectations on children, rarely discipline, and are nurturing toward their children. Children of permissive parents tend to rank lower in happiness, the ability to self-regulate, and school performance. Uninvolved parents meet their children's basic needs but are otherwise generally unattached. Children with uninvolved parents typically rank low in self-esteem, self-control, and competence.

137.

You are a school-based social worker. Jamie, a 14-year-old, approaches you with questions about their changing body and feelings of attraction toward others. They express concern about their experiences, worrying they might be abnormal. Using theories of normal sexual development in mind, which of the following is the **MOST** appropriate response?

"Your feelings are perfectly normal. It's a part of growing up and understanding your sexuality."

"You're at an age when you should focus on your studies and hobbies. These feelings will naturally fade away."

"Feeling attracted to others is unusual at your age. Let's work together to suppress these feelings."

Correct answer: "Your feelings are perfectly normal. It's a part of growing up and understanding your sexuality."

Adolescence is a period of significant sexual development characterized by changes in the body and feelings of attraction. Validating Jamie's experiences as normal and reassuring them is crucial in supporting their healthy sexual development. Children at this age are expected to have either reached or completed puberty and generally experience a spike in interest in relationships that are sexual and/or romantic. These types of feelings are new to adolescents, and they may need support and normalization during the experience. This is the most appropriate and empathetic response.

Ignoring an adolescent's questions and redirecting them to a different focus dismisses concerns and feelings, implying that their experiences are not important. It also fails to address their legitimate questions about sexual development. It is factually incorrect that feelings of attraction are unusual for 14-year-olds. Additionally, this response pathologizes Jamie's feelings and suggests trying to suppress natural feelings of attraction. Suppressing emotions can lead to negative psychological outcomes.

138.

A social worker is terminating couples therapy with a couple they have been working with for six months. The couple has resolved the presenting issue, codependence, and reports that they are in a place where each individual feels supported, valued, and respected. They are celebrating what they have described as "a period of mutual growth." Which stage of couples development is this couple **MOST LIKELY** entering?

Co-creation

Commitment

Stability

Romance

Correct answer: Co-creation

There are five stages of couples development: romance, power struggle, stability, commitment, and co-creation. During the co-creation phase, couples reach a place of consistent success and emphasize mutual support, value, and respect. The emphasis in this phase is hallmarked by mutual growth and a foundation of love for one another as opposed to personal gain. This is the stage the couple is in currently.

Commitment, the fourth stage, follows a period of stability and emphasizes a couple knowing that the positive elements of the relationship outweigh the bad and they want to be together. In this stage, additional work to function seamlessly is needed. The stability phase of couples development is indicated by a shift away from time spent in partnered activities and reinvested in each individual. Stability is reached when each partner feels secure in their sense of self and not threatened in their identity by the couplehood. Romance is the first stage of couples development and is characterized by shared attraction and learning about one another.

139.

Which school of personality theory **MOST** describes human personality as the result of the interaction between person and environment?

Behavioral

Interactionist

Environmental

Affective

Correct answer: Behavioral

The behavioral theories describe personality as a result of many interactions between person and environment; in other words, learning.

The other answers are incorrect. Interactionist, environmental, and affective are not terms used to describe schools of personality theory.

140.

All of the following are true regarding physical growth and development, **EXCEPT**:

The domains of development are exclusive and do not typically influence each other

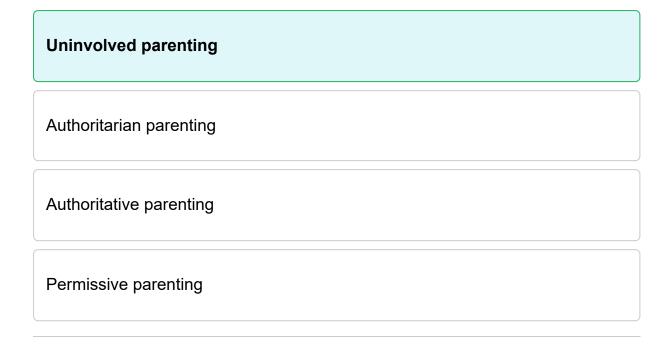Delayed physical growth can indicate a potential disability

Each developmental stage has distinct characteristics

Correct answer: The domains of development are exclusive and do not typically influence each other

Human growth and development are complex and are influenced by a variety of experiences and interactions. Each developmental stage has distinct characteristics and builds from the experiences of earlier stages. The domains of development are integrated within each child, so when one area is affected other areas are affected as well. Delayed physical growth can indicate a potential disability even though development proceeds at varying rates from child to child. Social workers should know the milestones of healthy development and the signs of potential delay or disability.

141.

Michael is a young child who has come to see his school counselor, Troy. Troy has spoken to Michael's teachers and hears that Michael acts impulsively, makes a lot of self-deprecating comments, and struggles to master basic educational concepts in the classroom.

Which of the following parenting styles is **MOST** likely present in Michael's home?

Uninvolved parenting

Authoritarian parenting

Authoritative parenting

Permissive parenting

Correct answer: Uninvolved parenting

Uninvolved parents are the least present in their child's day-to-day lives. They do not require much of their children in regard to chores or behavioral expectations, do not open the lines of communication with their children frequently, and do not provide a high level of nurturing. These parents do meet their children's basic needs but do not provide much else. This results in behaviors indicative of poor self-control, a lack of development of self-esteem, and gaps in educational achievement. The child described most likely has uninvolved parents.

Authoritarian parents are generally characterized as very strict parents with high expectations and a significant number of rules for children to abide by in the home. Breaking rules or a lack of educational achievement is often associated with punishment from parental figures. Children with these types of parental figures often achieve in school but have less meaningful social relationships and decreased happiness and self-esteem. Permissive parents provide a high level of nurturing but provide a lower level of structure and few rules for their children. Children with permissive parents often struggle with authority and behavioral regulation in addition to academic performance. Children with authoritative parents experience a balance of nurturing, structure, and expectations and perform well in school, emotional regulation, and in social dynamics.

142.

Which of the following is **TRUE** about imaginary friends, according to Jean Piaget?

Most children know that their imaginary friends are not real

Children are most likely to have imaginary friends from the ages of 7 to 11

Imaginary friends are indicative of an emerging personality disorder

Imaginary friends are a product of social isolation

Correct answer: Most children know that their imaginary friends are not real

According to Jean Piaget, imaginary friends are a normal part of child development and not indicative of the presence of a mental disorder. Imaginary friends do not emerge as a product of environmental deficit, such as social isolation. Rather, they are a normal way in which children develop in early childhood; from the ages of two to seven years.

Parents are often worried that the presence of an imaginary friend in their child may indicate a severe mental disorder. However, most children grasp that their imaginary friend is not real and do not actually believe they are interacting with them in the manner of a hallucination or delusion. Social workers should attempt to normalize this phenomenon with concerned responsible parties.

143.

During what stage of racial identity development do minorities usually experience discrimination for the first time, according to the classic model of such development?

Encounter

Preencounter

Immersion-emersion

Internalization and commitment

Correct answer: Encounter

When viewing racial identity via the lens of the classic model, there are four distinct statuses denoted that do not necessarily occur in a specific order:

1. ***Preencounter*** - *There is not necessarily an awareness of racial, ethnic, or cultural differentiation or identity or the influence it has on the individual.*
2. ***Encounter*** - *An event occurs that brings racial, ethnic, or cultural identity to the individual's awareness. This event is not necessarily negative, but for oppressed groups, does often involve some form of discrimination.*
3. ***Immersion-emersion*** - *Following the event that generates awareness, the individual begins to seek information, explore cultural roots, and learn from others of similar backgrounds.*
4. ***Internalization and commitment*** - *Once the individual has expanded their knowledge and exposure to their racial, cultural, or ethnic group, a secure attachment to this identity is established, leading to an enhanced sense of identity.*

144.

Janna is a social worker meeting with a 75-year-old client, Sara. Sara mentions that she just had an appointment with her eye doctor two weeks ago, but she still has trouble reading the print of some of the books she owns. What is the simplest and most effective intervention Janna can make?

Suggest that Sara begin listening to audiobooks or get books with larger print

Refer Sara to another eye doctor

Assume that Sara is simply finding something to complain about and ignore her statements

Administer a simple sight test to see how poor Sara's vision has gotten

Correct answer: Suggest that Sara begin listening to audiobooks or get books with larger print

In this situation, it is clear that Sara may not need to go back to her eye doctor since she very recently visited. It is a normal part of aging to have difficulty seeing, and social workers working with older adults simply need to provide support and offer suggestions to make clients more comfortable. Sometimes the best solutions are the simplest ones, so Janna should just suggest that Sara might try to read larger print or listen to audiobooks.

It would be unnecessary to refer Sara to another eye doctor since her symptoms are typical of aging eyes and she just visited her own doctor. Janna is not skilled at nor responsible for administering a sight test. It would be disrespectful to assume that Sara is simply finding something to complain about, and Janna should listen empathetically to Sara about her difficulties.

145.

According to Erikson's psychosocial stage of development Autonomy Versus Shame and Doubt, why might a child fail to develop self-confidence?

The child's choices are overly controlled

The child lacks a sense of consistency about the world

The child is given too many choices in a short time

The child develops mistrust in their caregivers

Correct answer: The child's choices are overly controlled

The testing of the environment by making autonomous choices is the key to the successful negotiation of Erickson's developmental stage of Autonomy Versus Shame and Doubt. Beginning between the ages of one and three years, children begin to assert their independence of their caregivers by making basic choices. They may walk away from their caregivers, they may experiment with the environment on their own, and they may begin to make choices about their own clothes.

These demonstrations of independence, successfully completed, are successful experiments in navigating the exterior world. According to Erikson, if children are encouraged to make these choices, they begin to learn that independence is not threatening. If the act of making choices is supported, children go on to develop confidence.

On the other hand, if the child's choices are overly controlled or criticized, the child will not develop the sense that their choices can be correct. The child will not develop self-confidence and assertiveness and begin to feel guilty and dependent on others.

146.

Jesse has been an avid hiker his entire life but has recently not been able to hike due to physical limitations. He has also enjoyed learning and recently took up bird watching and learning about different types of birds. He often feels frustrated because he struggles to remember the different types. He doesn't alert anyone to his physical and memory changes because he highly values his independence. Which of the following stages of life is Jesse **MOST LIKELY** entering?

Elder adult

Older adult

Middle-aged adult

Adult

Correct answer: Elder adult

During elder adulthood, primary growth and development issues include continued decline in physical ability, higher risk of developing illness, management of serious health issues, continued learning, development of memory issues, decline in speed of learning, grief management, and a desire to maintain independence. Because Jesse is struggling with physical decline, memory, issues, and fear of losing his independence, he is most likely in the elder adult stage of life.

During older adulthood, key issues include aging, minor decline in physical ability, continued learning, engaging in new social roles, and beginning of life review. During middle-age adulthood, key issues include beginning to age, entering menopause, using life experience to learn, continuing productivity, planning for retirement, and caring for children and/or parents. During adulthood, key issues include reaching physical maturity, reaching sexual maturity, developing new skills, seeking intimacy, and starting a family.

147.

During which stage of development are attachment relationships **MOST** important?

Infancy

Prenatal

Preschool years

Middle childhood

Correct answer: Infancy

According to child development theorists, infancy begins at birth and lasts until age three. During the infancy stage, the child forms attachments with primary caregivers, reaches important milestones, and learns an incredible amount about the world around him.

The prenatal stage is when the fetus develops in the womb; at this point, the fetus does not have enough brain development to be able to attach to anyone. Attachment is important during the preschool and middle childhood years, but the formative years of attachment occur in the first three years of life.

148.

Marlon often becomes overwhelmed with feelings of anxiety and tends to catastrophize situations. He frequently believes that if something goes wrong, it will result in a complete disaster. For a social worker utilizing Rational Emotive Therapy (RET), which of the following responses to Marlon **MOST** aligns with the principles of this therapeutic model?

"Let's explore the underlying beliefs that contribute to your anxiety and work on changing them."

"I understand that you have these anxious thoughts, but they might not have as much impact as you think."

"Why don't you distract yourself whenever you start feeling anxious? That should help."

Correct answer: "Let's explore the underlying beliefs that contribute to your anxiety and work on changing them."

Rational Emotive Therapy (RET) is based on the premise that irrational beliefs lead to negative emotions. The therapist's role is to help the client identify and challenge these irrational beliefs, ultimately replacing them with rational and constructive beliefs. This answer emphasizes underlying thoughts, focuses on shifting them, and aligns with RET.

Stating, "I understand that you have these anxious thoughts, but they might not have as much impact as you think" acknowledges the thoughts but does not actively engage in the process of identifying and changing irrational beliefs, which is a key aspect of RET. Stating, "Why don't you distract yourself whenever you start feeling anxious? That should help" suggests distraction as a coping mechanism without addressing the underlying irrational beliefs that contribute to the anxiety. RET focuses on changing the beliefs themselves, not just managing symptoms.

149.

In your role as a social worker, you are working with a family from a collectivist culture that emphasizes strong interdependence among family members. You notice that a teenage family member, Ricardo, seems to be struggling with his desire for individual autonomy. He often expresses frustration with his parents' involvement in his decisions. What cultural factor should you consider when addressing Ricardo's needs for autonomy while respecting his family's cultural values?

> **Collaborate with Ricardo and his family to find a balance between his autonomy and the family's cultural values**

> Advise Ricardo to conform entirely to his family's collectivist values to maintain harmony at home

> Explain to Ricardo that his individual needs are less important than his family's collective well-being

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Correct answer: Collaborate with Ricardo and his family to find a balance between his autonomy and the family's cultural values

While it's important to support Ricardo's autonomy, doing so without considering his family's cultural values may lead to conflict and misunderstandings. Balancing individual needs with cultural norms is crucial. Additionally, you are providing social work services to the family, not just to Ricardo, and it is essential that the family views the social worker as an impartial party. The NASW Code of Ethics states, "Social workers should demonstrate understanding of culture and its function in human behavior and society, recognizing the strengths that exist in all cultures." If you are unfamiliar with this family's culture, it is essential to seek education to engage in culturally competent practice.

Encouraging complete conformity may lead to suppression of Ricardo's personal growth and self-expression. A more nuanced approach that acknowledges his autonomy while respecting cultural values is more appropriate. Placing the family's collective needs above Ricardo's individual needs is not modeling healthy family boundaries and dynamics and ignores his desire for autonomy. It's important to respect and address his needs while also acknowledging the family's cultural context.

150.

According to Maslow, what percentage of the population consistently operates on the level of self-actualization?

1%

15%

25%

50%

Correct answer: 1%

Maslow's hierarchy of needs breaks an individual's needs into five categories: physiological, safety, social, esteem, and self-actualization. These five categories are subsequently broken into two categories: deficiency needs and growth needs. Deficiency needs are those that generate motivation as a result of being unmet and are required for survival. Deficiency needs include physiological, safety, social, and esteem needs. Growth needs are encompassed in self-actualization.

Self-actualization is defined as becoming or pursuing what one is capable of being and emphasizes potential. Identifying one's true calling is considered a growth need and aligns with pursuit of self-actualization. Maslow asserted that the vast majority of individuals never reach the self-actualization level, around 1%.

151.

Which of the following **BEST** aligns with the social model of addiction?

A client reporting that members of the drama club share their values and use marijuana, so it must be a good thing to do

A client reporting that their friends use marijuana and that there is a history of substance use without negative consequences in their family

A client reporting that they feel so anxious all the time and that marijuana is the only thing that helps

A client reporting that there is a significant history of substance use within their extended family

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Correct answer: A client reporting that members of the drama club share their values and use marijuana, so it must be a good thing to do
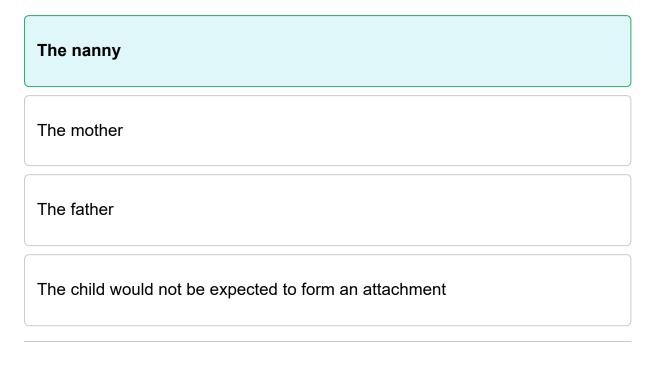
The social model of addiction asserts that substance use is a learned behavior that is reinforced by peer groups. It notes that potential substance users share values with others who use substances. Thus, the client noting shared values with a specific group of peers and adopting similar behaviors aligns with the social model.

The client noting that both peers and family members use substances indicates multiple domains that may have led to substance use and best aligns with the biopsychosocial model of addiction theory. This model promotes the notion that substance use is a complex issue that generally stems from multiple domains in a person's life, including hereditary factors, emotional/psychological issues, social influence, and environmental issues. The client noting that they feel anxious and that substances help with the anxiety aligns with the self-medication model as it focuses on substance use to relieve symptoms of illness. The client stating that there is a significant hereditary history of substance use aligns best with the medical model as it emphasizes genetic components.

152.

A client expresses distress that their newborn isn't attached to them in the way they imagined. They report that the household is a two-parent household (a mother and a father) with both parents working full-time and a live-in nanny who tends to the child's needs while the parents are away. The parent reports that the nanny provides most meals and diaper changes and the parents take the child to fun activities. Using attachment theory, to which caretaker would the child be expected to form the strongest attachment?

The nanny

The mother

The father

The child would not be expected to form an attachment

Correct answer: The nanny

Attachment theory is best understood within the evolutionary context, denoting that a child is expected to form the strongest attachment to the person who provides safety, sustenance, and security. Because the nanny is providing food and care, Bowlby would state that the child is preprogrammed to attach to that individual. It is important to note that the first five years of a person's life are thought to be the most critical in terms of attachment, according to attachment theory. Attachment theory is commonly criticized for its lack of cultural context.

153.

Jamila is meeting with a social worker at her pediatrician's office for a routine health checkup for her toddler. She reports that her daughter is crawling, has said her first words, and has a few favorite toys. She asks for parenting advice, stating that she feels anxious that she will do something wrong and that her child will fall behind in development. Which of the following is the **MOST** appropriate psychoeducation to provide?

Encourage her to smile at and speak to her child regularly

Encourage her to allow the child to make food choices

Encourage her to teach the child to express emotions

Correct answer: Encouraging her to smile at and speak to her child regularly

Infants and toddlers are growing at rapid rates, engaging in baby talk and simple sentences, and seeking to build trust in others. Key care components include involving parents and children in feeding, changing, and bathing routines; facilitating safe play opportunities; encouraging communication by smiling and talking to the child; and engaging in parenting psychoeducation. Encouraging Jamila to engage in communication exercises such as smiling and talking with her child is the most appropriate psychoeducation for a toddler.

Encouraging parents to allow children to make food choices and teaching emotional expression are more appropriate for children ages four to six. Young children are growing more slowly, increasing their memory, developing an imagination, gaining some independence, and becoming aware of others' feelings. Appropriate psychoeducation for parents of young children includes activities like encouraging choice, using toys and games to teach, teaching safety rules, and talking about feelings.

154.

Which of the following is **NOT** true about development in older children?

The brain grows at a rapid rate

Negotiation for greater independence occurs

Physical growth occurs fairly slowly

Older children are generally eager and ready to learn

Correct answer: The brain grows at a rapid rate

In older children, ages seven to 12, negotiation for greater independence occurs as they develop a greater sense of self. Physical growth occurs fairly slowly until a spurt at the end during puberty. Older children are generally curious, making them eager and ready to learn.

The brain grows at a rapid rate during infancy and early childhood, from birth to age three.

155.

You are a social worker who sees children for individual and family therapy. Charlie is a four-year-old boy living with his biological parents, who bring him to your office because he has recently been having frequent temper tantrums at home. Within the past two weeks, he has become afraid of the dark as well.

What should you do **FIRST**?

Validate the parents' concerns and inform them that this is typical behavior for a four-year-old

Administer behavioral rating scales to determine how severe Charlie's problems are

Refer the child to a psychiatrist in the community

Meet with Charlie for individual sessions

Correct answer: Validate the parents' concerns and inform them that this is typical behavior for a four-year-old

According to child development theorists, young children can have many fears and vivid imaginations, so having a fear of the dark is typical. Many four-year-olds also are beginning to assert their independence and test limits, and often, temper tantrums and power struggles occur during this age. The social worker should educate the parents about what to expect of Charlie and validate their concerns. The social worker may consider providing some brief education to the parents about handling Charlie's temper tantrums, but no extensive therapy is needed at this time.

Based on the information in the question, it is not yet necessary to administer behavioral rating scales, refer to a psychiatrist, or see Charlie for individual sessions. It is highly likely that Charlie will outgrow the tantrums and fears naturally without any additional intervention.

156.

You are a social worker meeting with a family who is facing multiple challenges. The family includes a single mother, Lindsay, who recently lost her job, two young children with special needs, and an elderly grandmother who reports feeling lonely. The family is also at risk of eviction due to unpaid rent. Which issue should you address **FIRST?**

Addressing the risk of eviction and securing stable housing

Finding suitable employment for Lisa

Ensuring educational support for the children with special needs

Correct answer: The risk of eviction and the need for stable housing

Maslow's hierarchy of needs assigns the following order of importance when addressing needs:

- *Physiological needs*
- *Safety needs*
- *Social needs*
- *Esteem needs*
- *Self-actualization*

The possibility of eviction and the lack of stable housing pose physiological (if temperatures are too hot or cold) and safety (protection from environmental or social harm) needs. As a result, they are the highest priority. It is essential to ensure a secure living environment before addressing other needs.

While education and employment are important for the family's financial stability and development, addressing the immediate risk of eviction and ensuring a stable living environment take precedence. Without stable housing, the family's well-being and functioning are compromised.

157.

Individuals who attend church are more likely to experience lower levels of:

Depression

Low socioeconomic status

Racial discrimination

Eating disorders

Correct answer: Depression

There is a positive relationship between spirituality and overall mental health. Individuals who attend church are less likely to experience depression, posttraumatic stress disorder, and other forms of anxiety. This may be due to the fact that these clients are already open to spiritual conversations and are ready to face existential questions.

There is no evidence that shows there is a positive association between church and eating disorders. Individuals who attend church are just as likely as others to have low socioeconomic status and experience racial discrimination.

158.

A social worker is facilitating a group of individuals who have recently been diagnosed with various forms of terminal cancer. At today's meeting, the social worker intervened on several occasions when group members interrupted each other and challenged each other's statements.

This group is **MOST** likely in what phase of group development?

Power and control

Preaffiliation

Differentiation

Correct answer: Power and control

There are five stages of group development: preaffiliation, power and control, intimacy, differentiation, and separation. During the power and control stage, there are struggles for individual autonomy and group identification. Members may challenge each other and jockey for attention from the group leader during this stage.

Group members develop trust during the preaffiliation stage. During the intimacy stage, the individual utilizes the self in service of the group. During the differentiation stage, group members accept each other as distinct individuals. Separation is the final stage of group development and emphasizes independence of group members.

159.

Which of the following is different about some Asian populations with respect to psychotropic drugs?

> **They respond to psychotropics differently**

It is unsafe to prescribe them psychotropics

They are not responsive to psychotropics

They are prescribed higher doses of psychotropics

Correct answer: They respond to psychotropics differently

Some Asian populations respond to psychotropics differently than other ethnic groups. They may require lower doses of medications and can experience more severe side effects.

However, it is as safe to prescribe them psychotropics as it is in other races, and they are responsive to them. If anything, they would not need higher doses but lower ones.

160.

A social worker at a PRTF (Psychiatric Residential Treatment Facility) is leading an emotional regulation group for teens aged 16–18. The group is currently experiencing a high level of disagreement and power struggles. Which phase of group development is the social worker's group engaging in?

Storming

Forming

Norming

Performing

Correct answer: Storming

The following are identified stages of group development:

1. *Forming: the primary goal is to develop trust among group members*
2. *Storming: the primary goal is to work through struggles for power and control*
3. *Norming: the primary goal is use of self in service of the group*
4. *Performing: the primary goal is accepting other members as distinct and separate individuals*
5. *Adjourning: the primary goal is termination*

During the storming phase, group members often experience a high level of disagreement as the group members work to establish member roles and power struggles occur. This is normal and should not alarm the group leader.

161.

A client presents to a case management session with a social worker who notes that the client's mood appears to be elevated and expansive. During the meeting, the social worker assesses these symptoms as a notable change for the client but not as impacting the client's functioning negatively. Which of the following is **MOST** likely to be found in the social worker's mental status exam notes?

The client appeared to be experiencing hypomania

The client appeared to be experiencing mania

The client appeared to be experiencing psychosis

The client appeared to be experiencing delusions

Correct answer: The client appeared to be experiencing hypomania

Hypomania is the presence of an elevated, expansive, or unusually irritable mood that does not impact a client's daily functioning and does not include psychotic symptoms. Hypomania is less severe than mania.

Mania is the presence of an elevated, expansive, or unusually irritable mood accompanied by increased energy, delusions of grandeur, and/or risky behaviors that impact daily functioning. Psychotic symptoms may or may not be present. Psychosis is the presence of hallucinations, delusions, and/or a disorganized thought process. Delusions are false, fixed belief systems that a client holds to despite the presence of evidence against them.

162.

Mark is a five-year-old child who has recently started preschool. He appears shy and hesitant when interacting with his peers and often clings to his teacher. He seems reluctant to explore new activities in the classroom and frequently seeks reassurance from adults. Mark's parents report that he has always been a cautious child, taking time to warm up to new situations and people. Which of the following approaches explains Mark's behavior using Erik Erikson's theory of psychosocial development?

Mark is in the initiative vs. guilt stage of development and is developing a sense of independence and learning to navigate feelings of guilt when exploring new activities

Mark is focused on satisfying his physiological and safety needs before seeking social interaction

Mark is developing logical thinking skills and becoming more socially conscious because he is in the concrete operational stage

Mark's behaviors have been influenced via operant conditioning because his shyness and need for reassurance have been strengthened by positive reinforcement from adults

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Correct answer: Mark is in the initiative vs. guilt stage of development and is developing a sense of independence and learning to navigate feelings of guilt when exploring new activities

Erik Erikson's initiative vs. guilt stage occurs during early childhood and is characterized by children's attempts to develop a sense of independence while navigating feelings of guilt. Mark's hesitancy to explore new activities, need for reassurance, and shyness may reflect his struggle with these aspects of psychosocial development. This stage is typically seen in children ages three to six, which aligns with Mark's age.

While physiological and safety needs are important, Mark's behavior isn't best explained by Maslow's hierarchy of needs theory. His challenges seem more closely related to social interactions and emotional development rather than a more pressing need that has not yet been met. The concrete operational stage is part of Jean Piaget's theory and focuses on cognitive development and how children think rather than how they interact socially and/or emotionally. The concrete operational stage is focused on development of abstract thought capabilities and development of logical thinking. Conditioning is part of the behaviorist learning theory and asserts that stimuli in the environments individuals interact with influence learning and behaviors. Mark's

shyness and emotional responses would not be explained by behavioral learning models.

163.

All the following are true regarding typical physical growth and development, **EXCEPT**:

Each developmental stage stands alone and has its own unique experiences

Rates of development can vary from child to child

Growth and development are loosely predictable

Each developmental stage has its own unique characteristics that can be built upon

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Correct answer: Each developmental stage stands alone and has its own unique experiences

Humans are complex beings from birth to death, and thus, our growth and development are also complex. As a result, the stages of growth and development are not always clean and neat. They are interconnected, and if one stage is disrupted, many of the other stages are likely to be disrupted as well. The stages are not independent of one another but, rather, dependent and interconnected. They do not stand alone or have their own unique experience but, rather, expand upon their distinct characteristics and build upon the skills mastered in previous stages.

Just as every child develops their own unique personality and physical appearance, they develop at their own rate and in their own way. That being said, the general guidelines and rates are helpful for a social worker to know, as most children fall within a loosely predictable range, and if a child is widely outside that range, further investigation may be helpful to ensure there are no issues emerging.

164.

What is the main function of a defense mechanism?

> **To protect people from anxiety**

> To help people communicate their feelings through words

> To save people from embarrassment

> To discover underlying traumas

Correct answer: To protect people from anxiety

The use of defense mechanisms is common as a way to manage internal conflicts. Defense mechanisms are behaviors that protect people from anxiety and are usually automatic and involuntary. Some defense mechanisms include acting out, denial, dissociation, and displacement.

The purpose of defense mechanisms is not to help people express their feelings in words, to save them from embarrassment, or to discover underlying traumas.

165.

All of the following are deficiency needs, **EXCEPT**:

> **Self-actualization**

Esteem

Safety

Physiological

Correct answer: Self-actualization

Maslow's hierarchy of needs breaks an individual's needs into five categories: physiological, safety, social, esteem, and self-actualization. These five categories are subsequently broken into two categories: deficiency needs and growth needs. Deficiency needs are those that generate motivation as a result of being unmet and are required for survival. Deficiency needs include physiological, safety, social, and esteem needs.

Self-actualization needs are the only ones considered to be growth needs and are centered around achieving one's full potential.

166.

Angie, a local musician, comes into your office stating that she has been feeling depressed about a recent break-up with her boyfriend and her mother's diagnosis of cancer. You begin by validating her feelings and then ask Angie to list all the things in her life that she feels are supportive, from people to skills to resources.

What perspective are you using?

Strengths perspective

Supportive perspective

Compassionate perspective

Correct answer: Strengths perspective

Each client that a social worker meets with will possess their own individual set of strengths. The strengths-based perspective calls upon the social worker to partner with the client and operate under the base belief that every client is capable of change, can develop the skills necessary for growth, and is the most knowledgeable about their own life and circumstances.

While it is important for social workers to act with compassion and be supportive of clients, there is not a "supportive perspective" model or a "compassionate perspective" model.

167.

Which of the following is **TRUE** regarding addressing discrimination as a social worker?

Social workers are ethically advised to address discrimination in their practice and on a macro level

Social workers are ethically obligated to report discrimination to the social work board

Social workers are responsible for addressing discrimination only in their own practice

Social workers are prohibited from engaging in political activism

Correct answer: Social workers are ethically advised to address discrimination in their practice and on a macro level

The NASW Code of Ethics states, "Social workers should not practice, condone, facilitate, or collaborate with any form of discrimination on the basis of race, ethnicity, national origin, color, sex, sexual orientation, gender identity or expression, age, marital status, political belief, religion, immigration status, or mental or physical ability" and further says, "Social workers should promote the general welfare of society, from local to global levels, and the development of people, their communities, and their environments. Social workers should advocate for living conditions conducive to the fulfillment of basic human needs and should promote social, economic, political, and cultural values and institutions that are compatible with the realization of social justice." As a result, social workers are advised to address discrimination in their own practice and on all macro levels.

The Code of Ethics advises social workers to address concerns or issues directly with the individual prior to making a report in an effort to allow an opportunity to correct the issue. It additionally advises them to engage in social and political action that furthers equality for all.

168.

Learning to speak and figure things out are examples of what kind of development?

Cognitive

Physical

Social

Emotional

Correct answer: Cognitive

Cognitive development encompasses brain development, language development, problem-solving abilities, memorization skills, creative thinking skills, and all other aspects of cognition. The ways in which children figure out how to think, understand, and maneuver through the world are all elements of cognitive development.

Physical development refers to bodily growth throughout childhood and adolescence. Social development refers to a child's development of skills needed to interact with peers and other humans appropriately. Emotional development refers to a child's development of the ability to feel and appropriately manage increasingly complex emotions.

169.

What is the main purpose of genograms?

> **To help the social worker understand family patterns of communication, conflict, behaviors, and choices**

To provide the family with a task to accomplish together

To help the social worker make an official diagnosis

To act as a termination activity for therapy

Correct answer: To help the social worker understand family patterns of communication, conflict, behaviors, and choices

A genogram is a tool that social workers can use with individuals or families to create a visual representation of the family that includes not only who members are, but how they interact with one another, what relationships are positive, which are strained, what jobs folks hold, interesting accomplishments, information about illnesses and addiction, members' roles and expectations, and any other information that may be helpful in understanding how the family functions and resolving conflicts within the family system.

Families are typically asked to complete the genogram together, but this is not the main purpose. Genograms do not help the social worker make an official diagnosis, nor do they act as a termination activity for therapy. In fact, genograms are often used during the assessment stage of family therapy.

170.

All of the following statements are true regarding community development, **EXCEPT**:

Tasks are narrowly defined

It occurs over a long time period

Its goals generally aim to provide benefits and resources to many

It involves collective action from community members

Correct answer: Tasks are narrowly defined

While different groups and organizations may define community development ideology differently, the common themes observed remain the same at the core. Community development occurs over a significant time period, involves collective action from community members, seeks to improve the identified communities' well-being, and aims to provide benefits and resources to many.

Goals are not generally narrowly defined, as the communities' identified needs may vary, may change over time, or may include a variety of different issues to begin with. Community development falls more into the macro level of social work rather than direct practice and should be viewed through this lens.

171.

A social worker meeting with a client inquires about religious and/or spiritual beliefs. The client responds by saying, "I grew up an evangelical Christian, but lately I've moved away from any specific denomination. I focus more on accepting the complexities of good and evil and try to cultivate mercy." Which stage of spiritual development **BEST** matches the client's statement?

Integration

Egocentric

Conformist

Nonconformist

Correct answer: Integration

The integration stage of spiritual development involves seeking a deeper understanding of religious themes such as good, evil, mercy, compassion, and love. The individual moves away from accepting religious concepts without questioning them. This best aligns with the client's statement of evaluating complex concepts and not following a specific denomination.

The egocentric stage emphasizes the individual's unwillingness or inability to accept a will greater than their own. During this stage, individuals are often rather egotistic, defy authority, and are more likely to engage in criminal behaviors. The conformist stage is first and involves having blind faith in religious authorities and dividing the world into good or evil in a simplistic manner. There is not a recognized stage referred to as "nonconformist," and once individuals pass through the conformist stage, they move into the integration stage. It is important to note that individuals may or may not move through any of the stages and do not necessarily move through all stages during the lifespan.

172.

A client, Ravi, presents to a case manager reporting that he has recently become homeless, hasn't eaten a full meal in a week, and feels like his self-confidence is the lowest it has ever been. In what order should the case manager address the client's needs?

Food, housing, self-esteem

Housing, food, self-esteem

Self-esteem, housing, food

Food, self-esteem, housing

Correct answer: Food, housing, self-esteem

Maslow's hierarchy of needs dictates an order in which a person's needs must be met, from highest priority to lowest:

1. Physiological needs, such as food, water, and oxygen

2. Safety needs, such as housing and safety from harm or danger

3. Social needs, such as friendship, intimacy, and familial ties

4. Esteem needs, such as self-esteem and self-respect

5. Self-actualization, or reaching one's full potential

The most appropriate order to address this client's needs is food, housing, then self-esteem.

173.

Maria is meeting with a new client, and while reviewing their intake paperwork she notices that the client did not select a gender on the form. When the client presents in person, they appear feminine to Maria. Which of the following is Maria's **BEST** course of action?

Ask the client what their preferred pronouns are at the beginning of the session

Use she/her pronouns as they align with the client's presentation

Avoid using pronouns to avoid insulting the client

Use gender-neutral/nonbinary pronouns such as they/them

Correct answer: Ask the client what their preferred pronouns are at the beginning of the session

Gender identity is a person's perception and sense of their own gender and may or may not conform to the sex they are assigned at birth. It is essential that social workers respect a client's gender identity and use their appropriate pronouns. It is best practice to be honest and genuine by asking a client their preferred pronouns when these have not been indicated by the client previously. Doing so conveys acceptance and safety to the client and prevents the social worker from accidentally misgendering the client. Of note, some clients may identify as gender-fluid and use varying pronouns.

It is not advised to guess based on a client's appearance because a client may not conform to traditional presentations of gender identity or may not feel safe presenting in a way that typically aligns with their gender identity. Misgendering clients has been shown to deteriorate the therapeutic alliance and/or become harmful to the client's mental health. Avoiding using pronouns may not inflict harm but does not convey the safety and care that inquiring does and is not the best option. Just as using "she/her" or "he/him" can be misgendering, so can using "they/them," and this should not be done unless the client indicates those are their preferred pronouns.

174.

Which of the following is the **BEST** description of operant behavior?

Voluntary behavior

Involuntary behavior

Random behavior

Positive behavior

Correct answer: Voluntary behavior

Within the school of Behaviorism, there are two functional classes of behavior; operant, which is voluntary, and respondent, which is involuntary.

The other two answers are incorrect. Random behavior is not a functional class of behavior. "Positive behavior" is not a term used in this context.

175.

A social worker is working with a child who is struggling with separation anxiety and difficulty forming trusting relationships with caregivers. How does attachment theory help explain the child's behaviors?

Attachment theory suggests that the child's difficulties in forming trusting relationships may be rooted in early experiences with caregivers

Attachment theory explains that the child's behaviors are solely influenced by the caregivers' parenting style and have no connection to the child's internal emotional experiences

Attachment theory suggests that the child's difficulties stem from innate personality traits that make them resistant to forming close relationships

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Correct answer: Attachment theory suggests the child's difficulties in forming trusting relationships may be rooted in early experiences with caregivers

Attachment theory emphasizes the influence of early caregiver-child interactions on the development of attachment styles. These styles include secure (healthy attachment), avoidant (avoiding closeness), and anxious (anxious about abandonment). The child's behaviors can be understood through the lens of attachment theory, potentially indicating an avoidant or anxious attachment style.

Attachment theory recognizes the interaction between caregivers' behaviors and a child's internal emotional experiences in shaping attachment patterns. It's not one-sided. Additionally, attachment theory emphasizes the impact of early experiences with caregivers on attachment patterns rather than attributing difficulties solely to innate traits.

176.

Maslow's hierarchy of needs is broken up into what two categories?

Deficiency and growth

Optimism and pessimism

Introvert and extrovert

Self and others

Correct answer: Deficiency and growth

Maslow's hierarchy of needs breaks an individual's needs into five categories: physiological, safety, social, esteem, and self-actualization. These five categories are subsequently broken into two categories: deficiency needs and growth needs. Deficiency needs are those that generate motivation as a result of being unmet and are required for survival. Deficiency needs include physiological, safety, social, and esteem needs. Self-actualization needs are the only ones considered to be growth needs and are centered around achieving one's full potential.

177.

Which of the following is **MOST** closely related to family income?

Achievement

Mental illness

Emotional outcomes

Life expectancy

Correct answer: Achievement

Family income is related to many indices of development, though it seems to be much more related to achievement than it is related to emotional outcome.

The other answer options are incorrect. Mental illness is not as related to family income as is achievement. Life expectancy is related to socioeconomic status throughout the lifespan, and not necessarily to income in family of origin.

178.

According to Erikson, which of the following is the **FIRST** stage in psychosocial development?

Trust versus mistrust

Intimacy versus isolation

Ego integrity versus despair

Initiative versus guilt

Correct answer: Trust versus mistrust

According to Erikson, trust versus mistrust occurs from birth to age one. During this time, children learn the ability to trust others based upon the consistency of their caregiver(s).

Initiative versus guilt occurs in children aged three to six years when they begin to assert themselves more frequently. Intimacy versus isolation occurs during young adulthood when individuals begin to share themselves more intimately with others. The final stage of Erikson's model is ego integrity versus despair when individuals tend to contemplate accomplishments and can develop a sense of integrity if they are satisfied with the progression of their lives.

179.

Sam, a new client, is expressing some of her needs to a case worker who is helping her find resources. Which of the following would **NOT** be considered a D-need using Maslow's hierarchy of needs?

Identifying being an artist as her calling in life

Obtaining shelter

Leaving an abusive relationship

Developing a romantic relationship

Correct answer: Identifying being an artist as her calling in life

Maslow's hierarchy of needs is split into five levels: physiological needs, safety needs, social needs, esteem needs, and self-actualization. This is broken into two categories: deficiency needs (or, more often, D-needs) and growth needs. D-needs include physiological needs, safety needs, social needs, and esteem needs. Growth needs are encompassed in self-actualization. Self-actualization is defined as becoming or pursuing what one is capable of being and emphasizes potential. Identifying one's true calling is considered a growth need and aligns with pursuit of self-actualization.

Prior to reaching or pursuing self-actualization, a person must meet all D-needs. Obtaining shelter and leaving an abusive relationship would be considered safety needs. Developing social and romantic relationships is considered a social need. As a result, these are all considered D-needs.

180.

Andrea is a social worker in a major city. In this city, there is a significant disparity in the quality of education between schools located in predominantly white neighborhoods and schools located in predominantly Black neighborhoods. Schools in white neighborhoods consistently receive more funding, have smaller class sizes, and offer a wider range of extracurricular activities. As a result, students in white neighborhoods have better access to educational resources and opportunities for advancement. This is an example of which of the following types of racism?

Systemic

Covert

Overt

Microaggression

Correct answer: Systemic

Systemic racism refers to racism that is embedded within institutions and structures, leading to disparities and disadvantages for marginalized racial groups. This concept recognizes the broader societal impact of racism and the need for systemic change to address these inequalities. The unequal allocation of resources and opportunities based on racial neighborhoods contributes to educational disadvantages for Black students. This is not simply a result of individual discrimination or cultural differences but is a systemic issue within the education system.

Covert racism is a form of racism that is subtle and/or concealed, as opposed to being easily identified publicly. Covert racism can often be plausibly denied, which can lead to inaction or gaslighting of victims. Overt racism is intentional and/or open harmful beliefs, opinions, or treatment of a minority racial group. Microaggressions are intentional or unintentional forms of covert racism in which a bias against a minority racial group presents in an everyday interaction or behavior. An example of a microaggression is a white person telling a Black person "You're very well spoken" because the underlying message is that Black people are generally not well spoken. Microaggressions are harmful acts of racism, and social workers should seek education and work actively to avoid committing microaggressions.

181.

What is multiculturalism?

The idea that many cultures can and should exist together and all be held in high regard

The belief that one's own culture is the best culture and should be adopted by all

The state of originating from more than one race or ethnicity

Having an extensive educational background in the study of different cultures

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Correct answer: The idea that many cultures can and should exist together and all be held in high regard

Multiculturalism promotes the concept that all cultures should be able to coexist within one country or region simultaneously and have their ideologies, cultures, and differences regarded respectfully without the expectation that minority cultures will assimilate into the dominant culture. It is an integral part of culturally competent social work practice and a critical concept for social workers to understand and promote.

Multiculturalism does not have to do with the individual's own racial or ethnic background. Social workers do not have to have an educational background in the study of different cultures to adhere to multiculturalism; they simply must have a respect for all cultures. Ethnocentrism refers to the belief that one (usually the person's own) ethnic group is better than other ethnic groups and should be dominant in society.

182.

A social worker is meeting with a client who is 32 years old and describing her relationship with self-esteem and self-worth. Which of the following statements would an adult client **MOST LIKELY** make regarding self-esteem?

"I feel a lot more mature than I did the last time I was in therapy. I really want to work on my body image and build skills to continue improving my self-esteem."

"I just feel like I'm really ugly and fat. I just don't feel like I have friends who understand me."

"I feel better than ever. I know that I'm really smart and cute and I can do a good job."

"I'm having a really hard time at work. I don't feel like I'm as good as my co-workers and we don't connect socially very well."

Correct answer: "I feel a lot more mature than I did the last time I was in therapy. I really want to work on my body image and build skills to continue improving my self-esteem."

During adulthood, self-esteem generally increases at a gradual rate as adults assume positions of power, status, and stability that increase feelings of self-worth. This is also supported by increasing maturity and emotional stability. This aligns with the client's statement of feeling more mature and improving self-esteem.

During adolescence, an individual's self-esteem generally decreases as a result of poor body image and increased ability to think in abstract/complex ways. Teens also experience increased difficulty in academic and social tasks. This aligns with the statement "I just feel like I'm really ugly and fat. I don't feel like I have friends who understand me" and "I'm having a really hard time at work. I don't feel like I'm as good as my co-workers and we don't connect socially very well." Children often experience an overly inflated sense of self-esteem that gradually decreases until puberty hits. This is often attributed to unrealistically positive self-views. The statement "I feel better than ever. I know that I'm really smart and cute and I can do a good job" aligns with a child's sense of self-esteem.

183.

Which of the following is **NOT** an aspect of the medical model of the onset of addiction?

Self-medication

Genetics

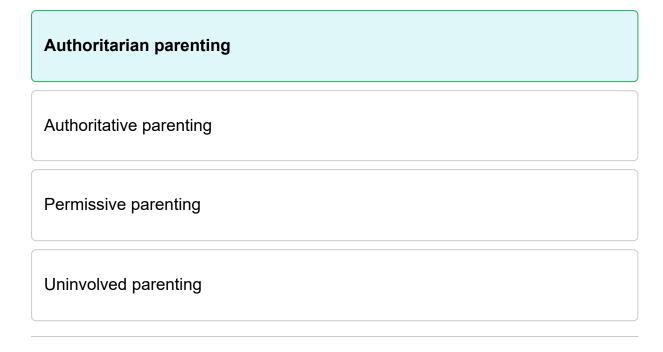Brain reward mechanisms

Altered brain chemistry

Correct answer: Self-medication

Self-medication is not considered part of the medical model of the onset of addiction, as it is a behavior rather than a physiological concern.

Genetics, brain reward mechanisms, and altered brain chemistry could all be considered part of the medical model, which suggests physiological sources as primary causes of addiction.

184.

Cara, a social worker serving children, is working with her young client Pedro. Pedro is a model student with nearly perfect grades and no behavioral problems. However, he has begun to show signs of depression and is not skilled at engaging with his peers.

Which of the following parenting styles is Pedro **MOST** likely encountering at home?

Authoritarian parenting

Authoritative parenting

Permissive parenting

Uninvolved parenting

Correct answer: Authoritarian parenting

Authoritarian parenting is characterized by strict rules and harsh punishment. It tends to produce children that follow rules and are proficient in school work, but unhappy and unskilled with peer relationships.

The other answers are incorrect. Authoritative parenting (a more democratic, nurturing approach) tends to produce children that are happy, capable, and successful. Permissive parenting (an approach where boundaries are looser) tends to produce unhappy children with poor self-regulation. Uninvolved parenting (an approach with little communication or engagement) is associated with low self-control, low self-esteem, and less competence in children.

185.

What is the age group **MOST** involved in Erikson's developmental stage of Trust Versus Mistrust?

From birth to one year of age

Young adulthood

Around age three and continuing to age six

Between the ages of one and three years

Correct answer: From birth to one year of age

Erikson's developmental stage of Trust Versus Mistrust defines the basic developmental conflict in human beings. From birth to one year of age, the individual is learning that the world is a safe and stable place in which conflict can be managed, or they are learning that the world is a dangerous and threatening place where danger is always present, and disaster is a constant possibility.

The implications for developmental psychology are evident. If the child does not learn that the world's dangers and ambiguities can be managed to an acceptable level, the ability to trust in others is reduced. In Erikson's model, all subsequent stages of development depend on the successful negotiation of previous ones; failing this earliest developmental stage suggests a future personality characterized by anxiety, insecurity, and mistrust.

186.

Peter comes into your agency looking for help. He is accompanied by his two young elementary-aged sons and his wife, who works at the local grocery store. Peter and his family live in a low-income section of town, where their apartment caught fire last week and most of their possessions were destroyed.

What is the focal system in this situation?

Peter and his family

The boys' elementary school

The family's neighborhood

Correct answer: Peter and his family

The focal system is the system the social worker is mainly assisting. In this situation, because Peter is seeking help for himself and his family, the social worker's responsibility is to help identify areas of the family's needs and to strategize ways to help fulfill these needs.

The children's elementary school, the family's neighborhood, and the grocery store where the wife works are all examples of social environments. They are systems that directly impact the lives of each family member, but are not areas the social worker should focus on right now.

187.

Which of the following is **TRUE** about sexuality in infants and toddlers?

Infants and toddlers touch and rub their genitals because it provides pleasure

Infants and toddlers express no sexuality until age two

Infants and toddlers role play about being married

Infants and toddlers experience strong emotional attachments to romantic partners

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Correct answer: Infants and toddlers touch and rub their genitals because it provides pleasure

Though generally not thought of as sexual beings, infants and toddlers express sexuality in their own way. At this stage of development, these expressions are largely physical explorations of their own bodies and the feelings that result. Little boys and girls can experience orgasm from masturbation, though boys will not ejaculate until puberty.

Around the age of two years, children are aware of their own gender and are aware of the differences in the genitals of males and females and in how males and females urinate. Shared expressions of sexuality normally begin around age three to seven years, when roleplay about sexual relationships may occur. These roleplays are a development congruent with an increase in social interest and expression and can involve depictions of more adult roles in marriage and cohabitation.

Stronger emotional attachments to romantic partners are more characteristic of the teenage years and later.

188.

Hand gestures, silence, and posture are all examples of:

Communication

Language

Therapy

Signals

Correct answer: Communication

Communication is far more than an exchange of words. Facial expressions, hand gestures, posture, eye contact, and even silence are constantly sending messages about attitudes, emotions, status, and relationships. However, hand gestures, silence, and posture are not examples of language, therapy, or signals.

189.

A social worker is meeting with a client who was just fired from her part-time job. Rather than accepting the fact and moving on, the client has focused the last two sessions on the reasons she was fired. The client has repeatedly said that she was fired because of her lack of experience, poor social skills, unattractive appearance, and her boss's insensitive manner toward employees.

What defense mechanism is this client using to cope with being fired?

Devaluation

Denial

Displacement

Rationalization

Correct answer: Devaluation

Defense mechanisms are ways people often handle internal conflicts. Devaluation is a defense mechanism in which people attribute exaggerated negative qualities to themselves or others. The client's persistently focusing on negative reasons for why she was fired is an example of devaluation.

Denial is the inability to accept the true significance of thoughts, behaviors, feelings, wishes, or external reality factors that are consciously intolerable. Displacement is the process of directing an impulse toward a person that is not its real object. Rationalization is giving a believable explanation for irrational behavior.

190.

An eleven-year-old student is struggling with authority figures, reports low levels of happiness, and has emotional outbursts in the classroom. Which of the following parenting types does this child **MOST LIKELY** experience at home?

Permissive

Uninvolved

Authoritative

Authoritarian

Correct answer: Permissive

Permissive parenting is characterized by a lack of demands and rules on children, high levels of nurturing, and high levels of communication. Children with permissive parents often view their parents in a friend-type role rather than as parental figures. As a result, these children often struggle academically, have difficulty with self-regulation, have problems with authority, are less happy, and perform poorly in school.

Uninvolved parents meet the basic needs of the child but otherwise place few to no demands or expectations on a child, are minimally communicative, and are minimally responsive. As a result, their children often lack self-control, experience low levels of self-esteem, and struggle academically. Authoritative parents place reasonable expectations and demands on their children, are democratic when it comes to punishment and decision-making, and are communicative with their children. As a result, their children tend to lead happy, fulfilling, and successful lives. Authoritarian parents place high demands and expectations on their children, are strict in regard to punishment, and do not explain reasons behind rules and decisions to their children. As a result, these children tend to follow rules well and struggle with happiness, social development, and self-esteem.

191.

An individual tries to forgive their enemies, be compassionate, and refrain from judging others harshly. Which of the following models most closely describes this person's spiritual development?

The individual enjoys the mystery and beauty of nature and existence

The individual has blind faith in authority figures

The individual believes in the necessity of scientific skepticism and questioning

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Correct answer: The individual enjoys the mystery and beauty of nature and existence

Several different models attempt to explain spiritual growth and development. One model describes an individual who enjoys the mystery and beauty of nature and existence. This individual has a deeper understanding of good and evil, forgiveness and mercy, compassion and love. They do not judge others harshly and, instead, aim to love others as they love themselves.

The individual who has blind faith in authority figures does not question the existence of a spiritual being and sees the world as clearly divided into good and evil. The individual who believes in the necessity of scientific skepticism and questioning tends to move away from traditional and simple doctrines.

192.

Which of the following correctly identifies and orders the stages of cultural, racial, and ethnic identity development using the classic model?

Preencounter, encounter, immersion-emersion, internalization and commitment

Preencounter, encounter, internalization and commitment, immersion-emersion

Unexamined, identity search, achievement

Identity search, unexamined, achievement

Correct answer: Preencounter, encounter, immersion-emersion, internalization and commitment

The classic model of cultural, racial, and ethnic identity development includes the following four stages:

1. *Preencounter: an individual is not consciously aware of their race, culture, or ethnic identity*
2. *Encounter: an individual becomes aware of their cultural, racial, and ethnic identity following a provoking encounter*
3. *Immersion-emersion: following the encounter, the individual confronts their thoughts and feelings surrounding culture, race, and ethnic identity*
4. *Internalization and commitment: the individual has developed a secure sense of racial, ethnic, and cultural identity*

An alternative model focused on adolescent cultural, racial, and ethnic identity development identifies three specific stages:

1. *Unexamined: an adolescent has not yet explored/considered culture, race, and ethnicity*
2. *Identity search: an adolescent starts to think critically about race, culture, and ethnicity*
3. *Achievement: an adolescent develops a clear and secure understanding of race, culture, and ethnicity (often associated with an increase in self-esteem)*

193.

Who should be responsible for defining a client's sexual orientation?

The client

The client's social worker

Society

The client's parents

Correct answer: The client

Sexual orientation refers to an individual's pattern of physical and emotional arousal toward other persons. Heterosexual individuals are attracted to persons of the opposite sex, homosexual individuals are attracted to persons of the same sex, and bisexual individuals are attracted to persons of both sexes. It is important not to use labels, and it is just as important to let individuals define their own sexual orientation and gender identity.

No one except the client should define the client's sexual orientation or gender identity.

194.

Which of the following is **FALSE** about old age (70+)?

Self-esteem increases

Self-esteem declines

Falls increase

Memory skills decline

Correct answer: Self-esteem increases

Older adults experience a variety of changes as part of normal development. One of the issues to address with older adults is a decline in self-esteem beginning around age 70.

The other answers are incorrect. Falls do increase as adults age, and the risk of falls is one of the main dangers in their physical environment. Memory skills do tend to decline with age.

195.

A child is fully toilet trained, has a vivid imagination, has a good memory for details, and wants to do many tasks, like getting dressed, independently. What stage of development is this child probably in?

Young childhood

Infancy and toddlerhood

Older childhood

Adolescence

Correct answer: Young childhood

During young childhood, when children are between the ages of four and six years, they grow at a slower rate than during infancy and toddlerhood, have improved motor skills, can dress themselves, and are usually fully toilet-trained. They begin to use symbols, have improved memory, have a vivid imagination and fears, and like stories. Children this age also identify more with their parents, are becoming more independent, and are sensitive to others' feelings.

Infants and toddlers typically do not have well-developed imaginations yet, their memories are lacking, and they are unable to do many tasks independently. Older children and adolescents are usually toilet-trained, but they understand the difference between fantasy and reality much better than younger children and are not so concerned about doing things independently (though they usually can do most tasks by themselves).

196.

Why should gerontological social workers have an understanding of the body's response to aging?

To monitor clients' symptoms to avoid medical crises

To know how to bill insurance companies

To connect with clients

To help family members realize that psychological problems are more important than medical issues

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Correct answer: To monitor clients' symptoms to avoid medical crises

Social workers who spend time with older Americans should have a basic understanding of how the body responds to aging in order to help clients determine what symptoms might indicate a medical crisis. Some symptoms, such as mild swelling in the legs and ankles, are very common in older people and do not require emergency medical treatment.

Social workers are not required to know about the body's response to aging in order to bill insurance companies. It might help social workers to connect with clients, but this is not the best answer. Finally, in older populations, both medical issues and psychological problems are important, and one is not more important than the other.

197.

The negative impact of which of the following is **MOST** likely to produce effects such as obesity, substance abuse, diabetes, and smoking?

Discrimination

Poverty

Limited health care options

Mental illness

Correct answer: Discrimination

Discrimination has been proved to be linked to a cascade of poor outcomes among those who suffer from it. These include diabetes, obesity, substance abuse, smoking, and others.

The other answers are incorrect. Poverty may be related to some of the above, but discrimination seems to produce them all. Limited health care options are not well linked with substance abuse and smoking. Mental illness is not strongly linked with all of the above, as it is an extremely broad phenomenon with a wide variety of causes, symptoms, and consequences.

198.

A social worker is engaging in family therapy with a family struggling with a terminal diagnosis in a parent. Which of the following would **NOT** be an indicator of healthy family functioning?

Ensuring family members prioritize family needs

Having realistic expectations and goals

Helping one another through direct assistance

Helping one another by modeling healthy behaviors

Correct answer: Ensuring family members prioritize family needs

Healthy family functioning most often involves treating members as individuals, establishing routines, remaining connected to social circles, upholding realistic expectations, spending quality time together, ensuring members tend to their own needs as well as the family needs, helping one another by modeling healthy behaviors, and helping one another through direct assistance.

Ensuring family members prioritize the family's needs above their own is an indicator of dysfunction within the family system and often accompanies a lack of individualization and an increase in codependency within the family unit.

199.

Which of the following is **NOT** considered a type of groupthink?

> **Peer censorship**

> Self-censorship

> Collective rationalization

> Illusion of invulnerability

Correct answer: Peer censorship

Groupthink is a phenomenon that entails a group coming to a faulty decision (or decisions) because of group pressure. There are eight identified root causes of groupthink:

- *Self-censorship: the decision not to express doubts and unexpected behaviors due to a perception of a group consensus*
- *Collective rationalization: group members disregard warnings and will not reconsider assumptions*
- *Illusion of invulnerability: exorbitant optimism is generated and leads to taking risks*
- *A belief in inherent morality: members think the group is behaving morally and ignore the consequences of group actions*
- *Stereotyped views of those who are "on the out": strong negative opinions allow group members to perceive others as the "enemy"*
- *Direct pressure: members pressure other group members to conform*
- *Illusion of unanimity: the perception that all other members of the group are in agreement*
- *Mindguards: members filter information or opinions contrary to group cohesiveness*

There is not a "peer censorship" root cause of groupthink.

200.

According to Lawrence Kohlberg's theory of moral development, which stage is characterized by a focus on following the rules set forth by society?

Conventional

Preconventional

Postconventional

Correct answer: Conventional

In Kohlberg's theory, the conventional stage represents the second level of moral development (which is subsequently broken into two stages) and is typically observed in adolescents and young adults. Individuals at this stage adhere to guidelines developed by societal norms and values, valuing social order in an effort to simply avoid guilt.

Kohlberg's identified stages are:

1. *Preconventional: In this stage, decision-making is rooted in fear of punishment and a desire for reward*
2. *Conventional: In this stage, decision-making is rooted in external ethical guidelines (society)*
3. *Postconventional: In this stage, decision-making is rooted in personally developed moral and ethical guidelines*

201.

Which stage focuses mainly on family, career, and community involvement?

Young adulthood

Middle adulthood

Older adulthood

Correct answer: Young adulthood

The development of young adults, roughly ages 21 to 39, tends to focus on family, career, and community involvement. Age-specific care for young adults includes supporting the person in making health care decisions, encouraging healthy and safe habits at work and home, and recognizing the person's commitments to family, career, and community.

Middle adulthood typically focuses on recognizing abilities and contributions while planning for the future. Older adulthood focuses on social activities, physical health maintenance, and promoting independence.

202.

A client meets with a social worker and expresses frustration that her three-year-old isn't listening to direction. The social worker and client discuss techniques to modify the child's behavior and decide to give the child a sticker every time he follows directions. Once the child has ten stickers, he can exchange them for a prize from a prize box. They have instituted which of the following behavioral modification techniques?

A token economy

Time out

Shaping

Rational emotive therapy

Correct answer: A token economy

A token economy involves receipt of tokens as reinforcers for desired behaviors. These tokens function as currency that can be exchanged for something (an item, an activity, or a privilege) desired. Providing a toddler with stickers that can be exchanged for prizes is an example of a token economy.

Time out entails the removal of a desirable item, privilege, or activity as a consequence of unwanted behaviors. It is a form of negative punishment. Shaping involves providing praise or reward for approximations of a desired behavior in an effort to train a behavior. Rational emotive therapy entails using argument, persuasion, and rational evaluation to reshape a client's irrational thoughts.

203.

Maria, a social worker, is providing psychoeducation about personality theory. She shares that personality is developed in the context of an individual's interactions with their environment and that internal thoughts and feelings are not taken into account when discussing personality development. Which of the following types of personality development theory is the social worker describing?

Behavioral

Psychodynamic

Humanist

Trait

Correct answer: Behavioral

Behavioral personality theory emphasizes a person's interactions with their environment and focuses on observable and measurable behaviors while excluding internal thoughts and feelings.

Psychodynamic personality development focuses on the influence of a person's unconscious mind and childhood interactions. Humanist personality theory focuses on a person's free will and individual experiences. The pursuit of self-actualization is emphasized in humanist theory, citing an innate need for personal development to motivate behavior. Trait personality theory focuses on personality being made up of broad characteristics that influence the ways in which a person behaves.

204.

Which of the following is **FALSE** regarding the implications of a client having a disability?

> **There are no positive effects of disability**

> Disability exists within all societies

> Disabilities can be mental as well as physical

> Social workers are charged with an ethical duty to promote accommodations for those with disabilities

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Correct answer: There are no positive effects of disability

At times, family bonds can be enhanced and strengthened as a result of the presence of a disability within a family system. Additionally, some individuals may develop other skills in order to compensate for a disability. Both of these are considered positive impacts of disability.

Sociologists identify disability as a natural occurrence within all societies, and it is considered a normal facet of society. The concept that disabilities may not all be "visible" has become more well known as disabilities can be physical (for example, amputees) and mental (for example, severe anxiety). The NASW Code of Ethics states, "Social workers should act to prevent and eliminate domination of, exploitation of, and discrimination against any person, group, or class on the basis of race, ethnicity, national origin, color, sex, sexual orientation, gender identity or expression, age, marital status, political belief, religion, immigration status, or mental or physical ability." Promoting appropriate accommodations for individuals with disabilities falls under this ethical mandate.

205.

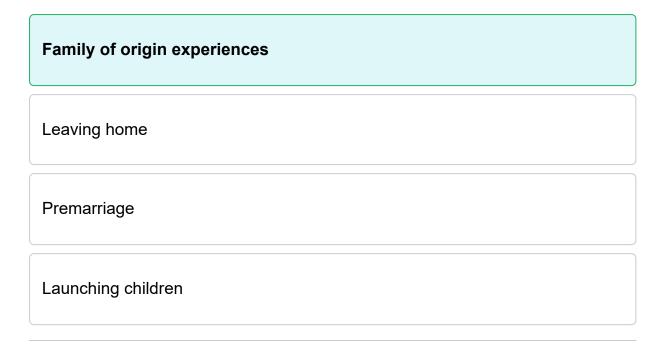Which term refers to an individual's pattern of physical and emotional attraction?

Sexual orientation

Gender identity

Pansexual

Transgender

Correct answer: Sexual orientation

Sexual orientation refers to an individual's romantic or sexual attraction to people of the same gender, a different gender, or both.

Gender identity is defined as a person's personal conceptualization of their own gender and can be expressed as male, female, both, or neither. Gender identity can match the gender assigned at birth, but, sometimes, a person's gender identity is not aligned with the sex they were assigned at birth. Pansexuality generally refers to the experience of being attracted to a person without influence of gender, or experiencing attraction to all gender identities. An individual who expresses their gender differently than the sex they were assigned at birth would generally identify as transgender.

206.

Trinda is a social worker at a local university in the advising department. In which stage of the family life cycle would **MOST** of her clients fall?

> **Family of origin experiences**

> Leaving home

> Premarriage

> Launching children

Correct answer: Family of origin experiences

The family life cycle is comprised of eight stages and associated tasks:

1. *Family of origin experiences: education is completed, foundations of family are established*
2. *Leaving home: differentiation from family of origin, developing intimate relationships, starting work*
3. *Premarriage: finding a partner, developing a stable relationship, establishing a home with another*
4. *Childless couple: establishing family norms, adjusting family of origin relationships*
5. *Family with young children: adjusting family dynamics to include children, shifting into parent roles, assisting children in relationship development*
6. *Family with adolescents: allowing children increased autonomy, establishing mid-life relationships, focusing on career*
7. *Launching children: adjusting to life as empty-nesters, bringing in-laws into family circle, managing death in family of origin, resolving midlife issues*
8. *Later family life: adjusting to physiological decline, managing grief and loss, preparing for death*

College students are typically in the first stage, family of origin experiences, as they are completing their education and have not yet differentiated from the family of origin.

207.

Which of the following is **FALSE** regarding sexuality in adulthood?

> **Older adults lose their desire for sexual interactions**

> Testosterone levels decrease after age 25

> Women stop releasing eggs during menopause

> The entrance to the vagina becomes smaller

Correct answer: Older adults lose their desire for sexual interactions

It is a common misconception that older adults lose all desire for and ability to engage in sexual interactions. Older and elder adults generally continue to experience a desire for intimacy and sexual connection until death. They do experience sexual changes and may experience fluctuations in their level of desire, but it does not generally go away altogether.

Testosterone production begins to slow around age 25, the amount of ejaculate decreases, and men experience a decrease in the amount of time required between erections. Women experience menopause beginning around age 55, when their bodies stop releasing eggs and producing estrogen. Additionally, the vaginal walls thin, the vaginal opening becomes smaller, and the production of vaginal lubrication decreases.

208.

A social worker is facilitating a support group for individuals who have experienced trauma. The social worker begins to fear that group polarization is occurring. Which of the following correctly describes what the social worker has **MOST LIKELY** observed in the group?

> **Group members adopting more extreme positions or attitudes after discussions, leading to an amplification of their initial viewpoints**

> Group members moderating their opinions and emotions over time, leading to more balanced discussions

> The exclusion of dissenting voices within a group, resulting in a homogeneous and one-sided perspective on issues

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Correct answer: Group members adopting more extreme positions or attitudes after discussions, leading to an amplification of their initial viewpoints

Group polarization is the tendency for group members to adopt more extreme positions or attitudes after discussions, leading to an amplification of their initial viewpoints. Group polarization can lead to the intensification of emotions and viewpoints within a support group, potentially affecting the therapeutic dynamics and interactions among members.

Group polarization does not increase balance but involves the opposite phenomenon, in which group members tend to adopt more extreme positions or attitudes after discussions. While group polarization can result in the reinforcement of existing beliefs, it doesn't necessarily involve the exclusion of differing opinions. It's about how group discussions can lead to more extreme positions, not about silencing dissent.

209.

Alex, a 30-year-old man, was born with cerebral palsy, a condition that affects his motor skills and coordination. Despite his disability, he has developed a successful career as a graphic designer and is actively involved in disability advocacy. Based on Alex's achievements and advocacy, which of the following disability models is he **LEAST** likely to believe in?

The medical model of disability

The social model of disability

The biopsychosocial model of disability

Correct answer: The medical model of disability

The medical model focuses on the individual's impairment as the primary problem and emphasizes medical treatment and intervention. This perspective does not consider broader societal factors influencing disability experiences. This model has been rejected by disability rights advocates because it does not promote social justice or disability rights. Alex, as an advocate, is least likely to embrace the medical model.

The social model of disability emphasizes that disability is not solely caused by an individual's impairments but is largely shaped by societal barriers, attitudes, and systems. Alex's successful career and advocacy efforts demonstrate his ability to overcome these barriers and highlight the significance of societal factors. The biopsychosocial model acknowledges that disability is influenced by biological, psychological, and social factors and also aligns with the promotion of disability rights.

210.

In the context of family systems theory, what is the **PRIMARY** function of establishing healthy boundaries within a family?

To establish clear separations while allowing for appropriate connections and support

To promote complete independence among family members

To prevent any communication or interaction between family members

To encourage enmeshment and emotional fusion among family members

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Correct answer: To establish clear separations while allowing for appropriate connections and support

Family systems theory addresses the causes of dysfunction within a family by assessing interactions within the entire family system rather than addressing an individual alone. Healthy boundaries within a family create clear separations between individual family members, allowing each person to maintain their own identity and autonomy while aiding in facilitating appropriate connections, interactions, and support. This enables healthy relationships to develop within the family system.

Promoting complete independence among family members indicates an extreme level of independence, which may hinder healthy family functioning. While boundaries aim to establish separations, they also recognize the importance of maintaining meaningful connections and support among family members. A lack of communication and/or interaction among family members represents an overly rigid and closed-off approach that could lead to isolation and dysfunction within the family. Enmeshment and emotional fusion indicate a lack of healthy boundaries and may allow family members to become overly involved and intertwined, potentially leading to blurred identities and difficulties in individual growth.

211.

Which of the following analogies **MOST** accurately depicts equifinality?

> **Two hikers arriving at the same destinations via different hiking paths**

> A surfer being able to stand up on their surfboard without falling down

> Two people arriving at the same destination at different times, as one person hiked and the other drove in their car

> Two people appearing the same height, as one person was given a step stool to stand on to eliminate the height difference

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Correct answer: Two hikers arriving at the same destinations via different hiking paths

The term equifinality refers to the concept that two individuals can experience the same outcome via different experiences or paths. For example, two children may experience adolescent depression as a result of different childhood experiences. One child may experience the loss of a parent, and another may experience food insecurity, but the outcome may be the same for both. This is an example of equifinality. Two hikers taking different trails and arriving at the same destinations is the most closely aligned analogy of the available options.

A surfer being able to stand on their surfboard is an analogy for balance or homeostasis. Two people arriving at the same destination at different times due to different resources is an analogy for inequity or inequality. Two people of different heights appearing to be the same height due to resources being provided to eliminate the height gap is an example of equity being achieved.

212.

A social worker is meeting with a local nonprofit to discuss strategies for community engagement. The agency works to advocate and leverage resources on a macro level to combat racial discrimination. Which of the following would **NOT** be considered a macro-level impact of discrimination?

> **A client developing diabetes as a result of living in a food desert**

A community being a food desert

An increase in the percentage of a community population that has been diagnosed with diabetes

Higher rates of emergency room visits as a result of a lack of community resources

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Correct answer: A client developing diabetes as a result of living in a food desert

Discrimination can impact clients both directly and on a macro level. An individual client developing an illness is considered a direct impact and not a macro-level issue.

The cause of the issue, a community being a food desert, is considered a macro-level issue as limited access to resources impacts large groups of people, systems, and whole communities. Common macro-level impacts of discrimination include limited access to healthcare, education, employment, and social supports and limited availability of recreational activities. These issues can often lead to increases in anxiety, depression, and physical health problems.

213.

A social worker is meeting with a middle-aged brother and sister about their aging parents. Their father, who is 80 years old, recently got into a car accident because he forgot to wear his eyeglasses when driving. Their mother frequently does not remember what day it is and sometimes has difficulty showering or brushing her teeth because she cannot remember how. Their children want to place them in an assisted-living facility, but the parents insist that they can take care of themselves at home.

Which of the following should the social worker do **FIRST**?

Acknowledge both the children's desire to help their parents and the parents' desire to remain independent as long as possible

Educate the children on how to take legal guardianship of their parents

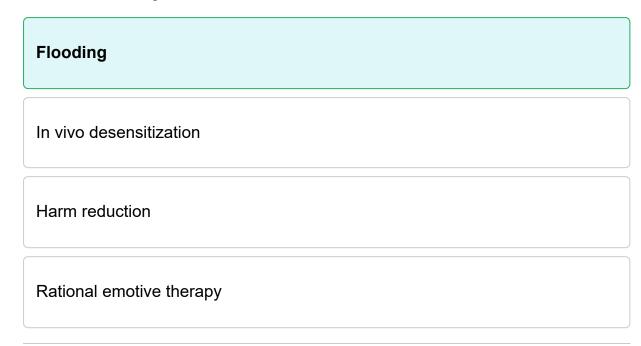Arrange a trip to the nursing home so the parents can take a tour

Inform the children that there is nothing the social worker can do without the parents' consent

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Correct answer: Acknowledge both the children's desire to help their parents and the parents' desire to remain independent as long as possible

Age has a profound impact on behaviors and attitudes and can influence health behaviors, social/emotional patterns, mobility, cognitive functioning, economic well-being, independence, and other areas of life. It is common for there to be conflicts within family systems when children begin to worry about their aging parents due to cognitive and physical limitations. However, it is important that the social worker acknowledge both the children's desire to help their parents and the parents' desire to remain independent as long as possible so that everyone's feelings are valued and considered before making any major decisions.

The social worker should not educate the children on how to take legal guardianship of their parents, as this would be discounting the parents' opinions and feelings. The social worker could arrange a trip to the nursing home, but only after the parents agree. It is true that the social worker cannot force the parents into anything without their consent, but before doing anything else, the social worker should acknowledge everyone's feelings.

214.

Bernadette is working with her client Byron, who is intensely fearful of reptiles. Bernadette and Byron go to the reptile house at the local zoo together, in spite of the fact that Byron is highly anxious about the exercise. Which of the following techniques is Bernadette using?

Flooding

In vivo desensitization

Harm reduction

Rational emotive therapy

Correct answer: Flooding

Flooding is the technique whereby a client is exposed to high intensity feared stimuli in an effort to rapidly extinguish their anxiety.

The other answers are incorrect. The in vivo desensitization process is much more gradual. Harm reduction is an approach to drug treatment that stresses small progress over abstinence. Rational emotive therapy is a modality in which dysfunctional thoughts and beliefs are directly challenged.

215.

Sarah, a 25-year-old client, is known for her perfectionism, high levels of ambition, and strong need for achievement. She often sets unrealistic standards for herself and becomes extremely self-critical if she falls short of her goals. Which of the following personality theories **BEST** aligns with the perspective that her behaviors are driven by a personal desire to achieve her potential?

Humanistic personality theory

Trait personality theory

Psychodynamic personality theory

Correct answer: Humanistic personality theory

Humanistic theory emphasizes the importance of personal growth, self-actualization, and realization of one's potential. Sarah's perfectionism, ambition, and self-criticism align with the humanistic concept of striving to achieve personal potential.

Trait theory focuses on identifying and measuring specific personality traits that individuals possess. While perfectionism and ambition could be considered traits, the concept of a "strong desire to achieve personal potential" or self-actualization is more closely associated with humanistic theory. Psychodynamic personality theory focuses on unconscious motivations and conflicts. While aspects of personality, like perfectionism and ambition, can be influenced by unconscious factors, Sarah's characteristics more closely align with the emphasis on self-actualization in humanistic theory.

216.

Jim is meeting with Chad, a court-assigned social worker, following his conviction of sexual assault. Which of the following **BEST** aligns with the positivist perspective of criminal justice?

Jim participates in a mediation process to understand the harm he caused and works to make amends

Jim is sentenced to a lengthy prison sentence to protect public safety

Jim is required to pay a fine as punishment for his crime

Jim is sentenced and must complete community service to contribute positively to society

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Correct answer: Jim participates in a mediation process to understand the harm he caused and works to make amends

A mediation process is considered restorative justice because it focuses on repairing the harm caused by a crime and addresses the needs of all parties involved (victim, offender, society). It emphasizes accountability, healing, and restoration of relationships rather than strict punishment. The two primary schools of thought surrounding criminal justice are positivist and punishment. Positivist approaches align with the NASW Code of Ethics and emphasize consideration of all factors leading up to and following a crime. Restorative justice most closely aligns with this perspective because it addresses everyone's needs.

Lengthy sentences, fines, and community service do not address precipitating factors and repercussions of a crime, are considered punitive in nature, and thus better align with the pro-punishment mentality.

217.

Which of the following is the **BEST** description of respondent behavior?

Involuntary behavior

Voluntary behavior

Both voluntary and involuntary behavior

Reflexive behavior

Correct answer: Involuntary behavior

All behaviors can be placed in one of the following categories:

1. *Respondent: behaviors that are involuntary or automatically elicited*
2. *Operant: behaviors that are considered voluntary or controlled by the individual or consequences*

Behaviors are either respondent or operant but cannot be both. Reflexive is a term that is used in conditioning to describe involuntary behaviors and can be considered another name for a respondent behavior.

218.

A social worker specializes in systems theory and is preparing to meet with a family for therapy. Which of the following activities would the social worker **MOST LIKELY** have the family engage in?

Creation of a genogram

Family sculpting

Dream analysis

Roleplay

Correct answer: Creation of a genogram

A genogram is a display of family relationships and medical histories using pictures or symbols. It is similar to a family tree but generally includes information about relationship dynamics and health / mental health issues rather than strictly demonstrating the existence of family members. It is used in family systems therapy as it demonstrates the systems within a family structure and can help in identifying how those systems are impacting one another.

Family sculpting is a technique used in various forms of family therapy that involves having one member arrange the family in a visual display of how they view the family. It can be illuminating in regard to how the member views relationships and places within the family. Dream analysis is typically done by psychodynamic therapists and not in a family setting. It assesses the unconscious desires or thoughts a person has in their dreams. Roleplay is a tool often used in family therapy and group therapy to share perspectives and offer alternative viewpoints. It can be used in systems theory but is not a primary activity incorporated into this type of therapy.

219.

According to Erikson's psychosocial model of human development, what is one consequence of failing to successfully complete the Initiative Versus Guilt stage?

Feeling like a nuisance to others

Hopelessness and despair

A sense of role confusion

A doubt in one's own abilities

Correct answer: Feeling like a nuisance to others

Feeling like a nuisance to others, in addition to the lack of initiative and a sense of guilt, are according to Erikson the result of failing to successfully complete the developmental stage he calls Initiative Versus Guilt.

From around age three to age six, children's assertiveness is tested by planning activities, making up games, and reaching out to organize activities with others. Successful opportunities in this regard teach the child that their initiative will be rewarded. Their decision making and ability to lead others can either be justified by success and encouragement or discouraged by excessive control or criticism.

The inability to take social risks manifests itself in guilt and the tendency to be a follower rather than a leader. The sense of being a nuisance is a further reflection of this passive role created by the failure of this developmental stage.

220.

Sarah, a 35-year-old woman, is in a committed relationship and is experiencing a decrease in her sexual desire and arousal. She finds it difficult to initiate intimate moments with her partner and often feels distracted during sexual activity.

Which term **BEST** describes the situation Sarah is facing?

Sexual dysfunction

Erotic plasticity

Sexual orientation

Correct answer: Sexual dysfunction

Sexual dysfunction refers to difficulties or challenges in one or more aspects of the sexual response cycle, which includes desire, arousal, orgasm, and resolution. Sarah's experiences of a decrease in sexual desire, difficulty initiating intimacy, and distraction during sexual activity align with the characteristics of sexual dysfunction.

Erotic plasticity refers to the capacity for change in an individual's sexual desires, attractions, and behaviors over time. While this concept acknowledges that sexual preferences can change, Sarah's situation is more related to difficulties in sexual desire and arousal rather than shifts in preferences.

Sexual orientation refers to an individual's romantic or sexual attraction to people of the same gender, a different gender, or both. Sarah's situation is not directly related to her sexual orientation based on the information provided.

221.

A social worker is working abroad in a culture different from their own. The clients the social worker is working with present them with a gift as is part of their custom. The social worker feels uneasy about accepting the gift.

What should the social worker do?

Accept the gift as it is in line with the clients' cultural norms

Decline the gift and explain that social workers cannot accept gifts for ethical reasons

Thank the clients and provide payment for the gift so there isn't a power dynamic issue

Request permission to accept the gift from the social work board

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Correct answer: Accept the gift as it is in line with the clients' cultural norms

The NASW code of ethics does indicate that it is not typically appropriate for social workers to accept gifts from clients. However, it does stipulate that in the event that, within the client's culture, it is expected and/or would be insulting to decline a gift, the social worker should accept the gift in an effort to protect the therapeutic relationship and respect the client's culture. However, the social worker should give consideration to the worth of the gift and if there would be any way that the gift could harm the relationship prior to accepting.

Part of demonstrating cultural competency is familiarizing oneself with a client's culture when it differs from the social worker's. As a result, it would not be appropriate to decline the gift without giving consideration to the cultural implications. Similarly, providing payment for the gift may not be received well if it was meant to be a gift. Social work boards do not generally grant or deny permission for social workers to accept gifts. However, the social worker may find benefit in seeking consultation about how to navigate the situation from a peer.

222.

Which of the following is **TRUE** about models of spiritual development?

Many models of human spiritual development begin with an egocentric stage

It is a phenomenon that cannot be defined by models of development

Spirituality takes the place of cognition in human development

Skepticism is not a normal part of spiritual development

Correct answer: Many models of human spiritual development begin with an egocentric stage

Though there are many different spiritual traditions and a wide variety of spiritual practices, it is possible to trace spiritual development along a continuum. Many developmental models of spirituality define this continuum as follows, though terms and structure may vary:

1. *Egocentrism: characterized by reckless and selfish behavior and the rejection of any will outside the self*
2. *Blind faith: characterized by an unquestioning obedience to authority and a rejection of alternatives*
3. *Skepticism: characterized by a logical approach to spiritual matters and rejection of strict doctrines*
4. *Universalism: characterized by a deeper understanding of the complexity of human behavior and a lack of moral judgments*

The experience and expression of spirituality is a normal part of human development, and given its prevalence in many communities is a necessary part of social work practice.

223.

All of the following are ways self-actualization might occur in the context of group work, **EXCEPT**:

> **Processing past experiences**

> Release of feelings that block social performance

> Orientation to reality

Correct answer: Processing past experiences

Group work serves to help members gain more insight into themselves for the purpose of making changes in their lives. This self-actualization occurs through:

- *A release of feelings that block social performance*
- *Support from others*
- *Orientation to reality*
- *Reappraisal of self*

Processing past experiences occurs more often in individual rather than group settings.

224.

When working with a client who has experienced discrimination throughout their lifespan, a social worker might expect an increased likelihood of all of the following **EXCEPT:**

Domestic violence

Anxiety

Depression

Medical illnesses

Correct answer: Domestic violence

Discrimination is both a systemic issue and an individual issue that social workers have an ethical obligation to be knowledgeable of and work actively against. One of the ways in which social workers must be knowledgeable is in regard to the impacts that the experience of discrimination can have on individual clients. Research has indicated that there are higher prevalences of anxiety, depression, and medical diagnoses associated with stress when clients face habitual discrimination.

There is not a link indicated by research that experiencing discrimination results in increased rates of domestic violence.

225.

Mark leads a support group for individuals whose spouses are terminally ill with cancer. During one group session, a young woman whose husband is dying of leukemia makes a comment about wanting to end her own life.

Which of the following should Mark do **FIRST**?

> **Meet individually with the woman after the group meeting to determine whether she is truly suicidal**

Encourage other group members to share times when they wanted to die

Call law enforcement to notify them of what the woman said

Have the woman committed to a psychiatric facility

Correct answer: Meet individually with the woman after the group meeting to determine whether she is truly suicidal

When a social worker suspects that someone is suicidal, they should evaluate that person as soon as possible. The best way to do this without putting the woman on the spot is to speak with her privately after the group meeting is over. It is contraindicated for individuals who are actively suicidal or in crisis to participate in group therapy.

The social worker should not encourage others to share their own suicidal thoughts, as this would change the direction of the group and create a negative tone. It might not be necessary to call law enforcement or admit the woman to a psychiatric facility, so the social worker should assess for the risk of suicide first.

226.

A social worker has regularly been meeting with a family system for about a month when the head of the household, a father of three boys, is fired from his job of 20 years. This was the family's primary source of income, and the father is noticeably shaken.

What should the social worker's **PRIMARY** focus be in this situation?

> **Helping the father develop effective coping skills to handle the change in income and responsibility within the family**

Working closely with the father to find new employment

Supporting the children during this time

Locating financial assistance for the family

Correct answer: Helping the father develop effective coping skills to handle the change in income and responsibility within the family

Social workers must consider the implications of financial burdens on the biopsychosocial-spiritual-cultural aspects of well-being. Coping skills are needed when there are dramatic changes in income and opportunities to adapt and return to economic stability are critical. In this situation, the social worker should work closely with the father, in particular, to make sure he has healthy coping skills to use in this highly stressful situation.

The remaining answer options are incorrect. The social worker might help by locating some financial assistance for the family, supporting the children, and pointing the father toward some employment opportunities, but none of these should be the social worker's primary focus.

227.

Which of the following is **NOT** an assumption of the family systems approach?

Healthy families are egalitarian without hierarchy

A healthy family has flexibility and consistent structure

The family is an interactional system defined by stable boundaries

Families are seen as goal-oriented systems

Correct answer: Healthy families are egalitarian without hierarchy

Though an egalitarian perspective can be considered desirable, according to family theory, hierarchies do exist in healthy families. Egalitarianism in family structures is therefore not an assumption of family theory.

All parts of a family system are interrelated and provide support and structure for the other parts, but power structures do develop. Some of these power structures are part of normal development, and others manifest through the lifespan of the family system. Healthy families are flexible and adaptable along these power structures.

Any family is an interactional system in which the members form, change, follow, and break rules and react accordingly. One facet of the system will be its boundaries, which means the rules about motion to and from the family system. Another assumption about family systems is that they are goal-oriented, perhaps having different means and methods to accomplish those goals.

228.

What are the **MOST** common diagnoses given to Iraq and Afghanistan war veterans?

Posttraumatic stress disorder and depression

Depression and anxiety

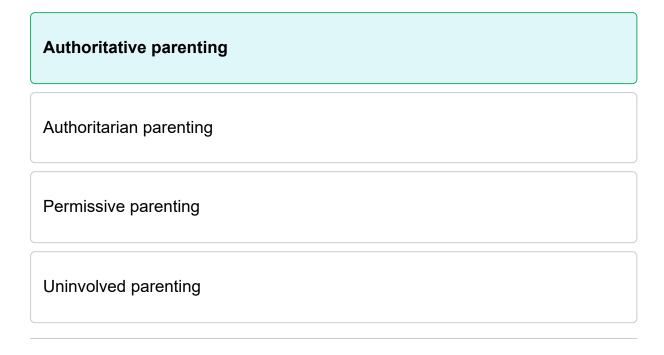Reactive attachment disorder and conduct disorder

Psychotic disorder and anxiety

Correct answer: Posttraumatic stress disorder and depression

Due to the high levels of stress that war veterans experience, mental health diagnoses are extremely common. Research has shown that among Iraq and Afghanistan war veterans, many show symptoms of posttraumatic stress disorder and depression.

Anxiety disorder is any disorder in which the person experiences irrational worry. Reactive attachment disorder presents in childhood and is a pattern of emotionally withdrawn behavior toward adult caregivers. Conduct disorder is a behavioral disorder that occurs in children and teens. Psychotic disorders are marked by hallucinations, delusions, and other symptoms indicating a loss of touch with reality.

229.

A client has been mandated to seek support from a social worker after a report was made to Child Protective Services. The report indicated that the child's teacher has been unable to make contact with the parent following a pattern of emotional outburts, a decline in academic achievement, a lack of self-control, and reported low self-esteem. The teacher expressed concern that the parent has been neglectful toward the child. Which of the following parenting styles is **LEAST** likely used by the child's parent?

Authoritative parenting

Authoritarian parenting

Permissive parenting

Uninvolved parenting

Correct answer: Authoritative parenting

Authoritative parents typically establish clear rules and boundaries for children while exercising a democratic style of engagement. Parents are typically very responsive, nurturing, and forgiving of their children. This type of parenting is least likely to lead a child to develop disruptive behaviors or issues with self-esteem.

Authoritarian parenting generally involves a strict set of rules that children are expected to follow with punishment resulting if rules are not followed. Authoritarian parents generally do not provide reasoning behind rules and children often develop low self-esteem and report lower levels of happiness and social fulfillment. Permissive parents place few to no demands on their children but are communicative and nurturing toward their children. Children with permissive parents often experience challenges with self-regulation, difficulty with authority figures, and poor performance in school. Uninvolved parents place few to no demands on their children, are not often responsive to a child's needs, and are detached from their child's life. It is of note that basic needs are typically met. Children with uninvolved parents tend to struggle with self-control, self-esteem, and academic achievement. This style aligns most closely with the report described.

230.

Which of the following statements is **TRUE**?

Two people can have the same race but different ethnicities

Individuals with the same race automatically have the same ethnicity

Two people of different races also have different ethnicities

Race is culturally defined, while ethnicity is a social construct

Correct answer: Two people can have the same race but different ethnicities

Both race and ethnicity are terms used to identify and describe certain segments of the global population. Historically, race has used distinguishing characteristics such as biology or other physical characteristics such as skin color. Ethnicity has relied on cultural characteristics such as nationality, cultural identity, language, religion, customs, geographic origin, and so on. As a result, two individuals who are categorized in the same racial group but who speak different languages, are from different countries or belong to different religious groups can identify with different ethnic groups.

231.

What is one of the most important actions a social worker can take when working to decrease poverty in a community?

Identify the community's strengths

Elect leaders in the community

Encourage as many people as possible to begin individual or group therapy

Contact the local government

Correct answer: Identify the community's strengths

Social workers use the strengths perspective when working with clients. This applies to individuals, families, groups, and communities. One of the best things a social worker can do when working to decrease poverty in a community is to identify that community's strengths and capitalize on them.

Leaders in the community can be elected, but this does not necessarily mean poverty will be reduced. Individual and group therapy also do not necessarily lead to a reduction in poverty. Social workers can advocate for communities by contacting the local government, but this is again no guarantee that poverty will be reduced.

232.

A social worker using data collected and published by the US Census is **MOST** likely engaging in:

Macro practice

Mezzo practice

Micro practice

Direct practice

Correct answer: Macro practice

Social workers are stereotypically thought to work at departments of social services when, in reality, they are trained and equipped to work in a vast array of agencies at a variety of levels. Social workers can practice on a systemic level, or engage in macro practice, by seeking to correct issues on the broader societal level rather than directly with the client. As the Census gathers data at a societal level, a social worker using this data is most likely reviewing broader issues and not issues impacting clients on an individual level.

The mezzo level most often refers to mid-level populations such as communities or groups of people. Census data may reveal information about groups of people or smaller communities but is more likely to reveal macro-level data. Direct practice (on the micro-scale) is the term used to refer to work that is done with individual clients, families, or groups. This is the level of practice least likely to be influenced by census data.

233.

Jane and Carol are meeting with a couples therapist in preparation for their wedding. The couple reports that there has been some benign conflict within the relationship as they navigate major life changes. They report that there has been an increase in independence and have had fears creep in about their sense of self being threatened if they get married. Which stage of couples development is the couple **MOST LIKELY** moving through?

Stability

Power struggle

Commitment

Romance

Correct answer: Stability

There are six identified stages of couples development: romance, power struggle, stability, commitment, and co-creation. During the stability phase, couples often find themselves shifting time and attention away from their partner and back to themselves. In healthy dynamics, this is completed in a respectful way. An additional indicator of a healthy relationship is the ability to resolve conflict without either partner feeling as though they have lost. The balance of intimacy and independence is key during this phase.

The power struggle phase is characterized by pursuit of differentiation, or seeing yourself as an individual within a couple. During this stage, the individuals begin to see that their partner has flaws and that they are different. Conflict management skills are developed during this phase. The focus is on differences rather than shared traits or interests. The commitment stage focuses on acknowledging that they want to be together after resolving conflicts related to flaws and individuation and after seeing that the good outweighs the bad. Romance is the first stage and is characterized by discovering common interests, getting to know one another, and forming attachments.

234.

Which framework requires social workers to understand their clients in the context of social systems and people with whom they interact?

Ecological systems

Psychodynamic

Psychosocial

Correct answer: Ecological systems

Most social workers operate from the ecological systems perspective, which allows them to understand individuals in the context of their social situations. Therefore, the focus of intervention is the interface between a client and the client's environment.

A psychodynamic framework explains behaviors as responses to an individual's past, and can be conscious and unconscious. A psychosocial framework is related to the psychodynamic framework but is more focused on client diversity and strengths.

235.

A social worker becomes frustrated with the public health insurance program that covers the costs of most of her clients' mental health treatment. Though they call, clients are frequently unable to speak directly with a representative of the program when they have questions, and needed services are often denied for reasons that are unknown. When this happens, the social worker contacts local politicians to let them know of these shortcomings and talks to them about the wide range of needs her clients typically have.

This social worker is acting as a(n):
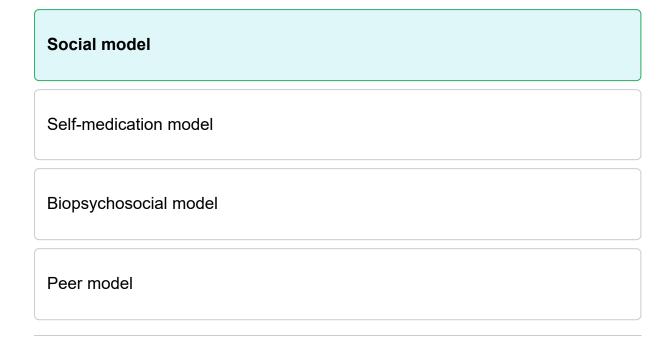
Advocate

Counselor

Negotiator

Broker

Correct answer: Advocate

Social workers are often needed to fight for the rights of their clients, and they may have to work to obtain needed resources. This social worker is taking extra time to contact legislators and inform them of the direct impact broken systems are having on people in need.

This social worker is a counselor and therapist, but not in this particular role. There is no indication in the question that the social worker is interested in negotiating with politicians. A social worker acting as a broker makes referrals to other professionals or agencies on behalf of the client.

236.

Darlene is a drug counselor working with her client, Joe. When Darlene speaks with Joe about his use, Joe states that he got started by hanging out with peers who used and looked up to media figures and celebrities who were open about their use.

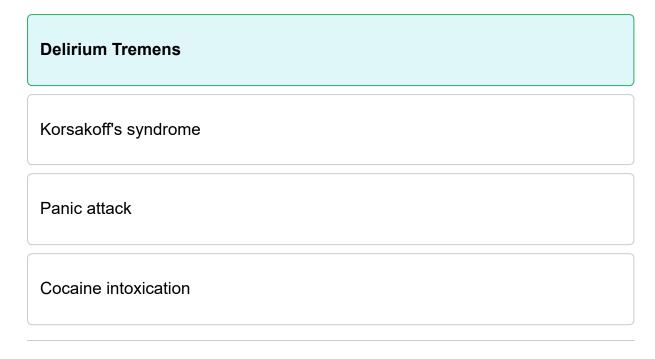Which of the following models of the causes of substance abuse **MOST** explains Joe's use?

Social model

Self-medication model

Biopsychosocial model

Peer model

Correct answer: Social model

The social model of addiction onset suggests that one's association with those who share the same value system contribute to the beginning of substance abuse. This is reflected in one's relationships with peers as well as those one looks up to as role models.

The self-medication model suggests that substance abuse starts as an attempt to resolve psychiatric symptoms. The biopsychosocial model is much more complicated, involving many factors such as heredity and environment. "Peer model" is a fabricated term.

237.

Christopher, a social worker, is working with a client in a crisis center who is having hallucinations, rapid respirations, tremors, and rapid fluctuations in temperature. From which of the following is the client **MOST** likely suffering?

Delirium Tremens

Korsakoff's syndrome

Panic attack

Cocaine intoxication

Correct answer: Delirium Tremens

Delirium Tremens (DTs) is the condition produced in some of those who chronically abuse alcohol. It is characterized by hallucinations, rapid respirations, temperature abnormalities, and body tremors.

The other answer options are incorrect. Korsakoff's syndrome does not produce the symptoms described. Panic attack does not typically involve hallucinations. Cocaine intoxication does not usually produce hallucinations or body tremors.

238.

A veteran has returned from combat and is using substances to ease the burden of symptoms she is experiencing as a result of PTSD. She lives several states away from her family and doesn't have a strong social support network locally. What should the social worker meeting with her address **FIRST?**

> **The substance use**

> The lack of support

> The PTSD

> The issue the client identifies as most troubling

Correct answer: The substance use

Regardless of the presenting problems, substance use must be addressed and treatment must begin prior to addressing other presenting issues. It is also important to note that social workers must determine whether observed or shared symptoms stem from substance use before associating them with another diagnosis.

While substance-use treatment often involves addressing other biopsychosocial issues, if an individual is experiencing the repercussions and harm that addiction can cause, the treatment of other issues will unlikely be successful. Using Maslow's hierarchy of needs, once substance use has been addressed, the client's PTSD (a safety need) and lack of social support (a social need) should be addressed.

239.

What is the main difference between defense mechanisms and coping strategies?

Defense mechanisms are involuntary while coping strategies are voluntary

Defense mechanisms are used in therapy sessions while coping strategies are used outside of therapy

Defense mechanisms are chronic while coping strategies are short-term

Defense mechanisms are ineffective while coping strategies are effective

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Correct answer: Defense mechanisms are involuntary while coping strategies are voluntary

Defense mechanisms are behaviors that protect people from anxiety and are usually automatic and involuntary. Coping strategies are often confused with defense mechanisms, but coping strategies are voluntary.

The remaining answer options are incorrect. Both defense mechanisms and coping strategies can be used in and outside of therapy sessions. Both defense mechanisms and coping strategies can be used over a long or short term. Depending on how they are used, both defense mechanisms and coping strategies can be either ineffective or effective.

240.

During an intake assessment with a family, a social worker learns that the couple has concerns about sexual behavior in their five-year-old. Which of the following scenarios is considered normal sexual behavior in a young child?

Showing their genitals to peers and/or asking to see a peer's genitals

Frequent rubbing and touching of the genitals

An increase in masturbation

Expressing knowledge of different means of urinating between males and females

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Correct answer: Showing their genitals to peers and/or asking to see a peer's genitals

It is often thought that humans do not experience any sexual development until reaching puberty or adolescence, but this is false. Children aged three to seven often look at other children's genitals and show their own genitals to peers, kiss or hold hands as an imitation of adult behaviors, and become more modest about dressing/bathing. This is all considered "normal" curiosity. During toddlerhood, it is considered normal for children to touch and rub their genitals, experience orgasm, express awareness of their gender, and become aware of the differences in urinating between males and females. Masturbation is expected to increase during preadolescence (ages eight to 12).

241.

A social worker meeting with a recent immigrant learns that the client is feeling connected to her new community as a result of shared culture, religion, language, and country of origin. Which of the following concepts has the client described?

Ethnicity

Race

Cultural identity

Identity achievement

Correct answer: Ethnicity

Ethnicity is best defined as the concept that an individual is a member of a group that shares culture, religion, race, language, and/or country of origin. It is important to note that two individuals can share the same ethnicity and be of different races and vice versa. The client has described a shared ethnicity with her new community.

Race is defined within the specific social, historical, and geographic context, and definitions are different in different places/times. It is currently acknowledged largely based on skin color. Cultural identity is rooted in self-identification with groups based on race, religion, skin color, religion, or values sets. Identity achievement refers to a phase of adolescent cultural and ethnic identity development and often involves reaching a clear sense of their ethnic, cultural, and racial identity and successfully navigating the world through this lens.

242.

Lisa is meeting with a crisis intervention social worker and reports that she lost her job and is on the brink of eviction, has had her water cut off, and is feeling unsafe at work due to a coworker sending her threatening messages. Her partner has also broken up with her. Using Maslow's hierarchy of needs, which of Lisa's identified problems would be addressed **LAST?**

Her breakup

Her housing

Her access to water

Her workplace discomfort

Correct answer: Her breakup

Maslow's hierarchy of needs identifies an individual's needs in a hierarchical order, asserting that needs at the base of the pyramid must be addressed prior to those at higher levels. The order (from most imminent to last) is as follows:

1. *Physiological needs: all needs that biologically keep a person alive, such as food, water, oxygen, and temperature regulation. Water and potentially housing fall into this category (housing is included if the climate in Lisa's city may lead to loss of life, such as freezing temperatures).*
2. *Safety needs: all needs that allow a person to feel safe from harm. The workplace threats would be addressed on this level.*
3. *Social needs: all needs pertaining to intimacy, friendship, and love. The breakup would be addressed here.*
4. *Esteem needs: a base-level sense of self-respect.*
5. *Self-actualization: the need to be true to oneself and reach full potential.*

243.

Of the choices provided, what is the **MOST** appropriate focus for the development of adults aged 65 through 75 years?

Social activities, physical health maintenance, and promoting independence

The development of a personal identity and moral philosophy

Using life experiences to learn, create, and solve problems

Recognition of commitments to family, career, and community

Correct answer: Social activities, physical health maintenance, and promoting independence

Adults aged 65 to 75 years are faced with increasing risk of physical illness and reduced opportunities for social expression. As human beings age, their physical health requires a higher degree of maintenance and support and must be a focus of attention. However, this is not to suggest that older adults cannot fully engage in a broad range of activities and do not benefit from social interaction. It is also not to propose that older adults cannot be independent within the limits of their mental and physical health.

In most people at this stage of life, the personality has become stable, and personal identity has likely been operative for decades. Direct involvement in society by career participation generally slows down or ceases and the corresponding commitments to community decrease.

Social workers recognize that this time of life can be a continuation of contribution, enjoyment, and activity enjoyed in earlier life. Older adults continue to need and benefit from the same level of social interaction as their younger counterparts.

244.

After receiving a poor grade on an important exam, instead of acknowledging his lack of preparation, Nathan accuses the teacher of creating an unfair test and claims that the class material was too difficult to understand. Which of the following defense mechanisms is Nathan using?

Projection

Sublimation

Rationalization

Repression

Correct answer: Projection

Defense mechanisms are subconscious behaviors that protect individuals from difficult emotions, such as anxiety. Projection involves unconsciously ascribing one's own unacceptable feelings or qualities to someone else and is considered primitive.

Sublimation involves channeling unacceptable impulses or emotions into socially acceptable outlets, such as if Nathan channeled his frustration and disappointment from the poor grade into improving his study habits and performing better on the next exam. Rationalization involves using believable explanations or justifications for a person's behavior. Mark's behavior does involve justification (the test was too difficult), but the primary focus here is on attributing his feelings to the teacher rather than simply providing an alternate explanation. Repression involves pushing distressing or threatening thoughts or memories into the unconscious mind to prevent them from causing discomfort. There is no evidence that this is happening in this situation.

245.

Which of the following theorists saw learning as a change in behavior and stimuli?

Skinner

Piaget

Maslow

Bandura

Correct answer: Skinner

B. F. Skinner is one of the key figures in the Behaviorist school of learning theories, which sees learning as an ongoing interaction between stimuli and behavior.

The other answers are incorrect. Piaget is associated with the Cognitive school (learning as an internal process); Maslow, the Humanist school (learning as human achievement), and Bandura, the Social/Situational school (learning as shared behavior).

246.

The class system is an example of which of the following sociological theories?

Stratification

Intersectionality

Racism

Sociological negativity

Correct answer: Stratification

Social stratification refers to a hierarchy of groups of people based on socially constructed classifications such as income, job, schooling, ethnicity, race, gender, sexual orientation, etc. Stratification results in the unequal distribution of resources, including power, social rewards, and other opportunities, and can result in lasting inequities and systemic oppression. The class system, the caste system, and slavery are all examples of social stratification systems with lasting harmful repercussions.

Intersectionality refers to the intersection of two or more forms of oppression or discrimination. Racism refers to the discrimination and/or oppression of a group of people based on their race. Sociological negativity is not a recognized term within sociology or social work.

247.

Which of the following probably would **NOT** occur in a family system with closed boundaries?

The oldest child graduates from high school and is allowed to choose where he goes to college

The wife of a married couple tries to verbalize her dissatisfaction with the relationship but is quickly shut down by her husband

A child is physically and emotionally abused over a period of years

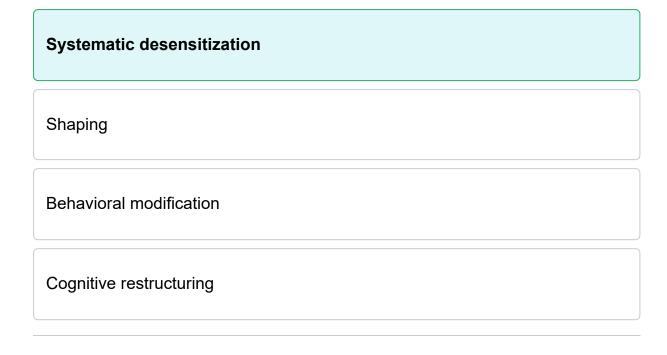A spouse must ask permission from the other before making plans

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Correct answer: The oldest child graduates from high school and is allowed to choose where he goes to college

When discussing boundaries in the context of the family, one is applying family systems theory and must conceptualize the family through the lens that the interactions between family members influence the overall ability of the family to function. As a result, the boundaries between family members have a significant influence over communication patterns and family dynamics. Closed boundaries typically result in stringent or strict rules about communication and decision-making. This would not be likely to lead to a child feeling free to choose which college to attend.

Being shut down when expressing feelings or asking permission before making plans are indicative of closed boundaries within a family system. Physical and/or emotional abuse are not necessarily associated with open or closed boundary systems.

248.

A social worker meets with a college student who was recently sexually assaulted during a campus party. The client expresses fear surrounding social situations. As the student strives to get better and overcome her fear, the social worker suggests a series of social encounters of gradually increasing length and exposure.

Which technique is the social worker using?

Systematic desensitization

Shaping

Behavioral modification

Cognitive restructuring

Correct answer: Systematic desensitization

Systematic desensitization is a type of exposure therapy that involves intentional exposure to a specific trigger immediately followed by the use of relaxation techniques to build a tolerance to the triggering event over time.

Shaping involves the use of positive reinforcement of desired behaviors (or behaviors resembling a desired behavior) and not reinforcing behaviors that are undesired. Behavioral modification is a broad term used to describe any method of changing behavior using reinforcement (positive or negative). Cognitive restructuring is most commonly used in CBT and involves identification of unhealthy thought patterns and subsequent shifting of those thought patterns into healthier versions.

249.

Which of the following models emphasizes the influence of both individual characteristics and system relationships?

Person-in-environment

Social-individual perspective

Psychodynamic theory

Correct answer: Person-in-environment

Person-in-environment theory is an essential theory for social workers to familiarize themselves with. It is rooted in the belief that both an individual's characteristics and the systems with which they have relationships (social, cultural, spiritual, economic, etc.) influence their functioning and overall well-being. PIE emphasizes the importance of both cultural competency and a strength-based approach for social workers and is rooted in biopsychosocial assessment and many of the tools social workers will use during their careers.

Psychodynamic theory is rooted in the belief that early childhood experiences and the unconscious influence how adults interact with the world. "Social-individual perspective" is a fabricated term in social work and/or psychology.

250.

Which of the following statements about stereotypes is **FALSE**?

Stereotypes are often more helpful than harmful

Stereotypes can lead to discrimination of a group of people

Stereotypes of others contribute to group cohesion

Stereotypes limit the acknowledgment of intragroup diversity

Correct answer: Stereotypes are often more helpful than harmful

Stereotypes refer to assumptions and beliefs that people have about another group of people as a whole. Typically, stereotypes are more harmful than helpful as they fail to acknowledge individual differences and intragroup diversity. Stereotypes contribute to discrimination of entire groups of people. Having stereotypes about another group can lead to the cohesion of the group making the stereotypes, but this is not necessarily a good thing.

II. Assessment

251.

Which of the following is **MOST** associated with violence?

Borderline Personality Disorder

Paranoid Personality Disorder

Schizotypal Personality Disorder

Schizoid Personality Disorder

Correct answer: Borderline Personality Disorder

Certain diagnoses and conditions are more associated with violence. Borderline Personality Disorder and Antisocial Personality Disorder are both associated with a greater risk of violence.

The other answer options are incorrect. Paranoid Personality Disorder, Schizotypal Personality Disorder, and Schizoid Personality Disorder are not associated with a risk of violence at the same level as those diagnoses noted above.

252.

A social worker is meeting with a client, a woman in her early 70s, for the first time. When the social worker is performing a mental status exam, the woman tells the social worker that it is currently the 1970s and that President Ford is in office.

This woman would **BEST** be described as:

Disoriented

Delusional

Comorbid

Hallucinating

Correct answer: Disoriented

When conducting mental status exams and assessments, social workers should pay close attention to their clients' beliefs. Orientation is its own section within the mental status examination, and a client is considered oriented x3 if they are able to identify time, place, and events. If they are unable to identify self, time, place, or events, they are considered disoriented. Disorientation can indicate a mental illness or cognitive impairment.

Delusional thinking is listed within the thought process section of the mental status exam alongside information related to reality testing. Comorbidity typically refers to the presence of two or more diagnoses at the same time. An example would be an individual having both diabetes and schizophrenia. When a patient hears, sees, smells, or feels something that others cannot hear, see, smell, or feel, it is considered a hallucination. Auditory hallucinations are the most common type of hallucination, and command auditory hallucinations are a specific type of auditory hallucination wherein the voices a person hears tell them to complete a certain action and may threaten them if the command is not adhered to.

253.

In listing a client's strengths, a social worker notes that the client has a good sense of humor, confidence in his occupational skills, and is open to receiving help. These strengths are examples of:

The client's temperament

The client's cognitive skills

The client's interpersonal skills

Correct answer: The client's temperament

Temperament includes factors such as belief in the goodness of others, belief in justice, high self-esteem, optimism, tolerance of ambiguity, ability to process negative events, a sense of humor, not feeling overwhelmed by anger, allowing grief, a sense of purpose, and taking responsibility for decision-making.

Interpersonal skills are demonstrated via maintaining relationships, having confidants, solving problems, demonstrating empathy, and experiencing intimacy. Cognitive skills are demonstrated by intellectual capabilities, creativity, initiative, common sense, and foresight into problems.

254.

What is the **MOST** popular painkiller used to treat moderate to severe pain?

> **Hydrocodone**

> Levothyroxine sodium

> Lisinopril

> Metoprolol

Correct answer: Hydrocodone

Hydrocodone is the most popular painkiller used to treat moderate to severe pain. It relieves pain through the central nervous system and is used to stop or prevent coughing. It can become habit-forming when used over an extended period.

Levothyroxine sodium is used to treat hypothyroidism. Lisinopril is a high-blood-pressure medication. Metoprolol is used to treat high blood pressure and reduces the risk of repeated heart attacks.

255.

Elderly clients are at high risk for:

> **Depression**

Psychosis

Substance abuse

Conduct disorder

Correct answer: Depression

It is well known that the elderly are are higher risk for physical injuries such as broken bones or development of dementia. It is less commonly understood that the elderly are at higher risk for development of depression. This is a result of the diminishment of self-esteem during the transition period from working and being fully independent to retirement and requiring more assistance from family members and loved ones. It is important for social workers to understand and assess for symptoms of depression as clients begin to age.

Peak onset for psychosis is in early adulthood (20s for males and late 20s to early 30s for females) and is uncommon to begin in the elderly. Substance abuse is not more common to emerge during older adulthood. Conduct disorder is typically applied to children and adolescents.

256.

Susan, a social worker, is treating Edward, who has an alcohol abuse problem. Edward speaks about his alcohol problem and its consequences and sometimes makes statements such as, "I wish I could live sober." However, Edward continues to drink. Edward is in which of the following stages of change?

Contemplation

Presobriety

Early remission

Denial

Correct answer: Contemplation

Contemplation is the stage of change characterized by ambivalence; the client will often speak and behave in contradictory ways as they attempt to begin the change process.

The other answer options are incorrect. "Presobriety" is a fabricated term. Early remission may sometimes refer to a diagnosis but, in any case, does not apply here, as the client is still using. Denial is not a stage of change.

257.

A social worker is meeting with a client, Jimmy, who has been heavily dependent on opioids for an extended period. Jimmy expresses a strong desire to quit using opioids but is worried about the potential withdrawal symptoms. Which of the following withdrawal symptoms is **MOST** closely associated with opioid use?

> **Muscle aches**

> Increased appetite

> Elevated heart rate

> Elevated mood

Correct answer: Muscle aches

Opioid withdrawal symptoms commonly include physical discomfort, such as nausea, vomiting, diarrhea, muscle aches, delirium, convulsions, and restlessness. The unpleasant (and sometimes dangerous) nature of these symptoms can become a barrier to addiction treatment.

Increased appetite is associated with neither opioid use nor opioid withdrawal. It is associated with marijuana use, and it is helpful for social workers to know the different indicators of substance use. Elevated heart rate is infrequently associated with opioid withdrawal; nausea and muscle aches are far more common. Elevated mood is an effect of using opioids and not a symptom associated with withdrawal. Opioid withdrawal can be dangerous to clients, and social workers must be familiar with the symptoms and appropriate steps to take in the event of a life-threatening situation.

258.

Mia is a social worker meeting with a client in a school setting. She is assisting in the development of an individualized study plan to meet the student's specific needs. Which of the following psychological tests would Mia **MOST LIKELY** find while reviewing the student's records?

Wechsler intelligence scale

Thematic apperception test

Beck depression inventory

Rorschach inkblot test

Correct answer: Wechsler intelligence scale

The Wechsler intelligence scale measures a child's intellectual and cognitive abilities and is broken down into four index scales and a full-scale score. As the social worker is school-based and is developing a treatment plan related to academics, this would be the most applicable test.

The thematic apperception test is a projective test that entails showing clients ambiguous pictures and requesting that they develop narratives or stories about them. It provides the clinician with information surrounding how a client perceives situations and allows insight into a client's needs. The Beck depression inventory is a scaled assessment that determines whether depression is present and how severe it is. The Rorschach inkblot test entails showing a client an inkblot and assessing their perceptual reactions related to psychological functioning. A thematic apperception test or Rorschach inkblot test would not likely be found in school records. The Beck depression inventory may be relevant, but the educational environment would more likely rely on intelligence testing.

259.

Why should social workers assess the credibility of collateral sources when conducting assessments?

> **Data from multiple sources has higher integrity**

> The trustworthiness of the data is unreliable

> Data from more neutral parties has lower integrity

> It reduces the need for triangulation

Correct answer: Data from multiple sources has higher integrity

When assessing a new client, collateral information is often critical, as it provides a separate and distinct perspective on the client's history, presenting problem, contributing factors, protective factors, strengths, supports, and background. Collateral information can come from an array of sources, including family, friends, medical records, school records, public records, prior social workers, etc. Of note, it is important to remember that some sources are more reliable than others and that informed consent to obtain collateral information is necessary prior to contacting any sources.

260.

Ongoing, relentless stress is **MOST** likely to cause:

Emotional trauma

Suicidality

Substance use
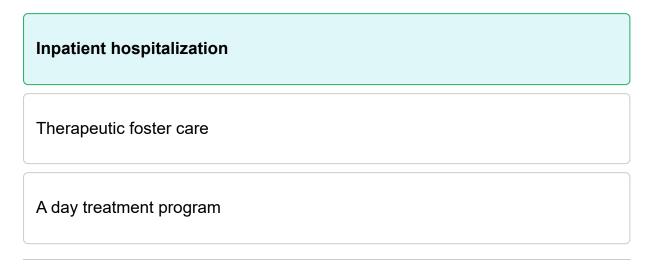
Termination of therapy

Correct answer: Emotional trauma

Trauma is an emotional response to an event that causes injury to the body or psyche. Emotional and psychological trauma can be caused by one-time events or ongoing, relentless stress. It is also true that, following trauma, many people experience stress as they attempt to process the event and cope with the fear that it or something similar may happen again.

Suicidality is an extreme response to trauma and/or stress and, though serious, it is not common. Substance use is a coping skill that some individuals use to handle stress, but it does not occur in the majority of situations. Stress may be the reason some people seek out therapy, but typically is not the reason therapy is terminated.

261.

A social worker in an emergency room at a hospital is asked to evaluate an adolescent patient who just arrived accompanied by her mother. The teenager has bandages wrapped around her wrists because she tried to slit herself with a razor earlier in the day. The teenager states that she still wants to die and will "find a way" to kill herself before the day is over.

What level of care is **MOST** appropriate for this patient at this time?

Inpatient hospitalization

Therapeutic foster care

A day treatment program

Correct answer: Inpatient hospitalization

Social workers often assess clients to determine the most appropriate level of care. It is essential that social workers understand the differences in levels of care and how restrictive they are. The highest level of care is residential treatment and/or inpatient hospitalization.

The continuum of care, from least to most restrictive, is generally understood to be:

- *Early intervention and outpatient treatment*
- *Intensive outpatient treatment and partial hospitalization*
- *Residential and inpatient treatment*

Therapeutic foster care, outpatient therapy, and day treatment are all outpatient treatment options, and, as the client has indicated intent and plans to harm herself, she requires the highest level of care; inpatient treatment.

262.

All of the following would be considered typical attitudes and/or behaviors for individuals who have recently experienced sexual abuse to have, **EXCEPT**:

Blaming the perpetrator

Hypersexuality

Self-injurious behaviors

Difficulty sleeping

Correct answer: Blaming the perpetrator

Sexual abuse can be incredibly traumatic and can affect victims in many different ways. Some of the possible effects of sexual abuse include hypersexuality, feeling responsible for the abuse (rather than blaming the perpetrator), self-injurious behaviors, and sleeping and eating problems. Additional effects include sexual identity problems, feelings of shame or guilt, substance abuse and other self-destructive behaviors, lack of trust in others, acting-out behaviors, perceived vulnerability, and phobias.

263.

Faye is seeing her client, Melvin. Melvin does not like the idea that he has been diagnosed with schizophrenia and insists that his symptoms of hallucination and delusion are attributable to a lung tumor. Melvin does have a tumor on his lung, but doctors have concluded (and explained to him) that it is impossible that his symptoms are related to his lung tumor. He has also had brain scans that show no evidence of tumor to ensure that is not the cause.

Which of the following **BEST** describes Melvin's behavior?

False imputation

Malingering

Conversion

Denial

Correct answer: False imputation

Malingering is intentional false reporting or exaggeration of physical or mental health issues for secondary gain, specifically external gain. Malingering is broken into three categories:

- *False imputation: Attaching real symptoms to an unrelated source*
- *Partial malingering: Exaggerating symptoms that are real*
- *Pure malingering: Fabricating false symptoms completely*

While Melvin's reaction could be described as malingering, it is more specifically described as false imputation, as it aligns with the attachment of real symptoms (his hallucinations) to an unrelated source (his lung tumor).

264.

Sheila is meeting with Melissa, who she suspects of being a victim of domestic violence. Sheila has taken her time developing a bond of trust, has made sure that Melissa goes to medical appointments, and has begun to ask probing questions about Melissa's relationship with her husband. As a result of her findings, Sheila schedules Melissa and her husband for couples therapy.

What critical error has Sheila made?

Beginning couples therapy

Making medical needs a priority

Establishing a bond of trust

Asking probing questions about suspected abuse

Correct answer: Beginning couples therapy

Treating the victims of domestic or family violence is always challenging and calls upon all the resources of the practitioner to ensure that the client is safe. Establishing a bond of trust is essential to ensure that the client will share potentially damaging details. Ensuring medical safety as a priority is one way to track the client's physical well-being. At some point, it will be necessary to ask the difficult questions about the suspected abuse.

However, research has shown that using traditional couples/family therapy with a suspected system of abuse is highly dangerous and may lead to further abuse.

265.

Which of the following classes of medications can result in Tardive Dyskinesia?

Antipsychotics

Anxiolytics

Antidepressants

Stimulants

Correct answer: Antipsychotics

Some antipsychotics are associated, in long-term use, with Tardive Dyskinesia, which results in abnormal movements in the face and body.

The other answer options are incorrect. Anxiolytics, antidepressants, and stimulants are not associated with Tardive Dyskinesia.

266.

Financial exploitation is one form of what?

Elder abuse

Neglect

Delinquency

Correct answer: Elder abuse

Financial exploitation can occur when a person has control over an older person's finances. This is usually an adult son or daughter or another family member. Signs of financial exploitation include lack of amenities in the older person's home, giving excessive gifts in exchange for care or companionship, and property transfers that the older person has signed but is unable to explain the meaning of. This is a form of elder abuse.

Neglect is when a caretaker refrains from watching after a person's physical and emotional needs. Delinquency refers to any minor crime, particularly one committed by a younger person.

267.

A client has entered outpatient substance-use treatment. They report that they used substances several weeks ago and have been having distressing flashbacks ever since. Which of the following substances would the client **MOST LIKELY** report using?

Hallucinogenic mushrooms

Marijuana

Cocaine

Heroin

Correct answer: Hallucinogenic mushrooms

Individuals who have used hallucinogenic substances often report experiencing unwanted flashbacks from the experience as long as months later. These flashbacks can be distressing and may lead a client to seek mental health services.

Marijuana and alcohol are most closely associated with impaired motor skills and can result in injury, car accidents, and other physical issues. Cocaine is closely associated with a period of excitement and high energy followed by a difficult crash (including fatigue, depression, and anxiety). Heroin and other opioids are associated with drowsiness and challenging withdrawal symptoms, such as vomiting and delirium.

268.

A woman comes to meet with a social worker for the first time. The woman appears very distraught and tells the social worker that she has suffered panic attacks for years. Throughout the course of their conversation, the social worker also learns that the woman is dissatisfied in her current job, is going through a divorce, and was evicted from her apartment two days ago, and has been sleeping in her car.

According to Maslow's hierarchy of needs, what area of need should the social worker address **FIRST**?

The woman's lack of residence

The woman's panic disorder

The woman's job dissatisfaction

Correct answer: The woman's lack of residence

This client has readily identified several stressors that should be addressed during the course of treatment. When using Maslow's hierarchy of needs as a guideline, the most urgent needs to be addressed are those concerning an individual's biological needs, like food, water, and a reasonable temperature. When taking this into account, the most urgent need becomes the client's lack of stable housing, as the risk of untenable temperatures becomes a possibility (freezing temperatures or dangerously hot temperatures) and must be addressed.

Following biological needs, the rank order of needs is safety, social, esteem, and self-actualization. The client's living situation could also fall under safety needs. Further assessment would be needed to determine which needs exist in the subsequent domains of social, esteem, and self-actualization, as we do not have enough information surrounding the client's other social supports, hobbies, strengths, etc. to make a determination.

269.

Which of the following **LEAST** resembles a person who has suffered emotional abuse and neglect?

> **Sexual identity problems**

> A lowered capacity to engage appropriately with others

> Using drugs

> A flat and superficial way of relating

Correct answer: Sexual identity problems

The results of emotional abuse and neglect stretch across the lifespan and most heavily impact one's relational world. A person who has suffered in this way is likely to have a lowered capacity to engage appropriately with others. They are prone to risky behaviors like using drugs, and their relational style can be flat and superficial, without empathy.

Though it is possible, sexual identity problems are more a reflection of sexual abuse than emotional abuse and neglect.

270.

Carla is a 28-year-old client who has been court-ordered to attend therapy sessions with you as a result of her many DUI convictions. However, she continuously states that she does not have a drinking problem and that the court system is overly punitive.

Carla is **MOST** likely experiencing which of the following defense mechanisms?

Denial

Psychosis

Depression

Acceptance

Correct answer: Denial

Defense mechanisms are tools the subconscious uses to protect the individual's mind from anxiety or other feelings of distress. Denial is a defense mechanism wherein the mind becomes unable to recognize a truth or circumstance that is objectively true as a means of protection.

Depression is a mood disorder often characterized by symptoms of low mood, decreased energy, fatigue, anhedonia, agitation, and/or suicidal ideation. Acceptance is a psychotherapy term that refers to the acknowledgment of an individual's thoughts and feelings.

271.

Needle exchange programs are an example of which model?

Harm reduction

Medical

Self-medication

Social

Correct answer: Harm reduction

Needle exchange programs allow individuals who use drugs intravenously to exchange used or "dirty" needles for new ones. These programs are controversial but have been shown to reduce money spent on treating diseases transmitted by IV since fewer used needles are in circulation. They are an example of the harm reduction model, which refers to any intervention that seeks to minimize adverse health or social consequences associated with substance use without requiring a client to discontinue use.

The remaining answer options are incorrect because none of these applies directly to needle exchange programs. The medical model considers addiction to be a chronic and progressive medical disease. The self-medication model asserts that substances relieve symptoms of a psychiatric disorder. The social model states that drug use is learned from and reinforced by others who serve as role models.

272.

Which of the following is **NOT** an antidepressant?

> **Buspar**

> Anafranil

> Elavil

> Norpramin

Correct answer: Buspar

Buspar is a benzodiazepine, a type of drug used to treat anxiety.

The other answer options are incorrect. Anafranil, Elavil, and Norpramin are all antidepressants.

273.

A client presents to his therapy session distraught and tearful, reporting that his long-term girlfriend has just broken up with him. The social worker engages the client in practicing coping skills, and they process some of the client's feelings. At the end of the session, the client indicates that he intends to drive over to his ex-girlfriend's home and harm her and then complete suicide. Under the Tarasoff decision, what does the social worker have a duty to do?

Notify the authorities and warn the girlfriend

Notify the authorities, warn the girlfriend, and initiate an involuntary commitment for the client

Notify the authorities and initiate an involuntary commitment for the client

Warn the girlfriend

Correct answer: Notify the authorities and warn the girlfriend

The Tarasoff decision set the precedent that social workers have a "duty to warn" if they deem a client a credible, imminent threat to another person. In that event, the social worker is expected to notify the authorities of the threat and to warn the individual in danger.

An involuntary commitment may be indicated if a client is deemed a danger to themselves and/or others, but it is not relevant to the Tarasoff decision and would fall under ethical guidelines and/or local law. It is essential to attempt to warn the girlfriend if the client is a credible threat to her well-being; however, warning just the individual in danger would not be sufficient. The authorities would need to be informed because they have the ability to provide protection and intervention in ways that the social worker does not.

274.

Lucy, an adolescent with severe behavior problems, is being seen for therapy by her social worker, Helen. Helen is attempting to arrive at ways to reduce Lucy's dynamic risk factors.

Which of the following is **MOST** likely for Helen to assess with this end in mind?

Lucy's substance abuse

Lucy's genetic predisposition to violence

Lucy's family of origin

Lucy's past history of violence

Correct answer: Lucy's substance abuse

There are two realms of factors associated with the risk of violence. Dynamic risk factors, such as Lucy's substance abuse, are things that can change over time and can be altered to produce less risk.

Static risk factors are those that will not change, or change significantly, over time. Lucy's genetic predisposition to violence, Lucy's family of origin, and Lucy's past history of violence are all static factors, though still important to assess.

275.

Charles describes each time he becomes drunk as a "relief" from chronic feelings of depression and sadness. Which of the following explains these pleasurable feelings Charles gets when he drinks?

Brain reward mechanisms
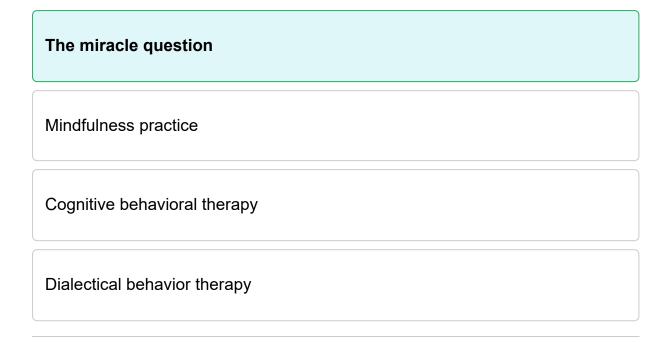
Genetic causes

Biopsychosocial model

Correct answer: Brain reward mechanisms

Several different models explain the causes of substance abuse. One aspect of the medical model, which views addiction as a chronic and progressive disease, is that substances act on the parts of the brain that reinforce continued use by producing pleasurable feelings. According to the medical model, Charles' drinking habits are reinforced because he feels better while drinking due to altered mechanisms within the brain.

Genetic causes refers to the fact that there is some inherited vulnerability to addiction. The biopsychosocial model indicates that there are a wide variety of reasons why people start and continue using substances.

276.

Sarah is a social worker meeting with a client named Alex who has been struggling with feelings of hopelessness and not feeling like he's heading in the right direction. Alex frequently talks about his dissatisfaction with his current circumstances and his desire for things to be different.

Which of the following techniques is **MOST** appropriate for Sarah to use to help Alex develop goals in a future-oriented way?

The miracle question

Mindfulness practice

Cognitive behavioral therapy

Dialectical behavior therapy

Correct answer: The miracle question

The miracle question is a therapeutic tool commonly used in solution-focused therapy. It can be implemented in a variety of creative ways, such as, "If you were given a magic wand and with one wave you could change your life, what would it look like after the spell was cast?" or, "If you went to sleep and overnight your life transformed into the perfect life, what would change?" It is less about the specific question asked and more about what the client identifies as changing in their life for the better. Rather than focusing on all the things that are wrong, the client is asked to identify things that would improve their life, a positive (solution-focused) approach to goal identification. Often, when clients are struggling, goal identification can be overwhelming, so taking approaches such as this one can help them break down the steps to get there.

Mindful approaches emphasize strengthening the awareness of the present without judgment via meditation and other observational exercises. A mindfulness-based approach may be helpful to lessen the client's feelings of dissatisfaction and hopelessness but would be less likely to address the identified lack of clear goals and desire for change. A more action-oriented approach would be a better option for this client. Cognitive behavioral therapy emphasizes identification of harmful patterns of thought and shifting identified patterns to more helpful thought patterns. This approach would help with the client's feelings of hopelessness by addressing unhealthy thinking patterns but would be less likely to help him identify goals to work toward than the miracle question. Dialectical behavioral therapy is rooted in cognitive behavioral therapy but was designed specifically to help individuals who experience strong emotions learn to accept and tolerate them using mindfulness and other

techniques. It is less likely to help the client identify goals and develop direction but may be helpful in assisting him tolerate the discomfort of feeling hopeless.

277.

You are a social worker conducting a biopsychosocial assessment for a client who recently experienced a traumatic event. Which of the following are you **LEAST** likely to consider during the assessment process?

The client's husband's perspective of their functioning before and after the traumatic incident

The client's medical history, focused on physical injuries and illnesses

The client's current psychological well-being, including symptoms of PTSD

The client's available social supports, including family, friends, and community supports

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Correct answer: The client's husband's perspective of their functioning before and after the traumatic incident

The purpose of a biopsychosocial assessment is to thoroughly assess all systems, strengths, and challenges that may impact a client's life and/or presenting problem. It is essential that information about biological, psychological, and social functioning be included. Social workers must view the client as the expert, and thus it would be most appropriate to gather the information directly from a client about their history, current symptoms, and available supports prior to including any information from other parties. Of note, if you have consent, it is helpful to gather information from collateral sources, but the client should be consulted first whenever possible.

Gathering information about medical history assists in identifying any physical injuries or limitations resulting from the traumatic experience and determining whether medical intervention is necessary. Assessing the client's psychological well-being allows the client to share current symptoms or preexisting mental health conditions that may need psychological intervention. Assessing the client's available support systems helps identify potential resources and sources of strength and resiliency. These three components are essential in completing a comprehensive biopsychosocial assessment.

278.

Arnold is a social worker at the community center. During bingo night, Eugene seeks Arnold out and discloses that he lives with his son and that his son controls his finances, limits his access to social interactions, and frequently uses his money for personal expenses without his consent.

What should Arnold do **NEXT?**

Make a report of elder exploitation

Make a report of physical abuse

Make a report of emotional abuse

Make a report of elder neglect

Correct answer: Make a report of elder exploitation

Arnold is a mandated reporter and must make a report in this instance. Elder exploitation is the improper or unauthorized use of an older adult's funds, property, or assets for the benefit of another person, often resulting in financial harm or loss. In this scenario, the older adult's child is controlling their finances and using their money without consent, which aligns with the concept of exploitation. This is what Arnold must report to adult protective services. It is best practice to alert the client that a report is being made ahead of time whenever possible.

Physical abuse involves the use of physical force that causes injury, but indications of physical abuse (such as bruises or cuts) are not referenced in this scenario. Emotional abuse involves psychological harm through actions like intimidation, manipulation, and isolation. There is evidence that Eugene's son is keeping him isolated to some degree, but the main issue in the scenario is financial exploitation. Neglect is the failure to provide necessary care and support, and Eugene did not report that he does not have appropriate access to care.

279.

Which of the following terms refers to making physical complaints without having a specific diagnosis?

Somatization

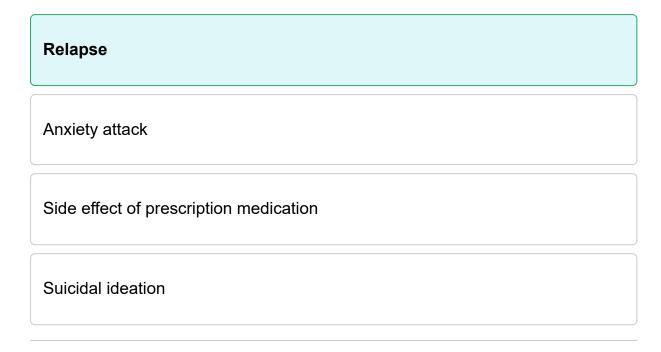Culture-bound syndrome

Ethnopathology

Correct answer: Somatization

Somatization is the tendency to express psychological distress in the form of bodily symptoms. One example is expressing anxiety in terms of a headache or gastrointestinal upset. Somatic complaints are common in victims of intimate partner violence, so social workers should explore reasons behind vague physical complaints with clients.

Culture-bound syndromes are patterns of problematic behavior unique to a certain culture. Ethnopathology is a fabricated term.

280.

A client who has been in therapy following years of substance abuse comes to meet with her social worker. The social worker notices that the client seems much more restless than normal, is sweating, and has dilated pupils.

The **MOST** likely reason for these symptoms is:

Relapse

Anxiety attack

Side effect of prescription medication

Suicidal ideation

Correct answer: Relapse

Stabilization, rehabilitation, and maintenance are all integral stages in the treatment of drug use. Each stage has its own goals and interventions that help the client learn to move away from substance use and work through issues that led to the substance use in the first place. During the stabilization phase, the focus is on establishing abstinence and committing to making changes. The rehabilitation phase focuses on increasing supports and developing coping skills. The maintenance phase focuses on stabilizing gains made in treatment and preventing relapse. Relapse is its own phase of treatment, and it can occur during any of the phases of substance abuse treatment. Relapse prevention should be discussed at all stages, with particular discussion of prevention during the maintenance phase.

Anxiety attacks can include symptoms similar to the client's, but this is not the best answer because there is no indication in the question that the client is struggling with anxiety. Likewise, there is no reason to think the client is on prescription medication or suicidal.

281.

Which of the following is **TRUE** about intimate partner violence?

The abused partner often leaves the batterer several times before the relationship ends

It primarily occurs in white populations

Batterers usually have no control over their impulses

Research shows that couples therapy is helpful for those who are actively being abused

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Correct answer: The abused partner often leaves the batterer several times before the relationship ends

It is common for it to take several attempts for a survivor of intimate partner violence to end a relationship for good. There are many contributing factors to this, including hope that their partner will change and abuse will stop, lack of resources needed to move, fear of leaving, and the possibility of coercive control their partner may have over them within the intimate partner dynamic.

There is not evidence to support that intimate partner violence occurs most frequently within a specific racial population. It is a commonly held but false notion that abusers do not have control over their impulses. Similarly, it is contraindicated for couples where intimate partner violence is present to engage in couples therapy, as it may increase the likelihood of violence.

282.

Why might a psychiatrist prescribe an injectable antipsychotic?

It is easier to manage than oral forms

It is more effective than oral forms

It is quicker-acting than oral forms

It is cheaper than oral forms

Correct answer: It is easier to manage than oral forms

The main problem in treatment compliance is adherence to a medication regimen. By prescribing an injectable, which may only require a dose every month that is administered by a professional, the client does not have to manage the medication on their own; this is a substantial barrier for those patients with severe thought disorder.

The other options are incorrect. Injectables are generally no more effective, no cheaper, and (in maintenance doses) no quicker-acting than oral medications.

283.

A social worker is meeting with a client, Mark, who reports such severe depression that he cannot function in his role at work and needs to be placed on medical leave. During the assessment, the social worker uses diagnostic tools to determine that the client is exaggerating symptoms intentionally to get out of working. Which of the following conditions is **MOST** appropriate?

Malingering

Factitious disorder

Somatization disorder

Antisocial personality disorder

Correct answer: Malingering

While malingering is not considered a mental illness, it does have a V code in the DSM-5 and is defined as the intentional false or exaggerated reporting of psychological symptoms with attached external motivation (such as getting out of work or avoiding legal consequences). Based on the information provided, this is the most appropriate term for the symptom cluster.

Factitious disorder also involves exaggeration of symptoms, but the key distinction is that the motivation for this disorder is a desire to occupy the sick role rather than external gain. Somatization disorder is driven by actual symptoms resulting from psychological distress. Antisocial personality disorder and malingering can be seen together and do share some symptoms; however, more information is needed to diagnose a personality disorder and the criteria for malingering have been met.

284.

A social worker is meeting with a married man, who is concerned about his lack of sexual activity with his wife. The man reports that he and his wife used to be intimate frequently, but for the past year, he has not been interested in having intercourse. In collecting additional information for the assessment, the social worker discovers that the man has a history of alcoholism and, though he was sober for several years, he has begun drinking heavily again for the past year or so.

Which of the following might the social worker consider?

The man's alcohol use may be contributing to his decreased interest in having sexual intercourse

The man is suffering from depression due to the lack of intimacy in his marriage

The man's wife is enabling him to drink

Correct answer: The man's alcohol use may be contributing to his decreased interest in having sexual intercourse

When conducting assessments, it is important for social workers to collect information about all aspects of a client's life, as seemingly separate behaviors may be overlapping. Alcohol and/or drug use should be considered related to concerns about sexual desire, arousal, or orgasm because they can cause decreased interest or abilities in these areas.

The man may or may not be suffering from depression, but his feelings of frustration and depression may be alleviated if he stops drinking. There is no indication that the man's wife is enabling him.

285.

Raul is meeting with his client, Peter. Peter seems to feel that the world is not safe. He feels a sense of powerlessness and feels as if he is permanently damaged somehow. He feels incompetent and alienated from others.

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

Traumatized

Depressed

Stressed

Anxious

Correct answer: Traumatized

Trauma is the mind and body's reaction to a negative event. It is the entire organism's response to an experience that has been significant enough to force an undesirable adjustment in homeostasis. Traumatization is the long-term, relatively permanent effect of trauma on the individual. The loss of feeling safe, the feeling of powerlessness, and the feeling of being damaged are indicators that Peter has experienced lasting trauma.

Common symptoms of depression include low energy, feelings of worthlessness, thoughts of self-harm, lack of interest in hobbies, and agitation. The client has not expressed symptoms that align most closely with depression. Common symptoms of stress include difficulty making decisions, irritability, difficulty concentrating, somatic symptoms, and difficulty sleeping. The client has not indicated symptoms that align with stress. Common symptoms of anxiety include persistent worry, somatic symptoms, feeling as though there is an impending doom, and irritability. The client's symptoms do not most closely align with anxiety.

286.

A social worker is working with a client who has a history of substance abuse and has recently mentioned having suicidal thoughts. The client expresses feelings of hopelessness and isolation. What should the social worker do **FIRST** when trying to conduct an effective risk assessment?

Establish a strong therapeutic alliance

Provide immediate solutions to the client's problems

Recommend hospitalization

Focus on the client's substance use

Correct answer: Establish a strong therapeutic alliance

In this scenario, the social worker should prioritize building a strong and trusting relationship with the client. This forms the foundation for an effective risk assessment because it encourages the client to openly share their thoughts and feelings, including suicidal ideation. Without a strong therapeutic alliance, the client may be less likely to disclose the severity of their suicidal ideation and struggles.

Providing solutions immediately may be premature without a thorough risk assessment. In order to complete a valid risk assessment and determine the most appropriate course of action, the social worker must understand the client's situation first. Similarly, recommending hospitalization is not appropriate because a risk assessment is crucial to determine the severity of the situation and the appropriate level of care. Focusing on the client's substance use is too narrow and neglects the immediate concern of suicidal ideation.

287.

Which of the following is **TRUE** regarding psychosocial stress?

> **It is the result of real or perceived danger from a life situation**

> It is generally caused by a single event

> It does not show up in the form of physical symptoms

Correct answer: It is the result of real or perceived danger from a life situation

Psychosocial stress is the result of a real or perceived danger as a result of a life situation that triggers a stress response and can contribute to the onset of a mental illness. Common examples include threats to social esteem, threats to self-esteem, social status, and lack of social acceptance. Treatment should involve teaching clients to manage stressors to prevent the body from triggering a stress response in circumstances when it is not necessary, which can lead to negative long-term consequences.

Psychosocial stress is generally the result of an ongoing stressor, such as bullying, caretaking responsibilities, discrimination, or exposure to violence. It can show up in many different ways, including physical symptoms such as dizziness, racing heart, shortness of breath, sweating, and high blood pressure. It can also manifest in psychological ways, such as irritability, sadness, or anxiety.

288.

Poverty is likely to lead to all of the following, **EXCEPT**:

> **Increased likelihood of employment**

> Family breakdown

> Inability to work

> Physical illnesses

Correct answer: Increased likelihood of employment

Research has repeatedly indicated that it has an adverse impact on both the individual and communities. It is particularly impactful as an adverse childhood experience during early childhood and has been shown to be linked to a lower likelihood of graduating from high school and a higher likelihood of continued poverty throughout the lifespan. Additional research has linked poverty to increased rates of family breakdown, unemployment, disability, physical and mental disability, and substance use.

Poverty is not associated with a higher rate of employment but, rather, the opposite.

289.

A social worker is meeting with a seven-year-old boy for the first time. He was referred to the social worker because he has recently been having behavioral difficulties in school, particularly when it is time to complete academic work. The social worker wonders about the boy's cognitive functioning and would like him to have a psychological evaluation.

Which measure would be the **BEST** one to measure the boy's intellectual ability?

WISC-IV

Rorschach inkblot

TAT

Myers-Briggs

Correct answer: WISC-IV

The Wechsler Intelligence Scale (WISC) is designed as a measure of a child's intellectual and cognitive ability. It has four index scales and a full scale score. The social worker should refer the boy to a psychologist who is competent and trained to administer this test.

None of the remaining answer options measure cognitive and intellectual functioning. The Rorschach inkblot test is used to assess perceptual reactions. The Thematic Apperception Test (TAT) is a projective test in which clients are asked to make up stories about ambiguous pictures. Myers-Briggs classifies individuals' personalities across four dimensions.

290.

Which of the following statements about addiction is **FALSE**?

> **Relapse is not an expected part of treatment**

Habilitation is the stage of treatment focused on establishing a stable substance-free lifestyle

Stabilization includes accepting a substance abuse problem

Maintenance is focused on stabilizing gains made in treatment

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Correct answer: Relapse is not an expected part of treatment

The treatment of addiction goes through several stages, each with its own proper focus. It is to be understood that relapse is an expected part of treatment, though one to be avoided and more characteristic of earlier than later stages.

Stage one of treatment, referred to as stabilization, is the attempt to gain basic control of the substance abuse issue by realizing that a problem exists and making a commitment to change.

Stage two of treatment, rehabilitation or habilitation, involves getting the person used to a life pattern without the use of substances and developing the tools needed for success.

Stage three of treatment, maintenance, involves the ongoing support of the recovery process and stabilizing the progress made.

291.

A social worker is conducting a biopsychosocial assessment with a woman who has recently lost her husband of 25 years. Despite the immense grief she is experiencing, the client demonstrates resilience by confiding in her friends, solving problems as they arise, and actively seeking support from friends and family. Which type of strength is **MOST** evident in this scenario?

Interpersonal skills

Cognitive skills

Coping skills

Temperamental skills

Correct answer: Interpersonal skills

The client's ability to confide in friends, solve problems, and seek support from friends and family indicates strong interpersonal skills and the capacity to build and maintain meaningful relationships. Interpersonal strength involves effective communication, empathy, and social support-seeking behaviors.

There are several domains that client strengths fall into: cognitive, coping, temperamental, and interpersonal skills. Cognitive skills include skills related to problem-solving, critical thinking, and cognitive flexibility, such as having common sense, being creative, or taking initiative. Coping and defense mechanism strengths refer to the client's ability to manage and regulate emotions, such as ability to self-soothe or level of flexibility. Temperamental skills relate to disposition and personality traits that influence coping. Examples include having a belief in justice, having the ability to grieve, taking responsibility, or having a positive self-image.

292.

During his latest office visit, Stan begins to raise his voice in anger. He begins to reply to his therapist in a non-reality-based and hostile manner and begins mumbling under his breath about a conspiracy to steal his thoughts.

Which of the following terms **BEST** describes Stan's current state of mind?

Psychotic

Hypomanic

Disoriented

Comorbid

Correct answer: Psychotic

There are many terms that are commonly used to describe symptoms of mental illness. A few examples include:

- ***Psychotic**: Typically characterized by the presence of delusions, hallucinations, paranoia, disorganization, and/or negative symptoms*
- ***Hypomanic**: Typically characterized by a mild version of manic symptoms that last for a shortened period of time, including increased energy, pressured speech, elevated mood, irritable mood, grandiosity, and/or increased distractibility*
- ***Disoriented**: Typically characterized by a lack of awareness or sense of self, time, or location*
- ***Comorbid**: Typically refers to the presence of two or more diagnoses at the same time. An example would be an individual having both diabetes and schizophrenia.*

293.

Roy is a patient in an acute mental health unit. He has had to be restrained multiple times due to his delusional violence. Which of the following is **MOST** likely to be used to treat Roy?

Haldol

Effexor

Celexa

Wellbutrin

Correct answer: Haldol

Haldol is an antipsychotic most commonly used to treat psychosis. Delusions are a symptom of psychosis and delusions can lead to aggressive behavior. As a result, an antipsychotic medication such as Haldol would be the most appropriate medication to treat Roy's symptoms.

Effexor, Celexa, and Wellbutrin are all antidepressant medications used to treat depression and anxiety most commonly. These medications would be unlikely to be used to treat delusions or aggressive behaviors.

294.

Which of the following classes of medications involves dietary restrictions on tyramine?

> **Monoamine Oxidase Inhibitors**

> Selective Serotonin Reuptake Inhibitors

> Tricyclics

> Antipsychotics

Correct answer: Monoamine Oxidase Inhibitors

Monoamine Oxidase Inhibitors, a type of antidepressant, is associated with dietary restrictions on foods that contain tyramine such as beer, some cheeses, liver, smoked or pickled fish, and so on.

The other answer options are incorrect. Selective Serotonin Reuptake Inhibitors, tricyclics, and antipsychotics are not associated with restrictions on tyramine.

295.

Fatigue, anxiety, depression, and intense cravings are symptoms of:

Cocaine withdrawal

Alcohol intoxication

Heroin withdrawal

Hallucinogenic flashbacks

Correct answer: Cocaine withdrawal

The most frequently observed symptoms of withdrawal from cocaine include irritation and agitation, restlessness, lower mood, increased fatigue, an increase in appetite, psychomotor retardation, cravings for the substance, and anxiety.

Alcohol intoxication is most frequently indicated by impaired judgment, disrupted equilibrium or loss of balance, and slurred speech. Withdrawal from heroin often includes an array of symptoms, including throwing up, nausea, muscle cramps and pain, inability to sleep, inability to eat, fever, chills and/or sweating, and can even include delirium. Hallucinogens are largely believed to be non-addictive, and thus, there is not evidence to support symptoms of withdrawal. They are known to cause flashbacks, particularly if one experiences a "bad trip," and often involve seeing flashes of color, false perceptions, visual snow, or halos. Flashbacks can persist for days or weeks following ingestion of the hallucinogenic substance.

296.

During a mental status examination, you note, "Client reports happy mood, and observable affect is agitated." The alignment of the client mood and affect would **BEST** be described as which of the following?

> **Incongruent**

> Congruent

> Disoriented

> Delusional

Correct answer: Incongruent

During a mental status examination, the client's reported mood and observable behaviors (or affect) are documented. When the mood and affect do not match, they are described as incongruent.

If a client presented reporting a good mood and smiling, the mood and affect would be considered congruent. Orientation is its own section within the mental status examination, and a client is considered oriented x3 if they are able to identify time, place, and events. If they are unable to identify self, time, place, or events, they are considered disoriented. Disorientation can indicate a mental illness or cognitive impairment. Delusional thinking is listed within the thought process section of the mental status exam alongside information related to reality testing.

297.

You are meeting with a client who expresses difficulty choosing between two options that feel equally bad. You provide psychoeducation about cognitive dissonance to the client in an effort to provide tools to help the client make the decision on their own. Which of the following options is **NOT** considered a method to reduce dissonance?

Help the client identify an additional option to resolve the conflict

Help the client find a way to reduce the importance of the two beliefs in conflict

Help the client remove the belief or behavior causing the conflict

Help the client gain new beliefs that shift the balance between the two options

Correct answer: Help the client identify an additional option to resolve the conflict

Cognitive dissonance arises when someone has to choose between contradictory beliefs or options that hold equal appeal. There are three identified ways to assist clients in managing dissonance when it arises:

1. *Reduce the level of importance of the beliefs in conflict*
2. *Remove the belief or behavior causing the conflict*
3. *Take on new beliefs that shift the balance between the options*

Adding further options does not inherently modify the conflict between the two existing choices and holds the potential to increase cognitive dissonance if it, too, is equally appealing to the client.

298.

In working with individuals who are victims of abuse, what is the **MOST** significant issue in establishing a therapeutic alliance?

Trust

Intelligence

Skill

Respect

Correct answer: Trust

When social workers are meeting with victims of abuse of any kind, trust is a major issue in establishing a therapeutic alliance. Victims of abuse have been physically or emotionally hurt by people they have loved and trusted, so it is to be expected that they would require extra time and space to begin to trust someone else.

Intelligence is not necessarily important when treating victims of abuse, though social workers should always be aware of the level of clients' cognitive abilities. Social workers should be properly trained to provide appropriate interventions to abuse victims, and it is helpful if the social worker and client respect each other, but trust is the most important issue.

299.

What is one disadvantage to hydrocodone?

It can become habit-forming

It can only treat mild to moderate pain

It often worsens coughing and other symptoms

It is expensive

Correct answer: It can become habit-forming

Hydrocodone/acetaminophen is the most popular painkiller used to treat moderate to severe pain. Hydrocodone, a narcotic analgesic, relieves pain through the central nervous system, and it is also used to stop or prevent coughing. This drug can become habit-forming when used over an extended period. It is available in generic form and is quite affordable for most people.

300.

Which of the following is **FALSE** about "normal" and "abnormal" in behavioral science?

They cannot be defined

They are societally dependent

They are situationally dependent

They are part of mental health diagnosis

Correct answer: They cannot be defined

Defining what is "normal" and "abnormal" in general terms is essential for basic psychological analysis. Without knowing what is considered within and without the expected bounds of behavior, it is impossible to establish pathology.

The other answers are incorrect. Normality and abnormality are dependent on a number of factors, such as society and situation. Mental health diagnosis rests on some conception of normality, and whether or not the patient is exhibiting unusual behavior.

301.

A social worker is meeting with a client whose partner has been charged with a violent crime resulting from a delusional belief that their neighbor belonged to a secret society and was trying to harm them. The client expresses belief in the delusion despite being presented with facts that counter the system. This phenomenon is referred to as which of the following?

Folie a deux

Disorientation

Exogenous depression

Endogenous depression

Correct answer: Folie a deux

A folie a deux is a shared delusion between two or more people. As the client is expressing a delusion that is shared with their partner, this is best described as a folie a deux.

Disorientation refers to confusion related to self, time, or place. Exogenous depression is depression caused by psychosocial stressors or events, while endogenous depression is caused by a biochemical imbalance. It is essential that social workers understand these terms and use these concepts during the diagnosis and treatment planning processes.

302.

When taking a client's sexual history for purposes of an assessment, which of the following should the social worker do **FIRST**?

Acknowledge any feelings the client may have about discussing sexuality

Inform the client that the social worker will not discriminate based on the client's sexual preferences

Give the client a written questionnaire to prime them for the social worker's questions

Have the client sign a consent giving permission to the social worker to ask questions related to sexuality

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Correct answer: Acknowledge any feelings the client may have about discussing sexuality

Some clients might not be comfortable talking about their sexual history or preferences. Social workers should attempt to help clients feel at ease by acknowledging and normalizing feelings surrounding discussions about sexuality. Social workers can also explain to clients that taking a sexual history is an important part of the assessment process that is administered to all clients.

The social worker might inform the client that they will not discriminate based on the client's sexual preferences, but this does not need to be done first. Written questionnaires about sexuality are available but are not necessary if clients are willing to participate in a face-to-face interview. The social worker should explain the course of treatment to the client, but it is not necessary that the client sign a consent giving permission to the social worker to ask questions related to sexuality.

303.

Michael suffers from bouts of intense anxiety that prevent him from being able to manage daily tasks; he often worries as if he might have a panic attack. Which of the following is **MOST** likely to be prescribed to him?

Ativan

Effexor

Wellbutrin

Haldol

Correct answer: Ativan

Ativan is one of a class of drugs known as anxiolytics, designed to address the symptoms of anxiety disorders, though they can be used to treat other conditions.

The other answers are incorrect. Effexor and Wellbutrin are antidepressants. Haldol is an antipsychotic and would only be used if the client was manifesting symptoms of psychosis.

304.

Which of the following would **NOT** be considered a physical manifestation of trauma?

Difficulty concentrating

Fatigue

Substance use

Binge eating

Correct answer: Difficulty concentrating

Trauma is defined as an individual's response to a highly challenging event or experience. There are times when trauma responses can be severe and impact a client's life negatively. These responses can manifest in emotional or physical ways. Some of the most common physical manifestations are insomnia, fatigue, substance use, overworking, eating-related challenges, a need for repetition, a need for ritual, and engagement in risky behaviors.

Some of the most common emotional manifestations of severe trauma responses include irritability, flashbacks, dissociation, unrest, feeling shut down, becoming overly passive, depression, guilt/shame, strange fears, lack of patience, difficulty concentrating, self-injurious thoughts, lack of trust in others, feeling unsafe, and feeling unlovable.

305.

All of the following are recommended for interceding in an abusive relationship, **EXCEPT**:

Couples therapy

Establishing a therapeutic alliance

Ensuring all medical needs are met

Correct answer: Couples therapy

Unfortunately, abusive relationships of many types are common, and social workers frequently interact with these types of systems. When determining how to intervene, social workers should make medical needs and safety priorities. Social workers can also try to develop trusting relationships with individuals in an abusive relationship through a therapeutic alliance.

Traditional marital or couples therapy is not appropriate for families in which abuse is actively occurring and actually puts victims in greater danger of further abuse.

306.

Why might a social worker obtain consent to collect education records for an adult client?

To diagnose intellectual or developmental disabilities

To collect information that might pertain to the client's child

To determine current social functioning

Correct answer: To diagnose intellectual or developmental disabilities

When assessing a new client, collateral information is often critical, as it provides a separate and distinct perspective on the client's history, presenting problem, contributing factors, protective factors, strengths, supports, and background. Collateral information can come from an array of sources, including family, friends, medical records, school records, public records, prior social workers, etc. Of note, it is important to remember that some sources are more reliable than others and that informed consent to obtain collateral information is necessary prior to contacting any sources. The most likely reason to obtain school records for an adult client would be to assess for intellectual or developmental disabilities noted in the record. If the client had an individualized education plan, special education classes, or testing, it is likely to be noted in the school records.

Information surrounding an adult client's child would be extremely unlikely to be found in their school records, and information about childhood social functioning would not likely shed light on current social functioning in as effective a manner as other collateral sources would.

307.

Thirty percent of children with alcoholic parents develop alcoholism, while only ten percent of children of nonalcoholic parents develop alcoholism. What does this suggest?

Both genetic and environmental factors are involved

Alcoholism is solely based on genetics

A child's surroundings are the only influencing factor on whether he or she develops alcoholism

Further research is needed

Correct answer: Both genetic and environmental factors are involved

A much higher percentage of children of parents with alcoholism go on to develop alcoholism themselves, indicating there is a significant genetic component. However, because ten percent of children of parents without alcohol problems go on to develop alcoholism, this indicates that, in some cases, there is an environmental, not a genetic, component involved as well.

As stated above, there are both genetic and environmental components to developing alcoholism. It is not fully known how and why certain people develop addictions, but it is clear from existing research that it is not exclusively genetic or environmental factors that cause them.

308.

A social worker is meeting with a teenager for the second time and begins to have concerns that the client may be depressed. Which of the following would be the **BEST** assessment instrument to administer to this client?

> **Beck Depression Inventory**

> Myers-Briggs Type Indicator

> Minnesota Multiphasic Personality Inventory

> Thematic Apperception Test

Correct answer: Beck Depression Inventory

The BDI, or Beck Depression Inventory, assesses teens and adults for level of depressive symptoms.

The MBTI, or Myers-Briggs Type Indicator, assesses personality in four primary domains, including introversion versus extroversion, sensation versus intuition, thinking versus feeling, and judging versus perceiving. The MBTI is an inventory that is generally completed by the individual themselves and then scored, producing a final personality type. The MMPI, or Minnesota Multiphasic Personality Inventory, is a personality test that assesses for potential psychopathology and does not assess for depression. Tests that involve asking a client to develop ideas about images, scenes, or other ambiguous imagery are perception-type tests and are used to gather data surrounding the client's conscious and subconscious conflicts, feelings, motivations, and needs. The TAT, or thematic apperception test, involves asking clients to make up stories about what is happening in pictures and describe the people's thoughts and feelings.

309.

Harriet, a social worker, is conducting an assessment with a new client, Sam, who has a history of anxiety and difficulty expressing emotions. During the assessment, Harriet decides to administer the Rorschach inkblot test to gain insights into Sam's thought processes and emotions. Sam seems unsure about the test and asks why he is being shown these images. How might the Rorschach inkblot test contribute to Harriet's assessment?

By offering a structured way for Sam to project his unconscious thoughts and emotions

By directly diagnosing specific mental health disorders and providing treatment recommendations

By assessing Sam's creative thinking abilities and artistic inclinations

Correct answer: By offering a structured way for Sam to project his unconscious thoughts and emotions

The Rorschach inkblot test is designed to provide a structured platform for individuals to project their unconscious thoughts and emotions onto inkblots. By analyzing how Sam interprets the inkblots, Harriet can gain insights into Sam's inner world, cognitive processes, and emotional responses.

The Rorschach inkblot test is not typically used to directly diagnose specific mental health disorders. While it can provide valuable insights into a person's cognitive and emotional processes, it is best used as part of a broader assessment and not as a standalone diagnostic tool. It is a projective test designed to uncover underlying thought patterns and does not provide insight into creative thinking or artistic abilities.

310.

Which of the following is **NOT** an example of an interpersonal skill as it relates to client strengths?

Supportive social institutions, such as church

Capacity for empathy

Problem-solving skills

Ability to confide in others

Correct answer: Supportive social institutions, such as church

In assessing client strengths, certain types of assets break into functional categories. In the interpersonal skill set, such things as a capacity for empathy, problem-solving skills, and an ability to confide in others speak to a client's ability to maximize their relational attributes.

Supportive social institutions such as church or community center are more external and resource-based in character.

311.

Which of the following correctly identifies the **PRIMARY** purpose of the biopsychosocial assessment in social work?

To gather comprehensive information about the various domains of a client's life

To gather information used to appropriately diagnose a client

To determine a client's eligibility for financial assistance programs

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Correct answer: To gather comprehensive information about the various domains of a client's life

A biopsychosocial assessment in social work aims to holistically understand the individual's situation by considering biological, psychological, and social factors. This assessment does not focus solely on diagnosing mental health disorders but seeks a broader picture of the individual's circumstances, including their strengths, challenges, and environmental influences. This approach helps social workers develop more effective interventions and support strategies tailored to the client's unique needs.

While the biopsychosocial assessment is often used in the context of diagnosing a client, this is not its primary purpose. The assessment is also used to plan treatment and select interventions that will best serve the client. Additionally, the information necessary to determine whether a client is eligible for benefits may be contained in a biopsychosocial assessment, but specific applications and procedures are usually used to make this determination.

312.

Which of the following is **FALSE** about the process of problem formulation?

It is done only in direct (micro) social work practice

It should always be done using the person-in-environment perspective

It should always be done using a strengths-based approach

Identifying factors that are not the problem is an appropriate approach

Correct answer: It is done only in direct (micro) social work practice

Social workers in both direct and macro practice engage in problem formulation as a part of intervention development. Macro social workers may need to work with a group of clients during the problem formulation process and seek consensus, but this is still necessary when identifying appropriate interventions.

Problem formulation involves identifying the presenting problem and underlying consequences using a person-in-environment and strengths-based approach. The individual or group's strengths and resources should be identified so that potential solutions can be tailored to the client's needs. If problem identification is challenging, a useful approach can be to determine which factors are not the problem, and as specific issues are eliminated, more information about the problem will be revealed.

313.

A social worker is beginning an assessment with a client, Daria, who has a history of substance abuse and is currently seeking help finding recovery resources. Daria reports that she feels overwhelmed by the challenges ahead and expresses doubt about her ability to change. Which of the following strategies should the social worker use to identify and highlight the client's strengths in this situation?

Ask open-ended questions to explore her past successes and coping mechanisms

Focus on past failures and provide solution-focused therapy

Provide advice on ways to increase motivation

Emphasize the importance of prioritizing professional substance-use treatment

Correct answer: Ask open-ended questions to explore her past successes and coping mechanisms

In this scenario, the social worker should employ a strengths-based approach by helping the client identify her existing strengths, achievements, and positive coping strategies. By asking open-ended questions, the social worker encourages the client to reflect on her past successes, which can boost her confidence and motivation for recovery.

Focusing on past failures and providing solution-focused therapy may further discourage Daria and hinder her motivation. Additionally, providing solutions too early is known to increase resistance from clients. Providing advice on ways to increase motivation at this point is likely premature and may cause Daria to feel resistant to treatment. Additionally, it does not necessarily involve the client in the process and is not strengths-based. Emphasizing the importance of prioritizing professional substance-use treatment does not take a systems or strengths-based approach and disregards Daria's potential internal strengths and resources. A strengths-based approach acknowledges and builds on a client's existing capabilities.

314.

A social worker is meeting with the teenage son of a man who has been struggling with alcohol use for most of his life. The boy lives with his father and mother and regularly witnesses his father coming home drunk. The teenager admits that he feels scared and confused when this happens. The teen shares that he was referred to the social worker by a teacher whom he considers to be a role model and has confided in over the school year.

Which theory of addiction would posit that having this teacher as a role model would serve as a protective factor against the teen developing an addiction himself?

The social model

The psychiatric model

The family model

The behavioral model

Correct answer: The social model

The social model posits that addiction is learned from social influences ranging from family members (such as the teen's father) to friends and role models. Those with whom the individual identifies as sharing the same value system have the biggest influence over behaviors. As the teen identifies that he has negative emotions when his father consumes alcohol and is able to identify the teacher as a positive adult in his life, the chance that the teacher will emerge as a protective factor against developing addiction is favorable, according to the social model.

The psychiatric model links addictive behavior to mental illnesses such as depression, anxiety, trauma, etc. Addiction becomes a form of self-medication to treat the symptoms of mental illness. This theory does not directly address the role the teacher plays in the teenager's life and the potential for developing addiction. The family model asserts that behaviors observed in family members, familial dysfunction, and abuses incurred by family members can lead to addictive behaviors in individual family members. While that may be relevant in this case study, the teacher is not a relevant factor per that theory. The behavioral model correlates behavioral dysfunction as a risk factor for later substance use and, as we are not informed of behavioral dysfunction the teen demonstrated, this model is not relevant in this case study with the information provided.

315.

A social worker is meeting with a seven-year-old child who discloses to the social worker that her stepfather often threatens to hit her when she talks back to him, calls her "stupid," and refuses to tuck her in bed at night if she has been "bad" during the day. This can be classified as:

Psychological abuse and neglect

Physical abuse

Sexual abuse

Correct answer: Psychological abuse and neglect

Psychological abuse and neglect is sustained, repetitive and inappropriate behavior aimed at threatening, isolating, discrediting, belittling, teasing, humiliating, bullying, confusing, and/or ignoring. Psychological abuse/neglect can be seen in constant criticism, belittling, teasing, ignoring or withholding praise or affection, and placing excessive or unreasonable demands, including expectations above what is appropriate.

The behavior described in the question is not necessarily physical abuse because, though the stepfather threatens to hurt the child, there is no indication that he actually does so. There is no indication in the question that the stepfather is sexually abusing the child.

316.

Which of the following is **NOT** an example of positive ego strength?

Spending time with an aunt who is emotionally draining but elderly

Experiencing panic attacks and focusing on developing coping skills to manage them

Entering into a residential treatment program for addiction to work against addictive urges

Breaking a vase and offering to repair or replace it due to feelings of guilt

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Correct answer: Spending time with an aunt who is emotionally draining but elderly

Having a high level of ego strength (or the ability to successfully balance the needs of the id, superego, and reality simultaneously) is linked to a high level of resiliency. As a result, it is helpful for social workers to be able to identify signs of positive ego strength. Some of the common indicators include the ability to identify and accept one's emotions (especially the more difficult ones), the ability to experience a variety of moods without overwhelm, the ability to continue forward in the face of a setback or grief, seeking strength in the face of a painful experience, possessing an understanding that pain will not last forever, the ability to provide empathetic support to others without making attempts to eliminate their discomfort, possessing an ability to resist addictive impulses, possessing the ability to take ownership of one's actions, being able to take accountability, and setting boundaries with individuals who are draining.

Choosing to spend time with an aunt who is emotionally draining may be a kind thing to do, but it is not an example of a high level of ego strength.

Though someone may experience panic attacks, working to manage them and not be overwhelmed is a sign of ego strength. Similarly, though one might develop addiction, having the ability to hold oneself accountable and work to fight addictive urges is a sign of ego strength. Last, regardless of the reason (guilt), taking accountability for actions/mistakes is a sign of ego strength.

317.

Which of the following is the highest level of care for a social work client who is dealing with substance use?

Residential substance use treatment

Intensive outpatient treatment

Outpatient substance use treatment

Partial hospitalization

Correct answer: Residential substance use treatment

Social workers often assess clients to determine the most appropriate level of care. It is essential that social workers understand the differences in levels of care and how restrictive they are. The highest level of care is residential treatment and/or inpatient hospitalization.

The continuum of care, from least to most restrictive, is generally understood to be:

- *Early intervention and outpatient treatment*
- *Intensive outpatient treatment and partial hospitalization*
- *Residential and inpatient treatment*

318.

A 16-year-old client presents with her father, who is concerned and reports that he suspects the child is using substances. He reports that she often has red eyes, sleeps more, laughs at inappropriate times, and doesn't seem interested in soccer anymore. Which of the following substances is the child **MOST LIKELY** using?

> **Marijuana**

> Cocaine

> Heroin

> Oxycodone

Correct answer: Marijuana

Signs of marijuana use include glassy eyes, red eyes, speaking loudly, laughing at inappropriate times, sleeping for longer hours, a decrease in typical interests, lack of motivation, and sudden changes in weight. The reported observations align most closely with marijuana use.

Signs of cocaine use include dilated pupils, increased hyperactivity, euphoria, increased irritability, increased anxiety, excessive talking, periods of depression, excessive sleeping at unusual times, a decrease in eating, weight loss, and dry mouth/nose. Symptoms of heroin and oxycodone use include contracted pupils, lack of response of pupils to light, needle marks (heroin), sleeping at odd times, increased sweating, vomiting, coughing, sniffling, twitches, and a decreased appetite.

319.

During one of her initial sessions with a family, a social worker explains to the family members how to draw a family tree that displays the interaction of generations within a family. This social worker is helping the family draw a(n):

Genogram

Ecomap

Assessment

Person-in-environment drawing

Correct answer: Genogram

A genogram is a tool that social workers can use with individuals or families to create a visual representation of the family that includes not only who members are but how they interact with one another, what relationships are positive, which are strained, what jobs folks hold, interesting accomplishments, information about illnesses and addiction, members' roles and expectations, and any other information that may be helpful in understanding how the family functions and resolving conflicts within the family system.

An ecomap is a tool that generally focuses on an individual and is a visual demonstration of all of the systems that they interact with and the ways in which they interact with those systems. It is useful to help demonstrate where a client's time and energy is going and where they receive support and energy from. Building a family tree is not generally viewed as an assessment tool but rather a collaborative effort. While a family tree drawing is depicting the client in their familial environment, it is not called a person-in-environment drawing.

320.

All of the following are examples of clients who demonstrate strong ego strength, **EXCEPT**:

> **A client who shares a story about trying to eliminate his girlfriend's pain after losing her dog**

A client who shares a story about making a huge mistake at work and feeling extremely embarrassed

A client who reports that she owns up to accidentally hitting her partner's cat with her car and takes responsibility for her actions

A client who severs ties with her grandmother, with whom she has a toxic relationship and finds emotionally draining

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Correct answer: A client who shares a story about trying to eliminate his girlfriend's pain after losing her dog

Ego strength is considered an indicator of a high level of resiliency as it is the ability to appropriately manage the often conflicting demands of one's id, superego, and reality. A person with positive ego strength generally has the ability to manage stressors successfully with adaptive coping skills rather than maladaptive coping skills. When assessing ego strength, common indicators include the ability to identify and accept one's emotions (especially the more difficult ones), the ability to experience a variety of moods without overwhelm, the ability to continue forward in the face of a setback or grief, seeking strength in the face of a painful experience, possessing an understanding that pain will not last forever, the ability to provide empathetic support to others without making attempts to eliminate their discomfort, possessing an ability to resist addictive impulses, possessing the ability to take ownership of one's actions, being able to take accountability, and setting boundaries with individuals who are draining.

The client who is trying to take away his girlfriend's pain is not demonstrating a high level of ego strength.

321.

Amber is seeing her client Victor for the first time. Victor seems to be feigning a thought disorder, clumsily attempting to mimic the symptoms of schizophrenia such as hallucinations and delusions. Which of the following characterizes Victor's behavior?

Pure malingering

Partial malingering

False imputation

Conversion

Correct answer: Pure malingering

Malingering is the feigning of symptoms of an illness. Pure malingering is the total fabrication of an illness, as in this case.

Partial malingering is the exaggeration of real symptoms. False imputation is the knowing attribution of real symptoms to a false cause. Conversion is the manifestation of emotional symptoms as physical symptoms.

322.

Which of the following is **NOT** a social problem directly derived from poverty?

Thought disorders

Stress-related disorders

Family breakdown

Decreased physical health

Correct answer: Thought disorders

Thought disorders are not known to be directly linked to poverty, as these are currently believed to be produced by a complex mixture of genetic and person-specific factors.

The other answer items are all incorrect. Stress-related disorders, family breakdown, and decreased physical health have all been directly linked to poverty.

323.

Which of the following statements is the **BEST** definition of somatization?

Psychological distress becomes physical symptoms

Physical symptoms become psychological distress

Psychological stress becomes mental illness

Hospitalization results from psychological distress

Correct answer: Psychological distress becomes physical symptoms

Somatization refers to the process by which psychological distress becomes physical symptoms. They are idiosyncratic to some degree, usually manifest in stressful periods, and sometimes result in medical treatment in their own right.

The other choices are incorrect. Though they all describe potential scenarios, they do not describe somatization.

324.

While completing a biopsychosocial assessment for a new client, a social worker documents the client's medical, developmental, and medication history; current psychiatric presentation and symptoms; stressors; religious experiences; and racial discrimination. The social worker also completes a mental status exam. Which section of the assessment has the social worker **NOT** yet completed?

Social

Biological

Psychological

Cultural

Correct answer: Social

The biopsychosocial assessment covers information in the biological, social, psychological, spiritual, and cultural domains. Information pertaining to client strengths, resources, sexual identity, sexual history, personal history, education, legal history, relationship status, work history, and other systems the client interacts with is included and placed in the social section of the assessment.

Information pertaining to medical history, developmental history, medications, historical substance use, and family medical history goes in the biological section. Information pertaining to present symptoms, history of presenting illness, stressors, and mental status examinations is included in the psychological section. Information pertaining to race and culture is included in the cultural section. Information pertaining to religious beliefs and practice is included in the spiritual section.

325.

Tony is being seen at an adolescent treatment center and assessed for his tendency toward violence. He has acted out toward others before, including a teacher at his school. His family environment is known to be chaotic, with both father and mother as drug-dealing and drug-using gang members. Tony is using PCP and crack cocaine on a regular basis, and is known to have suffered severe abuse in the past from his parents.

Which of the following is Tony's **BIGGEST** predictor of violence?

His past behavior

His trauma

His drug use

His unstable home environment

Correct answer: His past behavior

Of all predictors of violence, one's own past violent behavior is the truest predictor of future violence.

Many people emerge from chaotic home environments and express no violence at all; this is true as well for habitual drug users and those who have suffered trauma.

326.

Emma, a social worker, is conducting a home visit with an elderly client named Mr. Johnson. During the visit, Emma notices that the living conditions are extremely cluttered and unsanitary. Mr. Johnson appears unkempt and malnourished, and he expresses feelings of loneliness and isolation. What type of abuse is Mr. Johnson **MOST LIKELY** experiencing based on the information available?

Neglect

Psychological

Physical

Correct answer: Neglect

Neglect is defined as failure to meet physical, emotional, or other needs. Mr. Johnson's living area being messy and unsanitary has created an unsafe living space for him, his malnourished appearance indicates a lack of appropriate medical or nutritional care, and his expression of loneliness indicates emotional neglect.

Psychological abuse is emotional, mental, or verbal injury in a sustained behavior and can be demonstrated by threatening, belitting, discrediting, teasing, and humiliating a person. This is not evident in the example provided. Physical abuse is the infliction of physical injury, and signs of physical abuse include bruises, cuts, fractures, and lacerations that are otherwise unexplained. This does not appear evident in the example.

327.

A social worker is taking an inventory of a client's strengths and coping skills. Which of the following strengths is considered cognitive in nature?

A high level of creativity

A high level of self-esteem

Existence of a sense of humor

Acceptance of responsibility for decision-making

Correct answer: A high level of creativity

Coping skills are skills developed by individuals and used to help manage difficult emotions and situations. Factors that contribute to the development of coping skills include interpersonal abilities, temperament, defenses, and cognitive skills. Cognitive factors include intellectual abilities, creativity, curiosity, initiative, perseverance, patience, common sense, the ability to predict problems, and the ability to incorporate feedback. A high level of creativity is considered a cognitive ability.

A high level of self-esteem, the existence of a sense of humor, and acceptance of responsibility for decision-making are all considered temperamental strengths. Additional temperamental strengths include belief in others to be trustworthy, belief in others' capacity for justice, a sense of confidence, optimism, the ability to tolerate uncertainty, the ability to grieve, a lack of anger/hostility, a lack of helplessness, and a clearly defined sense of direction or purpose.

328.

Which of the following would **NOT** fall under the category of child maltreatment?

Giving timeouts when a child misbehaves

Spanking a child with a belt so hard it leaves marks

Withholding food from a child for getting poor grades

Correct answer: Giving timeouts when a child misbehaves

Child maltreatment (or child abuse) is the intentional physical, emotional, or psychological harm of a child. Giving timeouts when a child misbehaves, if done appropriately, does not harm the child but acts as an effective form of discipline by refraining from reinforcing the child's behaviors.

Leaving marks on a child with a belt or other object is a form of physical maltreatment. Withholding food from a child for getting poor grades is a form of psychological and physical abuse.

329.

Which step of the assessment process involves identifying and prioritizing the client's needs and challenges?

Data collection

Intervention planning

Establishing rapport

Case termination

Correct answer: Data collection

Data collection is the step in the assessment process in which social workers gather information about the client's circumstances, needs, and challenges. They then use this information to identify and prioritize the client's needs, leading to effective intervention planning. Social workers must remember to treat clients as the experts on their own lives, and clients' strengths must be maximized during treatment.

Intervention planning occurs after data has been collected and after needs and challenges have been identified. Intervention planning involves identifying specific strategies or therapy modalities that will be used to treat the identified challenges or meet identified needs. Establishing rapport occurs from the onset of treatment and should be continued during assessment, intervention planning, and all phases of treatment. Rapport is trust and a therapeutic alliance between the social worker and the client. Case termination involves concluding the therapeutic relationship once interventions have been implemented and the client and social worker no longer need to engage.

330.

All of the following are true regarding addictions, **EXCEPT**:

They are usually short-lived and easy to treat

They make the client feel powerless

They interfere with the client's normal life

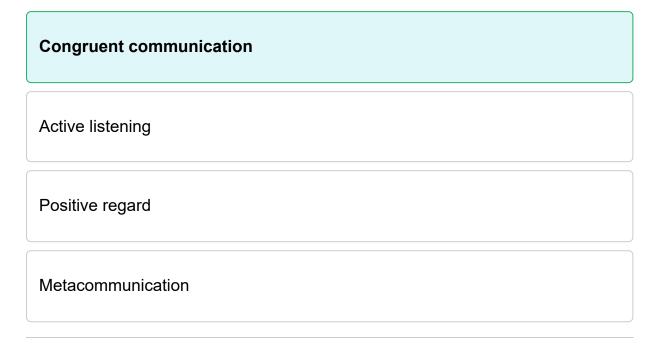They can have serious psychological consequences

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Correct answer: They are usually short-lived and easy to treat

Social workers should remember that many addictions involve the use of something besides drugs and alcohol. An addiction is any behavior that a client feels powerless to control, and that interferes with their normal daily life. Addictions can have serious physical, emotional, and psychological consequences.

Rather than being short-lived and easy to treat, addictions are usually long-lasting and can be very difficult to treat in a way that creates lasting change.

331.

Gail is meeting with her client, Jane. Gail is careful to moderate her language and gestures so that they are similar in expression and intensity as she begins her assessment.

Which of the following **BEST** describes Gail's technique?

Congruent communication

Active listening

Positive regard

Metacommunication

Correct answer: Congruent communication

Gail is engaging in congruent communication, the matching of all messages so that they convey a coherent intensity, content, and intention.

The other answers are incorrect. Active listening involves the supportive expression of verbal cues and posture. Positive regard is the general willingness to engage with a client as a person worthy of help and positive attention. Metacommunication describes the context of messages such as body language or vocalizations.

332.

A VA social worker is working with a client, Bob, who has been through a traumatic event involving a hurricane that decimated the town he was stationed in. The client frequently experiences vivid and distressing flashbacks of the event, often feels anxious and on edge, and has difficulty sleeping due to recurring nightmares about the disaster. Which of the following trauma symptoms **BEST** aligns with the client's reported experience?

Hyperarousal

Dissociation

Avoidance and mistrust of others

Emotional numbness

Correct answer: Hyperarousal

Hyperarousal symptoms involve heightened states of physiological and emotional arousal, such as anxiety, irritability, difficulty sleeping, and an exaggerated startle response. In this scenario, the client's vivid flashbacks, anxiety, and nightmares indicate hyperarousal (a common emotional symptom in individuals who have experienced trauma).

Dissociation is a sense of detachment from one's emotions, thoughts, or surroundings, which is not the primary emotional symptom Bob described. Avoidance and mistrust of others generally involve efforts to avoid reminders of the trauma and is not the primary emotional symptom reported. Emotional numbness involves feeling detached from feelings, feeling shut down, being abnormally passive, or being emotionally disconnected from loved ones. Bob did not report these symptoms. Social workers must be able to identify physical and emotional symptoms of trauma to accurately diagnose and treat clients.

333.

Which of the following is **TRUE** regarding the treatment of sexual dysfunction?

Medical factors should be ruled out before psychological factors

Psychological factors should be ruled out before medical factors

Substance abuse factors should be considered separately

Psychosocial factors should be ruled out first

Correct answer: Medical factors should be ruled out before psychological factors

In the assessment and treatment of sexual dysfunction, medical factors should be ruled out before psychological factors. Many common sexual dysfunctions have an identifiable physical cause.

The other answers are incorrect. Psychological factors should not be ruled out before medical factors. Substance abuse factors and psychosocial factors should be considered together after medical causes have been ruled out.

334.

Which of the following is **NOT** a change in the DSM-5 from the previous edition?

> **Schizophreniform Disorder is no longer a mental health diagnosis**

The Global Assessment of Functioning (GAF) has been dropped altogether

The World Health Organization's Disability Assessment Schedule (WHODAS) was added to the Assessment Measures section

Axis IV has been replaced with significant psychosocial and contextual features

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Correct answer: Schizophreniform Disorder is no longer a mental health diagnosis

The Diagnostic and Statistical Manual, or DSM-5, is the current edition of the main diagnostic instrument used in the treatment of mental health diagnosis. It replaces the previous version, the DSM-IV-R, and changes its form in many ways.

Perhaps the largest change is the discarding of the old multiaxial system of mental health diagnosis. This five-axis system (I through V) has been replaced both directly and indirectly. For instance, the Global Assessment of Functioning (GAF, Axis V) has been dropped altogether. The other axes have been absorbed into other diagnostic elements; for example, the contextual information contained in Axis IV has been distributed into significant psychosocial and contextual features.

Other changes, such as the addition of The World Health Organization's Disability Assessment Schedule (WHODAS) to the Assessment Measures section, has added new functionality.

Schizophreniform Disorder remains a valid mental health diagnosis in the current edition.

335.

A school-based social worker meets with a third grader following referral from a teacher. The teacher noted that she observed changes in the child's behavior on the playground, including decreased eye contact, a flat affect, limited empathy, bullying, and reckless behavior. Which of the following forms of abuse is the social worker **MOST LIKELY** to suspect?

Psychological abuse

Sexual abuse

Physical abuse

These symptoms are not indicators of abuse

Correct answer: Psychological abuse

Psychological abuse is defined as repeated inappropriate behavior with a goal of threatening, isolating, belittling, teasing, humiliating, confusing, and/or ignoring. It can have negative impacts on an individual's intelligence, memory, social interactions, attention, imagination, and moral development. The most prominent signs of psychological abuse include avoidance of eye contact, increased loneliness, increased anxiety, increased feelings of despair, a flat affect, lack of empathy for others, inappropriate interactions with peers, bullying behaviors, self-harm, and/or reckless behavior.

Physical abuse is an intentional trauma or injury as a result of hitting, punching, kicking, biting, and/or burning. It is often indicated by physical marks left on an individual and can be the result of physical discipline. The most prominent indicators that physical abuse is occurring include unexplained bruises, unexplained burns, unexplained fractures, and/or unexplained cuts. Evidence of sexual abuse includes demonstration of an abnormal level of interest in sexual issues, abnormal level of knowledge of sexual matters, or inappropriate sexual behaviors. The behaviors listed in the question are notable indicators of abuse, specifically psychological abuse.

336.

Which stage of drug use treatment includes detoxification?

Stabilization

Rehabilitation

Maintenance

Denial

Correct answer: Stabilization

There are three stages of drug use treatment: stabilization, rehabilitation, and maintenance. During the stabilization phase, clients experience withdrawal symptoms during detoxification, which is necessary in order for the client to move from the physical effects of the substance into the next stage, rehabilitation.

As stated above, rehabilitation and maintenance are the other two stages of drug treatment. The rehabilitation phase focuses on increasing supports and developing coping skills. The maintenance phase focuses on stabilizing gains made in treatment and preventing relapse. Denial is not one of the stages of substance use treatment.

337.

Which of the following **MOST LIKELY** indicates behavioral dysfunction in a client?

> **A teenager who engages in aggressive behavior toward peers and authority figures**

> A child who displays tantrums when they are not allowed to have a desired toy

> An adult who experiences feelings of sadness or irritability due to work-related stress

> An elderly adult who forgets appointments or loses items occasionally

---

Correct answer: A teenager who engages in aggressive behavior toward peers and authority figures

While normal and abnormal behaviors are subjective when considering culture, environment, and societal expectations, the current resource social workers can rely on to determine "dysfunction" in behaviors is the DSM. The DSM views regular aggression as dysfunctional behavior. Though teenagers often engage in risky behaviors and this is considered normal, aggression toward peers and authority figures is considered dysfunctional.

A child displaying tantrums in response to not being able to play with a toy is common and developmentally appropriate, depending on their age. This scenario does not necessarily indicate dysfunction in behavior. Stress is a normal part of the human experience, and an adult experiencing sadness and/or irritability due to stress falls within the normal range of behavior unless it impairs the adult's ability to function. Forgetfulness is a normal part of the aging experience and does not necessarily indicate dysfunction in an older adult. If forgetfulness becomes increasingly frequent or severe, it may indicate dysfunction.

338.

Hannah is meeting with a client, August, for individual therapy to address increasing anxiety during the COVID-19 pandemic. August shares that he hasn't been exercising or eating well due to anxiety and often feels intense anxiety when he leaves the house to go to work. Which of the following responses would be **LEAST** appropriate?

"Exercise and eating well can have a significant improvement on mental health. You should try taking small steps to get to the gym again."

"Exercise and eating well can have a significant improvement on mental health. What thoughts arise when you think about going to the gym?"

"Exercise and eating well can have a significant improvement on mental health. I hear that it's difficult for you right now, and I wonder what might be helpful."

Correct answer: "Exercise and eating well can have a significant improvement on mental health. You should try taking small steps to get to the gym again."

"Should" statements are considered cognitive distortions in the CBT framework and are not recommended statements for a social worker to make to a client. They are often perceived as shaming or moralizing statements that can increase resentment, guilt, or obligation in the client and can harm the therapeutic relationship.

Asking the client what thoughts arise during anxiety-producing situations is a helpful open-ended question that social workers can use to help a client identify unhealthy thinking patterns and reframe thoughts using CBT. Inquiring about what might be helpful is a useful way to approach a client's problem because it gently encourages the client to consider alternative solutions or perspectives.

339.

Which of the following is designed to measure psychopathology?

Minnesota Multiphasic Personality Inventory

Rorschach Inkblot Test

Myers-Briggs Type Indicator

Stanford-Binet Scale

Correct answer: Minnesota Multiphasic Personality Inventory

The MMPI, or Minnesota Multiphasic Personality Inventory, is a personality test that assesses for potential psychopathology in an objective manner. It includes true or false questions and is a self-report test.

The Rorschach Inkblot Test is another perception-type test that involves having a client briefly look at inkblots and state what they see. The MBTI, or Myers-Briggs Type Indicator, assesses personality in four primary domains, including introversion versus extroversion, sensation versus intuition, thinking versus feeling, and judging versus perceiving. The Stanford-Binet Intelligence Test measures cognitive functioning.

340.

The id, superego, and reality often have competing demands. When an individual is able to manage these competing demands in an effective manner what would they be said to possess?
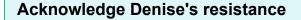
Ego strength

Ego resilience

Ego mediation

Ego effectiveness

Correct answer: Ego strength

Ego strength is a person's ability to integrate and manage the competing demands of the id, ego, and superego in an effective manner. Ego strength is believed to be a strong indicator of an individual's level of resilience and stability.

"Ego resilience," "ego mediation," and "ego effectiveness" are all fabricated terms.

341.

Bill notices that his client Denise has not been coming to her court-mandated substance abuse treatment sessions. When she does appear, she usually seems highly resistant to discuss anything of importance and is often a few minutes late. She is clearly rude and often states how much she dislikes the fact that she has to attend the sessions.

Which of the following should Bill do?

Acknowledge Denise's resistance

Fail Denise from treatment

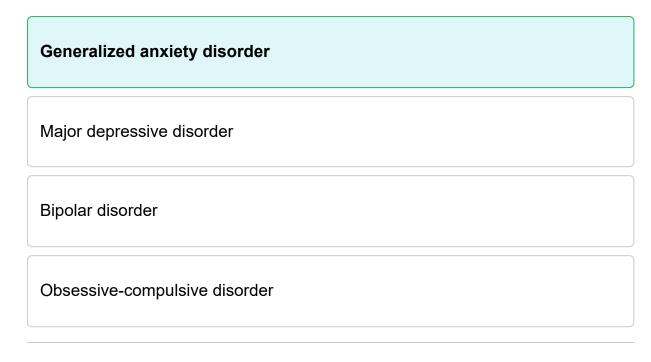Ignore Denise's resistance and build rapport

Confront Denise with her obligation

Correct answer: Acknowledge Denise's resistance

When dealing with unmotivated clients who display resistance, nothing might work. However, one way to dramatically reduce resistance is to be "real" with the resistant client and acknowledge their feelings, while still attempting to deliver the intended service.

What will probably not work is to ignore the behavior in an attempt to build rapport, as it will either continue or worsen until a confrontation occurs anyway. If Bill simply fails Denise from treatment, he may be, in a way, giving her what she wants: an excuse to fail. It is in keeping with the Code of Ethics to attempt to treat Denise in the most competent manner possible and not fail her unless it is clear this is necessary. Confronting Denise in an unhelpful way, such as insisting on the rules of Denise's obligation, will do nothing to help and will likely worsen the relationship.

342.

You are a social worker assessing a client who reports experiencing persistent and excessive worry about a wide range of life circumstances. The client also describes physical symptoms, including restlessness, fatigue, and difficulty concentrating. Which disorder from the DSM-5 **BEST** fits this client's symptoms?

Generalized anxiety disorder

Major depressive disorder

Bipolar disorder

Obsessive-compulsive disorder

Correct answer: Generalized anxiety disorder

The client's persistent and excessive worry, along with physical symptoms like restlessness and difficulty concentrating, indicates generalized anxiety disorder as defined in the DSM-5. Generalized anxiety disorder typically involves excessive and uncontrollable anxiety and worry about various aspects of life and is accompanied by physical symptoms.

Major depressive disorder is not the best fit because the client's symptoms do not primarily align with the core symptoms of depression, such as low mood and loss of interest in hobbies and activities. Bipolar disorder is not the best fit because it involves mood swings between depressive and manic episodes, which are not described in the scenario. Obsessive-compulsive disorder is not the best fit because it generally involves experiencing recurring, intrusive thoughts that lead to repetitive or compulsive behaviors, such as handwashing or counting.

343.

Why might some social workers argue that substance use is a secondary symptom of another mental health problem rather than a primary disease?

The majority of people who use substances also fit criteria for another diagnosis

Insurance companies do not reimburse for substance disorder treatment

It is easier for clients to accept that they have a mental illness than a substance disorder

There are more options for treating mental illnesses other than substance disorders

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Correct answer: The majority of people who use substances also fit criteria for another diagnosis

Comorbidity refers to the presence of two or more diagnoses in the same person. This is incredibly common in people who are diagnosed with substance use disorder, as they commonly fit criteria for mood or anxiety disorders as well. In order for a disorder or condition to be co-occurring, it must be independent and not symptomatology resulting from another disorder or condition.

The remaining answer options are incorrect and do not correctly define comorbidity. Whether an insurance company decides to reimburse for substance disorder treatment depends on the specific insurance provider; some companies do cover or reimburse substance disorder treatment. It depends on the individual as to whether it is easier for clients to accept that they have a mental illness rather than a substance disorder. There is a wide variety of treatment for mental illness and substance disorders, but this is not why some social workers tend to believe that clients use substances as a means of treating symptoms of a mental illness.

344.

Marlon is assessing a client with severe mental health symptoms, including psychosis and an impaired perception of reality. The client's condition necessitates a highly structured and controlled environment that allows for intensive medical and psychiatric interventions. Which level of care is **MOST** appropriate for this client's needs?

Inpatient hospitalization

Intensive outpatient

Partial hospitalization

Outpatient therapy

Correct answer: Inpatient hospitalization

Inpatient hospitalization is the highest level of care and is recommended for individuals who may be a danger to themselves or others due to severe mental health symptoms. Inpatient hospitalization allows for 24/7 supervision, intensive medical and psychiatric treatment, and a controlled environment. Clients with psychosis and an impaired perception of reality often need the intensive and structured care provided in an inpatient setting.

Intensive outpatient programs provide more structure than standard outpatient care options, but they do not offer the level of supervision and control needed in this case. Partial hospitalization programs provide daytime treatment and support but do not provide the round-the-clock care required for a client with severe mental health symptoms like active psychosis. Outpatient therapy options are less intensive and are typically appropriate for individuals with stable mental health symptoms who can manage their daily activities with support. Social workers need to complete risk assessments and determine the level of care that is least restrictive while providing adequate support for the client.

345.

Which one of the following would be considered a static risk factor for violence?

A history of violence

Experiencing homelessness

Receiving psychiatric treatment

Engaging in abstinence from substances

Correct answer: A history of violence

A static risk factor is one that cannot be changed and will exist forever. Examples of static risk factors include pieces of demographic information such as race or date of birth, and historical information such as violence. The fact that the client has been violent in the past is something that cannot be changed and, therefore, is considered a static risk factor.

Dynamic risk factors are those that can be modified, improved, or eliminated via interventions or implementation of resources. Examples of dynamic risk factors include experiencing homelessness, needing psychiatric treatment, needing substance use treatment, or being unemployed.

346.

Which perspective asserts that problems do not represent client weakness and failure, but are a natural part of life?

Problem-solving

Psychodynamic

Cognitive behavioral

Correct answer: Problem-solving

The problem-solving approach is used by social workers who want to help clients strategize ways to tackle barriers in their lives. These social workers view problems as a natural part of life rather than client weaknesses. Problems should always be considered within the person-in-environment perspective using a strengths-based approach rather than blaming a client for the problem.

Psychodynamic theory is focused on clients' early experiences and teaches that problems come from individuals' early childhoods. The cognitive behavioral approach teaches that problems come from individuals' faulty thinking patterns.

347.

Bill has been dropped off at a crisis center. He is observed to throw up several times, reports muscle cramps, is struggling to focus, doesn't seem to know who he is, and is pretty agitated.

From which of the following substances is Bill **MOST** likely withdrawing?

Heroin

Cocaine

Cannabis

Hallucinogens

Correct answer: Heroin

Withdrawal from heroin often includes an array of symptoms, including throwing up, nausea, muscle cramps and pain, inability to sleep, inability to eat, fever, chills and/or sweating, and can even include delirium. Symptoms of delirium include confusion, difficulty concentrating, struggling to remember things (including who one is), difficulty speaking, intense emotions, irritability, lability, and the potential for psychosis. Delirium can be treated but is sometimes confused for the onset of dementia; it is critical to differentiate between the two, and some of the distinguishing features include if the onset is sudden (delirium) or gradual (dementia), if it progressively worsens (dementia), and if symptoms improve (delirium).

Withdrawal from cannabis is rarer, and most report mild symptoms including decreased appetite, mood swings, irritability, and headaches. Hallucinogens are largely believed to be non-addictive, and thus, there is not evidence to support symptoms of withdrawal.

348.

Virginia is working with her client, Charles, to develop ideas about his family functioning. They use a special kind of diagram to illustrate the pattern of relationships within the family. Which of the following is this kind of diagram?

Genogram

Relational map

Family loci

Family process

Correct answer: Genogram

A genogram is a kind of enhanced family tree in which relationships are recorded along with other data. This allows therapists and clients to identify potential patterns and structures in family relational dynamics.

The other answers are all fabricated terms and are incorrect.

349.

A social worker is completing a mental status exam during an intake assessment. The client can be observed laughing to himself and looking in the corner behind the social worker often even though there is nothing there. Which section of the mental status exam would this information be included in?

Thought process

Orientation

Affect

Judgment

Correct answer: Thought process

The mental status exam includes eight distinct sections:

1. *appearance*
2. *orientation*
3. *speech pattern*
4. *affect and mood*
5. *risk of harm*
6. *judgment and insight*
7. *thought process and reality testing*
8. *intellectual functioning and memory*

Observations related to psychosis (such as laughing or talking to oneself or experiencing visual hallucinations) would be included in the thought process and reality testing section alongside delusions.

Orientation observes a client's awareness of self, place, time, and events. Affect assesses the client's outward mood and is either congruent or incongruent with the client's reported mood. Judgment observes a client's ability to predict the consequences of their actions and to make reasonable decisions.

350.

Which of the following is considered a projective psychological test?

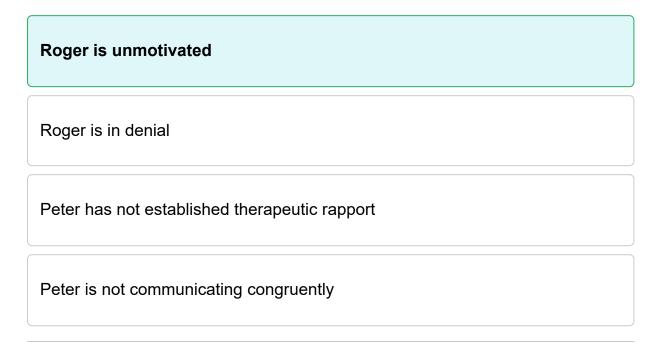**Rorschach Inkblot**

WISC-IV

Myers-Briggs

Correct answer: Rorschach Inkblot

Used to gain insight into a client's perceptions, emotions, thoughts, and personality features, the Rorschach inkblot test is a projective psychological test. It is not used nearly as frequently as it once was, as it is qualitative in nature and not quantitative and far less reliable than other, more recently developed assessment tools.

The WISC-IV (or Wechsler Intelligence Scale) is a tool used to measure cognitive and intellectual functioning in children. The Myers-Briggs type test is a tool used to assess personality features.

351.

Peter is evaluating his client, Roger, who has been coming to therapy for a month to address Roger's cocaine problem. Roger is an eager participant in every session he attends, spending much time in small talk and making Peter laugh. Roger has missed two appointments in the short time they have been seeing each other. Roger is interested in psychopathology that he does not have and tries to engage Peter in a discussion about schizophrenia.

Which of the following is **MOST** likely the problem in this therapeutic situation?

Roger is unmotivated

Roger is in denial

Peter has not established therapeutic rapport

Peter is not communicating congruently

Correct answer: Roger is unmotivated

In this case, most likely, Roger is unmotivated. He distracts with small talk and jokes, intellectualizes about other matters, and has missed a few sessions in a short time. Many clients find it hard to admit that they are not ready for change, or have been mandated to attend sessions without any intentions of making a change.

The other answer options are incorrect. Roger may be in denial, but his chief problem is a failure to take part in the therapeutic process at all; denial is characteristic of someone who on some level knows they have a conflict. It does not appear from the information given that Peter has failed to establish rapport or communicate in a congruent manner.

352.

Carlos, a 28-year-old man, has recently experienced a series of significant life changes. He graduated from college, started a demanding new job, and ended a long-term relationship. Despite his successes, Carlos frequently feels overwhelmed, struggles to concentrate at work, and has lost interest in activities he once enjoyed. Which of the following factors has **MOST LIKELY** led to Carlos struggling with his mental health?

Social factors

Psychological factors

Biological factors

Correct answer: Social factors

The biopsychosocial assessment is an essential tool for social workers to uncover the root of a client's presenting problem. In this scenario, Carlos identified social factors that have changed in his life: graduating, starting a new job, and ending a relationship. Other social factors that can strongly influence a person's mental health include socioeconomic status, age, gender, migration, culture, social circles, and their level of support.

Psychological factors include personality, cognitive functioning, and any mental health diagnoses. For example, if Carlos was diagnosed with antisocial personality disorder, these changes would likely have a minimal impact on his mental health. Biological factors such as brain structure, neonatal development, predisposition to illnesses, and presence of any illnesses can influence a client's mental health as well. The "nature vs. nurture" perspective is outdated, and it is necessary to review both nature and nurture as factors that can influence a person and their well-being.

353.

During what stage of group development do members tend to be the **MOST** distant or removed?

The beginning

The middle

The end

Correct answer: The beginning

The natural stages of group development include forming (trust is developed, and members tend to be standoffish), storming (power struggles occur), norming (intimacy is established), performing (acceptance of individuals occurs), and adjourning (group is terminated).

During the beginning stage of group development, members are generally wary of one another and engage in a distant and removed manner as they get to know one another. Following this stage, power struggles are likely to occur as leaders emerge and group norms are established. As the group progresses, members will have gotten to know one another and begin to open up and share more intimate thoughts and feelings. The end of a group is the termination stage, where progress is reviewed, and members say their goodbyes.

354.

Which of the following terms describes an elevated, expansive, or irritable mood that is less severe than manic symptoms?

Hypomanic

Paramanic

Postmanic

Pseudomanic

Correct answer: Hypomanic

Hypomanic refers to a mood state short of full mania and lacking psychotic features. It is characterized by a notably elevated, expansive, or irritable mood.

The other options are incorrect; they are all fabricated terms.

355.

You are working with Gabriel, who reports that he has been struggling with a gambling addiction. Gabriel acknowledges the negative impacts of his behavior on his family finances and relationships but expresses ambivalence about making changes. He is open to discussing the possibility of seeking help but is not yet committed to taking action. Which stage of change is Gabriel **MOST LIKELY** in?

Contemplation

Precontemplation

Preparation

Action

Correct answer: Contemplation

The stages of change begin with precontemplation and then move through contemplation, preparation, and action. During the contemplation phase, the individual is able to recognize that there is a problem and is considering change but has not committed to making a change yet. Gabriel recognizes that there is a problem but has not yet committed to action and is in the contemplation stage.

During precontemplation, clients are not yet able to express that there is a problem that needs to be addressed. There is an exorbitant amount of resistance during this stage. During the preparation phase, a client has identified a problem and committed to making a change but has not initiated the change yet. During the action phase, a client implements selected interventions for the identified problem and makes changes. The best strategy social workers have to address resistance is developing rapport in order to acknowledge the current stage of change and assist the client in addressing concerns.

356.

In the case of financial exploitation, which of the following is **MOST** likely to be a perpetrator?

An older person's adult son

A staff member at a nursing home

A stranger

Correct answer: An older person's adult son

Elder abuse is the act of mistreating an older person through financial exploitation, neglect, or physical, emotional, or psychological abuse. The most common perpetrators of elder abuse are adult sons and daughters of victims.

Staff members are sometimes perpetrators of elder abuse but are less likely to do so than family members. Strangers are least likely to inflict elder abuse on someone.

357.

A social worker is meeting with a nine-year-old girl who just disclosed to the social worker that she was sexually abused by her grandfather several months ago. What is one of the most significant factors contributing to this girl's adjustment after the abuse?

Parental support

Strong peer relationships

Whether the grandfather is still alive

Strong spiritual beliefs

Correct answer: Parental support

For a child, one of the most significant factors contributing to adjustment after sexual abuse is the level of parental support. For this girl, if her parents are receptive to discussions with her about the abuse and continue to support her through treatment, prognosis is very good.

For a girl of this age, peer support is not as important as parental support. Whether the grandfather is alive is not as important as receiving strong support from her parents. Strong spiritual beliefs do seem to contribute to resiliency, but this is not one of the most significant factors contributing to her adjustment.

358.

The term "contraindicated" means:

Not recommended or safe to use

Existing at the same time

False, fixed belief

Confusion with regard to person, time, or place

Correct answer: Not recommended or safe to use

There are some terms and concepts that a social worker should be familiar with when making assessments and/or diagnoses. Contraindicated means not recommended or safe to use, such as a medication or treatment that is contraindicated because it could have serious consequences and therefore is not prescribed.

Comorbid means existing with or at the same time. A delusion is a false, fixed belief despite evidence to the contrary. Disorientation is confusion with regard to person, time, or place.

359.

Which of the following drugs would involve a periodic checking of blood levels for toxicity?

Lithium

Ativan

Xanax

Klonopin

Correct answer: Lithium

Lithium is a mood stabilizer which involves periodic testing of its level in the blood, which can become toxic if misregulated.

The other answer options are incorrect. Ativan, Xanax, and Klonopin are all benzodiazepines and would not necessarily involve an assessment of toxic levels in the blood as a matter of regular use.

360.

Which of the following is **FALSE** about the classification of Substance Use Disorders in the DSM-5?

> **Caffeine use disorder has been added**

> Substance use disorder severity is rated using specific symptoms

> Each specific substance is a separate use disorder

> Substance use is now rated from mild to severe

Correct answer: Caffeine use disorder has been added

Caffeine use disorder itself has not been added to the DSM-5 at this time. However, it does discuss both withdrawal and intoxication as related to caffeine, and these are new additions to the DSM with this edition. There is discussion in the field of adding caffeine use disorder as a diagnosable condition, but at this time, it is neither a billable nor diagnosable condition per the DSM.

It is critical that social workers are up-to-date on changes and modifications being made to the DSM and other diagnostic manuals. With the fifth iteration of the DSM, modifications were made to the ways in which substance use disorders are able to be diagnosed. Some of those changes include rating the severity of the disorder on a scale from mild to severe based on specific criteria and breaking substance use disorders out into separate diagnoses depending upon the substance being used.

361.

A social worker is experiencing a high level of resistance to change in a client they are working with. The social worker identifies that the client is in the precontemplation stage of change. Which of the following strategies for managing resistance would be **LEAST** appropriate for the social worker to use?

Emphasizing the client's free will

Acknowledging the resistance

Recognizing the client's fears and concerns

Keeping interactions less formal

Correct answer: Emphasizing the client's free will

The primary factor in precontemplation is that the client is either unaware or unwilling to pursue change to solve the identified problem. As a result, the best strategies for managing resistance in the precontemplation stage include continuing to develop rapport, openly acknowledging the resistance, keeping interactions less formal, continuing to engage the client, and recognizing the client's fears and concerns.

Emphasizing a client's free will is a strategy for managing resistance when they are in the contemplation stage and have identified that there is an issue. Additional strategies for this stage are pro/con lists, discussing the ways in which a client's life will improve with change, and making sure the client is receiving information appropriately.

362.

All of the following are characteristics of addiction, **EXCEPT**:

Experiencing a "low" as a result of increased production of endorphins

Developing an obsession with consumption of the substance or engagement in the behavior

Feeling a compulsive need to engage with the identified activity or substance

Emergence of withdrawal symptoms upon discontinuation of the behavior

Correct answer: Experiencing a "low" as a result of increased production of endorphins

When people think of addiction, the first thing that often comes to mind is substances. However, it is important to note that addiction does not necessarily have to be linked to substance use. A person can develop addiction to behaviors, activities, or substances as long as engagement with these results in the experience of pleasure. In essence, addiction results from the release of a higher level of endorphins which results in experiencing a "high."

Addiction is generally characterized by behaviors such as obsessive behavior, compulsive behavior, negative professional or personal consequences, a lack of control, and symptoms of withdrawal upon discontinuation.

363.

A social worker is working with a client who frequently reports experiencing various physical symptoms, such as headaches, fatigue, and digestive issues, despite medical evaluations showing no underlying medical causes. The client expresses frustration and anxiety about these symptoms, which interfere with their daily life. Which term best describes the symptoms exhibited by the client?

Somatization

Conversion disorder

Hypochondria

Dissociation

Correct answer: Somatization

Somatization refers to the tendency to express psychological distress and emotional disturbance through physical symptoms. The client's repeated reports of physical symptoms without underlying medical explanations, along with the emotional distress caused by these symptoms, aligns with the concept of somatization.

Conversion disorder involves the conversion of psychological distress into physical symptoms affecting motor or sensory functioning. The client has not expressed symptoms disrupting motor or sensory abilities. Hypochondria involves excessive worry and preoccupation with having a serious illness when there is no evidence that a serious illness is present. Dissociation refers to detachment from reality, emotions, or identity and does not align with the described symptoms.

364.

A social worker writes the following synopsis of a mental status exam:

Client presented to intake on time and dressed appropriately. They were oriented to time, place, and person. Speech was pressured throughout interview. Client reported "pissed off" mood and was observed pounding fist on table (affect was congruent). Client denied suicidal ideation and homicidal ideation, stating, "I know that's stupid." Client's insight appeared limited and judgment was impaired. Client appeared disorganized and was observed to respond to internal stimuli frequently. Client expressed delusional thought content that the government could control his actions using an implant in his brain. Client appears of average intelligence and does not appear to have memory impairment.

Which of the following sentences correlates to the "thought process" component of the mental status exam?

Client appeared disorganized and was observed to respond to internal stimuli frequently

Client appears of average intelligence and does not appear to have memory impairment

They were oriented to time, place, and person

Client denied suicidal ideation and homicidal ideation, stating, "I know that's stupid."

Correct answer: Client appeared disorganized and was observed to respond to internal stimuli frequently

Thought content assesses an individual's ability to perceive reality and differentiate between real stimuli and hallucinations and their level of thought organization. This section details any reported or observed response to hallucinations, delusional beliefs, or other symptoms of psychosis.

A client's memory and intelligence are assessed during the intellectual functioning section of the mental status exam, including both short and long-term memory impairment. Reporting centered around understanding of person, time, and place is found in the orientation section and can indicate delusional belief systems, neurocognitive issues, and other neurological illnesses. Reporting centered around suicidal and homicidal ideation is located in the risk assessment portion of the mental

status exam and assesses an individual's ability to determine the level of risk and the possible need for a higher or lower level of care and/or observation.

365.

A social worker is meeting with a client to complete a biopsychosocial assessment. The social worker is asking the client questions about prior substance use issues and their family history of medical problems. In which section of the biopsychosocial assessment would the social worker include this information?

The biological section

The social section

The psychological section

This information would not be found in a biopsychosocial assessment

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Correct answer: The biological section

A biopsychosocial assessment is an assessment tool that gathers information about various domains in a client's life so that the social worker can review how each domain impacts or is impacted by the presenting issue and develop the most appropriate treatment plan. The biological section includes the client's medical history, developmental history, medications, substance use history, and history of medical issues within the family. This is the section where the social worker would include information about substance use and family medical problems.

The social section gathers data such as strengths, resources, sexual identity, personal history, family of origin history, history of abuse, education and employment history, legal history, relationship concerns, and risk factors. The psychological section includes information surrounding current mental illness, history of mental health issues, psychosocial stressors, and mental status during interview. Information surrounding substance use history and family medical issues is included in a biopsychosocial assessment.

366.

Which of the following classes of drug is **MOST** vulnerable to abuse?

> **Benzodiazepines**

Antipsychotics

Antidepressants

Tricyclics

Correct answer: Benzodiazepines

Benzodiazepines, a kind of anxiety medication, has a high potential for abuse.

The other answer options are incorrect. Antipsychotics, antidepressants, and tricyclics are not particularly associated with a high potential for abuse.

367.

Which of the following was **NOT** a change made in the DSM-5?

> **Childhood diagnoses were separated from other diagnoses**

> The multiaxial system was removed

> The WHODAS 2.0 was included

> "Not otherwise specified" was removed as a category

Correct answer: Childhood diagnoses were separated from other diagnoses

The DSM (Diagnostic and Statistical Manual of Mental Disorders) is the primary tool social workers use to diagnose clients. The most recent version of the DSM included several major updates:

- *The "Disorders Usually First Diagnosed in Infancy, Childhood, and Adolescence" section was eliminated and its diagnoses were incorporated into other chapters.*
- *The multiaxial system was completely removed by combining the first three axes, converting axis IV to "significant psychosocial and contextual features," and completely discarding axis V.*
- *The WHODAS (World Health Organization Disability Assessment Schedule) 2.0 was included in the "Emerging Measures" section.*
- *"Other specified disorder" and "unspecified disorder" replaced "not otherwise specified."*

368.

A social worker is treating a client who is struggling to maintain sobriety and, at times, will relapse and have drinking binges. During these times, the client expresses feelings of severe depression, sometimes says he wants to die, and stays in bed for days or weeks afterward.

Which of the following statements is **TRUE**?

The client cannot be diagnosed with depression because his symptoms are directly related to his drinking problem

The client should be diagnosed with both substance disorder and depression

The client does not technically have a substance use problem because he does not continuously drink

The client would probably still have depression even if he stopped drinking

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Correct answer: The client cannot be diagnosed with depression because his symptoms are directly related to his drinking problem

Co-occurring disorders, formerly referred to as dual diagnoses, occur when a client carries both a mental health diagnosis and substance-use disorder, physical disability, or intellectual disability. The term exists to highlight the compounding impact that carrying multiple diagnoses can have on clients. Research has indicated that clients with co-occurring disorders often have lengthier treatment durations, achieve treatment goals more slowly, experience a higher number of crises, and benefit from integrated treatment approaches. It is critical to understand, when diagnosing co-occurring disorders, that symptoms must be present separately in order to be diagnosed appropriately. In this situation, the client's depressive symptoms are a direct result of his drinking binges, so the social worker cannot diagnose him with both substance disorder and depression.

In order to have a "substance use problem," an individual does not have to drink continuously. There is not enough information in this question to know if the client would continue to experience depression even if he stopped drinking.

369.

Vic, a social worker, is meeting his client, Wanda, for the first time. Wanda enters Vic's office and begins to explain her situation. Though Wanda is expressing herself verbally with great clarity, she is constantly checking over her shoulder and whispering to herself.

Which of the following **BEST** describes Wanda's nonverbal behavior?

Metacommunication

Echolalia

Echopraxia

Cognitive dissonance

Correct answer: Metacommunication

Metacommunication refers to the context surrounding how a client conveys a message and includes body language, vocalizations, and nonverbal communication. The observations the social worker made of Wanda whispering and looking over her shoulder are examples of metacommunication as they are part of the context in which she is communicating.

Echolalia describes the behavior of repeating words, noises, or phrases. It is a common communication trait observed in individuals with autism spectrum disorder or psychotic disorders. Echopraxia is similar but is the repetition of body movements rather than vocalizations. It is most often observed in individuals with autism spectrum disorder, catatonia, or Tourette syndrome. Cognitive dissonance occurs when an individual is forced to make a choice and finds their options to be both at odds with one another and equally appealing (or unappealing).

370.

Mindy is meeting with a client she has been seeing for several years. During their most recent meeting, Mindy observed changes in behavior and mood: the typically calm client appeared hyperactive and spoke excessively. Additionally, the client reported that they were going days at a time without eating, staying up all night sometimes, and feeling increasingly irritable. During their meeting, the client asked for a bottle of water due to dry mouth. Mindy suspects that the client has been using substances. Which of the following substances is the client **MOST LIKELY** using?

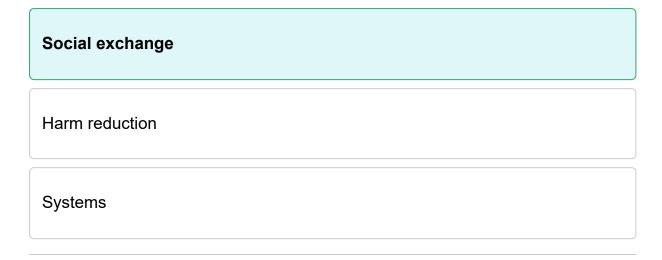**Cocaine**

Marijuana

Heroin

Oxycodone

Correct answer: Cocaine

Cocaine use is most closely associated with dilated pupils, hyperactivity, irritability, euphoria, anxiety, excessive talking, decreased appetite, decreased sleep, weight loss, dry nose, and dry mouth. The client's symptoms align very closely with known signs of cocaine use.

Marijuana use is most closely associated with glassy/red eyes, loud talking, inappropriate laughing, increased sleepiness, decreased interest in hobbies, decreased motivation, and weight gain. Heroin and oxycodone are both opioids, and signs of opioid use include contracted pupils, lack of pupil response to light, observable needle marks, unusual sleeping habits, sweating, vomiting, coughing, twitching, and decreased appetite.

371.

A social worker is meeting with a client who is considering quitting her job to start her own business. The social worker encourages the client to make a list of reasons she should and should not leave her current job.

The social worker is asking the client to base her decision on which of the following theories?

Social exchange

Harm reduction

Systems

Correct answer: Social exchange

One way in which human beings decide on change is social exchange theory, which asserts that people make up their minds based on the arithmetic of advantages and disadvantages.

Harm reduction is a treatment model associated with substance abuse in which the approach is centered around causing the least harm rather than complete abstinence. Systems theory encourages one to view the client or problem via the perspective that there is influence from each system that the individual interacts with.

372.

Joe is seeing his client, Ralph, for the first time. During their session, Ralph states that he is losing sleep and feeling sad. He has started drinking to excess and has missed work. Ralph suggests that this is because he has lost his job, has had bad luck in his investments, and has recently gotten bad news about a loved one's health.

Which of the following **BEST** describes Ralph's apparent condition?

Exogenous depression

Endogenous depression

Delusion

Disorientation

Correct answer: Exogenous depression

Exogenous depression is depression that is caused by something external rather than internal (such as a chemical imbalance). Common examples of catalysts for exogenous depressive episodes include traumatic events or grief.

Endogenous depression is depression that is caused by internal factors such as chemicals in the brain. Delusions are beliefs that individuals hold that are not true that they continue to believe even when confronted with irrefutable evidence against the beliefs. Disorientation refers to a lack of awareness of person, time, or place.

373.

All of the following are true regarding the concept of "normal," **EXCEPT**:

Definitions of normal typically are consistent across cultures and societies

What is considered normal is generally synonymous with good

Those who are considered to fall outside the normal range are usually assigned derogatory labels

What is considered normal tends to shift and change throughout the course of history

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Correct answer: Definitions of normal typically are consistent across cultures and societies

When learning about human development and mental disorders, you may have noticed that courses are generally broken into two categories: human development and abnormal psych. This is an example of how humans tend to want to separate what is normal from what is not normal and place labels on that which is abnormal. Throughout the course of history, what is considered normal or acceptable within a specific society or culture changes and adapts alongside society. For example, in the United States, it did not used to be considered normal for women to wear shorts or short skirts and expose their legs. However, as society's views and culture shifted, this became normal behavior. Unfortunately, when someone falls outside the normal range, derogatory labels are often assigned to them. For example, individuals with severe and persistent mental illness are often referred to as "crazy" in a derogatory tone.

Similarly, what is normal in one culture may not be normal in another culture. For example, while it is considered normal in most places in the United States for women to expose their legs, in some countries in the Middle East or within certain cultures in the US (Mormons, Amish, etc.), this is not considered normal behavior.

374.

Marsha is an emergency room social worker and is currently completing an assessment with a man who appears disheveled and upset. He is observed to shout, "SHUT UP, JUST SHUT UP ALREADY!" even when no one is speaking to him. When Marsha asks him who he is asking to shut up, he tells her, "Jimmy… can't you hear him? He won't stop calling me stupid!" He tells her that Jimmy follows him around calling him stupid and telling him to harm himself, day and night.

Which of the following **BEST** describes what the patient is reporting to Marsha?

Hallucinations

Delusions

Dissociation

Paranoia

Correct answer: Hallucinations

When a patient hears, sees, smells, or feels something that others cannot hear, see, smell, or feel, it is considered a hallucination. Auditory hallucinations are the most common type of hallucination, and command auditory hallucinations are a specific type of auditory hallucination wherein the voices a person hears tell them to complete a certain action and may threaten them if the command is not adhered to. What the patient in the question is describing aligns most clearly with auditory hallucinations.

Delusions are beliefs that individuals hold that are not true that they continue to believe even when confronted with irrefutable evidence against the belief. Dissociation is a distinct disconnection a person experiences between their identity, memory, thoughts, feelings, and/or surroundings. Dissociation is thought to be a trauma-based response and, when severe, can lead to dissociative disorders such as DID (dissociative identity disorder) or dissociative amnesia. Paranoia is the experience or feeling that someone or something is "out to get you" even in the absence of evidence that this is true. Paranoia is often associated with feelings of distrust, suspicion, and/or betrayal from friends, loved ones, or strangers without logical evidence. It is a common symptom of mental illnesses such as schizophrenia or schizoaffective disorder.

375.

Which of the following is the **ESSENTIAL** approach to assessment in social work practice?

Systems

Medical

Humanistic

Strengths

Correct answer: Systems

A systems approach is the essential way to approach social work practice. It is the specialty of the social work profession to see a client as a complicated system, participating in further and more complicated systems. This allows social workers to think in terms of context, antecedents, and consequences in ways that other professions are not trained to think.

The other answers are incorrect. The medical approach, the humanistic approach, and the strengths approach are all important, but the one that is essential to social work assessment is the systems approach.

376.

Philip finds himself increasingly drawn into his partner's substance abuse. Philip not only finds himself using alongside his partner, but he also subsidizes the habit financially to support the current situation and often denies there is a problem at all.

Which of the following terms **BEST** describes this kind of behavior?

Codependent

Co-occurring

Shielding

Co-enabling

Correct answer: Codependent

Substance use not only impacts the individual using substances, but their family members, friends, coworkers, and community members as well. Often, substance use can be accompanied by dysfunctional familial patterns of behavior. The pattern of behavior described above is called codependency. In a codependent dynamic, a family member unintentionally becomes an enabling party to the family member using substances as a result of behaviors that diminish the harmful impact of the substance use. The motivation for doing so may be subconscious or motivated by a fear of consequences for the loved one, but it still enables him to use substances which can lead to harmful outcomes.

The other answers are incorrect. Co-occurring refers to two disorders experienced together. Shielding and co-enabling are fabricated terms in this context.

377.

A social worker is working with a child who has been exhibiting behavioral issues at school and home. The child's parents are concerned about possible learning disabilities or developmental delays. The social worker wants to assess the child's cognitive and intellectual functioning to determine whether there are any underlying issues. Which psychological test is **MOST** appropriate for the social worker to use in this situation?

WISC

TAT

Rorschach Inkblot Test

Beck Youth Inventories

Correct answer: WISC

The Wechsler Intelligence Scale for Children (WISC) is a widely used psychological test designed to measure a child's cognitive abilities and intelligence across various domains. It assesses verbal comprehension, perceptual reasoning, working memory, and processing speed. Given the concerns about learning disabilities and developmental delays, the WISC would provide valuable information about the child's cognitive functioning.

The Thematic Apperception Test (TAT) is a projective test used to assess a person's emotional and cognitive processes, making it less relevant in this case. The Rorschach Inkblot Test is another projective test that reveals underlying thought disorders and emotions. It is not specifically designed to assess cognitive abilities or learning disabilities. The Beck Youth Inventories measure emotional and social well-being and are not used to assess cognitive functioning or developmental issues.

378.

A social worker is meeting with a long-term client who expresses suicidal ideation. The client states, "I'm just going to end it all. That's the only answer." What should the social worker do **NEXT**?

Probe further to complete a risk assessment

Contact the local authorities to initiate a commitment

Invoke the Tarasoff decision

Contact the client's emergency contact to gather further information

Correct answer: Probe further to complete a risk assessment

Social workers have an ethical and legal obligation to assess risk when a client references suicidal or homicidal ideation. When this issue arises or a social worker has concerns about a client's potential to harm themselves or others, they should (whenever possible) probe to gather more information and determine whether there is intent and a plan. Depending on how the client responds, the social worker assesses the most appropriate level of care for the client.

If the social worker determines that the client is at high risk of harming themselves, it is appropriate to initiate a commitment, but it is advised to discuss this with the client and encourage them to present to an emergency room for evaluation voluntarily to protect rapport and self-determination. The Tarasoff decision cites a court case that set a precedent allowing social workers to break confidentiality and warn others or the authorities as part of the established "duty to warn" when it is determined that there is imminent danger. Contacting the client's emergency contact to gather more information may be appropriate, but the social worker must obtain client consent and gather more information prior to doing so.

379.

A social worker is meeting with a young man who has come to get help for his depression. He has recently lost a relationship, his tuition has been raised, and the company he works for has restructured in ways that make his job more difficult.

Which of the following **BEST** describes the young man's depression?

Exogenous depression

Endogenous depression

Situational depression

Transitory depression

Correct answer: Exogenous depression

Exogenous depression refers to a depression whose cause is more likely events that are occurring in the environment, as opposed to endogenous depression, which refers to a depression whose cause is more likely internally based.

"Situational depression" and "transitory depression" are both fabricated terms.

380.

Hazel is seeing her client Steven for their regular session. At this session, Steven appears to have tons of energy, to be in an exceptionally good mood, can't seem to stop talking, and his pupils are really big.

Of the following, which is the drug that Steven has **MOST** likely recently consumed?

Cocaine

LSD

Cannabis

Heroin

Correct answer: Cocaine

Cocaine is a stimulant drug and can result in both behavioral and physical signs of use. Some of the common behavioral signs of use include increased energy, engaging in risky behaviors, feelings of euphoria, irritability, psychosis, and pressured speech. Some of the common physical signs of cocaine use include increased heart rate, decreased hours of sleep, dilated pupils, runny and/or bloody noses, increased sweating, lack of an appetite, and increase in blood pressure. The client's symptoms most closely align with cocaine use.

LSD is a hallucinogenic drug that can cause an increase in heart rate, tremor, muscle weakness, chills, dilated pupils, intense visual hallucinations, impacts upon mood, thought distortion, and difficulties with coordination. Cannabis is most closely associated with symptoms including red eyes, speaking loudly, laughing at times that do not make sense, a lack of motivation, increased drowsiness, and increased appetite. Heroin is an opioid, and symptoms of use generally include increased sleeping at odd hours, contracted pupils, increased sweating, unexpected throwing up, decrease of appetite, and coughing.

381.

Leroy is a social worker at an adult day care facility. His client, Roger, has recently been forgetting certain words and can't seem to remember what happened the day before. Roger is usually a laid-back, friendly man, but over the past few weeks has been extremely irritable and quick-tempered.

What should Leroy do to help Roger?

Speak privately with Roger about his concerns, then offer to help him make an appointment with his doctor

Refer Roger to a support group for individuals with dementia

Make an appointment for Roger to see a psychiatrist

Correct answer: Speak privately with Roger about his concerns, then offer to help him make an appointment with his doctor

Roger seems to be suffering from some symptoms of dementia, which is characterized by a decline in memory and other thinking skills. The best thing Leroy can do at this point is to speak privately with Roger about his concerns so as not to embarrass Roger, then offer to help him make an appointment with his doctor.

Eventually, Roger may benefit from a dementia support group, but because he has not been diagnosed, this would be premature. Leroy should speak with Roger before making an appointment for him with a psychiatrist or any other doctor.

382.

A client is shown a series of pictures of ambiguous scenes of people. The client is asked to make up stories about what is happening in the pictures and describe the people's thoughts and feelings.

Of the following options, which assessment is this client **MOST** likely being administered?

Thematic Apperception Test

Myers-Briggs Type Indicator

Rorschach Inkblot Test

Beck Depression Inventory

Correct answer: Thematic Apperception Test

Social workers may sometimes use psychological tests for assessment and diagnostic purposes. Tests that involve asking a client to develop ideas about images, scenes, or other ambiguous imagery are perception-type tests and are used to gather data surrounding the client's conscious and subconscious conflicts, feelings, motivations, and needs. The test being described in the question is the Thematic Apperception Test or TAT.

The MBTI, or Myers-Briggs Type Indicator, is used to determine personality type and is a self-report inventory that uses answer choices to place the test taker into set personality dimensions along axes. The Rorschach Inkblot Test is another perception-type test that involves having a client briefly look at inkblots and state what they see. The BDI, or Beck Depression Inventory, assesses a client's level of depression and can be used for adults and adolescents.

383.

In which of the following DSM-5 disorder categories would you find ADHD (Attention Deficit Hyperactivity Disorder)?

Neurodevelopmental disorders

Neurocognitive disorders

Disruptive, impulse control, and conduct disorders

Dissociative disorders

Correct answer: Neurodevelopmental disorders

The neurodevelopmental disorders category within the DSM-5 includes ADHD, autism, learning disabilities, and intellectual disabilities.

The neurocognitive disorders section includes dementia (including Alzheimer's), delirium, and major neurocognitive disorder. The disruptive, impulse control, and conduct disorders section encompasses oppositional defiant disorder, conduct disorder, intermittent explosive disorder, pyromania, and kleptomania. The dissociative disorder section includes disorders such as dissociative identity disorder, dissociative amnesia, and depersonalization/derealization disorder.

384.

Which of the following bodily systems is also referred to as the "transport" system?

The circulatory system

The lymphatic system

The muscular system

Correct answer: The circulatory system

The circulatory system includes the heart, arteries, and veins. Its primary function is to transport blood throughout the body, and as a result, it is referred to as the transport system.

The lymphatic system includes the lymphatic vessels, lymph nodes, thymus, spleen, tonsils, and bone marrow. It is responsible for filtering out dangerous organisms and substances to protect against infection and disease. It is referred to as the defense system. The muscular system includes bones, muscles, tendons, ligaments, and soft tissues. It is responsible for controlling body movements.

385.

Russell has been admitted to the mental hospital many times due to his severe Bipolar Disorder. Which of the following is **MOST** likely to be prescribed to him?

Lithium

Effexor

Ativan

Paxil

Correct answer: Lithium

Lithium (lithium carbonate) is most likely to be used to treat the symptoms of Bipolar Disorder.

Effexor and Paxil are both antidepressants and are therefore more likely to be used to medicate the symptoms of persistent negative mood such as are present in Major Depressive Disorder. Ativan is an anxiolytic, used to treat symptoms of anxiety disorders.

386.

Which of the following refers to a disturbance or change in the continuity of memory, identity, perception or consciousness?

Dissociation

Disorientation

Dissolution

Disruption

Correct answer: Dissociation

Dissociation refers to the phenomenon some experience of a discontinuity in the integration of memory, identity, perception, or consciousness. It differs from disorientation in that the latter is more a problem with one's orientation to the immediate environment such as person, time, or place.

"Dissolution" and "disruption" are not terms generally used to describe states of consciousness in treatment.

387.

Which of the following is the **BEST** statement of a goal in trauma treatment?

Restore a previous emotional state

Create a new emotional state

Disrupt an existing emotional state

Recall a past emotional state

Correct answer: Restore a previous emotional state

An appropriate goal of trauma treatment is to restore a previous, steady emotional state.

The other answers are incorrect. Trauma treatment does not seek to create an entirely new emotional state, nor does it seek to disrupt an existing emotional state or only to recall a past emotional state.

388.

Jamila is a social worker in a middle school in her community. She is meeting with a new student who frequently displays aggressive behavior, has difficulty forming attachments, and shows delayed developmental milestones. The child also withdraws from physical touch and avoids eye contact. Which of the following is **MOST LIKELY** indicated by these behaviors?

Psychological neglect

Physical abuse

Sexual abuse

Physical neglect

Correct answer: Psychological neglect

Psychological neglect refers to a parent or caregiver's failure to provide emotional support, attention, and nurturing that is essential for a child's healthy development. The child's aggressive behavior, difficulty forming attachments, and withdrawal from physical touch and eye contact indicate emotional neglect because they suggest a lack of appropriate emotional care and responsiveness. Children experiencing psychological neglect may also express feelings of loneliness, have a flat affect, engage in bullying, and/or engage in self-harm.

Physical abuse refers to the infliction of a physical injury, and signs of this include unexplained bruises, unexplained burns, unexplained fractures, and/or unexplained cuts. Children experiencing physical abuse may also be wary of adults, become aggressive, or fear reporting the abuse. Sexual abuse refers to acts of inappropriate exposure to sexual conduct or engagement in sexual contact without consent. Signs of sexual abuse in children include negative views of sex, overvaluation of sex, hypersexual behaviors, feelings of guilt, feelings of shame, a lack of trust, and/or development of sleep issues. Physical neglect refers to a failure to meet the physical needs of an individual. Signs of physical neglect in a child mirror those of physical abuse.

389.

Maria is working with a young boy named Liam who has recently been diagnosed with autism spectrum disorder. During their sessions, Maria notices that Liam often repeats back words or phrases that she says without demonstrating a clear understanding of their meaning. This behavior seems to be a common pattern in their interactions. Which of the following terms **BEST** describes the behavior of repeating words or phrases?

Echolalia

Hyperactivity

Dissociation

Correct answer: Echolalia

Echolalia describes the behavior of repeating words, noises, or phrases. It is a common communication trait observed in individuals with autism spectrum disorder. It can be immediate (repeating what was just heard) or delayed (repeating something heard in the past).

Hyperactivity is an excessive level of activity and restlessness. This is a behavior most closely associated with conditions like Attention Deficit Hyperactivity Disorder (ADHD). Dissociation is a detachment from one's thoughts, feelings, or sense of identity. It involves a disconnection from reality and may include amnesia.

390.

Lila, a social worker, is working with a client named Max who has been struggling with anger management. Max states that he loses his temper in various situations, which has negatively impacted his relationships and job. Lila and Max are working together to identify the underlying causes of his anger and to develop strategies for managing it. Which of the following **BEST** identifies the stage of assessment Lila and Max are engaged in?

Problem formulation

Problem evaluation

Problem resolution

Correct answer: Problem formulation

Lila and Max are focused on understanding the underlying causes and dynamics of Max's anger management issues. Problem formulation involves analyzing the identified problem to gain a deeper understanding of its root causes, triggers, and contributing factors. Lila's work with Max to uncover the reasons behind his anger and develop strategies to manage it aligns best with problem formulation.

During the problem resolution stage, interventions and strategies are implemented to address the identified problem. Lila and Max are still in the process of understanding the problem's underlying causes rather than implementing solutions. During the problem evaluation stage, they will evaluate the effectiveness of the interventions that have been implemented to address the problem. The scenario does not mention the implementation of interventions yet, focusing instead on understanding the problem's causes.

391.

Which of the following statements about co-occurring disorders is **FALSE**?

Co-occurrence does not refer to clients with both physical and intellectual disabilities

Co-occurrence was previously called dual diagnoses or dual disorders

Co-occurring disorders need not be equal in severity

People with co-occurring disorders often require longer treatment

Correct answer: Co-occurrence does not refer to clients with both physical and intellectual disabilities

Co-occurring disorders, previously referred to as dual diagnoses or dual disorders, are a common phenomenon in mental health treatment. Essentially, co-occurrence can be any combination of two or more disorders in any domain; intellectual, physical, or mental. These disorders are often varied in intensity, duration, and severity and need not be equal in their presentation.

People suffering from co-occurring disorders often take longer to progress in treatment as their clinical presentation is more complex. Treatment aimed at treating all the disorders at the same time is associated with lower costs and better outcomes.

392.

A social worker is meeting with a client for the first time. The client, an older male, describes chronic anxiety and depression that has worsened since the death of his wife due to cancer.

Which of the following questions would be **MOST** appropriate for the social worker to ask?

"If you weren't as worried and sad, how would your life be different?"

"Why do you think you feel so sad all the time?"

"What was your wife like?"

Correct answer: "If you weren't as worried and sad, how would your life be different?"

It is essential that social workers involve clients in the entire process of treatment, including assessment, treatment planning, problem identification, intervention selection, and evaluation. When meeting with a client for the first time, the most important tasks are rapport building, risk assessment, and assessment. The client has reported issues with anxiety and depression stemming from grief and loss. In order to help the client further identify specific contributing factors to the problem and potential interventions, asking the "miracle" question of what would be different is most appropriate.

The client has already identified the root of his feelings of sadness, and the framing of "Why do you feel sad all the time?" may be perceived as rude and as though the social worker has not been listening attentively, which could damage rapport. It may be appropriate to ask what the client's wife was like, but it would be more appropriate to help the client dig deeper into the problem and establish better rapport prior to asking this question.

393.

Which of the following is an example of a **PSYCHIATRIC** risk factor for substance abuse?

Feelings of desperation

Use of other substances

Drugs and alcohol are available and accessible

Family trauma

Correct answer: Feelings of desperation

There are many types of risk factors that may predispose a person toward the use of substances. These fall into four major groups:

1. *Psychiatric risk factors such as one's feelings of desperation or low self-esteem*
2. *Family risk factors such as family trauma, lack of family routine*
3. *Social risk factors such as the availability and accessibility of drugs or alcohol*
4. *Behavioral risk factors such as the use of other substances or rebelliousness in childhood*

394.

Which of the following is **NOT** an indicator that a client is resistant to change?

> **Oversharing information during sessions**

Making false promises

Flattering the social worker

Focusing on past events

Correct answer: Oversharing information during sessions

It is not uncommon for clients presenting to social workers to be resistant to change or to not be ready to engage in treatment. It is the social worker's responsibility to assess this and determine how to approach a client experiencing resistance. Common indicators of resistance or a lack of readiness for change/treatment include:

- *Limiting information shared with the social worker*
- *Engaging/talking only minimally during sessions*
- *Focusing on small talk or irrelevant topics*
- *Using overly technical terms or over-intellectualizing during conversation with the social worker*
- *Focusing on past events and avoiding discussion of current problems*
- *Censoring thoughts/feelings prior to sharing them with the social worker*
- *Making promises that are not kept (or not intended to be kept)*
- *Attempting to soften the social worker by flattering them*
- *Canceling appointments*
- *Not paying fees at all / on time*

Oversharing information is not associated with resistance to change but could be linked to nervousness, fear, or anxiety, and inquiry should be made in an appropriate fashion.

395.

Which of the following **BEST** aligns with the primary purpose of assessment in social work?

To gather information and understand client needs

To develop a comprehensive treatment plan

To ensure insurance companies have adequate documentation to pay for a client's treatment

To protect a social worker in the event of a malpractice lawsuit

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Correct answer: To gather information and understand client needs

Assessment in social work is a process of gathering comprehensive information about clients' strengths, challenges, and needs. It helps social workers understand clients' situations and design appropriate interventions so that the social worker can provide informed and client-centered support.

One of the goals of the assessment is to help a social worker develop a comprehensive treatment plan, but the primary purpose is to ensure social workers have the information necessary to provide informed and client-centered support. Insurance companies do require a certain level of documentation to provide payment for services. However, this is not the primary reason assessments are completed (especially if insurance is not involved). Having appropriate assessments on file protects the social worker in the event of a lawsuit, but the social worker's needs are not the primary motivators for completing assessments. The client should always be centered.

396.

Emma, a 40-year-old woman, has been diagnosed with schizophrenia. Her family reports that she had been an introverted and shy child who often found it challenging to engage with peers and form close friendships. Throughout her teenage years, Emma exhibited eccentric behaviors, such as talking to herself and displaying unusual beliefs. As she entered adulthood, her symptoms escalated, leading to a formal diagnosis of schizophrenia. Which of the following **BEST** describes the concept illustrated in Emma's history?

Premorbidity

Postmorbidity

Comorbidity

Correct answer: Premorbidity

Premorbidity refers to the state of an individual's functioning or characteristics before the onset of a specific illness or disorder. In this case, Emma's introverted and shy behavior during childhood, as well as her eccentric behaviors during her teenage years, can be seen as premorbid indicators that were present before the manifestation of her schizophrenia symptoms. Recognizing premorbidity can provide insights into the course of an illness.

Postmorbidity refers to the state of an individual's functioning or their personality characteristics after the onset of an illness. Comorbidity refers to the presence of multiple disorders or conditions in an individual.

397.

A social worker is meeting with a client who repeats the phrase "I'm OK" over and over during an intake session. The social worker determines that echolalia is present. Which of the following diagnoses is **LEAST** likely to be the primary diagnosis?

Bipolar I disorder

Schizophrenia

Catatonia

Autism spectrum disorder

Correct answer: Bipolar I disorder

Echolalia is the repetition of noises or phrases and is most closely identified with schizophrenia, catatonia, and autism spectrum disorder. It can be found in other disorders (most of those that can include psychosis as modifiers).

Bipolar I disorder is not closely associated with the presence of echolalia. While psychotic features with echolalia as a symptom can be found in individuals with bipolar I disorder, it is least likely to be the diagnosis among the options given based on the information provided.

398.

A research-based social worker is working on a study monitoring the impact of political events on individuals ages 17 to 21, specifically correlated to depression levels before and after obtaining the right to vote. The study aims to determine both the presence and severity of depression and needs to use an instrument that is reliable and trusted. Which of the following instruments would be **MOST** appropriate to administer to study participants?

> **BDI**

> Rorschach inkblot test

> MMPI

> WISC

Correct answer: BDI

The BDI (Beck Depression Inventory) is a multiple-choice assessment that determines whether depression is present and to what degree in adolescents and adults. This tool provides reliable information about depression levels in individuals aged 17–21.

The Rorschach inkblot test is not only considered controversial but also assesses perception rather than depression specifically. It requires the client to view inkblots and describe them, and the therapist categorizes the responses.

The MMPI (Minnesota Multiphasic Personality Inventory) is a verbal inventory designed to provide information about psychopathology and personality disorders. A set of 16 statement categories is administered in 550 statements repeatedly to assess pathology. It would not indicate depression presence or severity.

The WISC (Wechsler Intelligence Scale) is an IQ test appropriate for measuring a child's intelligence and cognitive abilities. It would not be appropriate for adults and would not provide information about depressive symptoms.

399.

Maria, a 45-year-old woman, has recently been diagnosed with a chronic autoimmune disease that affects her mobility and energy levels. She comes from a close-knit family and has a supportive group of friends. Maria has always been an active and independent person, frequently engaging in outdoor activities and hobbies. She is struggling to come to terms with her diagnosis and the limitations it imposes on her daily life. Which of the following factors is **MOST** likely to positively influence Maria's response to her chronic illness?

Her social support

Her socioeconomic status

Her health care provider's expertise

Correct answer: Her social support

Maria comes from a close-knit family and has supportive friends, indicating that she has a strong social network. Social support can have a profound impact on an individual's ability to cope with and adjust to a chronic illness. It provides emotional assistance, practical help, and a sense of belonging, which can buffer the negative effects of the illness and improve overall well-being.

Socioeconomic status is important because it can affect access to health care and resources, but in this scenario, Maria's strong social support network is likely to have a more immediate and direct influence on her response to the illness. Her health care provider's expertise is important for managing the illness and perhaps the degree to which it physically impacts her but is far less likely to strongly influence Maria's personal response to the illness.

400.

Which of the following is the **LEAST** likely effect of sexual abuse?

Sexual delusion

Sexual dysfunction

Sexual promiscuity

Prostitution

Correct answer: Sexual delusion

The effects of sexual trauma are multifarious and highly variable between individuals. Some of the possibilities include sexual dysfunction, sexual promiscuity, and prostitution.

Sexual delusions are more characteristic of thought disorder, which is not a highly likely outcome deriving from only sexual abuse.

401.

Jason, an adolescent who has grown up with severe psychological abuse, is being interviewed at a crisis center. He seems to express loneliness and despair, avoids eye contact, and relates superficially with a flat affect. Jason believes very strongly that he has a special relationship with certain celebrities. He disrupts the interview often on purpose and even attempts to bully his interviewer. When asked, Jason shows his arms, which are full of cuts that he has administered himself.

Which of these symptoms is incongruent with psychological abuse?

Delusions

Flat affect

Bullying

Cutting

Correct answer: Delusions

Psychological abuse is a wide-ranging phenomenon with many possible effects or none at all. It can manifest in many ways such as difficulty in relating to others (as in a flat or inexpressive expression), bullying or aggressive behavior, or self-harm such as cutting.

Delusions are more generally seen as a symptom of thought disorder.

402.

Which of the following is the **MOST** characteristic of someone abusing heroin?

> **Needle marks, sweating**

> Red eyes, loss of motivation

> Dilated pupils, anxiety

> Tooth loss, skin damage

Correct answer: Needle marks, sweating

The signs of drug use may differ somewhat from individual to individual, but there are some generalities that may be observed. Needle marks and sweating, of the options given, are the most characteristic of heroin use.

The other options are incorrect. Red eyes and loss of motivation are more considered to be characteristic of cannabis use. Dilated pupils and anxiety are more present in cocaine users. Tooth loss and skin damage, as far as these things are symptoms of drug use, are more characteristic of methamphetamine users.

403.

A social worker is meeting with a new client who is having a difficult time expressing what brought them to therapy. The social worker asks them, "If you could wave a magic wand and have your life change overnight, what would change? What would stay the same?"

The social worker has used which of the following information gathering techniques?

The miracle question

Seeking exceptions

Scaling the problem

Scaling motivation

Correct answer: The miracle question

The miracle question is a commonly used technique to identify specific strengths, resources, and challenges clients face. It can be used in a broad manner or used to focus on a specific domain. The things the client would not change can often be identified as helpful strengths and/or resources. The things the client would change can help a social worker zero in on the problem needing to be addressed.

Seeking exceptions is a strategy used to find times, places, or other contexts in which an identified problem is not present. Scaling the problem asks a client to rate the severity of an identified problem from their perspective. Scaling motivation involves determining the level of hope a client feels in regard to finding resolution to an identified problem. All of these techniques are useful and can help determine strengths, resources, and problems clients face.

404.

A social worker is meeting with a client for the first time. Before collecting information to compile an assessment of the client, the social worker should:

Get the client's informed consent

Perform a background check on the client

Contact the client's family

Begin the termination phase of treatment

Correct answer: Get the client's informed consent

Collateral sources can be a valuable source of information for completing assessments. It is essential that the social worker get the client's informed consent before reaching out to collateral sources, however.

Social workers do not necessarily need to conduct background checks on clients, but certainly need the client's permission to do so. The client's family is considered to be a collateral source, and the social worker needs to obtain the client's informed consent before trying to reach the family. The termination phase of treatment is the final phase and therefore does not occur before the assessment phase.

405.

A social worker on a mental health-based court case is assessing a client who has been exaggerating physical symptoms and impairments to avoid facing legal consequences related to a criminal act. The client's reported symptoms are inconsistent with objective medical findings and appear more pronounced during discussions about the legal case. Which of the following **BEST** describes the behavior exhibited by the client?

Malingering

Somatization

Hypochondria

Conversion disorder

Correct answer: Malingering

Malingering is the deliberate exaggeration or feigning of physical or psychological symptoms for personal gain, such as avoiding legal consequences or obtaining secondary gains. In this scenario, the client's intentional exaggeration of symptoms to avoid legal repercussions aligns best with malingering.

Somatization involves expressing psychological distress through physical symptoms in an unconscious manner as a response to a stressful situation. The client is consciously expressing symptoms that are exaggerated, which is not somatization. Hypochondria is excessive worry about having a serious illness without secondary gain as a motivation. Conversion disorder is the conversion of psychological distress into physical symptoms affecting motor or sensory functions. These symptoms are real and not exaggerated, and thus the client is not experiencing conversion disorder.

406.

Which of the following is an intervention to reduce static risk factors for violence?

Static risk factors cannot be changed via intervention

Substance-use treatment

Removal of weapons from the home

Engagement in psychotherapy

Correct answer: Static risk factors cannot be changed via intervention

Static risk factors are those that cannot be changed using interventions. They include a history of violence, race, and other demographic information.

Dynamic risk factors can be altered using appropriate intervention, such as medication, substance-use treatment, psychosocial intervention, removal of weapons from the home, and higher levels of supervision. Addressing dynamic risk factors appropriately can significantly reduce the likelihood of future violence.

407.

Which of the following is **NOT** a common neurologic symptom?

> **Auditory hallucinations**

> Weakness

> Deafness

> Vertigo

Correct answer: Auditory hallucinations

Disorders of the neurologic system co-exist with diagnoses of mental illness. Symptoms of these can include many different kinds of physical and sensory changes. Weakness, along with many other kinds of motor dysfunction, is a common symptom of neurologic disorder. Deafness (with other sensory changes) is one element of the sensorium that can be profoundly disturbed by neurologic distress. Other more idiosyncratic symptoms such as vertigo may occur as well.

Auditory hallucinations are not a common neurological symptom and are more representative of a mental illness.

408.

Gemma is a social worker meeting with a new client, Sally. Gemma obtains consent to exchange health information from Sally for previous psychological, medical, and school records. At what point during treatment would this collateral information be considered part of her medical record with Gemma and thus protected by HIPAA regulations?

As soon as it is obtained

As soon as it is documented

It is not protected by HIPAA

Correct answer: As soon as it is obtained

It is often important and helpful for social workers to gather collateral information during the assessment process in order to gain insight into all biopsychosocial elements of a client's life. This aids in developing appropriate treatment plans and interventions for clients. When information is obtained, regardless of source, it is immediately considered part of the medical record and is protected by federal HIPAA regulations. This includes electronic, verbal, and printed information. Social workers should be aware of HIPAA protections and consider that collateral information part of the medical record prior to requesting consent to gather additional information.

409.

Which of the following is **NOT** usually considered part of a cocaine "crash"?

Delirium

Anxiety

Fatigue

Cravings

Correct answer: Delirium

Delirium is not typically considered a part of a cocaine "crash": the period after acute intoxication when the body attempts to readjust.

The other answers are incorrect. Anxiety, fatigue, and cravings for more cocaine are all part of this phenomenon.

410.

Which of the following is **NOT** a model of the causes of addiction?
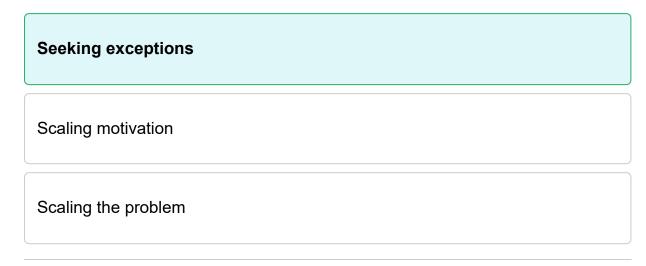
Psychodiversity model

Medical model

Biopsychosocial model

Social model

Correct answer: Psychodiversity model

There are many ways used to describe the causes of addiction, described in various models of causation. The Medical model relies on scientific, physiological data to seek the causes of addiction. The Biopsychosocial model uses the whole context of a life to describe how addiction begins. The Social model describes addiction as the result of one's social environment.

Psychodiversity is not a model of the causes of addiction. Among other things, it refers to the broad range of psychological presentations in the human organism.

411.

James is a social worker meeting with a couple who have been experiencing communication issues and conflicts in their relationship. They often argue about household responsibilities, which leads to tension and resentment. Despite these challenges, there have been a few instances when they were able to work together effectively and communicate positively. Which of the following techniques would be **MOST** effective for James to employ?

Seeking exceptions

Scaling motivation

Scaling the problem

Correct answer: Seeking exceptions

Seeking exceptions is a useful technique to focus on strengths and positive deviations from negative patterns, which can provide insights and strategies for improving the relationship. This strategy would ask the clients to focus on the times when they were able to work together and communicate well to identify healthy patterns that they can use more often to improve their overall functioning and identify the underlying problem.

Scaling motivation involves having the clients identify the degree that they feel hopeful and may be useful in couples therapy. However, in this scenario, there are healthy examples the couple can identify and discuss that would be of greater benefit. Scaling motivation is most helpful when there is resistance to treatment. Scaling the problem requires clients to rate the severity of the problem, which can influence interventions.

412.

A social worker is conducting an assessment with a client who has recently experienced significant trauma. The client displays symptoms of anxiety and depression, making it challenging for them to communicate verbally about their experiences. Which psychological test is **MOST** appropriate for the social worker to use in this situation?

Draw-a-Person Test

Myers-Briggs Type Indicator

Minnesota Multiphasic Personality Inventory

Beck Depression Inventory

Correct answer: Draw-a-Person Test

The Draw-a-Person Test is a projective psychological test that allows clients to express their thoughts and feelings through drawing, providing insights into their emotional state and experiences. This can be particularly helpful for clients who have difficulty verbalizing their trauma.

The Myers-Briggs Type Indicator and the Minnesota Multiphasic Personality Inventory would likely not be helpful with this client because they are personality assessments that would not likely capture the client's trauma-related experiences. The Beck Depression Inventory is a self-report questionnaire specifically designed to measure the severity of depressive symptoms, which may not fully address the client's communication challenges related to trauma. Though these assessments may be helpful in treating this client overall, they would not be helpful in addressing difficulty verbalizing thoughts and feelings.

413.

Which of the following statements about addiction is **FALSE**?

Effects of addictive drugs are standard across individuals

Tolerance develops in substances that are physically addictive

Substance dependence results in irrational behavior

Marijuana and alcohol are associated with losses of motor control leading to auto accidents

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Correct answer: Effects of addictive drugs are standard across individuals

The effects of addictive drugs across individuals are not limited to their main pharmacological effects. The biopsychosocial, spiritual, and cultural effects can vary widely across individuals. Tolerance refers to the level of a substance needed to attain the desired effect in physically addictive substances and can vary by individual. The dependence on a substance can result in a variety of irrational behaviors as the person resorts to various methods to acquire and use the substance.

Though alcohol is more commonly associated with auto accidents, marijuana also impairs motor control and is linked to a greater incidence of auto accidents.

414.

Jordyn is a social worker working in a community that has been grappling with the effects of substance addiction for years. She has observed a range of consequences of addiction for the community's well-being. Which of the following is **MOST LIKELY** to be an observation Jordyn made about this community?

Strained relationships, higher crime, and lower economic productivity

Greater community engagement and social cohesion

Enhanced mental health services and lower health care costs

Correct answer: Strained relationships, higher crime, and lower economic productivity

Addiction can have profound negative impacts on communities. Strained relationships often result from the behaviors associated with addiction, and higher crime rates can be linked to the pursuit of substances or illegal activities related to addiction. Moreover, addiction can lead to lower economic productivity due to absenteeism, unemployment, and diversion of resources.

Addiction tends to strain relationships, isolate individuals, and lead to social fragmentation rather than increasing community engagement and cohesion. While communities affected by addiction may see greater demand for mental health services, this is not typically framed as a positive impact. Additionally, addiction-related health care costs are often significant due to medical complications and treatment needs.

415.

Amanda, a social worker, is working with a client named Jordan who is seeking support to cope with the challenges of unemployment and a recent breakup. Despite these difficulties, Jordan has demonstrated that he has strong friends he can lean on and has shown that he has a strong ability to problem-solve during their sessions. Which of the following **MOST** closely identifies the strengths Jordan is demonstrating?
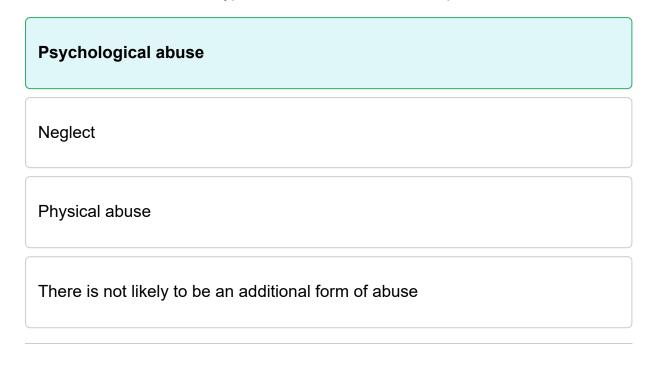
Interpersonal skills

Coping mechanisms

Cognitive abilities

Correct answer: Interpersonal skills

Interpersonal skills are a primary type of strength that social workers should be able to identify and use to determine treatment interventions. Interpersonal strength is demonstrated via having and maintaining good relationships, being able to confide in others, possessing problem-solving skills and empathy, and having a sense of security.

Coping mechanisms are demonstrated by the ability to recognize and control impulses, the ability to self-soothe, and flexibility. Cognitive abilities are exemplified by intellectual ability, creativity, initiative, common sense, and the ability to predict problems.

416.

A teacher makes a report of suspected sexual abuse of a child in her class following significant shifts in dysregulated behavior and inappropriate knowledge of sexual information. The social services social worker investigating the report is **MOST LIKELY** to find which other type of abuse if sexual abuse is present?

Psychological abuse

Neglect

Physical abuse

There is not likely to be an additional form of abuse

Correct answer: Psychological abuse

Abuse and neglect are broken into four primary types:

- *Neglect: failure to meet a child or disabled adult's needs (emotional, physical, or otherwise)*
- *Physical abuse: the infliction of physical injury*
- *Sexual abuse: inappropriate exposure to or engagement in sexual contact*
- *Psychological abuse: mental, emotional, or verbal injury*

Each type of abuse can exist with or without other forms of abuse. However, psychological abuse is nearly always present when another form of abuse is occurring.

417.

A social worker has a client who has presented with symptoms of depression and anxiety. In the context of collecting information for an assessment, the social worker discovers that the client drinks an excessive amount of alcohol on a daily basis to the point of passing out.
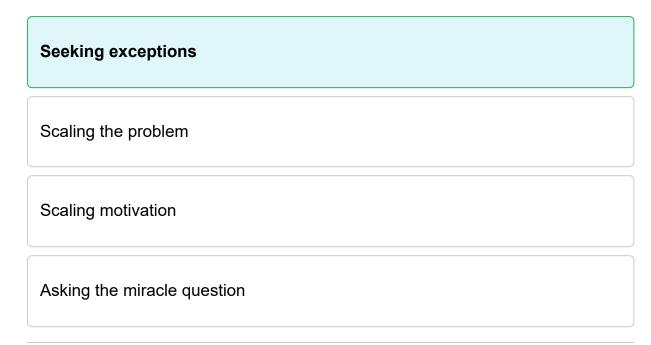
Which of the following areas should the social worker address **FIRST** in terms of treatment?

The client's substance abuse problem

The client's depression

The client's social supports

The client's anxiety

Correct answer: The client's substance abuse problem

While it is not uncommon for clients to have co-occurring substance use and mental health conditions that contribute to one another, and both should be addressed to ensure that the client has the best outcome, when a client's substance abuse is so significant that it is resulting in passing out and other risky behaviors, the client must reach a point of stabilization prior to being able to begin work on other domains. When engaging in substance use treatment, the first stage is stabilization, such that abstinence or deceased use is reached, and the client is able to acknowledge there is a problem. Once the client is able to do this and their physical safety is no longer a pressing issue, work can begin on underlying causes and in other areas to promote an integrative approach that addresses anxiety, depression, and works to build social supports.

418.

The question "Can you recall a time when depression didn't keep you from socializing with friends and coworkers? What was different then? What was the same?" is an example of which of the following interview techniques?

Seeking exceptions

Scaling the problem

Scaling motivation

Asking the miracle question

Correct answer: Seeking exceptions

Clients may not be able to easily identify challenges, strengths, support systems, and resources. It is the social worker's job to implement techniques to gather additional information. Seeking exceptions involves asking questions that help the client identify circumstances when the problem did not exist. This could be a different time, place, or context. Asking the client to describe a time when depression wasn't inhibiting social interaction is a form of seeking exceptions.

Scaling the problem involves the client rating the severity of the identified problem on a numerical scale from their perspective. This technique allows more effective assessment over time, and generally clients elaborate on what makes the problem more or less severe. Scaling motivation is similar to scaling the problem but focuses on how hopeful a client is that the problem will be resolved and on their level of motivation to work toward resolution. Asking the miracle question requires the client to determine what their life would look like if the problem was not present.

419.

Which of the following is the **BEST** definition of trauma?

A reaction to a negative event

A negative event

A reaction to an emotional event

A perceived threat

Correct answer: A reaction to a negative event

Trauma is the mind and body's reaction to a negative event. It is the entire organism's response to an experience that has been significant enough to force an undesirable adjustment in homeostasis.

The other answers are incorrect. A negative event itself is not trauma, but it may induce trauma. Events that create trauma can be emotional, but also physical, environmental, and so on. A perceived threat is a better definition of stress rather than trauma.

420.

Which of the following is the **LEAST** likely behavioral manifestation of trauma?

Desire to harm others

Feeling of powerlessness

Lack of trust in others

Substance use

Correct answer: Desire to harm others

Trauma is a complicated phenomenon affecting the entire organism. Thoughts, physical health, and behaviors are commonly affected. Though there is some truth to the idea that some abused individuals go on to abuse others, in most cases trauma seems to be directed inward and results in behaviors that are more self-harming in nature. A desire to harm others is, of course, a very serious sign of pathology, and usually suggests a more fundamental problem such as a personality disorder or psychosis.

The other answers are incorrect. A feeling of powerlessness, a lack of trust in others, and indulging in substance abuse are all common in victims of trauma.

421.

Sabrina is conducting an assessment with a client named Mark who has been displaying signs of increasing distress and isolation and discussing thoughts of self-harm. Mark's mood appears consistently low, and he expresses feelings of hopelessness about his future. Concerned about Mark's well-being, Sabrina is considering conducting a risk assessment. Which of the following **BEST** identifies the goal of risk assessment?

It evaluates the client's potential for harm to self or others

It helps diagnose underlying mental health conditions accurately

It ensures the client's complete compliance with treatment recommendations

Correct answer: It evaluates the client's potential for harm to self or others

The primary objective of conducting a risk assessment is to evaluate the client's potential for harm to themselves (suicidality) or to others (homicidality). It also helps determine the level of intervention and support needed to ensure the safety of the client and those around them. Social workers have an ethical obligation to protect clients and the community by alerting authorities or recommending a higher level of care if indicated.

While risk assessments are an important part of the assessment process, their primary focus is not on diagnosing mental health conditions. Instead, they aim to assess the immediate risk of harm to the client or others. The most common diagnostic tools are the DSM and psychological tests. A client's complete compliance with treatment can never be guaranteed, even when court ordered. An essential part of work is to respect a person's autonomy and tailor treatment to their needs and desires rather than seeking compliance.

422.

Brendan is a social worker working with a client who reports high levels of stress due to work-related demands and family responsibilities. The client often expresses feeling overwhelmed and has difficulty managing their emotions. To assess this client's coping skills, Brendan administers a questionnaire that asks about the client's preferred strategies for managing stress, their ability to adapt to challenges, and their grounding techniques. Which of the following methods of assessing coping skills is Brendan using with this client?

Self-report

Observation

Psychological testing

IQ testing

Correct answer: Self-report

Brendan is using a questionnaire to gather information directly from the client about their coping strategies, stress management techniques, and emotional regulation abilities. This is an example of a self-report information-gathering technique. Self-report measures are a common method of assessing coping skills because they provide insight into the client's subjective experiences and perspectives.

Observation involves observing a person's behavior in real-life situations, which may not capture the client's self-reported coping strategies and emotional regulation techniques as effectively as a self-report questionnaire. Psychological testing consists of a variety of standardized assessments of psychological traits and characteristics, which may include coping styles, but the scenario describes a specific method of self-report assessment. IQ testing is a form of psychological testing designed to measure cognitive ability and intelligence and does not provide information about coping skills.
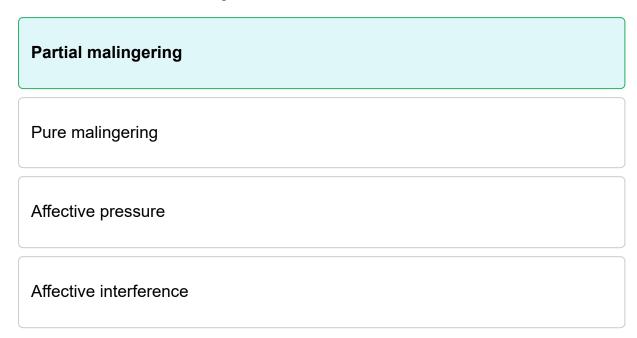
423.

A social worker is meeting a client at a doctor's office. The client reports sweating, rapid heart rate, dizziness, increased irritability, and deterioration of familial relationships. While the doctor runs tests to assess organic causes, they ask you to complete a stress assessment. Which of the reported symptoms is not considered a typical manifestation of stress?

Deterioration of familial relationships

Dizziness

Sweating

Irritability

Correct answer: Deterioration of familial relationships

Stress can manifest in numerous ways in clients, and typical symptoms include high blood pressure, sweating, rapid heart rate, dizziness, and feelings of irritability or sadness. Deterioration of familial relationships can happen as a result of stress but is not one of the most prominent symptoms. It is essential to assess any organic causes of symptoms to rule out medical issues. If stress is identified as the cause, the social worker should work with the client on coping and reducing stressors because a prolonged stress response can be damaging to mental and physical health.

424.

Carlos is seeing his client, Brian. Brian has schizoaffective disorder as an established diagnosis, but on this day, appears to be consciously exaggerating his delusional beliefs. Which of the following describes Brian's behavior?
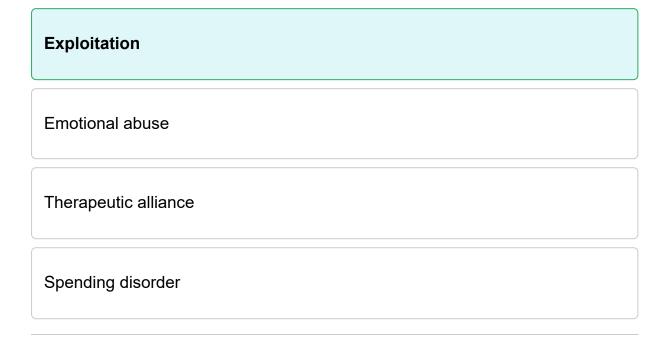
Partial malingering

Pure malingering

Affective pressure

Affective interference

Correct answer: Partial malingering

Malingering is the feigning of symptoms of an illness. Partial malingering is the exaggeration of real symptoms of an existing illness.

The other answers are incorrect. Pure malingering is the total fabrication of the symptoms of an illness the client does not have. "Affective pressure" and "affective interference" are both fabricated terms.

425.

A social worker at an assisted living facility is meeting with one of the residents, Mrs. J, who has early stages of Alzheimer's disease. Mrs. J reports that she recently made a new friend, an employee of the facility and a member of the housecleaning staff. Mrs. J tells the social worker that her friend is in need of money to pay her rent and feed her children, and so Mrs. J has been giving her friend $100 each week to help.

This is an example of:

Exploitation

Emotional abuse

Therapeutic alliance

Spending disorder

Correct answer: Exploitation

One form of maltreatment of older adults is financial exploitation. In these situations, individuals may befriend an older person to gain their trust so that the older adult's money or items of value can be inappropriately used for the individual's wants or needs and not the care of the older adult. Social workers may be asked to intervene sometimes when they suspect clients are being exploited.

Emotional abuse is when an individual is constantly criticized, belittled, teased, or ignored, or when praise and affection are withheld by caregivers. The therapeutic alliance refers to the trusting relationship between client and social worker. "Spending disorder" is a fabricated term.

426.

What is the primary goal of consultation and referral?

To obtain more appropriate services for clients when other expertise is needed

To equip the client with enough self-confidence to seek assistance on their own

To improve relationships with other providers

Correct answer: To obtain more appropriate services for clients when other expertise is needed

Social workers have an ethical obligation to provide services and treatment to clients only within areas of practice in which they are trained, knowledgeable, and competent. When a client has a need that falls outside the social worker's scope of practice, it becomes necessary to either seek consultation or refer the client to an appropriate expert in that area. To not do so could be detrimental to the client's overall well-being and treatment progress. It is important to remember that the limits of confidentiality still apply to consultation and referral, and consent must be obtained prior to engaging in either practice if patient information will be disclosed.

While social workers should aim to promote client self-confidence, this is not the primary function of referral or consultation. Additionally, it is not the social worker's responsibility to improve the client's relationship with other providers unless that is one of the client's identified goals.

427.

A client presents to a meeting with a social worker reporting high levels of guilt and shame after being unfaithful to his wife of ten years. He reports that he owned up to his mistake and took responsibility. The social worker notes that this is an indicator of positive ego strength. Which of the following statements is **NOT** considered an additional indicator of positive ego strength?

> **"I have so much empathy for my wife, and I'm just trying to lessen her pain."**

"I feel self-pity, but I won't let it paralyze me."

"When I start to feel overwhelmed, I journal so that I can manage the feelings."

"Right now, being around our friends drains me physically and emotionally, so I'm limiting my time with them."

Correct answer: "I have so much empathy for my wife, and I'm just trying to lessen her pain."

The ability to empathize with others without trying to lessen or eliminate their pain is a sign of positive ego strength, but attempting to lessen or eliminate another's pain is not.

Not allowing self-pity to paralyze or prevent one from moving forward is an additional indicator of positive ego strength. Other indicators include not becoming overwhelmed by moods, avoiding situations and people that drain mental and physical energy, being able to acknowledge feelings, using pain to build strength, understanding that feelings are temporary and will fade, working against addictive behaviors or impulses, and not blaming others for mistakes.

428.

Which of the following is **NOT** a phase of the cycle of violence?

Maintenance

"Loving-contrition"

Battering incident

Tension building

Correct answer: Maintenance

The cycle of violence in intimate partner relationships follows a set of recognizable phases.

- *In phase I, tension building, the stress in the relationship system is building.*
- *In phase II, battering incident, the violence actually occurs.*
- *In phase III, "loving-contrition," the aggressor expresses remorse and an overcompensatory affection until tensions begin to build again.*

Maintenance is not related and is a stage of the personal change process.

429.

A social worker trained in treating substance abuse collects detailed assessments of his clients, particularly asking questions about family history of substance use and the client's emotional responses to drinking alcohol or using drugs.

This social worker **MOST** likely believes which model explains the causes of substance abuse?

Medical model

Self-medication model

Substitution model

Social model

Correct answer: Medical model

The medical model of addiction theory asserts that addiction stems from genetic, chemical, and reward mechanism rooted causes. If an individual is born with genes that predispose them to develop addiction, this model asserts that will influence their likelihood of developing addiction over the life course. When an individual uses substances that generate feelings of pleasure, this is a reinforcing mechanism that drives continued use. Finally, when substances are used continually, the chemistry of the brain is changed in an attempt to minimize discomfort. By asking about family history, the social worker is investigating the likelihood that the client has inherited genes that increase their chances of developing addiction. In the inquiry about emotions surrounding drinking or using drugs, the social worker is seeking to understand if the client experiences pleasure and is activating the reward mechanism.

The self-medication model asserts that if an individual is suffering from an illness, substance use is driven by the desire for relief from symptoms of that illness. The social model asserts that if an individual observes role models using substances, they are more likely to engage in substance use themselves. There is not a substitution model for substance use.

430.

A social worker is meeting a client for the first time. The client recently moved from another state, where she was seeing a social worker for individual therapy. In reading the former provider's notes on the client, the current social worker sees that the client developed "postmorbid depression" and also has a diagnosis of diabetes.

In this case, postmorbid means:

The client developed depressive symptoms after receiving a diagnosis of diabetes

The client developed depression and diabetes at the same time

The client's depression led to a diagnosis of diabetes

It is unclear whether the diabetes or the depression came first

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Correct answer: The client developed depressive symptoms after receiving a diagnosis of diabetes

The term "postmorbid" means that identified symptoms began after another illness emerged or was diagnosed. In this case, the client was first diagnosed with diabetes, then symptoms of depression emerged. These symptoms may be tied to psychological stressors associated with being diagnosed with a serious illness or could be unrelated.

Comorbidity refers to conditions that occur simultaneously. Exogenous depression is depression that is caused by something external rather than internal (such as a chemical imbalance). Common examples of catalysts for exogenous depressive episodes include traumatic events or grief.

431.

Mary is evaluating her client, Trina, who is depressed. Trina has had many family members who have suffered from depression. Though in most respects, Trina's life appears to be going well, it is understood that a biochemical imbalance is likely the cause of her depression.

Which of the following **BEST** describes Trina's depression?

Endogenous depression

Exogenous depression

Paragenetic depression

Psychogenetic depression

Correct answer: Endogenous depression

Endogenous depression describes depression of which the origin is considered to be interior, such as a biochemical imbalance or heredity.

The other answers are incorrect. Exogenous depression refers to depression with an exterior cause. "Paragenetic depression" and "psychogenetic depression" are both fabricated terms.

432.

Jessica, a social worker, is working with an elderly client named Robert who has been showing signs of memory impairment and cognitive decline. Robert's family is concerned about his ability to live independently and manage his daily tasks. Which of the following tests would be **MOST** helpful for Jessica to administer?

Neurocognitive testing

Intelligence testing

Personality testing

Correct answer: Neurocognitive testing

Neurocognitive testing is designed to assess an individual's cognitive strengths and weaknesses across various domains, such as memory, attention, language, and executive function. By identifying specific areas of impairment, it can aid in diagnosing conditions like dementia and help create tailored care plans to address the client's needs. This test would be most helpful based on the cognitive symptoms the client has reported.

Intelligence testing measures intelligence and cognitive abilities in various domains. It does not assess memory or attention and thus would not be as helpful as neurocognitive testing. Personality tests are used to measure personality traits and characteristics and would more commonly be used to assist in diagnosing a personality disorder or identifying client strengths.

433.

Substance abuse is most likely to affect mental health in all of the following ways, **EXCEPT**:

It can increase insight into effects of past trauma

It can cause irrational behavior

It can cause long-lasting paranoia and hallucinations

It can lead to lapses in memory

Correct answer: It can increase insight into effects of past trauma

Struggles with substance abuse can have significant impacts upon the individual using substances, their family members and friends, and communities as a whole. Some of the most common effects on mental health include behavioral disruption, increased risk of aggressive or violent behavior, issues with memory, increased likelihood of episodes of depression, increased possibility of developing symptoms of psychosis such as paranoia and/or hallucinations, and erratic behavior.

Substance abuse has not been linked to increased insight into the impacts of past traumatic experiences, though there is a link between having experienced childhood trauma and an increased likelihood of later engaging in substance use.

434.

Jessica is undergoing an assessment in a mental hospital. In part of the assessment, she is asked questions meant to establish whether stimuli she is experiencing are coming from inside or outside herself. Which of the following describes this part of her assessment?

Reality testing

Affect

Potential for harm

Orientation

Correct answer: Reality testing

"Reality testing" refers to how well a client knows the difference between internal stimuli and external stimuli or, in other words, what is "real" and what is part of their inner experience.

The other answers are incorrect. "Affect" refers to one's emotional presentation. A potential for harm section of an assessment may include psychosis, but not necessarily. "Orientation" in this context refers to a client's sense of location in context.

435.

Which of the following body systems generates disease-fighting antibodies?

Lymphatic system

Circulatory system

Endocrine system

Correct answer: Lymphatic system

The lymphatic system generates disease-fighting antibodies.

The remaining answer options are incorrect; though they all have vital functions and protective structures and processes, they do not produce antibodies. The circulatory system is primarily concerned with the movement of blood and the endocrine system is responsible for hormone production.

436.

All of the following are stages of treatment for drug use, **EXCEPT**:

Acceptance

Stabilization

Rehabilitation

Maintenance

Correct answer: Acceptance

Stabilization, rehabilitation, and maintenance are all integral stages in the treatment of drug use. Each stage has its own goals and interventions that help the client learn to move away from substance use and work through issues that led to the substance use in the first place. During the stabilization phase, the focus is on establishing abstinence and committing to making changes. The rehabilitation phase focuses on increasing supports and developing coping skills. The maintenance phase focuses on stabilizing gains made in treatment and preventing relapse.

Acceptance is a stage in the grieving process, not a stage in the treatment of drug use.

437.

Mike is seeing his psychologist for an assessment. In this assessment, Mike is asked questions determined to gauge his personality, specifically to determine if he aligns more with the extroverted or introverted type.

Which of the following assessments would the psychologist **MOST** likely administer?

MBTI

MMPI

BDI

WISC

Correct answer: MBTI

The MBTI, or Myers-Briggs Type Indicator, assesses personality in four primary domains, including introversion versus extroversion, sensation versus intuition, thinking versus feeling, and judging versus perceiving. The MBTI is an inventory that is generally completed by the individual themselves and then scored, producing a final personality type.

The MMPI, or Minnesota Multiphasic Personality Inventory, is a personality test that assesses for potential psychopathology and does not assess for introversion versus extroversion. The BDI, or Beck Depression Inventory, assesses teens and adults for level of depressive symptoms. The WISC, or Wechsler Intelligence Scale, assesses intelligence and cognitive functioning and can be administered to children.

438.

Which of the following is **NOT** characteristic of depression?

> **Awareness is impaired**

> Memory may be selective or patchy

> Thinking is intact but hopeless and self-deprecating

> May neglect basic self-care

Correct answer: Awareness is impaired

Depression can affect the thinking of people in ways that make it resemble other illnesses such as delirium. For example, memory in depression can be selective or patchy. One's thinking is generally intact but hopeless and self-deprecating. Depressed individuals commonly neglect basic-self care.

In depression, awareness is not typically impaired, such as it is in delirium.

439.

A social worker is meeting with a client, a male in his mid-60s, for the first time. The client describes recent feelings of anxiety for no particular reason. The client states he has been having frequent headaches, "brain fog," and dizziness and is not sure why since he has never had these types of problems before.

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

Refer the client for a medical evaluation

Give the client a diagnosis of dementia

Refer the client to a psychiatrist

Formulate a treatment plan for the client

Correct answer: Refer the client for a medical evaluation

When clients complain of physical symptoms, such as dizziness, forgetfulness, and headaches, social workers should refer them for medical evaluations to rule out any physical diagnoses. Once professionals can be sure there is not a medical diagnosis explaining the client's symptoms, they can work with the client to identify other causes.

The social worker does not have enough information to diagnose the client with dementia. The client should receive a medical evaluation before being referred to a psychiatrist, and the social worker should not create a treatment plan for the client until it is certain that the client's symptoms are explained by a mental disorder.

440.

Which of the following is **NOT** a defense mechanism?

Derealization

Inhibition

Idealization

Denial

Correct answer: Derealization

Derealization is the sense experienced in some individuals of not feeling connected to consensus reality. It is not a defense mechanism.

Defense mechanisms are psychological tools used (usually to a pathological excess) to alleviate feelings of internal conflict. Inhibition avoids pleasure to avoid the inner conflict stirred up by it. Idealization creates a one-sided positive vision of an individual or phenomenon to avoid careful consideration. Denial is the most basic of defense mechanisms, literally meaning to deny that a problem of any kind exists.

441.

During an assessment with a new client, you note that the client is unable to be interrupted and demonstrates an angry affect that is incongruent with their mood. As the interview goes on, you note that the client is tangential and making delusional statements about the illuminati. Which of the following components of the mental status exam have been described in your notes?

Speech pattern, affect and mood, thought process

Orientation, affect and mood, thought process

Speech pattern, orientation, appearance

Correct answer: Speech pattern, affect and mood, thought process

Eight sections are addressed in the mental status exam:

1. *Appearance: body language, facial expressions, and physical appearance*
2. *Orientation: alertness to person, place, and time*
3. *Speech pattern: tone and features of speech, such as pressured or slow*
4. *Affect and mood: reported mood as well as outwardly observed indicators of mood*
5. *Risk assessment: impulsivity and any suicidal or homicidal ideation*
6. *Judgment and insight: ability to make rational decisions and awareness of the problem*
7. *Thought process: level of organization and whether delusions or hallucinations are present*
8. *Intellectual functioning: any cognitive impairment and/or memory issues observed*

When a client is speaking so quickly that it's difficult to interrupt them, the most appropriate term is "pressured speech," and this belongs in the speech pattern section of a mental status exam. An incongruent mood means the reported mood and observable mood (affect) do not match, and this belongs in the mood and affect section. Describing a client as "tangential" indicates a thought process that is seemingly not connected or linear, or a tendency to jump from one thought to another unrelated thought. This is noted in the thought process section of the mental status exam alongside any delusions.

442.

Remaining flexible and regulating impulses and affect are examples of:

Coping skills

Interpersonal skills

Temperamental factors

Correct answer: Coping skills

Strength is the capacity to cope with difficulties, to maintain functioning under stress, to return to equilibrium in the face of significant trauma, to use external challenges to promote growth, and to be resilient by using social supports. Some examples of coping mechanisms that can be viewed as areas of strength for clients are the ability to remain flexible in the face of stress, the ability to regulate impulses and affect, and the ability to self-soothe.

Interpersonal skills refer to the ability to get along with others most of the time. Temperamental factors are related to personality.

443.

Janet is doing a psychosocial assessment with her client, Patricia. Janet has, with Patricia's permission, begun to look at things besides Patricia's own account of herself, such as medical and school records. With what kind of sources is Janet presently concerned?

Collateral sources

Primary sources

Secondary sources

Parallel sources

Correct answer: Collateral sources

Collateral sources are highly useful in any psychosocial assessment and can contain any material that is outside the client's own account of themselves. These can be family members, academic or medical records, or other kinds of sources exterior to the client.

The other answer choices are not terms used to describe this kind of source in psychosocial assessment.

444.

A social worker has been meeting with a client for about a month. Though the client was initially pleasant and receptive to the social worker's suggestions at the beginning of treatment, recently, the client has been challenging the social worker's ideas, failing to follow through on interventions, and appears to be lacking motivation.

What is the **BEST** explanation for the client's behavior?

The client is feeling resistant due to the feelings and behaviors being brought up by the social worker

The social worker did not collect enough information during the assessment phase

The client is using substances

Correct answer: The client is feeling resistant due to the feelings and behaviors being brought up by the social worker

The concept of "meeting the client where they are" may be overused within the social work profession, but that is for a reason. Clients are not always ready to assess and work on the challenges in their lives. As a result, social workers would benefit from being aware of the signs that a client is not ready to dive in and do the work. Some of the most common signs include only sharing part or small pieces of information with the social worker, sitting in silence during sessions, focusing on small talk rather than the identified problems, overly intellectualizing information, making false promises to the social worker, giving the social worker compliments as a means of distraction, challenging suggestions the social worker makes, not completing therapy homework, canceling or not showing up for appointments, not paying for sessions.

There is no indication that the social worker did not collect enough information or that the client is using substances.

445.

Which of the following is the **BEST** description of psychosocial stress?

A perceived threat

A known threat

A physical threat

An unknown threat

Correct answer: A perceived threat

Psychosocial stress can result from any kind of perceived threat. To cause stress, the threat can be anything; real or unreal, imagined or imminent, past, present, or future. The threat is to homeostasis, safety, social status, or anything else that will disrupt normal functioning in the client system.

The other answers are incorrect. Threats that cause psychosocial stress can be known, physical, unknown, or any other perceived danger.

446.

Which of the following accurately describes comorbidity?

> **Having two different illnesses at the same time**

Having false, fixed beliefs despite evidence to the contrary

Being confused with regard to person, time, or place

Hearing, seeing, smelling, or feeling something that is not real

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Correct answer: Having two different illnesses at the same time

Comorbidity refers to having two different illnesses at the same time. For example, a client could have both an anxiety disorder and a depressive disorder simultaneously.

Delusions are false, fixed beliefs despite evidence to the contrary. Someone who is disoriented is confused with regard to person, time, or place. Hallucinations are when someone hears, sees, smells, or feels something that is not real.

447.

Which of the following is **NOT** a way to reduce cognitive dissonance?

Process the conflict with cognitive techniques

Shift behavior patterns to better align with their beliefs

Shift thought patterns to better align with their behaviors

Shift their perceptions of the conflicting options

Correct answer: Process the conflict with cognitive techniques

Cognitive dissonance occurs when an individual is forced to make a choice and finds their options to be both at odds with one another and equally appealing (or unappealing). When working to reduce or eliminate cognitive dissonance, a social worker should work with a client to shift behavior patterns to better align with their beliefs, shift thought patterns to better align with their behaviors, or shift their perceptions of the conflicting options.

Using cognitive techniques to process the conflict is not a recognized means for resolving cognitive dissonance.

448.

When meeting with a client with multiple areas of need, what model should a social worker use to decide which needs should be addressed first?

Maslow's hierarchy of needs

Piaget's theory of cognitive development

Bandura's social learning theory

Correct answer: Maslow's hierarchy of needs

Maslow's hierarchy of needs implies that clients are motivated to meet certain needs. When one need is fulfilled, a person seeks to fulfill the next one, and so on. Basic needs are purely physiological, such as food and shelter, and move upward into the categories of safety, social, esteem, and self-actualization needs. Social workers who meet with clients with numerous needs should help those clients prioritize so that their basic needs are met first.

Piaget's theory of cognitive development refers to stages of development that take place through childhood up until adulthood. Bandura's social learning theory posits that individuals learn through observation of others.

449.

An emergency room social worker is completing an assessment of a client who appears to be catatonic and is unable to provide information to the treatment team. The social worker is experienced, has encountered catatonia often, and knows it is most closely associated with schizophrenia. She reaches the diagnosis section of her assessment and considers her options. What is the social worker's **BEST** course of action?

> **Defer diagnosis until adequate information can be gathered**

Diagnose with schizophrenia as that is the most likely option

Diagnose with "unspecified psychotic disorder" until more information can be obtained

Diagnose with "psychosis—not otherwise specified" until more information can be obtained

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Correct answer: Defer diagnosis until adequate information can be gathered

Diagnosing is a serious step in treatment, and social workers should diagnose by considering identified problems, underlying causes, and possible solutions. Social workers should not submit a diagnosis if adequate information has not been provided. Social workers are expected to use the person-in-environment perspective when applying a diagnosis, so gathering enough information is critical.

While the diagnosis may end up being schizophrenia, there are other possibilities (including organic medical causes) that must be considered prior to applying a severe and persistent mental illness diagnosis to a client. The DSM allows diagnosis of "unspecified psychotic disorder" in preliminary diagnosing or early in the onset of an illness; however, the social worker has only one diagnostic criterion available: catatonia. This is not enough to apply a diagnosis. The "not otherwise specified" diagnosis modifiers were eliminated with the publication of the DSM-5 and should not be used.

450.

An emergency room social worker is assisting a doctor in assessing an individual who became unconscious in the waiting room. They look through the individual's belongings to obtain identity and observe a prescription bottle for Diovan. Which of the following diagnoses would the individual **MOST LIKELY** carry based on the medication?

Heart disease

Hypothyroidism

Depression

Diabetes

Correct answer: Heart disease

In certain settings, it is essential that social workers are familiar with common medications for conditions unrelated to mental illness, such as heart disease. The medication Diovan is used primarily to treat heart failure and heart disease.

Hypothyroidism is commonly treated with thyroid medications such as levothyroxine sodium. Depression is most often treated with SSRIs (Selective Serotonin Reuptake Inhibitors) such as Lexapro, Celexa, or Zoloft. Diabetes is most often treated with medications to regulate insulin such as Lantus, Levemir, or insulin itself.

451.

When conducting a community assessment, all of the following are essential for a social worker to include, **EXCEPT**:

> **Rates of mental illness within the community**

> Robust data collection procedures

> Positive features of the community

> Gaps that exist within a community

Correct answer: Rates of mental illness within the community

When conducting a community assessment, the steps of the problem-solving process are applied on a macro level to identify and resolve the issue a community is facing. Part of this process is using a strengths-based approach to collect data, identify strengths of the community, identify areas of need, and identify what resources could be of benefit to the community.

It does not require the inclusion of the rates of mental illness within the community.

452.

In which stage of change is a client likely to be **MOST** ambivalent?

Contemplation

Precontemplation

Preparation

Action

Correct answer: Contemplation

Change is generally considered to proceed in four stages. In precontemplation, a client may not believe there needs to be change at all. The next stage, contemplation, is where there is a struggle of ambivalence about committing to a course of change. Preparation is the stage where the client is taking concrete steps and planning, and action is the physical commitment to the plan.

453.

Which of the following is **NOT** considered a sign of positive ego strength in a client?

Empathizing with others and working to ease their pain

Avoiding people who drain them

Using a painful experience to build strength

Accepting their own limitations

Correct answer: Empathizing with others and working to ease their pain

Ego strength is a psychoanalytic term for the level to which the ego can manage the demands of the id, the superego, and reality. Positive ego strength is linked to higher levels of resilience and emotional stability. Common indicators of positive ego strength include being able to acknowledge feelings, not often becoming overwhelmed by moods, moving forward after loss, using painful events to build strength, understanding that painful feelings will reduce over time, being able to empathize with others without attempting to reduce or remove their pain, fighting addictive urges, taking responsibility for decision-making, not blaming others for bad situations, understanding and accepting one's limitations, setting and upholding boundaries, and avoiding people and situations that drain them.

Empathizing with others and feeling compelled to solve the problem or reduce pain is an indicator that the individual themselves is experiencing discomfort and is not necessarily an indicator of ego strength.

454.

The wife of a man who has been using substances for years is meeting with a social worker. During the assessment, the woman tells the social worker how she often "covers up" for her husband when he is drunk or high, has to ask for extensions to pay bills due to her husband's habits, and spends most of her time worrying about and checking up on him.

Which of the following statements seems to be **TRUE** about this couple's relationship?

Their relationship has become codependent

Their marriage is probably going to end in divorce

The man's substance use is harder on his wife than it is on him

The woman's support will help her husband get the help he needs

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Correct answer: Their relationship has become codependent

Substance use can disrupt family life and destroy relationships. A client's preoccupation with the substance, plus its impacts on mood and performance, can lead to relationship/marital problems. A client may spend more time getting and using substances than attending to their relationships with others. Drug use can also create destructive patterns of codependency. Codependency occurs when a partner/spouse or member of the family, out of love or fear of consequences, inadvertently enables a client to continue using substances by covering up, supplying money, or denying there is a problem.

While the couple's marriage is dysfunctional, it may or may not end in divorce. One person's substance use is hard on that person as well as the family system. As stated above, though the woman is supporting her husband, it may actually be making the problem worse rather than better.

455.

A social worker in an anger management treatment program is reviewing referrals for four potential new program members. Which of the following individuals would present the **HIGHEST** risk of future violence?

An individual with habitual violent episodes who has recently begun engaging in substance abuse recovery

An individual who collects weapons and declines to remove them from the home

An individual diagnosed with antisocial personality disorder who is under age 25

An individual who is diagnosed with schizophrenia and has a comorbid substance-use disorder

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Correct answer: An individual with habitual violent episodes who has recently begun engaging in substance abuse recovery

While having a risk factor for violence and/or aggression does not necessarily mean an individual will commit a violent act, research indicates that certain characteristics are more likely to be observed in individuals who do engage in violence. Research has shown that a past history of violence is the single strongest indicator of future violence. As a result, the client who has a persistent pattern of violent behavior is considered the highest risk.

Common risk factors for violence include the following:

- *Owning weapons and using them against people in the past*
- *A repetitive criminal history*
- *Substance use*
- *Mental illness with comorbid substance use*
- *Presense of paranoia, psychosis, or anger*
- *Diagnosis of a personality disorder, such as antisocial or borderline*
- *Limited frustration tolerance or a high level of entitlement, impulsivity, or recklessness*
- *Lack of empathy for others coupled with an angry affect*
- *Increased psychosocial and/or environmental stressors*

456.

A social worker is developing an intervention plan to reduce the risk factors for violence in a high-risk community. Which of the following strategies is **MOST** appropriate to address risk factors and promote violence prevention?

Implementing conflict resolution and anger management programs

Distributing weapons for self-defense to those at high risk of being a victim

Providing financial assistance to at-risk individuals

Organizing a recreational sports tournament

Correct answer: Implementing conflict resolution and anger management programs

Implementing conflict resolution and anger management programs is the most appropriate intervention because it directly addresses risk factors by teaching individuals alternative ways to manage conflicts and emotions, which can help prevent the escalation of violent behaviors. This is considered a psychosocial intervention.

Distributing weapons, even to those at high risk of being a victim, is not a violence prevention strategy and could increase the risk of violence. A better alternative is a self-defense course, but this is still not considered a violence prevention strategy. Providing financial assistance to at-risk individuals can address economic stress but does not directly target the underlying factors contributing to violence. Organizing a recreational sports tournament can promote teamwork and physical activity but may not comprehensively address the range of risk factors associated with violence.

457.

During an intake for a client seeking support for sexual dysfunction, a social worker is obtaining collateral information. The social worker inquires about the nature of the client's sexual dysfunction, and the client becomes tearful, stating that she never feels "in the mood" and doesn't know why she can't get excited about sex like all her friends. What should the social worker do **FIRST?**

Refer the client for a medical evaluation

Assess for alcohol and/or substance use

Assess for psychosocial stressors impacting desire

Assess for a sexual trauma history

Correct answer: Refer the client for a medical evaluation

When clients present reporting sexual dysfunction and/or dissatisfaction, the first step is to rule out a medical cause of the issue. There could be a hormonal imbalance, medication side effect, or medical condition that results in a decrease in sex drive. A referral for medical evaluation must be completed to rule out those potential causes prior to assessing psychological factors.

Additionally, substance use is correlated with decreased sex drive and/or sexual satisfaction and should be assessed after medical causes are investigated. Once medical and substance-related causes have been ruled out, psychological assessment, including psychosocial stressors and a sexual trauma history, should be investigated as potential causes. The systems perspective is essential in diagnosing and treating sexual dysfunction.

458.

A social worker is reviewing collateral information for a client they are assisting with case management. The client's medical record indicates that the client has been prescribed Abilify to treat a psychiatric illness. Which of the following diagnoses will the social worker **MOST LIKELY** find in the records?

Schizophrenia

Bipolar I disorder

Major depressive disorder

ADHD

Correct answer: *Schizophrenia*

Abilify is an antipsychotic medication most often used to treat symptoms of psychosis related to schizophrenia, schizoaffective disorder, and other psychotic illnesses.

Bipolar I disorder can feature psychosis, but it is treated with a mood stabilizer such as lithium, depakote, or tegretol over an antipsychotic medication because it is a mood disorder. Major depressive disorder can also feature psychotic symptoms but would more likely be treated with an SSRI or other antidepressant medication, such as Celexa, Lexapro, or Zoloft. ADHD is treated with stimulant medications such as Adderall, Concerta, or Ritalin.

459.

All of the following statements about poverty are true, **EXCEPT**:

> **Poverty leads to greater participation in crime**

> Poverty tends to be greater among people of color and female household heads

> Poverty decreases opportunities for employment and education

> Poverty creates stresses that lead to physical and mental illness

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Correct answer: Poverty leads to greater participation in crime

In assessing the impact of socioeconomic status on our clients, we must remember the impact that poverty has on them. Particularly if we come from non-impoverished backgrounds, as social workers, we might struggle to understand how poverty affects client systems.

Poverty does not always lead directly to criminality. However, poverty does tend to be worse among people of color and female heads of household. By its nature, poverty creates problems in accessing opportunities open to others such as employment and education. In light of the interrelated relationships among stressors, it will probably not come as a surprise that the pressure of low socioeconomic status leads to stressors that can open the door to physical and mental illness.

460.

A client with a diagnosis of major depressive disorder is prescribed a medication that increases the availability of serotonin in the brain by blocking its reabsorption. Which class of psychiatric medication is the client **MOST LIKELY** taking?

An SSRI

A tricyclic

A benzodiazepine

A mood stabilizer

Correct answer: SSRI

Selective Serotonin Reuptake Inhibitors (SSRIs) are a class of medication used to treat depression by increasing the availability of serotonin in a person's brain by blocking its reabsorption.

Tricyclic antidepressants are an older class of antidepressants that are infrequently prescribed due to the development of more effective antidepressants, such as SSRIs. They work by altering the ability of neurotransmitters within the brain. Benzodiazepine medications are typically prescribed to treat anxiety and are not primarily used for depression. Mood stabilizers are used to manage mood fluctuations, particularly in bipolar disorder, but they do not primarily focus on serotonin reuptake.

461.

When a client reports that they have high self-esteem, feel optimistic, and feel a sense of purpose and demonstrates a sense of humor, it indicates that they have a high level of strength in which of the following domains?
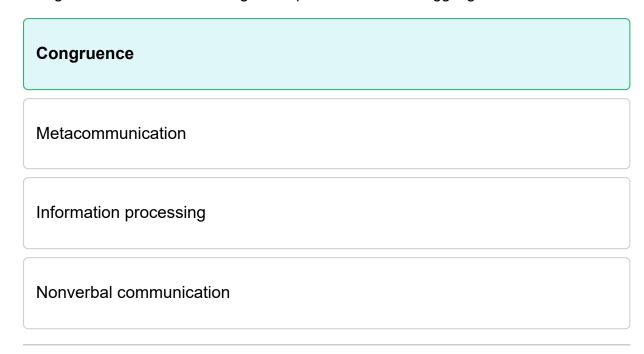
Temperament

Interpersonal skills

Cognitive skills

Coping skills

Correct answer: Temperament

Cognitive skills, defense mechanisms, coping skills, temperament, and interpersonal skills are the major domains of client strength that indicate resilience. Temperament includes factors such as belief in the goodness of others, belief in justice, high self-esteem, optimism, tolerance of ambiguity, ability to process negative events, a sense of humor, not feeling overwhelmed by anger, allowing grief, a sense of purpose, and taking responsibility for decision-making.

Interpersonal skills are demonstrated via maintaining relationships, having confidants, solving problems, demonstrating empathy, and experiencing intimacy. Cognitive skills are demonstrated by intellectual capabilities, creativity, initiative, common sense, and foresight of problems. Coping skills are evident in a client's ability to self-soothe, manage new stressors, and regulate mood and affect.

462.

You are a social worker at an outpatient therapy office. A client is having difficulty verbally sharing their feelings and thoughts in a way that accurately depicts their inner thoughts. Which of the following concepts is the client struggling with?

Congruence

Metacommunication

Information processing

Nonverbal communication

Correct answer: Congruence

Congruence refers to when a client's awareness and communication align. As the client is unable to express her awareness to the social worker accurately, the client is facing difficulties with congruence. Congruence is essential in the helping relationship because a social worker must accurately understand the client's perception of the problem to assist them. Engaging in roleplay can help a social worker assess congruence in a client.

Metacommunication refers to the context surrounding how a client conveys a message and includes body language, vocalizations, and nonverbal communication. Information processing refers to the responses to new information that involve a client's perception and evaluation of the new information. Nonverbal communication refers to factors outside the spoken words that are observable, such as body language, posture, and facial expressions.

463.

Clients typically will not make changes until:

They are ready and able

The social worker engages in self-disclosure

They have had their basic needs met

Correct answer: They are ready and able

Social workers will often meet with clients who are not ready to begin the work required to facilitate true and lasting change. When this happens, the client is likely still stuck in the precontemplation or contemplation stages of change. In these stages, the client either does not yet recognize or understand that there is a need to change or is simply unwilling to change. When met with a client in either of these stages, it is best practice to simply work toward building rapport and strengthening the therapeutic relationship via validation of the client's experience. When a client is ready and able to make changes, they will move into the preparation, action, and maintenance stages of change and begin the work.

Self-disclosure is a rarely used technique in therapy, and there is not evidence to suggest that it promotes higher levels of change in clients. While it is critical that clients have their basic needs met, not all clients who do have their basic needs met will be ready to take steps toward change. The key element in change is that the client must be ready.

464.

Which one of the following would be considered a dynamic risk factor for violence?

> **Living situation**

> Past history of abuse

> Race

> Socioeconomic background

Correct answer: Living situation

There are two kinds of risk factors of violence: static and dynamic. Static risk factors would be things that will not change or change significantly over time, such as demographic information (race), past history of abuse, and socioeconomic background.

A dynamic risk factor is something that might change over time, such as one's living situation.

465.

A social worker is meeting with a client with severe anxiety who described physical symptoms such as upset stomach and heartburn. Which of the following bodily systems is the client's anxiety **MOST** likely impacting?

Digestive system

Endocrine system

Lymphatic system

Immune system

Correct answer: Digestive system

When providing diagnoses and treatment as a social worker, an essential component of practice involves the body. In reference to diagnosis, prior to providing a mental health diagnosis, a social worker must help the client rule out an organic component or root cause. When working with clients with mental illness, it is integral to understand that many symptoms of mental illness can manifest via the various body systems. As a result, it is critical that social workers understand the systems of the body to practice social work effectively. The primary systems include:

1. ***Circulatory system****: Heart, blood, arteries; responsible for moving blood within the individual's body*
2. ***Digestive system****: Mouth, throat, stomach, intestines, esophagus, rectum, anus; responsible for processing food into energy*
3. ***Endocrine system:*** *Glands such as the thyroid and hypothalamus that produce hormones; responsible for producing hormones that regulate the body*
4. ***Immune system****: Bone marrow, white blood cells, antibodies; responsible for protecting the body from germs*
5. ***Lymphatic system****: Often considered part of the immune system, includes the lymph nodes and spleen; responsible for filtering out germs and foreign organisms*
6. ***Muscular system****: Muscle fibers; responsible for moving the skeletal system*
7. ***Nervous system****: Brain, spinal cord, and nerves; responsible for communicating nerve impulses to muscles and organs in response to surroundings*
8. ***Reproductive system****: Reproductive tissues, organs, and glands required for producing children; responsible for producing children*
9. ***Respiratory system****: Lungs, trachea, and nose; responsible for intake of air and filtering of CO2*
10. ***Skeletal system****: Bones, tendons, ligaments; responsible for providing protection for vital organs and enabling movement*

11. ***Urinary system***: *Kidneys, ureters, urethra, bladder; responsible for removing waste*

As the client indicated issues related to the stomach and esophagus, the social worker would discuss the digestive system with the client.

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466.

A social worker employed by a mental health agency has been providing individual therapy for a client, but thinks the client would benefit from family therapy as well. There are several other therapists in the agency who provide family therapy. What should the social worker do?

Give the client referrals to therapists within as well as outside the agency

Set up an appointment for the client with a therapist within the agency

Provide the family therapy herself, since she already knows the client

See the client and his family jointly with a family therapist within the agency

Correct answer: Give the client referrals to therapists within as well as outside the agency

In instances in which social workers' agencies have qualified staff who are able to provide additional services, clients should be informed of these options, since they may want to avoid going to other providers. However, clients' rights to self-determination in these instances are paramount, and they may choose other providers. Social workers must provide all available options.

The social worker should not set up an appointment with a therapist within the agency until the client has been given all options. The social worker should refer the client to a specialized family therapist rather than providing the service herself. There is no indication within the question that the client and his family should be seen jointly with the social worker and a family therapist.

467.

A criminal justice social worker is reading a forensic evaluation of a client who is noted to have correlated symptoms of stomach upset to a completely unrelated cause in an effort to gain dietary privileges. Which of the following **MOST** accurately describes the evaluator's observation?

> **False imputation**

> Pure malingering

> Partial malingering

> Somatization

Correct answer: False imputation

Malingering is intentional false reporting or exaggeration of physical or mental health issues for secondary gain, specifically external gain. Malingering is broken into three categories:

- *False imputation: attaching real symptoms to an unrelated source*
- *Partial malingering: exaggerating symptoms that are real*
- *Pure malingering: fabricating false symptoms completely*

Somatization is an unconscious experience in which physical symptoms result from psychological distress.

In this example, the client is assigning existing symptoms to an unrelated source for external gain and engaging in false imputation.

468.

A social worker is meeting with a woman and her partner, who has recently gotten into legal trouble when he was pulled over by a police officer for drinking and driving. The woman, however, denies that her partner has a problem and states, "He only drinks to relax, and he only had to drive that time because I needed a ride."

This woman can be described as:

Codependent

Anxious

Disabling

Supportive

Correct answer: Codependent

Substance use not only impacts the individual using substances but their family members, friends, coworkers, and community members as well. Often, substance use can be accompanied by dysfunctional familial patterns of behavior. The pattern of behavior described above is called codependency. In a codependent dynamic, a family member unintentionally becomes an enabling party to the family member using substances as a result of behaviors that diminish the harmful impact of the substance use. In this example, the wife is minimizing the amount of substance use, the nature of the substance use, and the dangerous behaviors associated with the substance use. The motivation for doing so may be subconscious or motivated by a fear of consequences for her loved one, but it still enables him to use substances which can lead to harmful outcomes.

Nothing in this question indicates that the woman is anxious. She is enabling her partner's behaviors, not disabling. It is true that she is being somewhat supportive but in a dysfunctional way.

469.

All of the following are popular high blood pressure or high cholesterol medications, **EXCEPT**:

Lithium carbonate

Lisinopril

Metoprolol

Simvastatin

Correct answer: Lithium carbonate

Lithium carbonate is used to treat symptoms of bipolar disorder.

Lisinopril is a high blood pressure medication. Its main function is to block chemicals in the body that trigger the tightening of blood vessels. Metoprolol is used to treat high blood pressure and also helps reduce the risk of repeated heart attacks. Simvastatin is prescribed to treat high cholesterol and is typically recommended in conjunction with dietary changes.

470.

Which of the following types of technique might focus on the hidden meaning of dreams?

Psychoanalytic

Behavioral

Unconscious

Subconscious

Correct answer: Psychoanalytic

The Psychoanalytic approach to treatment, due to its focus on inner conflict and symbolic meanings, would involve techniques aimed at dream interpretation.

The other answer choices are incorrect. Behavioral techniques focus on changing behavior. "Unconscious" and "Subconscious" do not refer to types of treatment technique.

471.

Which of the following is **LEAST** appropriate to include in a biopsychosocial assessment for a client presenting with alcohol-use issues?

Information about other substances the client has been suspected of using that a colleague shared with you

Genetic and neurochemical history found in the client's chart

The client's lack of a social support network and unemployment status

The client's reported childhood trauma history

Correct answer: Information about other substances the client has been suspected of using that a colleague shared with you

A biopsychosocial assessment should include only relevant and appropriate information. Personal biases, judgments, and irrelevant or speculative information should not be included in an assessment. A colleague's report that a client has previously been suspected of using other substances is speculative information and should not be included.

Genetic and neurochemical information are relevant to the biological section of the biopsychosocial assessment and are appropriate to include because they could impact the presenting issue. A lack of social support would be noted in the social section of a biopsychosocial assessment and is considered an area of weakness for the client because social support has been shown to help with substance-use treatment. A childhood trauma history is relevant to the psychological section of the biopsychosocial assessment because it may be a contributing factor to the client's presenting problem. It is helpful to note that information included in a chart previously, reported by the client, or observed by the social worker is appropriate to include as long as it is not judgmental, biased, or speculative.

472.

Why should issues related to medical problems be explored during a biopsychosocial assessment?

Mental health symptoms can make medical problems worse

Mental health diagnoses usually have medical explanations

Biological factors can always explain mental health diagnoses

Correct answer: Mental health symptoms can make medical problems worse

It is critical that medical issues are explored during a biopsychosocial assessment for an array of reasons. The most critical reason is that symptoms of mental illness can often cause medical issues and/or symptoms to worsen. Similarly, medical issues can contribute to and/or worsen symptoms of mental illness. Additionally, if there is a medical issue that has not been fully treated, it is critical to refer the client for treatment to ensure that symptoms of mental illness are not related to or caused by the organic illness prior to providing a mental health diagnosis.

While symptoms of mental illness can have medical explanations, this is not "usually" the case. Similarly, though biological factors can make a person predisposed to certain mental illnesses, they do not "always" explain a mental health diagnosis, and thus, a complete assessment should be completed for each client a social worker meets with.

473.

Which of the following refers to a treatment that should **NOT** be used?

Contraindicated

Indicated

Counterproven

Paradoxical

Correct answer: Contraindicated

The word contraindicated in medical treatment refers to a treatment that must not be used for some reason.

Indicated describes a treatment that one should use. "Counterproven" is a fabricated term. Paradoxical might refer to a treatment whose effect seems contradictory to the treatment offered, but is not a term generally used in diagnosis.

474.

Most social workers begin the worker-client relationship by including information about the client's behavioral, psychosocial, medical, and spiritual needs in a(n):

Assessment

Intervention

Treatment

Correct answer: Assessment

At the beginning of the social worker-client relationship, the social worker will often spend time gathering information about the client. This is called a biopsychosocial assessment and helps guide the client's course of treatment.

An intervention is the actual course of treatment the social worker decides to administer with the client's consent. Treatment refers to the interventions that are administered to the client in hopes of bringing about change.

475.

Tina is an adolescent being interviewed in a crisis center. It becomes clear that Tina has been the victim of long-term sexual abuse.

Which of the following would **NOT** be expected as an expression of Tina's trauma?

> **Delusion**

> Dissociation

> Guilt

> Hypersexuality

Correct answer: Delusion

A delusion is a false belief that is intractable to reasonable arguments or data. It is usually a symptom of a thought disorder and not of traumatic experience.

Dissociation, the feeling of being separated in one's consciousness from events, is common in survivors of sexual trauma, as are feelings of guilt and hypersexuality.

476.

A community nonprofit focused on addressing economic injustice is presenting the impacts of exploitation and discrimination to local legislators. Which of the following would **NOT** be found within their presentation?

Poverty levels are higher among people of color and male household heads

Education and employment opportunities decrease as poverty level increases

Poverty is correlated with both physical and mental illness

Discriminatory practices create and exacerbate social power imbalances

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Correct answer: Poverty levels are higher among people of color and households with male heads

Poverty creates a power differential that leads to increased exploitation (or mistreatment of an individual or group for another's benefit), and social workers are ethically mandated to actively work against exploitation and discrimination. This agency is working on a macro level and thus would emphasize societal implications of exploitation and discrimination. Within their presentation one might learn that poverty levels are higher among people of color and female-led households, not male-led households.

Additionally, one might learn that education and employment opportunities decrease as poverty level increases, poverty is correlated with both physical and mental illness, and discriminatory practices create and exacerbate social power imbalances. The problems that society faces are often worsened by instances such as these. When an individual is not afforded the same opportunities, exploitation is inherent.

477.

Which of the following is the **BEST** definition of *premorbid* as it applies to illness?

> **Before the onset of an illness**

> A factor that causes illness

> A factor that causes death

> Before the critical phase of an illness

Correct answer: Before the onset of an illness

The term premorbid refers to something that happens before the onset of an illness.

The other answers are incorrect. Premorbid does not imply causation; it does not refer to death and applies to the period before any illness, not the critical phase of an illness.

478.

Injuries, criminal justice issues, and loss of older friendships are **MOST** likely to result from:

Substance abuse

Depression

A traumatic event

Gambling

Correct answer: Substance abuse

Substance use and addiction can become extremely disruptive in a number of domains in an individual's life. As a result of the obsessive and compulsive need to use the substance, an individual is more likely to engage in illegal activities to fund their addiction, and if the substance they are using is illegal itself, the action of purchasing it and using it also increases the risk of accruing legal charges. Similarly, while under the influence of many substances, individuals are more likely to engage in risky behaviors that may lead to injury or disability. Last, as using substances or engaging in the addiction becomes a priority, friendships that do not center around this behavior are often neglected and lost in favor of those that do.

Depression can result in the loss of friendships as a result of some of the socially limiting symptoms but is not known to increase the likelihood of criminal justice involvement or injury. Trauma can also result in the loss of friendships as a result of some of the socially limiting symptoms and does sometimes increase risky behaviors, but is not known to increase criminal justice involvement. Gambling itself is not known to increase the likelihood of the listed repercussions unless it develops into addictive behavior, which is not indicated.

479.

A social worker is meeting with a 27-year-old male client for the first time. The client is open to talking about the depressive symptoms he has experienced over the past few months, such as trouble sleeping and feeling sad all the time. He denies any major changes in his life recently; in fact, he reports that he has been happily married for four years and loves his job as a teacher. The client has not experienced any trauma and has a strong informal support system. When asked about family history, the client reports that his mother has also experienced bouts of depression in the past.

This client's depression could **MOST** likely be classified as:

Endogenous depression

Exogenous depression

Environmental depression

Situational depression

Correct answer: Endogenous depression

Endogenous depression is depression that is caused by internal factors such as chemicals in the brain.

Exogenous depression is depression that is caused by something external rather than internal (such as a chemical imbalance). Common examples of catalysts for exogenous depressive episodes include traumatic events or grief. Environmental and situational depression are examples of exogenous depression, as they are the result of external factors rather than chemical imbalances.

480.

Sandy is walking down a crowded hallway at work when she sees an older woman ahead of her drop her purse. The contents of the woman's purse fall onto the floor, but Sandy walks by her without helping, thinking to herself that lots of people can see the woman and "someone else will help her."

This is an example of:

Diffusion of responsibility

Groupthink

Group polarization

Correct answer: Diffusion of responsibility

There are many ways in which individuals will alter their behavior as a result of being in a large group of people. One of those ways is that many will become far less likely to step up and provide aid or support to others due to the assumption that another member of the larger group will do something or the situation must not require assistance as no one else has provided support. This is called diffusion of responsibility.

Groupthink is another example and involves the underlying desire for individuals within a group to reach a consensus, which can result in the individual deferring their own ideology, ethical code, or opinions so as not to disrupt the consensus within the group. This can lead to a lack of consideration of all outcomes, a lack of discussion of varying viewpoints, blindness to relevant information, and, ultimately, poor decision-making. Group polarization occurs when opinions of individuals become magnified within a group setting and, subsequently, increasingly extreme.

481.

A school social worker is asked to meet with an eight-year-old student, who has become withdrawn during classes and frequently refuses to complete his schoolwork. This change in behavior occurred when the boy came to school with a broken arm and told his teachers he fell down the stairs at home. During her meeting with the boy, the social worker suggests that she call his parents to come to school for a meeting. The boy becomes tearful and tells the social worker he will do all of his schoolwork if she promises not to call his parents.

The social worker might suspect that which of the following is occurring?

The boy is being physically abused at home

The boy has an unmedicated anxiety disorder

The boy is being sexually abused at school

The boy has a learning disorder

Correct answer: The boy is being physically abused at home

Physical abuse is nonaccidental trauma or physical injury caused by hitting, beating, kicking, biting, or other forms of aggressive behavior. There are usually physical signs, making it the most visible type of abuse. Indicators of physical abuse include injuries such as broken bones or fractures, lacerations, burn marks, and unexplained bruises. Behavioral indicators of abuse include being wary of caretakers and behavioral extremes such as withdrawal.

This question indicates the boy is fearful that the social worker will call his parents, but this does not mean he has an anxiety disorder. Behavioral signs of sexual abuse can be similar to those of physical abuse, but a broken arm is more likely a result of physical rather than sexual abuse. There is no indication that the boy has a learning disorder.

482.

Tony is meeting with his social worker to complete an annual assessment. The social worker documents that Tony reports feelings of sadness, hopelessness, and guilt while acknowledging that he continues to turn to alcohol to cope with difficult emotions. His social worker notes diagnoses of major depressive disorder and alcohol-use disorder in the updated assessment. Which of the following terms **BEST** describes the presence of both a mood disorder and a substance-use disorder?
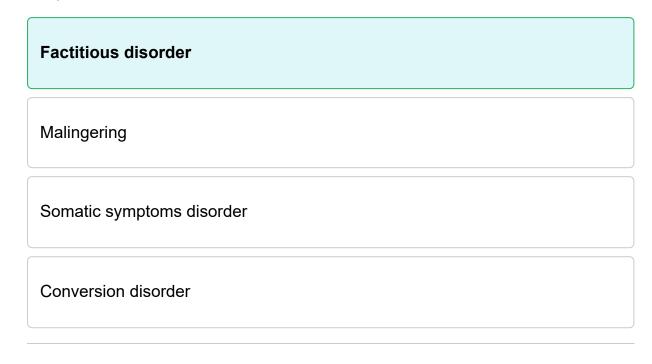
Co-occurring disorders

Etiology

Regression

Dual diagnoses

Correct answer: Co-occurring disorders

Co-occurring disorders is an appropriate term to use when two or more disorders are present at the same time. Because Tony has a mood disorder and a substance-use disorder, these diagnoses are co-occurring. Each diagnosis must exist independently of the other diagnoses.

Dual diagnoses is an outdated term that mental health professionals used to use to describe co-occurring disorders and is no longer recognized now that the terminology has progressed. Etiology is the study of the causes or origins of diseases or conditions and is not directly related to the description of the client's conditions. Regression is a return to earlier developmental stages, which is not relevant to the client's conditions.

483.

An emergency room social worker is reviewing a newly admitted patient's chart. The symptoms reported include severe stomach pain, fatigue, and headache. The chart indicates that the patient has been admitted for similar symptoms dozens of times over the previous two years. Despite numerous work-ups and tests, no organic cause for the symptoms has been uncovered. Records from the previous admission indicate that there is an unconscious desire for the patient to be in the "sick" role within their family. Which of the following diagnoses is the social worker **MOST LIKELY** to give this patient?

Factitious disorder

Malingering

Somatic symptoms disorder

Conversion disorder

Correct answer: Factitious disorder

Factitious disorder is characterized as a mental illness in which the patient reports or acts out symptoms of illness deliberately with a purpose (unconsciously driven) to occupy the role of patient in a medical setting.

Malingering is not actually considered a mental illness but rather is attached to a different diagnosis and indicates that the individual is feigning illness or symptoms for secondary gain (external motivation). Somatic symptom disorder is an appropriate diagnosis for clients who have an extreme focus on physical symptoms of illness such that impairment in functioning and/or emotional distress is present. Conversion disorder is an appropriate diagnosis when a client experiences real physical or neurological symptoms as a result of the brain converting emotional distress into physical symptoms.

484.

An afterschool program has hired a social worker as a consultant to help them refine their process of matching at-risk youth with appropriate community mentors. They report that lately, they feel as though they have had a significant increase in incompatible matches and cite personality clashes. They report that they would like to match children who are shy with adults who are more outgoing and vice versa. Which assessment instrument is the **BEST** tool to assist the agency?

> **Myers-Briggs Type Indicator**

> The Minnesota Multiphasic Personality Inventory

> The Stanford-Binet Intelligence Test

> The thematic apperception test

Correct answer: Myers-Briggs Type Indicator

The Myers-Briggs Type Indicator is a tool used to assess personality types based on four domains. The first determines introversion vs. extroversion. The second determines perception and rates a person as "sensation" or "intuition" oriented. The third determines processing type, either "thinking" or "feeling." The final domain discerns whether a person is "judging" or "perceiving." This tool would be most useful for matching shy children with extroverted adults and shy adults with extroverted children.

The Minnesota Multiphasic Personality Inventory assesses for various forms of psychopathology and personality disorders and would not be appropriate. The Stanford-Binet Intelligence Test measures cognitive functioning and would not provide personality-rooted information. The thematic apperception test is projective and provides information about perception and imagination to assist in identifying needs.

485.

A school-based social worker is assisting the administration in developing an IEP for a high school student who is experiencing behavioral problems in the classroom following their adoption being finalized. Which of the following information-gathering tools would be **LEAST** helpful in developing an IEP for this student?

A genogram

An ecomap

Psychological testing

Prior education records

Correct answer: A genogram

A genogram is a graphical depiction of the client and their extended family. Genograms include interactions between generations, hereditary issues, substance-use history, losses, roles, biological ties, and cultural and ethnic information. While there would be helpful information in a genogram, the emphasis on biological and hereditary issues would not be as relevant to an adopted child as the information found in some other tools.

An ecomap is a visual demonstration of the systems with which a client interacts and the nature of their relationship with those systems. This tool would be helpful for identifying supports, stressors, and individualized dynamics the child experiences. Psychological testing can include IQ testing and screens for mental illness (such as depression, personality disorder, or anxiety), may shed light on the child's abilities and barriers related to behaviors, and would be extremely valuable. Prior education records would shed light on the student's baseline performance, any prior issues and how they were addressed, and the child's educational capabilities and would likely provide valuable insight that could be used to develop a new IEP.

486.

When conducting a social work assessment, what is the benefit of gathering a client's family history?

It assists in identifying potential hereditary health conditions and patterns

It helps in determining the client's financial status and employment history

It primarily helps to understand the client's daily routines and hobbies

Correct answer: It assists in identifying potential hereditary health conditions and patterns

Gathering information about a client's family history is crucial in identifying potential hereditary health conditions and patterns that may have a significant impact on the client's well-being. By understanding the family's medical history, social workers can assess the client's risk factors and develop appropriate interventions or referrals.

While financial status and employment history are important factors in a social work assessment, they are not the primary reasons for gathering information about a client's family history. Socioeconomic status and employment history are important information to gather but are found in the social section of a biopsychosocial assessment. Daily routines and hobbies are important to consider in a social work assessment, but they are not the primary focus when gathering information about a client's family history. Information about a client's daily routines and hobbies is essential and can be helpful in identifying strengths and designing interventions, but it would be found in other sections of the assessment.

487.

A social worker in an anger management program is documenting a group meeting. She is listing a client's static and dynamic risk factors for violence. Which of the following is considered a static risk factor?

A history of violent behavior

Being unhoused

Owning a firearm

Engaging in substance use

Correct answer: A history of violent behavior

Static risk factors cannot be changed or eliminated via intervention. Common examples include a history of violent behavior and/or demographic information.

Dynamic risk factors can be eliminated or altered via intervention. Common examples include living situations, treatment of mental illnesses, using or abstaining from substance use, owning a weapon, and/or being unemployed.

488.

Which of the following is **LEAST** likely to be prescribed to a person diagnosed with schizophrenia?
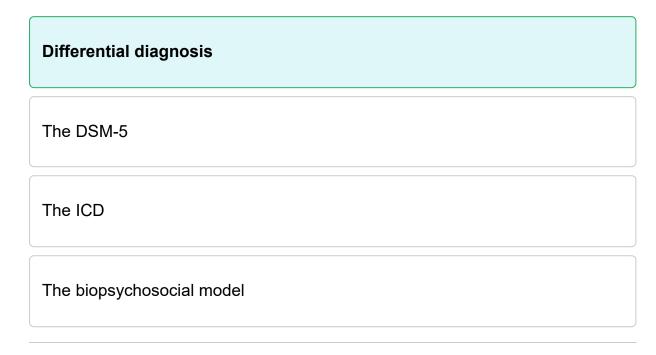
Lithium

Haldol

Prolixin

Correct answer: Lithium

Lithium is a mood-stabilizing drug most commonly prescribed for individuals diagnosed with bipolar disorder or schizoaffective disorder, but unlikely to be prescribed for a person with schizophrenia.

Individuals diagnosed with schizophrenia are likely to be prescribed antipsychotic medications to help manage symptoms of psychosis, such as Haldol, Prolixin, Abilify, Clozaril, Geodon, Risperdal, Seroquel, and Zyprexa.

489.

Jane, a 28-year-old woman, is meeting with a social worker and reporting feelings of sadness, loss of interest in activities, changes in appetite, and difficulties with sleep. She has been experiencing these symptoms for several weeks. The social worker considers various possibilities, including major depressive disorder and generalized anxiety disorder, prior to officially diagnosing Jane. Which of the following diagnostic tools has Jane's social worker **MOST LIKELY** used?

Differential diagnosis

The DSM-5

The ICD

The biopsychosocial model

Correct answer: Differential diagnosis

Differential diagnosis involves systematically considering and comparing different potential diagnoses based on the presenting symptoms and other collateral data. In this scenario, the social worker is attempting to differentiate between possible diagnoses (major depressive disorder and generalized anxiety disorder) by analyzing symptom patterns and is using differential diagnosis.

The DSM-5 is a guide to diagnosing that uses criteria to apply uniform labels to psychiatric dysfunctions and may have been used by the social worker, but there is no specific indication that this tool was used to determine Jane's diagnosis, and the emphasis is on considering multiple options rather than matching symptoms to criteria. The International Classification of Diseases (ICD) is a tool used to diagnose both medical and mental health conditions. As with the DSM, there is no indication that the social worker has consulted this guide in determining a diagnosis. The biopsychosocial model is an assessment tool that uses the person-in-environment perspective to understand how a client's systems influence their functioning. While we have biopsychosocial data, the biopsychosocial model is not a guide to diagnosis but a tool used to collect assessment data for developing comprehensive treatment plans.

490.

Successfully diagnosing and treating mental disorders requires what type of perspective?

Biopsychosocial

Strengths

Psychodynamic

Cognitive behavioral

Correct answer: Biopsychosocial

Social workers often use a biopsychosocial perspective, which takes into account a holistic view of a person. Mental disorders result from biological, environmental, and psychological sources, so it makes sense for a social worker to consider all of these aspects when treating clients with mental illnesses.

A strengths perspective is useful when treating mental disorders, but it is not the best answer. A psychodynamic perspective views problems as resulting from early childhood experiences and is not often needed when treating some mental disorders. A cognitive behavioral perspective can be used to treat some, but not all, mental illnesses.

491.

Which of the following statements about trauma is **FALSE**?

> **The course of trauma is acute**

> Trauma can result in high anxiety

> Trauma can manifest in eating problems

> Trauma can result in rigid behavior patterns

Correct answer: The course of trauma is acute

Trauma is a wide-ranging, pervasive phenomenon in human beings. Though the traumatic incidents are usually time-limited, the course of the trauma itself can be lifelong and is rarely acute.

The other options are all incorrect, as trauma can manifest in these and many other ways.

492.

How might the impact of abuse within families extend beyond individual victims and affect the family system as a whole?

Creation of dysfunctional communication patterns

Increased trust among family members (excluding the perpetrator)

Strengthened familial bonds among family members (excluding the perpetrator)

Development of healthy coping skills and increased resilience

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Correct answer: Creation of dysfunctional communication patterns

Abuse within families can disrupt healthy dynamics and lead to dysfunctional patterns of interaction, breakdowns in communication, and alienation among family members due to fear, shame, and secrecy associated with the abuse. When a family member develops dysfunctional behaviors (as is often the result of abuse), it generally impacts all members.

Increased trust among family members (excluding the perpetrator) is not likely to occur because abuse often fosters secrecy and mistrust between all parties involved. Strengthened familial bonds among family members (excluding the perpetrator) are not likely to occur because research indicates that abuse diminishes the individual's ability to connect with others and increases the likelihood of isolation. Abuse tends to weaken rather than strengthen family bonds. Family members are less likely to develop healthy coping skills and increased resilience because abuse generally leads to maladaptive coping strategies. However, some family members may develop resilience in response to this adversity. It is essential for social workers to remember that not every person (or family member) responds to abuse in the same way and that interventions must be tailored to individual needs.

493.

Which of the following is **FALSE** about the process of problem formulation?

It should be completed following treatment plan development

It should be developed using the person-in-environment perspective

It should be completed after an assessment

It is appropriate at both the micro and macro levels of social work

Correct answer: It should be completed after treatment plan development

Problem formulation is the process of determining a specific problem to be addressed by a specific intervention. It is a part of the treatment planning process and should not be completed prior to assessment of the client. Typically, the process is conducted in the following order: assessment, problem formulation, treatment planning, treatment, termination, follow-up.

To gain a complete view of a client and their needs, a social worker needs to gather information via assessment and collateral information before identifying problems and linking them to interventions. Problem formulation occurs at all levels of social work practice (from direct care to community organizing), though the involved parties often vary depending on the level of practice a social worker is engaged in. It is important to remember to use the person-in-environment perspective when engaging in problem formulation and treatment planning so that blame is not placed on the clients and all strengths can be identified.

494.

A social worker is meeting with a client who seems to be ambivalent about quitting smoking. The client has agreed to make a pro/con list of consequences of continuing to smoke but hasn't agreed to any concrete steps toward change. Which of the following stages of change is the client **MOST LIKELY** in at this time?

> **Contemplation**

> Precontemplation

> Preparation

> Action

Correct answer: Contemplation

When working with clients, social workers encounter individuals at various stages within the stages of change. When a client is in the contemplation stage, they still have uncertainty about making a behavior change and thus are often ambivalent. Clients in this stage are often willing to assess their options and outcomes (such as by using a pro/con list) but do not make commitments to work on the identified problem.

During the precontemplation stage, clients are often unaware or unable to admit that there is a problem, and there are high levels of resistance and low levels of motivation. During the preparation stage, clients commit to change but have not yet made the change. During the action phase, clients take concrete steps toward changing a behavior. Following the action phase, once changes have been made, clients move into the maintenance phase and work to maintain their progress or their newly adapted behaviors.

495.

Which of the following changes was introduced with the release of the DSM-5?

The removal of the multiaxial system for diagnostic classification

The addition of hysteria as a new diagnostic category

The reclassification of bipolar disorder as a type of anxiety disorder

The expansion of the somatoform disorders category to include schizophrenia

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Correct answer: The removal of the multiaxial system for diagnostic classification

The DSM-5 eliminated the multiaxial system used in the DSM-IV-TR, which involved considering various axes or dimensions for diagnosing mental disorders. Instead, the DSM-5 introduced a dimensional assessment approach incorporating modifiers within each disorder's criteria.

Hysteria was not introduced as a new diagnostic category in the DSM-5. Bipolar disorder remains classified as a distinct mood disorder, not an anxiety disorder. The DSM-5 reorganized somatoform disorders into somatic symptom and related disorders, but this did not involve the inclusion of schizophrenia. The DSM-5 did add the WHODAS 2.0 to assess functioning, cease separating childhood disorders from other categories, and replace the "not otherwise specified" category with other specified or unspecified categorizations.

496.

Which of the following **BEST** explains why an initial assessment of a client system is critical?

> **It sets up the goals and intervention plans for the client**

> It is needed to collect payment from insurance companies

> It increases the chance of the client returning

Correct answer: It sets up the goals and intervention plans for the client

A social worker should be aware that assessment of a client is absolutely critical because it sets up goals and interventions for the client. In addition, assessment helps the social worker collect valuable information about the client and helps establish the social worker-client dynamic.

Assessment is not always needed to collect payment from insurance companies. There is no evidence that shows a client is more likely to return if an assessment is completed, though a social worker who takes time to complete one is often overall a more conscientious and thorough provider than someone who does not.

497.

Joanne is working with Pamela, who has just entered the crisis center. Joanne knows that Pamela is a long-term user of methamphetamine. Pamela seems only to come in to get coffee and shelter, and she rarely engages with services or speaks to anyone. Pamela is in which of the following stages of change?

Precontemplation

Ambivalence

Denial

Relapse

Correct answer: Precontemplation

Precontemplation is a stage of change characterized by everything short of realizing one has a problem, and that change is desirable.

The other answer options are incorrect. Ambivalence is the state of indecision present in later stages of change and is not a stage of change itself. Denial is not a state of change, and relapse captures a much later possible stage of change.

498.

Lois is assessing her client, Wanda, in a hospital. Wanda seems very happy and expansive today, almost in a way that Lois suspects of being drug-induced, though Lois has had a clear urine screen just before their meeting.

Which of the following is the **BEST** term for Wanda's behavior?

Hypomanic

Psychotic

Delusional

Dissociated

Correct answer: Hypomanic

Hypomanic refers to behavior that is short of all-out mania or psychosis and involves a very happy, expansive, or irritable mood without psychotic symptoms.

The other answer options are incorrect. Behavior that is psychotic involves experiencing delusions or hallucinations. Being dissociated involves a feeling of being separated from the self in some way.

499.

Jennifer, a social worker, is working with a teenage client named Samara and her parent. Samara's parent has high academic expectations for her and often pressures her to excel in school. At the same time, her parent frequently complains about not spending enough quality time together due to Samara's academic commitments. Samara feels caught between meeting her parent's academic demands and being emotionally available to them. What psychological concept **BEST** describes the situation Samara is facing?

Double bind

Codependency

Splitting

Correct answer: Double bind

A double bind occurs when an individual receives conflicting messages or demands that create a "no-win" situation. In this scenario, Samara is being told to excel academically while also being expected to provide emotional availability. These contradictory demands put Samara in a position where meeting one demand risks failing the other, creating a double bind.

Codependency is a dysfunctional pattern of behavior in which one person excessively relies on another for emotional needs. While there may be elements of emotional dependence in the scenario, the central issue here is not the dependence itself but the conflicting expectations placed on Samara. Splitting is a defense mechanism in which a person views things as either all good or all bad, often to avoid the complexity of ambivalent feelings. This scenario involves conflicting demands rather than an oversimplified perception of good or bad.

500.

All of the following are types of neurologic symptoms, **EXCEPT**:

> **Delusions**

> Double vision

> Headache

> Muscle spasms

Correct answer: Delusions

Delusions are false, fixed beliefs despite evidence to the contrary. They are not a type of neurologic symptom, though they can cause great impairment.

Some common neurologic symptoms include pain (neck pain, back pain, headaches); muscle malfunction (weakness or spasms); changes in sensation (numbness in the skin, tingling, hypersensitivity); changes in the senses (double vision, deafness, ringing in the ears, etc.); changes in consciousness (fainting, confusion); and changes in cognition (poor memory, difficulty understanding language, etc.).

501.

Bart is a social worker meeting with a client for an assessment. During the assessment, Bart asks, "So, what is it that brings you to therapy now?" By doing this, Bart is using what type of assessment skill?

Engagement

Assessment

Intervention

Correct answer: Engagement

The first step in the problem-solving process is engagement, which is essentially rapport-building with the client. During this phase, asking open-ended questions to allow the client space to open up and share is essential. It allows the social worker to engage in active listening and demonstrate empathetic listening to connect with the client and begin the rapport-building process. Once the client is engaged, the social worker will be better equipped to move into assessment and goal setting.

Without engagement from the client, it will be much more difficult to assess problems and identify interventions that would be appropriate to assist the client in achieving goals, so this must be done first and begins with inquiries about what brings the client to therapy.

502.

A client presents to a social worker in a tearful state and expresses that their go-to coping skills of going for a walk and meditation are not soothing feelings of anxiety and depression.

This client is **MOST** likely experiencing:

Crisis

Suicidal ideation

Psychosis

Correct answer: Crisis

Crisis is defined as a state wherein a person's available coping skills and strategies are not sufficient in managing symptoms, such that there is disruption in their life and they experience distress. Crisis can be precipitated by a traumatic event, but this is not a required feature, as ongoing everyday stressors can precipitate a crisis. As the client identified that their go-to coping skills do not currently provide relief, the client is most likely experiencing a crisis.

Suicidal ideation is the experience of having thoughts or desires of ending one's life. There is no indication that the client wishes to harm themselves. Psychosis is a psychiatric experience categorized by delusional thoughts, disorganized thinking, paranoia, and/or hallucinations.