

ASWB MSW - Quiz Questions with Answers

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

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1.

Aziz has grown up in a culture in which certain groups are seen in certain ways. He is sixteen years old and has adopted the standards and views of his immediate family. He has done this without much thinking, if at all, about the truth of his assumptions.

Which of the following describes the stage of ethnic identity development in which Aziz finds himself?

Pre-encounter

Encounter

Immersion-Emersion

Internalization and commitment

Correct answer: Pre-encounter

The pre-encounter stage of ethnic identity search describes the stage in which an individual has adopted the standards of his family and community without much critical examination or exposure to other cultures.

The other terms describe different stages of this search.

2.

All of the following are assumptions of the lifespan perspective, **EXCEPT**:

Development is confined to childhood

Development is multidimensional

Development is highly plastic

Development is affected by multiple interacting forces

Correct answer: Development is confined to childhood

The lifespan perspective is a leading dynamic systems approach used by many professional social workers. Proponents of the lifespan perspective believe that development is lifelong and is not confined to childhood.

In addition to believing that development is lifelong, social workers who adhere to the lifespan perspective believe that development is multidimensional and multidirectional, highly plastic, and affected by multiple interacting forces.

3.

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

As a personal and fluid concept

As static

As falling into one category or another

As aligning with their sexual behavior

Correct answer: As a personal and fluid concept

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

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

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

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

4.

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

Borderline and antisocial

Paranoid and antisocial

Borderline and schizoid

Correct answer: Borderline and antisocial

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

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

5.

You're working with a client who was court-ordered to see you for management of anger after his children were removed by juvenile court after an allegation of physical abuse. You're assessing this client's needs, in addition to assessing his future risk to his children.

Which of the following would be the biggest indicator that the children are at risk of future abuse?

Lengthy history of violent behavior

Having a history of depression

Previous diagnosis of dependent personality disorder

Participation in substance abuse treatment

Correct answer: Lengthy history of violent behavior

Past violence is a strong predictor of future violence. If, during your assessment, the father reports a lengthy history of violent behavior, this indicates a high risk of violent or abusive behavior toward his children in the future.

Psychiatric problems combined with substance misuse are risk factors for abusive or violent behavior. However, depression alone is not enough to be the biggest indicator that this man's children are at risk for future abuse. There is no indication in this answer option that substance abuse is also a problem. Having a lengthy history of violent behavior is a much greater risk factor.

Certain personality disorders, such as antisocial personality disorder, are risk factors for abusive/violent behavior. However, this risk factor alone does not mean someone will become abusive. Furthermore, dependent personality disorder is in a different cluster of personality disorders than antisocial personality disorder, and it is not associated with violent behavior.

Substance misuse can be a risk factor for violent behavior. However, participating in treatment can reduce this risk factor. If the father has participated in treatment, this could reduce risk to his children.

Having a lengthy history of violent behavior remains the most important indicator of risk among these options.

6.

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

Role discomplementarity

Role reversal

Role ambiguity

Role perspective

Correct answer: Role discomplementarity

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

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

7.

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

What identity status does Maria align with?

Internalization and commitment

Encounter

Immersion-emersion

Correct answer: Internalization and commitment

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

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

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

8.

Which of the following is the **CORRECT** term for the idea of variation and diversity within groups?

Intragroup diversity

Inter-group diversity

Group diversity

Cultural diversity

Correct answer: Intragroup diversity

Intragroup diversity refers to the idea that all members of a given group do not necessarily express the commonly understood or expected behaviors, attitudes, or values of that group.

Inter-group diversity would be the notion of diversity across groups. Cultural diversity refers to the general principle of diversity across cultures. "Group diversity" is a fabricated term.

9.

Which of the following aligns **BEST** with the social work perspective toward working with offenders in the criminal justice system?

Viewing treatment as playing a critical role in crime prevention

Valuing the protection of larger society above the rights of offenders

Adopting a punitive approach toward crime prevention

Distancing from the criminal justice field

Correct answer: Viewing treatment as playing a critical role in crime prevention

There are two schools of thought related to crime prevention. One argues that punishment prevents crime. The other argues that treatment can reduce the impact of factors like mental illness that contribute to criminal behavior. Social workers are more likely to align with the viewpoint that treatment can reduce crime. By providing treatment, social workers not only meet the offender's psychosocial needs — they also benefit larger society by reducing the risk of future crime.

Social workers do value the protection of larger society, but this does not mean they place society above offenders. Instead, social workers recognize their obligations to both larger society and to offenders, seeking to find balance. The pro-treatment approach allows social workers to meet their obligations to offenders while also meeting obligations to larger society, since treatment can reduce criminal behavior.

Social workers are unlikely to adopt a punitive approach toward crime reduction, since they tend to align more with the pro-treatment approach.

Finally, many social workers are involved in the criminal justice field; to say that the social work perspective emphasizes distance from the criminal justice field would be inaccurate.

10.

Which of the following is a **TRUE** statement about cognitive therapy?

Cognitive therapy is a perspective on social work intervention that focuses on conscious thought processes as the primary determinants of most emotions and behaviors

Cognitive therapy can improve coping skills, but not problem-solving skills, for clients

Cognitive therapy states that unconscious thinking is the basis for most human behavior and emotional experience

Cognitive therapy can only be used with very specific types of clients

Correct answer: Cognitive therapy is a perspective on social work intervention that focuses on conscious thought processes as the primary determinants of most emotions and behaviors

The remaining answer options are incorrect. Cognitive therapy states that conscious, not unconscious, thinking is the basis for most human behavior and emotional experience. Cognitive therapy can involve improving both coping skills and problem-solving skills. Cognitive therapy is appealing to social workers because it is useful when working with many different kinds of clients.

11.

Though we should not make stereotypes or assumptions, some characteristics are recognized as being more prevalent than others in certain groups. In which of the following groups is family seen as a large, complex organization that includes strong kinship bonds, a commitment to group harmony, and group decision making?

American Indian

Asian

African American

Native Hawaiian

Correct answer: American Indian

Generally speaking, in the American Indian/Alaska Native culture, family is seen as a large, complex organization that includes non-blood relatives, involving strong kinship bonds and a commitment to group harmony and shared decision making.

The other listed groups have different approaches to the concept of family.

12.

Which of the following is a way of describing the developmental conflict of later life, according to Erik Erikson?

Hope vs. hopelessness

Self vs. society

Person vs. self

Action vs. inaction

Correct answer: Hope vs. hopelessness

Erikson's final stage of psychosocial development, Ego Integrity vs. Despair, illustrates the need in later life for individuals to have a sense of accomplishment and belonging. Another way of stating this would be to contrast hope against hopelessness.

Self vs. society, Person vs. self, and action vs. inaction do not describe this developmental conflict.

13.

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

Shaping

Time out

Systematic desensitization

Extinction

Correct answer: Shaping

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

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

14.

Which of the following would be an example of aversion therapy?

Treating alcoholism with Antabuse

Treating depression with antidepressants

Treating anxiety with anxiolytics

Treating schizophrenia with antipsychotics

Correct answer: Treating alcoholism with Antabuse

Aversion therapy treats undesirable behaviors with a negative stimulus attached to that behavior. A good example would be the treatment of alcoholism with Antabuse.

Treating depression with antidepressants, treating anxiety with anxiolytics, and treating schizophrenia with antipsychotics would not be pairing negative stimulus with behavior.

15.

Isabelle is a high school social worker. She notices a male student who is frequently absent from class, sometimes for days at a time. Isabelle notices that this student often wears unclean clothes and appears unwashed. She has also witnessed him stealing food from the cafeteria.

What conclusion might Isabelle draw?

He is being neglected at home

He has an undiagnosed mental illness

He is using drugs and/or alcohol

Correct answer: He is being neglected at home

Isabelle might suspect that this child is being neglected by his caregivers at home. Some of the major signs of neglect include frequent absences from school, dirty clothes, poor hygiene, hunger, and theft.

The remaining answer options are incorrect, as there are no specific reasons to suspect the student has a mental illness or that he is using substances.

16.

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

Crystallized intelligence

Fluid intelligence

Verbal ability

Inductive reasoning

Correct answer: Crystallized intelligence

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

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

17.

An individual's phenotype is a product of what two factors?

Genotype and environment

Chromosomes and genes

Parents and siblings

Self and other

Correct answer: Genotype and environment

Phenotype refers to the observable characteristics of an individual, such as eye color or height. Researchers agree that phenotype is a product of genotype and environment. In other words, phenotype is a product of a person's biological makeup as well as their surroundings.

A gene is located on a chromosome, so chromosomes and genes are essentially the same. While parents and siblings are part of a person's environment, there is a strong biological component of phenotype. Self and other is not correct because a person's environment does not always refer to other individuals; it can refer to a location or the events that occur in a person's life during development.

18.

What areas of the cerebral cortex develop the most rapidly during the first two months of life?

Auditory and visual areas

Language areas

Frontal lobes

Emotional processing areas

Correct answer: Auditory and visual areas

The first two months of life is a period of rapid brain growth. During this time, formation of synapses is rapid, especially in the auditory and visual areas of the cerebral cortex. Myelination (the coating of neural fibers with a sheath that makes the message transfer between neurons more efficient) is particularly dramatic during the first two years.

Language areas of the cerebral cortex develop rapidly at a relatively steady pace until months 9 or 10. Frontal lobes of the cerebral cortex undergo more extended and gradual synaptic growth up until age 2 or 3 years old and then undergo synaptic pruning until adulthood. The emotional processing areas of the brain do not undergo noticeable development until after the child's first year.

19.

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

Ego

Superego

Id

Homeostasis

Correct answer: Ego

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

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

20.

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

Children

Older adults

Young adults

Mature adults

Correct answer: Children

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

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

21.

Cultural change is common where diversity exists. Which of the following words means "the process of partial or selective cultural change"?

Accommodation

Assimilation

Acculturation

Correct answer: Accommodation

In the process of accommodation, people partially or selectively change. They follow the rules and standards of the dominant culture only in certain situations.

Assimilation means fully converting to a new culture and losing one's culture of origin. Acculturation is an adaptation process that happens when a person from one culture is exposed to and joins with another culture.

22.

Which of the following operant techniques involves praising, giving tokens, or otherwise rewarding positive behavior?

Positive reinforcement

Negative reinforcement

Positive punishment

Negative punishment

Correct answer: Positive reinforcement

Positive reinforcement seeks to build a pattern of behavior by rewarding that behavior with reinforcers such as tokens or other rewards.

The other operant techniques rely on different dynamics of reward and punishment.

23.

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

Entropy

Negative entropy

Throughput

Output

Correct answer: Entropy

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

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

24.

According to psychoanalytic theory, which of the following refers to the information outside a client's awareness but able to be called upon if needed?

Preconscious

Semiconscious

Underconscious

Protoconscious

Correct answer: Preconscious

According to psychoanalytic theory, the preconscious is the area of consciousness that is outside immediate awareness but is able to be called upon when needed. This refers to both thoughts and feelings.

Semiconscious, underconscious, and protoconscious are all fabricated terms.

25.

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

Race

Culture

Ethnicity

Cultural identity

Correct answer: Race

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

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

26.

According to Margaret Mahler's work on object relations, which phase corresponds to a child's belief that they and their mother are essentially one entity?

Normal symbiotic

Normal autism

Object constancy

Separation/Individuation

Correct answer: Normal symbiotic

Margaret Mahler believed that a child goes through many stages of object relations, which are defined by a child's beliefs about and interaction with key figures in their environment. The normal symbiotic stage, experienced from ages 1 through 5, corresponds to a belief that the child and the mother are basically one entity.

The other phases listed are either earlier or later chronologically in Mahler's model.

27.

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

Culture

Biology

Church

Correct answer: Culture

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

28.

Which of the following refers to the model of substance abuse that explains substance abuse behavior as a function of shared values among peers?

Social model

Biopsychosocial model

Family and environmental model

Medical model

Correct answer: Social model

The social model of substance abuse suggests that shared values among peers, such as the acceptability of substance abuse, contributes to creating the problem in an individual.

The biopsychosocial model posits a wider variety of reasons for substance abuse behavior, including heredity, social influences, environment, and others. The family and environmental model implicates the childhood environment of the individual. The medical model relies on explanations that suggest brain chemistry and genetics as causes for substance abuse.

29.

According to the work of Jean Piaget, how do children learn?

Through interaction with the environment and others

Through a cognitive 'loop' of thoughts

Through an unconscious engagement with others

Correct answer: Through interaction with the environment and others

According to Piaget, children learn through interaction with the environment and others through a process called "constructivism."

Piaget's work did not assert that children learn through a cognitive "loop" of thoughts or an unconscious engagement with others.

30.

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

Metacommunication

Information processing

Cognitive dissonance

Nonverbal communication

Correct answer: Metacommunication

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

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

31.

Which of the following is **NOT** one of Kohlberg's levels of moral development?

Sensorimotor

Preconventional

Conventional

Postconventional

Correct answer: Sensorimotor

Lawrence Kohlberg describes six stages of moral development that are grouped into three general levels. Preconventional moral development applies to children, conventional development applies to adolescents, and postconventional moral development applies to adults.

Sensorimotor is one of Jean Piaget's levels of cognitive development.

32.

Which of the following is an example of primary aging?

Impaired hearing that occurs gradually over time

Weight gain due to lack of exercise

A diagnosis of diabetes due to poor diet

Depression due to the death of a spouse

Correct answer: Impaired hearing that occurs gradually over time

Primary aging refers to declines in functioning that occur over time to all members of the human species. Effects of primary aging occur even in the context of good health. A decline in hearing that occurs gradually over time is an example of primary aging, because every person who ages eventually experiences some hearing loss even if they are in good health.

Secondary aging refers to declines in a person's health that are influenced by negative environmental influences. Weight gain due to lack of exercise, a diagnosis of diabetes due to poor diet, and depression due to the death of a spouse are all examples of secondary aging, as they would likely be preventable or lessened if environmental influences were different.

33.

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

Being aware of one's own values and beliefs

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

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

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

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

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

34.

Elder abuse is a major problem in the United States. Kathy is caring for her elderly mother. Recently, Kathy has begun hitting her mother with a bar of soap in a sock, because she is frustrated with having to care for her all the time.

What would be the **BEST** thing Kathy could do to relieve her feelings so that she doesn't abuse her mother?

Join a support group with other caregivers

Have a friend stay with her mother sometimes so she can go out

Go outside for periodic breaks so she has a little bit of time to herself

Correct answer: Join a support group with other caregivers

Kathy would likely benefit most from joining a support group with other individuals who are caregivers. There, she could share her experiences with others who are in similar situations, share her feelings, gain support, and learn new coping methods to deal with the stress of being a caregiver.

Though the other options could provide Kathy with stress relief, they are only short-term solutions to the problem.

35.

In which of the following stages of couples development do couples engage in disagreements where both sides can be said to have "won"?

Stability

Romance

Commitment

Co-creation

Correct answer: Stability

After the more turbulent stages of romance and power struggle, couples reach a point of tentative stability where they learn to disagree in ways that produce mutually positive and supportive self-concepts. Afterward comes the further stability of the commitment stage, followed by the more full exploration of the co-creation stage.

36.

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

Social constructionism

Social creationism

Objective constructionism

Correct answer: Social constructionism

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

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

37.

John finds that he is upset by a sad scene in a film. Which of the following **BEST** characterizes this reaction?

Respondent

Operant

Aversion

Flooding

Correct answer: Respondent

Respondent refers to one of the two classes of behavior addressed by behavioral theories of psychology. It is characterized by response to stimuli that are involuntary on the part of the observer of that stimuli.

Operant refers to voluntary behavior. Aversion and flooding are not reactions, but ways to address behavior; aversion being anything that reduces the desirability of a behavior, and flooding being a therapeutic exposure to feared stimuli.

38.

You're a social worker in the field of gerontology, linking older adults to needed services and resources. Which of the following mindsets about older adults would be **LEAST** helpful?

Assuming your clients are deteriorating significantly and cannot stay engaged in society

Expecting that your clients may need assistance accessing affordable, quality healthcare

Viewing clients as being a significant part of their communities and society

Being prepared to help clients navigate biopsychosocial and spiritual changes as they age

Correct answer: Assuming your clients are deteriorating significantly and cannot stay engaged in society

Assuming your clients are deteriorating significantly and cannot stay engaged in society would not be helpful when working with older adults. This view toward clients would be prejudiced and based on the stereotypical belief that old age is undesirable. This is not a helpful mindset when working with older adults. Many older adults experience continued growth and make significant contributions to their families, communities, and society, and they should be valued.

All the other answer options are appropriate mindsets when working with older adults. Needing assistance accessing healthcare, continuing to contribute to communities and society, and navigating biopsychosocial and spiritual changes are all expected, typical components of older adulthood. It would not be inappropriate to carry any of these expectations or viewpoints into your role.

39.

According to Erikson, at what age do children learn the ability to trust?

Less than 1 year

Age 3 to 6

Age 1 to 2

Age 6 to puberty

Correct answer: Less than 1 year

According to Erik Erikson, the ability to trust either is or is not established before the child reaches one year of age. This happens in the context of trusting one's caregivers and is the foundation for other relationships in the child's life.

40.

According to Erikson, how do children form self-initiative?

Through play with others

Through introspection

Through family interactions

Through genetic expression

Correct answer: Through play with others

Erikson characterized the ages from 3 to 6 as those of the Initiative vs. Guilt stage. During this time, children learn through play with others how to lead, plan, and be creative in a way that can be immediately validated by peers. If it is not validated or is overly controlled, children can lose their sense of initiative.

Erikson did not say that children learn this concept through introspection, family interactions, or genetic expression.

41.

Dan is the sole caregiver for his elderly father. Recently, Dan has begun abusing his father.

Which of the following is the **BEST** possible warning sign that abuse is occurring?

Dan is using drugs and alcohol

Dan is expressing more emotion lately

Dan is showing signs of poor self-care

Correct answer: Dan is using drugs and alcohol

The use of drugs and alcohol is a warning sign that a caregiver may begin or is already abusing an elderly person. Not only is it suggestive of poor adjustment to stress, it can itself lead to impairment that might put the elderly person at risk.

Expressing more emotion is not an indicator of possible abuse. Poor self-care is common among caregivers who provide good care to others, but is not necessarily an indicator of abuse.

42.

Which of the following is the **MOST** accurate statement about the effects of discrimination on a person's functioning?

Discrimination can lead to worse physical and mental health.

Discrimination worsens physical health only.

Discrimination worsens mental health only.

Discrimination is so rare that it has little impact on well-being.

Correct answer: Discrimination can lead to worse physical and mental health.

Discrimination has negative effects on both the micro and macro levels. People exposed to discrimination are more likely to experience anxiety, depression, and behavioral problems. Discrimination is also linked to diabetes, obesity, and high blood pressure.

Discrimination does not worsen physical health alone or mental health alone — it can worsen both physical and mental health.

To say discrimination has little impact on well-being would be incorrect, since it can lead to physical and mental health problems.

43.

Adult Protective Services receives an anonymous call reporting that an elderly man is being abused by his son. A caseworker visits the elderly man's home while his son is not there, so she can talk to the man alone. He tells the caseworker that his son insults him and threatens to withhold care or put him in a nursing facility.

What type of abuse or neglect is this?

Psychological abuse

Psychological neglect

Violation of personal rights

Correct answer: Psychological abuse

This is an example of psychological abuse, in which the caregiver inflicts emotional pain on the elder through verbal or nonverbal acts. Caregivers use fear to keep the elderly individual under control.

Psychological neglect means the failure of a caregiver to fulfill their duties to the elder. Violation of personal rights involves an individual's legal rights to their own body or personal safety.

44.

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

The event happens first in adult life

The event happens unexpectedly

The event happens repeatedly

The event first happens in childhood

Correct answer: The event happens first in adult life

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

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

45.

What is racism?

The ideology or practice of perceiving the superiority of one group over others by reason of race, color, ethnicity, or cultural heritage

The practice of treating a person differently because of their genetic background

Teaching children that one's own race is superior to others so that the child grows up with those beliefs

Correct answer: The ideology or practice of perceiving the superiority of one group over others by reason of race, color, ethnicity, or cultural heritage

According to the National Association of Social Workers' website, racism is the "ideology or practice through demonstrated power of perceiving the superiority of one group over others by reason of race, color, ethnicity, or cultural heritage." Racism happens at individual, group, and institutional levels.

The remaining answer options are incorrect, as they do not accurately describe racism.

46.

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

Piaget

Pavlov

Maslow

Bandura

Correct answer: Piaget

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

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

47.

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

Institutionalized discrimination

Institutionalized dependence

Racial discrimination

Ethnic preference

Correct answer: Institutionalized discrimination

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

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

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

48.

Which of the following would be **MOST** characteristic of groupthink?

Agreeing on a bad decision due to group pressure

Agreeing on a good decision due to group pressure

Striking out on one's own due to group pressure

Collective decision-making in the group's best interest

Correct answer: Agreeing on a bad decision due to group pressure

Groupthink is the phenomenon that sometimes occurs when groups experience pressure to enforce group conformity over rationality. One example would be a group agreeing on a bad decision due to group pressure. Individuals feel inhibited from speaking out, though speaking out would be reasonable.

Groupthink is usually characterized by mistakes reached by groups rather than good decisions. It is not striking out on one's own due to group pressure, as it is a phenomenon experienced by groups. It is usually not collective decision-making per se, but group pressure exerted to enforce conformity.

49.

According to Self Psychology, which of the following creates a lack of self-cohesion?

Empathic failures

Abuse

Traumatic experiences

Being an only child

Correct answer: Empathic failures

According to Self Psychology, much psychological distress is caused by a failure to meet certain needs of the self. This results in a lack of self-cohesion, producing psychological problems.

A lack of self-cohesion is not caused by abuse, traumatic experiences, or being an only child in particular, according to Self Psychology.

50.

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

Substance abuse

Depression

Anxiety

Social withdrawal

Correct answer: Substance abuse

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

51.

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

Commitment

Stability

Co-creation

Romance

Correct answer: Commitment

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

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

52.

Which of the following is **TRUE** about happiness and well-being in older adults?

They tend to be high in older adults

They tend to be low in older adults

They tend to be lower in men than in women

They tend to be lower in women than in men

Correct answer: They tend to be high in older adults

Despite declines in physical and mental health, happiness and well-being tend to be high in older adults, as disabilities may not lead to catastrophic losses in freedom or mobility.

This is not a matter of the older adult being male or female.

53.

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

"I am not requiring strict abstinence from substances."

"I am requiring strict abstinence from substances."

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

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

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

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

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

54.

What is one of the main and most important perspectives in social work practice?

Person-in-environment

Social interaction theory

Social cognitive theory

Correct answer: Person-in-environment

Person-in-environment is one of the most fundamental and important perspectives in the social work profession. It is a principle that guides social work practice, and is the idea that people are impacted by the various environments in which they exist.

The other choices listed are theories that are used in social work practice at times, but none of them is as central to social work practice as person-in-environment.

55.

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

Preencounter, Encounter, Immersion, Internalization

Preencounter, Immersion, Internalization, Encounter

Preencounter, Encounter, Internalization, Immersion

Preencounter, Immersion, Encounter, Internalization

Correct answer: Preencounter, Encounter, Immersion, Internalization

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

56.

According to psychoanalytic theory, which of the following **CORRECTLY** outlines the levels of awareness in human beings?

Conscious, preconscious, and unconscious

Conscious, unconscious, and semiconscious

Conscious, unconscious, and id

Conscious, unconscious, and postconscious

Correct answer: Conscious, preconscious, and unconscious

According to psychoanalytic theory, there are three levels of awareness in human beings. One, the conscious, representing the ongoing awareness available in everyday life; two, the preconscious, which holds emotions and thoughts not immediately present but available upon recall; and three, the unconscious, which is all of the rest of the thoughts, feelings, memories, and desires that are not available on the conscious level.

57.

According to object relations theory, which of the following is the **MAIN** influence on relationship skills?

Early attachments

Early trauma

Early conflicts

Early social experiences

Correct answer: Early attachments

According to object relations theory, the main influence on relationship skills is early attachments with central trust figures such as parents.

Such things as trauma, conflicts, or social experiences in general are not as significant according to this theory.

58.

Which of the following is **MOST** accurate about people who have been abused or neglected?

They are at greater risk for psychological problems

They are all diagnosable with some form of traumatic stress disorder

They have post-traumatic stress disorder

They do not form lasting or permanent relationships

Correct answer: They are at greater risk for psychological problems

People respond to abuse and neglect in various ways. They may or may not manifest various kinds of physical, emotional, and/or psychological problems. They do tend to be at greater risk for experiencing them.

These risks are not limited to traumatic stress disorder, which may or may not be present. Their ability to form relationships may or may not be affected.

59.

Which of the following describes a treatment procedure in which a patient's anxiety is extinguished by prolonged real or imagined exposure to high-intensity feared stimuli?

Flooding

Aversion therapy

In vivo desensitization

Modeling

Correct answer: Flooding

Flooding is a treatment procedure in which a patient's anxiety is extinguished by prolonged real or imagined exposure to high-intensity feared stimuli, and is meant to address specific sources of anxiety such as phobias.

Aversion therapy reduces the desirability of behavior by applying aversive stimuli. In vivo desensitization is a gradual approach to addressing anxiety that takes place in a "real" setting. Modeling is a behavioral modification technique in which a therapist models desired behavior for a client.

60.

Which theory is concerned with how internal processes (e.g., needs, drives, emotions) motivate human behavior?

Psychodynamic theory

Attribution theory

Systems theory

Social learning theory

Correct answer: Psychodynamic theory

Psychodynamic theory is concerned with how internal processes such as needs, drives, and emotions motivate human behavior. This theory originates with the work of Sigmund Freud.

Attribution theory is concerned with the study of various behavior models that are used to explain causes of behavior. Systems theory is concerned with relationships between individuals and their environment as a whole. Social learning theory states that individuals learn their behaviors through their interactions with their environment.

61.

Which of the following groups has a propensity to respond to psychotropic drugs differently than clients from other ethnic groups?

Asian

African American

Native American

Native Hawaiian

Correct answer: Asian

Asian clients may respond to psychotropic medication differently from other ethnic groups. They tend to require lower doses and may experience more severe side effects than other groups.

The other groups listed have a more normative response to psychotropic medication.

62.

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

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

Authoritarian

Authoritative

Permissive

Uninvolved

Correct answer: Authoritarian

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

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

63.

Systems theory looks at the ways people and their environments are interconnected. According to systems theory, which of the following is **NOT** included in Jake's system?

Jake's former teachers at school

Jake's mom, dad, and sister

Jake's coworkers and supervisor

Correct answer: Jake's former teachers at school

Systems within Jake's life include different environments in which he exists at different times. A former teacher would not be part of his system.

Jake's family members, coworkers, and people he comes in contact with on a regular basis all are considered to be part of his system.

64.

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

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

Pre-operational

Sensorimotor

Concrete operational

Formal operational

Correct answer: Pre-operational

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

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

65.

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

A bank not hiring elderly people because they are elderly

A real estate company treating a Latin American family differently

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

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

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

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

66.

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

Mrs. K is positively reinforcing Joe's behavior

Mrs. K is negatively reinforcing Joe's behavior

Joe is positively reinforcing Mrs. K's behavior

Joe is negatively reinforcing Mrs. K's behavior

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

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

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

67.

Laura, a social worker in a crisis center, meets her client Becky for the first time. Becky is addicted to methamphetamine, is homeless, and has not eaten for several days.

Which of the following items should Laura address **FIRST**?

Feeding Becky

Housing Becky

Addressing Becky's addiction

Engaging in psychotherapy with Becky

Correct answer: Feeding Becky

According to Maslow's hierarchy of needs, generally speaking, it is most effective to deal with more basic needs in order of their urgency before moving on to other considerations. In this case, the most basic need Becky has is that of food. Other needs are also urgent but will be dealt with after the most basic issues are considered.

68.

Which level of cognition is concerned with recall of facts?

Knowledge

Comprehension

Synthesis

Analysis

Correct answer: Knowledge

There are six levels of cognition:

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

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

69.

Brian is seeing his therapist to receive treatment for his severe alcoholism. As part of the effort to stop drinking, Brian has agreed to take the drug Antabuse, which results in negative physical consequences for those who take it and use alcohol.

Which of the following terms **BEST** describes the behavioral method being used?

Aversion therapy

Biofeedback

Extinction

Modeling

Correct answer: Aversion therapy

Aversion therapy relies on the presence of a strong negative reinforcer to change, control, or reduce a behavior. Antabuse is a good example of this technique, but others might be less physically punishing in nature.

The other terms listed describe different behavioral modification techniques.

70.

You're working with Aretha, a 78-year-old woman who is grieving the loss of her husband. Which of the following would you **MOST** expect to be accurate of Aretha's self-esteem level?

A decline in self-esteem compared to when she was younger

A sharp increase in self-esteem compared to middle adulthood

Extremely high self-esteem

No change in self-esteem compared to her younger years

Correct answer: A decline in self-esteem compared to when she was younger

Around age 70, self-esteem begins to decline, likely due to issues like retirement and the loss of a spouse and/or friends. Since Aretha is 78, we would expect her self-esteem to have declined since her younger years.

We wouldn't expect a sharp increase in self-esteem since middle adulthood, as self-esteem typically declines beginning at age 70.

High self-esteem is common during childhood.

We wouldn't expect no change in self-esteem, since self-esteem tends to decline starting at age 70.

71.

According to systems theory, which of the following describes the exchange of energy and resources between systems?

Negative entropy

Entropy

Throughput

Equifinality

Correct answer: Negative entropy

Negative entropy is a term from systems theory that describes the productive interchange of energy between systems.

The other terms listed, though they emerge from systems theory, do not describe this.

72.

What releases both the growth hormone and the thyroid-stimulating hormone?

Pituitary gland

Corpus callosum

Cerebellum

Basal ganglia

Correct answer: Pituitary gland

The pituitary gland is located at the base of the brain and releases two hormones, growth hormone and thyroid-stimulating hormone, that induce growth. Growth hormone is necessary for the growth of all body tissues except the central nervous system and genitals, and the thyroid-stimulating hormone is linked to brain development and helps the growth hormone to fully impact body size.

The corpus callosum is a bundle of fibers that connects the two hemispheres of the brain, and the cerebellum helps with balance and control of body movements. Neither of these releases hormones. The basal ganglia is located in the base of the brain but, rather than releasing hormones, helps with the coordination of movement.

73.

Making a car out of toy blocks and putting together a puzzle are examples of what type of cognitive play?

Constructive

Functional

Make-believe

Thematic

Correct answer: Constructive

There are several types of cognitive play in early childhood. Constructive play is the process of creating or constructing something and is especially common in children ages 3 to 6 years old.

Functional play is common in children ages birth to 2 years and includes repeated motor movements with or without objects. Make-believe play occurs when children act out imaginary roles and is common between the ages of 2 and 6 years. Thematic play is incorrect because it is not a type of cognitive play.

74.

Which level of cognition is concerned with breaking down facts or information into component parts?

Analysis

Knowledge

Synthesis

Evaluation

Correct answer: Analysis

There are six levels of cognition:

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

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

75.

According to systems theory, which of the following describes the gaining of resources from the environment that are vital to the functioning of a system?

Input

Output

Homeostasis

Throughput

Correct answer: Input

Input is a term from systems theory that describes the gaining of resources from the environment that are vital to the functioning of a system.

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

76.

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

9-18 months old

4-5 years old

1-2 years old

3-4 years old

Correct answer: 9-18 months old

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

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

77.

Though we should not make stereotypes or assumptions, some characteristics are recognized as being more prevalent than others in certain groups. In which of the following groups do family values include a patriarchal system in which a wife has lower status and is subservient to her husband?

Asian

American Indian

White American

Hispanic/Latino

Correct answer: Asian

Generally speaking, family values in Asian culture include patriarchy, with wives assuming inferior, subservient roles to their husbands.

The other groups listed have different values related to family.

78.

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

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

Industry vs. inferiority

Intimacy vs. isolation

Autonomy vs. shame and doubt

Generativity vs. stagnation

Correct answer: Industry vs. inferiority

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

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

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

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

79.

According to Maslow, which of the following terms is the **GENERAL** term for needs that arise due to deprivation?

D-Needs

Growth needs

Safety needs

Social needs

Correct answer: D-Needs

According to Maslow's hierarchy of needs, "D-Needs" are those which arise due to deprivation. Generally speaking, these must be satisfied before higher-level needs can be meaningfully addressed. These include physiological, safety, social, and esteem needs.

None of the other items listed is a general term for this class of need, according to Maslow.

80.

Which of the following is an example of abuse or neglect of an elderly woman?

Her daughter takes care of her finances for her, but is taking money out of her mother's account without permission

She is considered to be a hoarder, which makes it difficult for her to move around

She isn't able to cook her own meals and isn't getting the proper nutrition; she needs to find a service to help her

Correct answer: Her daughter takes care of her finances for her, but is taking money out of her mother's account without permission

The definition of elder abuse is the infliction of harm or threat of harm on an elder by a caregiver or trusted other. Taking something from an elderly person without permission is considered abuse of an elder.

All of the other answers are examples of women who would be considered at-risk.

81.

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

They are evidence-based family interventions

They focus on providing information to families about mental illness

They are brief therapies focused on resolving problems

They address problems in functioning within a family system

Correct answer: They are evidence-based family interventions

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

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

82.

Which of the following is the **BEST** predictor of future violence?

Past history of violent behavior

Substance abuse

Mental illness

Personality disorder

Correct answer: Past history of violent behavior

Future violence is best predicted by a past history of violent behavior.

Substance abuse, mental illness, and personality disorder (a kind of mental illness) may or may not be factors in predicting future violence, but are not as strong predictors as a past history of violence.

83.

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

SES affects the timing and duration of the family life cycle

People of higher SES usually have children earlier in life

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

Higher SES parents have a greater use of coercive discipline

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

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

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

84.

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

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

Post-traumatic stress disorder (PTSD)

Schizoaffective disorder

Dissociative identity disorder

Correct answer: Post-traumatic stress disorder (PTSD)

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

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

85.

What is one of the **MOST** fundamental theories in social work that explains human behavior in varied, larger contexts?

Systems theory

Lifespan development theory

Social learning theory

Correct answer: Systems theory

Systems theory sees human behavior as the result of interactions between people and the environments in which they exist. Systems theory looks at the way people and their environments are interconnected. Getting this whole "picture" of a person gives the social worker a better understanding so that they can treat the client more effectively.

The remaining answer options are incorrect. Lifespan development theory focuses on people's growth and change throughout their life cycle. Social learning theory suggests that people's behavior is learned through the positive or negative environment that they interact in.

86.

Conflict theory views social problems as resulting from competition for limited social and economic resources. Who is responsible for this theory?

Karl Marx

Albert Bandura

John B. Watson

Correct answer: Karl Marx

Karl Marx is credited with the origins of conflict theory. This theory states that groups in society compete for resources, and those with the greatest political, economic, and social resources maintain power.

Albert Bandura was known for the social learning theory.

John B. Watson was a behaviorist who believed that any behavior could be learned.

87.

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

Asian

African American

Hispanic/Latino

Native Hawaiian

Correct answer: Asian

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

The other groups listed have different cultural values and norms.

88.

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

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

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

Foster care is a punitive adjustment for poor parenting

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

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

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

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

89.

Elizabeth is 47 years old and has a 16-year-old and an 11-year-old. Elizabeth's father is deceased, and her 75-year-old mother broke her hip and has recently been moved to an assisted-living facility because she cannot take care of herself at home. Elizabeth is an only child and feels pulled in two different directions as she tries to tend to her own family while also making sure her mother's needs are met. Elizabeth is part of what generation?

The Sandwich Generation

Elizabeth does not fit into any of these generations

Generation Y

The Silent Generation

Correct answer: The Sandwich Generation

The Sandwich Generation is a generation of people who care for their aging parents (65 or older) while supporting their own children (child under age 18 or supporting a grown child). In this scenario, Elizabeth feels like she must meet the needs of both her own children and her mother, making her feel "sandwiched" between two different generations.

The Silent Generation is the demographic cohort following the Greatest Generation. Demographers and researchers typically use mid-to-late 1920s as starting birth years and early-to-mid 1940s as ending birth years for this cohort.

Members of Generation Y, Gen Y, or Millennials, were born between 1980 and 1994.

90.

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

Behavioral

Psychodynamic

Trait

Biological

Correct answer: Behavioral

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

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

91.

In China, social rules typically focus on the common good, and families are considered more important than the individual. This is an example of what type of society?

Collectivist

Individualistic

Independent

Passive

Correct answer: Collectivist

In a collectivist society, people are encouraged to put the family and community before their own individual needs. Japan, Korea, and China are all examples of collectivist cultures.

Individualistic cultures emphasize the importance of the individual over society as a whole; the United States is strongly individualistic. China cannot be described as having an independent society, as people in collectivist cultures are very dependent on one another. Passive usually refers to someone who allows something to happen to them rather than taking action, which does not accurately describe Chinese culture.

92.

According to psychoanalytic theory, which of the following describes the raw sexual and emotional drives in human beings?

Id

Ego

Superego

Superid

Correct answer: Id

According to psychoanalytic theory, the id is the raw sexual and emotional drive in human beings that operates according to the pleasure principle.

The ego represents the "I" cognitive state in human beings. The superego represents societal expectations and norms. "Superid" is a fabricated term.

93.

Which of the following is an accurate description of social learning theory?

The belief that most learning takes place through observation of others

The belief that behaviors are learned by being reinforced with rewards

The emphasis on early childhood experiences and their role in current pathology

The belief that children develop an understanding of their environment through their interactions with the world around them

Correct answer: The belief that most learning takes place through observation of others

Social learning theory is based on research conducted by Albert Bandura that emphasizes the role of learning by observation in the development of behavior. Current revisions of social learning theory emphasize the way we think about ourselves in relationship to others, sometimes referred to a social-cognitive approach.

The belief that behaviors are learned by being reinforced with rewards is behaviorism. Psychoanalysis emphasizes early childhood experiences and their role in current pathology and development. Piaget's cognitive development theory stresses that children develop an understanding of their environment through their interactions with the world around them.

94.

If you're working with a client who comes from a different cultural group than your own, how should you proceed?

Understand how cultural differences affect the helping relationship

Adopt the cultural values of your client

Refer the client to a social worker who comes from the same cultural group

Correct answer: Understand how cultural differences affect the helping relationship

It is important for social workers to be knowledgeable about their client's cultures and capable of providing culturally sensitive services. When social workers come from a different cultural background than their clients, they need to be prepared to understand how differences affect the helping process.

A social worker does not need to adopt their client's cultural values; it is more important to understand clients' cultures, as well as how cultural differences between social worker and client will affect the social work relationship.

Sometimes, clients may need to be referred to a social worker who is a better cultural match. However, this is not the best option here. It is important for social workers to be aware of clients' cultures and capable of working with people from diverse cultural backgrounds. Should you be unable to engage with a client based on cultural differences, you may need to refer the client to someone who is a better match. However, you should not automatically assume you cannot work with people from different cultures.

95.

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

White American

American Indian/Alaskan Native

Asian

African American

Correct answer: White American

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

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

96.

When coming out to themselves and others, gay and lesbian adolescents and adults typically move through three phases. Which of the following orders these phases correctly from first to last?

Feeling different, confusion, self-acceptance

Confusion, feeling different, self-acceptance

Self-acceptance, feeling different, confusion

Feeling different, self-acceptance, confusion

Correct answer: Feeling different, confusion, self-acceptance

A wide variation in sexual identity exists depending on individual personality, culture, and environment. However, many gay and lesbian adolescents and adults agree that they felt different from their peers when they were younger. By age 10, many of these individuals begin to engage in sexual questioning. This is the feeling different stage. The confusion stage is marked by uncomfortable feelings beginning at the onset of puberty when gay and lesbian individuals suffer from internal struggles and a sense of isolation. The self-acceptance phase is the final phase of coming out and is the time when gay and lesbian adolescents and adults accept their sexual identities and decide whether and how to tell family and friends.

97.

You are a social worker in an elementary school. You have been asked to meet with a first-grader who has recently been exhibiting problems in school. She has been inattentive, rarely eats her lunch, has not been showering or wearing clean clothes, and has told her teacher several times that she would rather stay at school overnight than go home. Today she was found crying by herself in the school bathroom.

Which of the following is **MOST** likely happening in the child's life?

Sexual abuse

Physical abuse

Emotional abuse

Neglect

Correct answer: Sexual abuse

In young children, possible indicators of sexual abuse include a sad affect, a loss of appetite, a short attention span, fear of home or another specific place, poor hygiene, and other sudden behavioral changes. Additional concerning behaviors may include sleep disturbances, inappropriate sexual play, and unusual sexual knowledge.

Indicators of physical abuse include bruises or other physical marks, repeated accidents, runaway attempts, and frequent absences from school. Indicators of emotional abuse include frequent psychosomatic complaints, attention-seeking behaviors, and delays in emotional development. Indicators of neglect include depression, poor impulse control, stealing, poor hygiene, consistent hunger, and frequent absences from school.

98.

What is strongly associated with violence against women?

Power and control

Conflict

Mental illness

Revenge

Correct answer: Power and control

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

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

99.

When communicating with adolescents about sexual issues, all of the following strategies are helpful, **EXCEPT**:

Regarding one's job as "finished" once they have spoken with the adolescent

Using the correct term for body parts

Fostering open communication

Reflecting before speaking

Correct answer: Regarding one's job as "finished" once they have spoken with the adolescent

Speaking with adolescents about sexual issues is an important part of a parent or caregiver's job. Once the adult has spoken with the adolescent about various issues and questions surrounding sex, the adult should not regard their job as "finished" but should make it clear that further discussion is encouraged as questions and concerns arise.

The remaining answer options are helpful strategies when speaking with adolescents about sexual issues. Using the correct term for body parts provides the adolescent with a basis for further discussion. Fostering open communication helps adolescents feel more comfortable asking specific questions. Reflecting before speaking can help the adolescent feel respected and heard rather than judged or evaluated.

100.

A 3-week-old infant becomes distressed every time his mother leaves the room. What concept has this baby not yet learned?

Object permanence

Reflexes

Attachment

Smell

Correct answer: Object permanence

Object permanence is the realization that people and things continue to exist even when they cannot be seen or heard. Research shows that infants as young as two and a half months may have some understanding of object permanence, but this three-week-old has no understanding of this concept and may truly believe that his mother ceases to exist when she walks out of the room.

Babies have a wide variety of reflexes that are present at birth and last for several weeks. Attachment refers to the emotional bond that exists between a child and their caregivers; this infant seems to be attached to his mother, though it's unclear whether it is a secure or insecure attachment. The baby was born with the ability to smell, which is not related to why he is distressed when his mother leaves the room.

101.

During what age do the first signs of empathy usually appear?

18-24 months

2-3 months

3-5 months

8-12 months

Correct answer: 18-24 months

The first signs of empathy in children generally emerge between the ages of 18 and 24 months. During this phase, toddlers can usually appreciate that others' emotions differ from their own, and self-conscious emotions such as shame and guilt begin to emerge.

At 2-3 months, babies are only beginning to respond to adults' facial expressions. At 3-5 months, infants can match the emotion in voices and faces but are not yet able to be empathic. At 8-12 months, babies have improved understanding of others' emotional expressions but are still not able to feel empathy toward others.

102.

Which school of thought about crime prevention emphasizes systemic causes?

Positivist

Partialist

Palliative

Predicate

Correct answer: Positivist

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

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

103.

Which of the following is the process of using our current schemes to interpret the external world?

Assimilation

Accommodation

Adaptation

Organization

Correct answer: Assimilation

Assimilation is the process by which we use our current schemes to interpret the external world. For example, a toddler might intentionally throw food on the floor during mealtimes as a way of assimilating the food items to their understanding of how items fall.

Accommodation is the process of creating new schemes after realizing that our current way of thinking doesn't entirely capture the environment. Adaptation is a more general term that refers to the process of building schemes through direct interaction with the environment. Organization refers to the process that takes place internally, apart from the environment, and helps individuals understand their surroundings.

104.

Which of the following is **NOT** an expression of healthy family functioning?

High expectations

Treating each family member as an individual

Being connected to extended family

Correct answer: High expectations

High expectations are not usually considered an expression of healthy family functioning by themselves. Realistic expectations are more appropriate.

All of the other choices are clear expressions of a functional family system.

105.

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

Before age 5

Before age 3

Before age 10

It does not truly solidify and is subject to change

Correct answer: Before age 5

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

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

106.

Which of the following is an example of institutionalized discrimination?

Students of color show achievement gaps in school due to differential treatment

A social worker refuses to treat a client because of his religious beliefs

A person is teased and mocked by a colleague because of their race

Correct answer: Students of color show achievement gaps in school due to differential treatment

Institutionalized discrimination is that arising from policies or practices that discriminate against a group of people. Achievement gaps due to differential treatment are an example of institutionalized discrimination.

The other two options are examples of individual discrimination, in which one person is treated differently based on their membership in a specific group.

107.

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

Access to education

Substance abuse

Diabetes

Anxiety

Correct answer: Access to education

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

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

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

108.

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

During early childhood

During the adolescent years

During young adulthood

During older adulthood

Correct answer: During early childhood

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

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

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

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

109.

In Maslow's Hierarchy of Needs, what are the **MOST BASIC** types of needs?

Physiological

Self-actualization

Safety

Correct answer: Physiological

Physiological needs (such as clothing, shelter, and food) are the most basic needs on the hierarchy of needs pyramid. They form the base of the pyramid. Unless these needs are met, a person cannot move up the pyramid to meet the other levels of needs.

Maslow's hierarchy of needs contains five levels of needs, which include (in order, from basic to complex):

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

110.

According to psychodynamic theory, when does personality form?

Before age five

Throughout the lifespan

Before age 21

Before age three

Correct answer: Before age five

According to psychodynamic theory, personality forms before age five as a result of interactions with the caregiving environment and awareness of one's own body.

Though change is possible throughout life according to this theory, personality is solidified before age five.

111.

What is the clinical utility of psychodrama?

Experiential group processing

Individual psychotherapy

Group affiliation

Individual adjustment

Correct answer: Experiential group processing

Psychodrama is a group technique in which different roles are enacted and problems are re-created in order. It is a way of experiential group processing of issues.

Psychodrama is not particularly used to further individual psychotherapy, group affiliation, or individual adjustment.

112.

Though we should not make stereotypes or assumptions, some characteristics are recognized as being more prevalent than others in certain groups. Which of the following groups is **MOST** likely to prefer homeopathic methods for the treatment of mental health symptoms?

Asian

African American

Hispanic/Latino

Native Hawaiian

Correct answer: Asian

Asian clients are the most likely of the listed groups to shun psychotropic treatment regimens in favor of other types of remedy, such as homeopathy.

The other groups listed do not, as a class, show a preference in this regard.

113.

In 2005, Hurricane Katrina directly affected thousands of lives in the New Orleans area. This is an example of which of the following types of influences?

Nonnormative

Normative

History-graded

Age-graded

Correct answer: Nonnormative

A nonnormative influence is an influence that is irregular, affects relatively few people, and does not follow a predictable timetable. Though Hurricane Katrina was one of the deadliest hurricanes ever, due to extensive flooding and destruction, it is considered a nonnormative influence because it was an event that occurred to relatively few people and was unpredictable.

A normative influence is a typical or average influence; an example would be starting kindergarten, which is a significant event in most children's lives. A history-graded influence refers to an influence that is particular to a certain historical era, such as an economic depression or the introduction of television. Age-graded influences refer to those that are fairly predictable as to when they occur, such as learning to walk or talk.

114.

Which of the following types of behavior is voluntary and controlled by environmental consequences, according to the behaviorists?

Operant

Respondent

Categorical

Reflexive

Correct answer: Operant

Operant refers to a class of behavior that is voluntary and controlled by interaction with the environment, including positive and negative consequences. Like respondent, it is a term coined and used by the behaviorist school.

Respondent behavior is the opposite of operant; involuntary behavior in simple response to a stimulus. Reflexive would be a synonym for respondent in this context, and categorical is not a class of behavior expressly described by behaviorists.

115.

Which of the following is the **MOST** accurate statement of Kohlberg's theory of moral development?

Moral development parallels cognitive development

Moral development is a genetic process

Moral development is shaped by the environment

Moral development ends the same way for everyone

Correct answer: Moral development parallels cognitive development

Lawrence Kohlberg believed that moral development parallels cognitive development, and that this development takes place in discrete stages.

Kohlberg did not see this as a purely genetic or environmental process, nor did he suggest it ended in the same way for everyone.

116.

Which of the following operant techniques uses the removal of a desirable stimulus to shape behavior?

Negative punishment

Positive punishment

Negative reinforcement

Positive reinforcement

Correct answer: Negative punishment

The operant technique of negative punishment uses the removal of rewards or desirable stimuli to decrease, control, or eliminate behavior.

The other techniques listed rely on different strategies to control or alter behavior.

117.

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

Removing a scary picture

Adding a scary picture

Removing pleasant music

Removing a pleasant dessert

Correct answer: Removing a scary picture

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

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

118.

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

Integrity

Mirroring

Idealization

Twinship

Correct answer: Integrity

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

Integrity is not a need identified in self-psychology.

119.

Which of the following is **TRUE** according to ego psychology?

Healthy behavior is under control of the ego

Healthy behavior is under control of the id

Healthy behavior is under control of the superego

Unhealthy behavior cannot be controlled

Correct answer: Healthy behavior is under control of the ego

According to ego psychology, healthy behavior is under control of the ego. Thus, if the ego is developed and strengthened, healthy behavior may increase and unhealthy behavior can be minimized or controlled.

According to ego psychology, healthy behavior is not under control of the id or superego.

120.

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

Equifinality

Throughput

Negative entropy

Open system

Correct answer: Equifinality

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

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

121.

Collective rationalization, self-censorship, and the illusion of invulnerability are characteristic of which key element of group theory?

Groupthink

Group polarization

Preaffiliation

Homeostasis

Correct answer: Groupthink

Groupthink is the phenomenon by which members take on a collective identity that believes itself to be invulnerable and practices rationalization about group values, and in which members are afraid to speak their mind, thus engaging in self-censorship.

Group polarization occurs when, as a result of group functioning, there is a shift to a more radical position than any individual would take on their own. Preaffiliation is the phenomenon of trust-building in groups. Homeostasis in group theory refers to the "steady state" functioning of a group.

122.

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

Abuse in relationships is often linked with childhood experiences

Boys are more likely than girls to experience abuse as children

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

Adolescent girls typically experience violence only in their homes

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

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

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

123.

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

Work ethic

Common justice

Safety

Mutuality

Correct answer: Work ethic

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

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

124.

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

Freud's psychosexual development theory

Erikson's psychosocial theory

Kohlberg's moral development theory

Piaget's cognitive developmental theory

Correct answer: Freud's psychosexual development theory

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

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

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

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

125.

Which of the following operant techniques employs using an undesirable stimulus to sanction or control behavior?

Positive punishment

Negative punishment

Positive reinforcement

Negative reinforcement

Correct answer: Positive punishment

The operant technique of positive punishment depends on the presentation of an undesirable stimulus following a behavior for the purpose of decreasing, controlling, or ending that behavior.

The other operant techniques rely on different interventions, with different strategies.

126.

According to Erikson, which stage of psychosocial development is known as generativity versus stagnation?

Middle adulthood

Early adulthood

Late adulthood

Childhood

Correct answer: Middle adulthood

Middle adulthood is characterized by a stage Erikson called generativity versus stagnation, in which individuals must navigate the difficulties associated with caring for the next generation and helping to improve society.

In late adulthood, individuals struggle with ego integrity versus despair as they are faced with the realities of aging.

Early adulthood is characterized by intimacy versus isolation. During this stage, a young adult must reflect on their thoughts and feelings about making a permanent commitment to an intimate partner.

Erikson listed five stages of development during childhood, including trust versus mistrust, autonomy versus shame and doubt, initiative versus guilt, industry versus inferiority, and identity versus role confusion.

127.

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

Ego

Superego

Conscious

Id

Correct answer: Ego

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

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

128.

What are the four class statuses in the United States (in order from highest to lowest)?

Upper class, middle class, working class, lower class

Upper class, upper middle class, lower class, underclass

Upper class, upper middle class, lower middle class, underclass

Correct answer: Upper class, middle class, working class, lower class

The majority of Americans identify themselves as belonging to one of these four categories.

- *The upper class consists of the wealthy or well-born individuals.*
 - *The middle class consists of "white-collar workers."*
 - *The working class consists of "blue-collar workers."*
 - *The lower class consists of poor individuals with minimal economic security.*
-

129.

In Freud's stages of human development, what is the name of the stage in which the focus is on the genitalia and masturbation, and where children begin to learn the differences between boys and girls?

Phallic stage

Genital stage

Anal stage

Correct answer: Phallic stage

The phallic stage occurs when a child is between 3 and 5 years old. During this stage, children focus on genitalia, for instance by "playing doctor." As part of this exploration, they often participate in masturbation. This stage is also when children become aware of the differences between boys and girls.

The genital stage is the fifth and final stage of Freud's stages of human development, in which an individual starts to develop strong sexual feelings toward individuals outside of the family. The anal stage is the second stage of Freud's stages of human development, in which the 2-year-old may receive pleasure from controlling bladder and bowel functions.

130.

What percent of all high school females report having been a victim of physical and/or sexual abuse?

20%

5%

10%

30%

Correct answer: 20%

About one in five high school girls reports that she has been a victim of physical and/or sexual abuse. Many of these incidents occur within the context of dating violence. American females are three times more likely than American males to suffer a beating, and males are more likely to be the perpetrators of violence in relationships.

131.

Stacy is eight years old. She has learned to obey her teacher at school because she is afraid of being punished. She does not have an understanding of the fact that laws and rules help maintain the social system.

At what stage of moral development is Stacy?

Preconventional

Conventional

Postconventional

Supraconventional

Correct answer: Preconventional

According to Kohlberg, children progress through various stages of moral reasoning. During the preconventional stage, children obey authority figures to avoid punishment. This is the first part of the preconventional stage. During the second part, children conform to rules in order to gain rewards. Stacy falls into the preconventional stage because she obeys simply to avoid punishment.

The conventional stage of morality occurs in early adolescence, and it involves a desire to be seen as a "good girl" or a "good boy." Stacy has not yet progressed to this stage.

Postconventional moral reasoning occurs during adulthood and involves genuine interest in the rights of others, as well as a desire to be morally right.

Supraconventional is a fabricated term and is not one of the stages of moral development.

132.

Aziz, who has led something of a sheltered life in his own culture, has recently gone to college where he has had both good and bad experiences of difference. He has begun to reflect on these experiences and has decided to find out more about some of the areas he was ignorant of before.

Aziz is currently in which of the following stages of cultural identity search?

Immersion-Emersion

Pre-encounter

Internalization and commitment

Encounter

Correct answer: Immersion-Emersion

In the Immersion-Emersion stage of cultural identity search, an individual begins to explore areas that they had not been exposed to before, seeking out opportunities to learn.

The other stages do not match the stage in which Aziz currently finds himself.

133.

Which of the following distinguishes "in vivo" types of therapy from others?

They take place in a "real" setting

They take place in groups

They take place without therapists

They take place in community mental health settings

Correct answer: They take place in a "real" setting

"In vivo" therapy modalities differ from others in that they do not take place in a clinical setting, but in a "real" environment. One example might be a person with a fear of flying slowly exposed to real airplanes.

These types of therapy are not distinguished by taking place in groups, taking place without therapists, or taking place in community mental health settings.

134.

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

Maslow

Piaget

Skinner

Bandura

Correct answer: Maslow

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

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

135.

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

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

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

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

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

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

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

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

136.

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

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

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

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

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

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

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

137.

Which of the following would biofeedback **MOST** likely be used to treat?

Anxiety disorders

Schizophrenia

Borderline personality disorder

Antisocial personality disorder

Correct answer: Anxiety disorders

Biofeedback is a training program that enhances awareness and control of the body's responses to stress. It is often used to treat anxiety disorders.

It is not generally used to treat schizophrenia, borderline personality disorder, or antisocial personality disorder.

138.

When groupthink occurs, what happens to dissent?

It is suppressed

It is encouraged

It is learned from

It is experienced normally

Correct answer: It is suppressed

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

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

139.

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

What conclusion might you draw about this child?

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

The child often gets into fights with other children

The child has an undiagnosed learning disability

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

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

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

140.

Baby Johnny experienced inconsistent caregiving in his first year of life. His mother struggles with substance misuse, and is unaware of who Johnny's biological father is. She has men in and out of the home, and sometimes leaves Johnny in his crib for hours on end, with a soiled diaper and no food or attention.

According to Erikson's theory of social development, which of the following will baby Johnny **MOST** likely experience?

Difficulty trusting others

Feeling inadequate

Doubting his abilities

Confusion about who he is

Correct answer: Difficulty trusting others

According to Erikson, children are in the trust vs. mistrust stage in the first year of life. If caregivers are consistent, the child successfully develops trust and feels secure in the world, even in the face of threats. Johnny lacks consistent caregiving, so he is likely to develop difficulty trusting others.

Feeling inadequate can occur in children who are overly criticized or controlled during the autonomy vs. shame and doubt stage, which occurs between ages one to three.

A child who does not experience success during the industry vs. inferiority stage, from ages six to puberty, will doubt their abilities.

Confusion about who one is results from problems with the identity vs. role confusion stage, during the adolescent years.

141.

Which of the following terms from systems theory describes a product of the system that exports to the environment?

Output

Input

Throughput

Negative entropy

Correct answer: Output

According to systems theory, output is a product of the system that exports to the environment.

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

142.

Though we should not make stereotypes or assumptions, some characteristics are recognized as being more prevalent than others in certain broad groups. In which of the following groups is spirituality the most animistic, with the belief that spirits are found in nonhuman objects?

Native Hawaiian

African American

Hispanic/Latino

Asian

Correct answer: Native Hawaiian

In the Native Hawaiian/Pacific Islander cultures (generally speaking), spirituality is more animistic than in the other groups, with the belief that spirits are found in nonhuman objects such as animals and sky.

In the other cultures and groups listed, spirituality is not generally seen in this specific way.

143.

Which of the following terms refers to involuntary behavior?

Respondent

Operant

Modeling

Flooding

Correct answer: Respondent

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

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

144.

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

Does this raise additional concerns about his development?

Yes, because his cognitive development may be delayed.

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

No, because people cannot think hypothetically until adulthood.

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

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

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

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

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

145.

In systems theory, which term refers to a system served by a number of component systems?

Suprasystem

Open system

Subsystem

Equifinality

Correct answer: Suprasystem

According to systems theory, a suprasystem is an entity that is served by a number of smaller, component systems and produces output based on that relationship.

An open system refers to one in which there are exchanges within and without the system. A subsystem is a smaller component of a larger system. Equifinality refers to the phenomenon of arriving at the same end through different beginnings.

146.

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

Native American

Asian

Native Hawaiian

Hispanic/Latino

Correct answer: Native American

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

The other cultures listed have different communicative norms.

147.

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

Ethnocentrism

Racialcentrism

Ethnicentrism

Correct answer: Ethnocentrism

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

Racialcentrism and ethnicentrism are incorrect because they are fabricated terms.

148.

Greg has been in therapy for a long time due to several losses in his life. After a few years, he does begin to recover. He reports to his therapist that he has begun to feel a sense of balance after his hard work.

Which of the following terms **BEST** describes Greg's feelings?

Homeostasis

Equifinality

Differentiation

Entropy

Correct answer: Homeostasis

Homeostasis, in systems theory, describes the state of balance of a functioning system. It also describes the state of being where one has a sense of general balance in life.

The other terms do not describe this state.

149.

In what group of people is a balance of independence and safety especially important?

Elderly people

Adolescents

Infants

Middle-aged people

Correct answer: Elderly people

Elderly people need a balance between independence and safety. Social workers who work with elderly populations should be aware that many elderly people fear losing their independence. However, some need the help of others to maintain their safety. Social workers should help their clients stay as self-sufficient as is safe for them.

While growing independence is important in teenagers there is usually a focus on independence versus a need for parenting rather than on safety. Infants are not yet concerned with independence. There are no specific concerns regarding the independence or safety of middle-aged people.

150.

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

Negative reinforcement

Positive reinforcement

Positive punishment

Negative punishment

Correct answer: Negative reinforcement

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

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

151.

School and community programs that reduce drug experimentation typically combine all of the following features, **EXCEPT**:

Giving adolescents the chance to speak with substance abusers

Teaching adolescents skills to cope with peer pressure

Promoting effective parenting

Emphasizing health and safety risks of taking drugs

Correct answer: Giving adolescents the chance to speak with substance abusers

There are many school and community programs that aim to reduce drug experimentation in adolescent populations. Features that are common to these programs include teaching adolescents skills to cope with peer pressure, promoting effective and supportive parenting, and emphasizing health and safety risks of taking drugs. Giving adolescents the chance to speak with substance abusers is not a characteristic of programs that aim to reduce drug experimentation, though programs do stress the health risks of drugs.

152.

John Watson, the founder of behaviorism, conducted an experiment on an infant in which he paired a sudden, loud noise with the sight of a rat. Initially, the child showed fear of the loud noise, but no fear of the rat. Over time, the child learned to fear the rat even without hearing the noise.

What is this experiment an example of?

Classical conditioning

Operant conditioning

Behavioral conditioning

Correct answer: Classical conditioning

Classical conditioning, or stimulus-response conditioning, started with Pavlov's experiments conditioning dogs to salivate at the ring of a bell. Stimuli are linked together to create a new learned reflex response.

Operant conditioning focuses on shaping behavior by changing the consequences of that behavior. Behavioral conditioning is not a specific part of behaviorism.

153.

Which of the following theorists is responsible for first introducing the idea of operant conditioning?

B. F. Skinner

Ivan Pavlov

Carl Rogers

Correct answer: B. F. Skinner

B. F. Skinner first introduced the idea of operant conditioning, the concept that behavior and learning are based on consequences and can be shaped by changing these consequences.

Ivan Pavlov introduced classical conditioning. Carl Rogers was one of the founders of the humanistic approach to psychology and created client-centered, student-centered, and person-centered counseling approaches.

154.

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

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

Avoid discussing the death directly

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

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

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

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

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

155.

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

Radical feminism

Liberal feminism

Socialist feminism

Correct answer: Radical feminism

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

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

156.

What is the definition of oppression?

The domination by a powerful group over a group with less power

When a group of people are singled out and targeted as scapegoats for the problems in a society

When a group of people is seen as inferior to another group of people

Correct answer: The domination by a powerful group over a group with less power

The powerful group dominates in political, economic, social, and cultural areas. This group systematically restricts access, resources, and opportunities from the subordinate group, keeping them from becoming more powerful and oppressing them.

The remaining answer options are incorrect, as they do not accurately describe oppression.

157.

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

Behavioral theory

Cognitive theory

Psychodynamic theory

Narrative theory

Correct answer: Behavioral theory

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

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

158.

Though John Bowlby's work on attachment and bonding is well-respected, there is an area in which it is commonly criticized as not being well-developed. Which of the following dimensions **BEST** describes the area it perhaps does not consider enough?

Culture

Genetics

Race

Psychopathology

Correct answer: Culture

Though John Bowlby's work on attachment has made a formidable impact on the study of human relationships, it has been criticized for not including enough consideration of cultural differences and how these might affect attachment and bonding.

The other items do not best describe this area of criticism.

159.

Which of the following is the **LEAST** likely to get better from the use of behavior modification?

Schizophrenia

Sexual dysfunction

Smoking

Compulsive behavior

Correct answer: Schizophrenia

Behavior modification, or the use of behavioral interventions to shape behavior, has been shown to be effective in dealing with sexual dysfunction, smoking, and other kinds of compulsive behavior such as overeating.

Schizophrenia, which is a brain disease, is less likely to be ameliorated by a behavioral intervention.

160.

Which of the following levels of cognition refers to forming an opinion about the facts or information presented?

Evaluation

Synthesis

Analysis

Correct answer: Evaluation

There are six levels of cognition:

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

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

161.

Sherri specializes in crisis intervention, working with clients who have experienced trauma in their lives. When she does an intervention, she is required to use structured stages.

Which of the following is one of the earliest structured steps Sherri will take?

Eliciting and encouraging the client's expression of painful feelings

Planning and implementing interventions

Restoration of cognitive functioning

Correct answer: Eliciting and encouraging the client's expression of painful feelings

The structured stages Sherri must go through start with rapid establishment of a constructive relationship. The earliest step in accomplishing that is eliciting and encouraging the client's expression of painful feelings. These aren't the actual assessment questions or intervention questions, but they are very important for crisis work.

The other answer choices are incorrect because they are all steps that would be taken after eliciting and encouraging the client's expression of painful feelings.

162.

Which of the following is an example of a social worker discriminating against a client during a session?

Stefan is a Christian therapist who works with clients only if they belong to his faith or if they convert while receiving his services. Recently, he refused to work with someone who was not a Christian.

Autumn recently started working with a client who disclosed to her that he is gay. She discusses her client's homosexuality with him during a session to help him explore his sexuality.

Nikolas advertises as a marriage and family therapist. He does not work with individuals, only couples and families.

Sarah works with clients on a sliding fee scale. She works with people who have private insurance, Medicare, Medicaid, and people who don't have insurance.

Correct answer: Stefan is a Christian therapist who works with clients only if they belong to his faith or if they convert while receiving his services. Recently, he refused to work with someone who was not a Christian.

Stefan is discriminating against his clients when they do not belong to the same faith or religion as him. Trying to force his clients to become Christian in order to receive services from him is unethical. It is important for social workers to understand the effects of discrimination. Discrimination means people often do not have the same access to social resources, which is the case with Stefan.

Autumn's discussions with her client about homosexuality are relevant because they are working on the client's emotions around his sexuality.

Nikolas is not discriminating because he is trained as a marriage and family therapist, and is practicing the type of therapy he specializes in.

Sarah works with clients no matter how much they can pay, so she isn't discriminating based on socioeconomic status.

163.

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

Moral development

Perceptual skill

Language learning

Conceptual resources

Correct answer: Moral development

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

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

164.

After a natural disaster occurred in Texas, a group of social workers volunteered their time in order to assist clients who lost their personal belongings. Sasha was speaking with a client who stated that she was receiving in-kind assistance from FEMA.

Which of the following items is **NOT** something that the client would be provided through in-kind assistance?

Money

Food

Housing

Clothing

Correct answer: Money

In-kind assistance provides things, not money. In-kind assistance assists individuals by providing them with material items, such as housing, food, clothing, or other items that they may have lost during the natural disaster.

165.

Which of the following would be the assumption on which the behavioral technique of extinction is based?

Behavior not producing reinforcement ends

Behavior producing reinforcement ends

Behavior not producing reinforcement continues

Behavior producing negative reinforcement ends

Correct answer: Behavior not producing reinforcement ends

Extinction is a behavioral technique which seeks to reduce or eliminate undesirable behavior by not responding to the behavior with reinforcement. The assumption underlying this technique is that behavior not producing reinforcement ends sooner or later.

This technique is not based on the idea that behavior producing reinforcement ends, that behavior not producing reinforcement continues, or that behavior producing negative reinforcement ends.

166.

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

Abstinence

Stabilization

Rehabilitation

Maintenance

Correct answer: Abstinence

Abstinence, though a goal of substance abuse treatment, is not a stage per se. The other listed items are stages of treatment; stabilization, rehabilitation, and maintenance.

167.

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

Comprehension

Cognitive

Affective

Psychomotor

Correct answer: Comprehension

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

Comprehension is one of the six levels of cognition.

168.

Which of the following refers to feelings or emotions?

Affective

Cognitive

Psychomotor

Reactive

Correct answer: Affective

In the context of psychology, affective usually means the domain of feelings or emotions. If a person is suffering from an affective problem, then they are dealing with some issue related to mood, relationships, or regulation of their emotions in some way.

Cognitive would refer to more intellectual or purely mental domains. Psychomotor refers to one's interaction with the physical environment through motion. "Reactive" is not a word used in a developmental domains context.

169.

Which of the following is **NOT** one of the stages of adolescent cultural and ethnic identity development?

Cultural, racial, and ethnic identity conflict

Unexamined cultural, racial, and ethnic identity

Cultural, racial, and ethnic identity search

Cultural, racial, and ethnic identity achievement

Correct answer: Cultural, racial, and ethnic identity conflict

There is a three-stage model for the progress of cultural, racial, and ethnic identity in adolescents. The progression begins with unexamined identity, in which there is no awareness or real curiosity. The second is the search for a cultural, racial, and ethnic identity, and the third is the achievement of that identity.

Though an inner value conflict likely takes place along the way, it is not a recognized stage per se in the process.

170.

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

Past history of violent behavior

Psychiatric symptoms

Change in employment

Substance abuse

Correct answer: Past history of violent behavior

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

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

171.

Which of the following is an **ACCURATE** statement about Kohlberg's postconventional stage of moral development?

Most people never reach it

It is characteristic of children

It is characteristic of adults

it is characteristic of older adults

Correct answer: Most people never reach it

Lawrence Kohlberg posited a course of moral development that parallels cognitive development. It is divided into preconventional, conventional, and postconventional stages according to the moral sophistication of the individual in question. Kohlberg believed that most people never reach the postconventional stage of moral development, which is characterized by justice and universal considerations of morality.

Though the postconventional stage would be assumed to take place in adulthood or older adulthood, Kohlberg believed that most adults never reach it. It would be even more unlikely for a child to reach it, who is still grappling with preconventional (broadly, following orders) and conventional (seeking approval, avoiding guilt) stages.

172.

What does the strengths perspective, a social work practice theory, emphasize?

An individual's abilities and determination

An individual's physical and emotional health

The client's goals

The client's reliance on medication

Correct answer: An individual's abilities and determination

The strengths perspective is a social work practice theory widely accepted in the social work field today. It focuses on the strengths, abilities, and future outcomes that an individual can bring to a crisis or problem. This approach views clients as capable and resilient despite adversity and can give the client a sense of capability and self-control.

The strengths perspective does not emphasize an individual's physical and emotional health unless these are relatively strong areas for the client. It also does not focus on the client's reliance on medication. The strengths perspective might focus on the client's goals in some situations, but it does not focus on goals by definition.

173.

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

Asian

African American

Native American

Hispanic/Latino

Correct answer: Asian

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

The other cultures listed have different communicative norms.

174.

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

Making a friend

Speaking in full sentences

Walking unassisted

Using the toilet rather than diapers

Correct answer: Making a friend

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

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

175.

A social worker is providing a client with stress inoculation therapy. Which of the following options **BEST** identifies what stress inoculation therapy involves?

Helping clients acquire coping skills

Prescribing anxiety medications

Teaching social skills

Using breathing techniques

Correct answer: Helping clients acquire coping skills

Stress inoculation therapy is a psychotherapy technique that is used to prepare clients to successfully handle stressful situations. This type of therapy is successful when clients feel that they can anticipate stressful situations and avoid being upset by having a workable plan to avoid stressors.

Prescribing anxiety medications, teaching social skills, and using breathing techniques, though helpful, are not part of stress inoculation therapy.

176.

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

Independence

Trust

Work

Identity

Correct answer: Independence

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

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

177.

Privilege, or unearned advantage compared to others, can be based on what?

Gender, race, and class

Race, culture, and ethnicity

None of these

Correct answer: Gender, race, and class

Gender, race, and class are used to develop hierarchical social structures that have an effect on individuals' social identities. This leads to the creation of social categorizations that create privilege for some people over others.

The remaining answer options are incorrect. Culture and ethnicity are not the factors used to develop social structures.

178.

Echolalia refers to which of the following?

Repeating words and phrases

Tic disorder

Verbal idiosyncrasies in general

Hearing things others do not

Correct answer: Repeating words and phrases

Echolalia refers to the vocal mannerism of repeating words and phrases. It is associated with thought disorders and autism, among others.

It is not associated with tic disorder or hearing things others do not; it is more specific than a general verbal idiosyncrasy.

179.

Which of the following is the **MOST** accurate statement of Piaget's theory of development?

Children learn through interaction with the environment

Children learn through genetic diathesis

Children learn by imitation

Children learn as a means of meeting their cognitive and basic needs

Correct answer: Children learn through interaction with the environment

Piaget is most well known for his theory of cognitive development, broken into four distinct stages with developmental tasks at each stage. The stages include sensorimotor, preoperational, concrete operations, and formal operations. Piaget emphasized the necessity of gradual acquisition of knowledge via interaction with the environment and subsequent cognitive assessment of these interactions. Of note, the behaviorist theory of development also emphasizes environmental interactions, but does not emphasize the subsequent cognitive processing.

180.

Which of the following defense mechanisms is characterized by the attribution of one's own disowned attitudes, wishes, feelings, and urges onto some external object or person?

Projection

Rationalization

Devaluation

Denial

Correct answer: Projection

Projection is the defense mechanism by which a person is able to escape the inner conflict of having undesirable or disowned thoughts, feelings, or urges by projecting them onto another person or group.

Rationalization seeks to make irrational behavior rational by explanation. Devaluation is a more primitive mechanism by which the object of the defense is defined as wholly bad. Denial is the common defense mechanism that simply refuses to admit that issues of inner conflict exist at all.

181.

Which of the following is the focus of Object relations theory?

Relationships

Violence

Substance abuse

Psychopathology

Correct answer: Relationships

Margaret Mahler's Object relations theory focuses on relationships with others. The "objects" in question can be people, parts of people, or physical items that represent these.

It does not focus as much on things such as violence, substance abuse, or psychopathology.

182.

In 2003, white men with a master's degree earned an average of \$75,187 per year, while white women with a master's degree earned an average of \$46,729 per year. How do scholars refer to this difference?

Gender wage gap

Economic inequity

Economic unfairness

The glass ceiling

Correct answer: Gender wage gap

Scholars refer to this drastic difference between wages of men and women doing the same work as the gender wage gap.

Economic inequity refers to the wealth gap between the rich and the poor. Economic unfairness refers to the favoritism of wealthy individuals. The glass ceiling refers to the difficulties many women have in advancing their careers due to gender discrimination.

183.

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

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

Concrete operational stage

Preoperational stage

Formal operational stage

Correct answer: Concrete operational stage

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

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

184.

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

Denial, anger, bargaining, depression, acceptance

Anger, bargaining, denial, depression, acceptance

Depression, bargaining, denial, anger, acceptance

Acceptance, depression, anger, denial, bargaining

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

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

185.

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

The Oedipus Complex

The Electra Complex

The Odysseus Complex

Correct answer: The Oedipus Complex

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

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

186.

Parents come to you with concerns about their five-year-old child's development. They are concerned the child may have some sort of psychotic disorder, because he has a vivid imagination and engages in dramatic play in which he pretends to be various different movie characters.

How should you respond to the concerns of these parents?

Validate their concerns and provide psychoeducation regarding typical childhood development, including the fact that a vivid imagination is typical at this age

Assess the child for symptoms of schizophrenia

Tell the parents you cannot provide treatment, because the child's developmental level is typical

Consult with your supervisor about the parents' concerns

Correct answer: Validate their concerns and provide psychoeducation regarding typical childhood development, including the fact that a vivid imagination is typical at this age

At age five, vivid imagination is a part of healthy growth and development. As a social worker, you should first validate the parents' concerns to help build a relationship. However, it's also important to provide psychoeducation, so the parents understand healthy childhood development. Learning that imaginary play is typical at this age should ease their concerns.

Assessing the child for symptoms of schizophrenia is not warranted. Pretend play is typical at this age and not a sign of psychosis.

Telling the parents you cannot provide treatment is not appropriate either. The parents have come to you for support, and you should offer supportive services. At this time, psychoeducation about typical childhood development will likely be helpful.

Finally, there is no need to consult with a supervisor at this time. It is reasonable for a social worker to understand typical childhood development, and to be able to provide psychoeducation, without a supervisor stepping in.

187.

Aziz, who until recently led a very sheltered life in his own culture, has gone to college and been challenged by experiences of difference, some good and some bad. He has considered the issues deeply and sought out further encounters in order to learn more. Now he finds himself more comfortable with his own identity in relationship to that of others.

In which stage of cultural identity search does Aziz currently find himself?

Internalization and commitment

Pre-encounter

Encounter

Immersion-Emersion

Correct answer: Internalization and commitment

In the Internalization and commitment stage of cultural development, an individual has had time to encounter and process new data about areas of difference. They have had a chance to seek out more knowledge and find themselves more comfortable both in their own cultural identity and those of others.

The other items do not match the stage where Aziz currently finds himself.

188.

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

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

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

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

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

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

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

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

189.

What is the **MOST** common form of child maltreatment?

Neglect

Physical abuse

Psychological abuse

Correct answer: Neglect

Neglect is the most common form of child maltreatment. One study found that in 59% of substantiated cases the children were neglected. This means the caregiver keeps children home from school, exposes them to dangerous situations, doesn't feed or clothe them properly, or fails to obtain proper medical care.

While physical and psychological abuse occur, neglect is still the most common form of child maltreatment.

190.

Oliver is 18 months old. According to theories of cognitive development, which of the following would you **NOT** expect him to be able to do at his age?

Understand the rules of logic

Engage in imitative play

Carry out intentional actions

Understand the meaning of signals

Correct answer: Understand the rules of logic

As an 18-month-old child, Oliver is in the sensorimotor stage of cognitive development. At this stage, he does not yet understand the rules of logic. This ability develops during the concrete operations stage, between ages seven and 11.

The other skills mentioned here are typical of children Oliver's age.

191.

All of the following are types of attachment, **EXCEPT**:

Overly secure

Anxious-avoidant

Ambivalent

Secure

Correct answer: Overly secure

Attachment refers to the quality of the relationship between caregiver and child. Attachment theorists assert that a child needs to develop at least one relationship with a primary caregiver during their first several months of life in order to succeed socially and to learn how to effectively regulate emotions. Attachment theorists do not refer to "overly secure" as one of the several types of attachment patterns.

Secure attachment is observed in a young child who freely explores their environment when the primary caregiver is present, engages with strangers, is upset when the caregiver leaves, and is happy when the caregiver returns. Ambivalent attachment is observed when a child is wary of strangers, does not explore their environment much, is highly distressed when the caregiver departs, and is both clingy and resistant when the caregiver returns. Anxious-avoidant attachment is observed when a child avoids or ignores the caregiver and resists much exploration.

192.

Which of the following accurately describes the modern idea surrounding the solution to the old idea of nature vs. nurture?

Genetic potentials interacting with environmental factors

Genetic potentials expressing through the lifespan

Environmental influences determining behavior

Environmental influences shaping the psyche

Correct answer: Genetic potentials interacting with environmental factors

The old idea of nature vs. nurture posed a false dichotomy in suggesting that it was either genetics or environment that determined psychology and behavior. The modern thinking has come to rest on an idea of genetic potentials interacting with environmental factors to produce psychology, personality, and behavior.

Genetic potentials expressing through the lifespan would be a wholly genetic approach, and environmental influences determining behavior or shaping the psyche would be weighing more heavily on the environmental perspective.

193.

According to psychodynamic theory, which of the following is responsible for the problems people face?

Psychodynamic conflict

Brain injury

Childhood trauma

Loss of attachment figures

Correct answer: Psychodynamic conflict

According to psychodynamic theory, many of the problems people face are due to unresolved psychodynamic conflicts arising from the interaction between varying levels of consciousness and their contents.

Psychodynamic theory does not suggest these issues arise from brain injury, childhood trauma, or loss of attachment figures.

194.

What is the difference between discrimination and prejudice?

Prejudice is thinking that one group is better than another, while discrimination requires an action to be taken against an individual in order to harm them in some way

They are the same thing

Discrimination is just thinking racist thoughts, while prejudice is saying them out loud

Discrimination only applies to race, while prejudice applies to all social groups

Correct answer: Prejudice is thinking that one group is better than another, while discrimination requires an action to be taken against an individual in order to harm them in some way

Prejudice is a preconceived opinion that is not based on actual experience. Discrimination involves action that is taken to deny groups of people certain rights based on prejudice.

The remaining answer options are incorrect. Prejudice and discrimination are not the same thing; discrimination involves action rather than just thinking; and both discrimination and prejudice can apply to all types of social groups.

195.

You're working with a family who has recently lost their housing due to non-payment of rent. Mark, the father of the family, lost his job due to conflict with several coworkers. The family is temporarily staying with friends, who have stated that they need to leave by the end of the week. Mark's job loss is having a negative effect on his relationship with his wife, Sarah. The children, ages seven and nine, are having a difficult time in school due to the stress of losing their home.

What is the **FIRST** issue you should address with this family?

Lack of housing

The children's performance in school

Conflict between the parents

The family's stress levels from losing housing

Correct answer: Lack of housing

Lack of housing is the first issue you should address with this family. Housing falls under safety needs. According to Maslow's hierarchy of needs, safety needs are the second most critical need, behind only physiological needs like food and water. According to Maslow, people must meet their more basic needs, including safety needs, before moving on to higher-level needs like social needs.

The other issues mentioned — the children's performance in school, conflict between the parents, and the family's stress levels from losing housing — are also important to address. However, they are not the first thing you should address.

Conflict between the parents and family stress levels fall under social needs, which cannot be met until the family has safe, stable housing.

Finally, performance in school, while important, falls under the higher-level esteem needs. It is concerning that the children are not doing well at school, but again, securing safe housing is a higher priority.

196.

Which of the following is a **TRUE** statement about domestic violence or intimate partner and relationship violence?

Domestic or intimate partner violence can cause both physical and mental health problems for the victim

With intimate partner violence, abuse usually only happens once or twice

Domestic or intimate partner violence only includes physical abuse

Children who witness domestic violence do not usually experience negative consequences

Correct answer: Domestic or intimate partner violence can cause both physical and mental health problems for the victim

Unfortunately, victims of domestic violence and children who witness domestic violence generally have negative mental health consequences.

Abuse rarely happens only once or twice during a relationship, and it tends to escalate with each episode. Domestic or intimate partner violence includes sexual and emotional abuse as well as physical abuse.

197.

Having a lower educational level, being part of an economically challenged community, and experiencing poverty in the past are all risk factors for what?

Being in poverty

Abusing children

Abusing substances

Dying from heart disease

Correct answer: Being in poverty

Having a lower level of education, being part of an economically challenged community, and experiencing poverty in the past (particularly in childhood) are all significant risk factors for experiencing poverty. As advocates for social justice, social workers should do everything they can to support clients in poverty and work to change social structures that contribute to this problem.

Those who meet these criteria are not any more likely than the general population to abuse substances or to abuse their children. There are socioeconomic disparities in rates of heart disease; however, having a lower level of education is not a risk factor for heart disease.

198.

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

Open system

Suprasystem

Throughput

Closed system

Correct answer: Open system

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

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

199.

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

Striving for perfection

Sexual urges

Aggressive urges

Homeostasis

Correct answer: Striving for perfection

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

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

200.

During what phase of human development does senescence begin?

Early adulthood

Late childhood

The prenatal period

Adolescence

Correct answer: Early adulthood

Senescence refers to the process of biological aging, which begins once body structures reach maximum capacity and efficiency. This process usually begins during early adulthood, once human bodies have reached their peak physical growth.

Late childhood and adolescence are periods of an individual's life when the body is continuing to grow. The prenatal period is the very beginning of life and occurs before birth.

201.

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

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

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

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

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

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

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

202.

You are a social worker meeting with a family consisting of two parents, a 15-year-old daughter, and a 9-year-old son. The 15-year-old girl has recently been skipping school, smoking marijuana, and sneaking out of the house past curfew. Using the family systems theory, what is one reason the girl might be engaging in these behaviors?

She is making herself a distraction from conflict occurring between the parents

She has unresolved conflict from early childhood

She is entering a normal phase of adolescent development

She is suffering from early onset schizophrenia

Correct answer: She is making herself a distraction from conflict occurring between the parents

The family systems theory regards the family as an interwoven network of relationships, all of which work together in various ways. By engaging in antisocial behaviors, the teenager may (consciously or unconsciously) be attempting to distract her parents from the conflicts they are experiencing with each other.

The psychoanalytical perspective posits that individuals' problems result from unresolved conflict from early childhood. While some testing of limits and defiance of authority is normal for teenagers, this is not based on the family systems theory. Schizophrenia is a serious thought disorder characterized by hallucinations and disorganized thinking, which the girl is not experiencing.

203.

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

Co-creation

Romance

Commitment

Power struggle

Correct answer: Co-creation

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

204.

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

Symptoms may result from abuse

Symptoms always result from physical abuse

Symptoms always result from sexual abuse

Symptoms always result from neglect

Correct answer: Symptoms may result from abuse

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

This association is true in any kind of abuse.

205.

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

Inhibition

Displacement

Compensation

Decompensation

Correct answer: Inhibition

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

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

206.

Who is considered the "Father of Psychoanalysis"?

Sigmund Freud

Carl Jung

Josef Breuer

Correct answer: Sigmund Freud

Sigmund Freud is considered the "Father of Psychoanalysis." He introduced many of the main concepts of that type of therapy, and inspired the work of future psychologists, social workers, etc., in developing new types of therapy.

Carl Jung founded analytical psychology. Josef Breuer was considered the "Grandfather of Psychoanalysis."

207.

Which of the following **BEST** describes Jean Piaget's learning theory?

Learning occurs via interaction with environmental factors and subsequent internal processing

Learning is related to change in behavior

Learning is viewed as a person's activities helping that person reach their full potential

Learning is obtained by imitation of observations made of people and the environment

Correct answer: Learning occurs via interaction with environmental factors and subsequent internal processing

Jean Piaget believed that learning is an internal mental process based on exterior stimuli. His theory of cognitive development emphasized that children learn by interacting with their environments and the internal cognitive processing of those interactions. He broke development into four distinct stages, including sensorimotor, preoperational, concrete operations, and formal operations.

The idea that learning is related to behavioral change and via imitation is more characteristic of behaviorists such as B. F. Skinner. Humanistic theoreticians such as Abraham Maslow believe that learning is meant to help a person reach their unique potential. The social learning school of Albert Bandura would say that learning is obtained by interactions between individuals and their environment.

208.

Which of the following terms from systems theory describes energy that is integrated into the system to accomplish its goals?

Throughput

Input

Output

Entropy

Correct answer: Throughput

According to systems theory, throughput is the energy that is integrated into the system so that it can be used to accomplish that system's goals.

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

209.

All of the following are possible indicators of financial exploitation, **EXCEPT**:

The adult refuses to give expensive gifts to the caregiver

Unpaid bills

Important credit cards and/or other documents are missing

Checks are made out to cash

Correct answer: The adult refuses to give expensive gifts to the caregiver

Financial exploitation is common among older adults, who often must trust others with their personal finances due to cognitive limitations. Family members are often the perpetrators of financial exploitation. One common sign of financial exploitation is when the older adult frequently gives expensive gifts to the caregiver.

Additional signs of financial exploitation are when the older adult is unaware of monthly income and bills, important documents or credit cards are missing, many bills are left unpaid, and checks are made out to cash.

210.

Which statement is **NOT** true about cultural and ethnic identity?

Two people of the same race will have the same ethnicity

The meaning of "race" is not fixed

Race can be based on ethnicity, nationality, religion, or language

In modern terms, race is generally defined as skin color

Correct answer: Two people of the same race will have the same ethnicity

The concept of race is a slippery one with a long and troubled history. In many ways, it confuses more than it clarifies. Two people of the same race could have different ethnicities, as ethnicity is itself a broad concept including nationality, religion, culture, and many other variables.

The meaning of race is not fixed and has changed dramatically over time. It has been based on such things as ethnicity, nationality, religion, and language, though in the modern era it is usually a referent to skin color alone.

211.

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

Offering a reward for positive behavior is an example of:

Positive reinforcement

Negative reinforcement

Negative punishment

Positive punishment

Correct answer: Positive reinforcement

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

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

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

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

212.

Which of the following is the ultimate purpose of policy and resource advocacy?

To help clients help themselves

To develop laws and policies to benefit everyone

To help clients work through immediate problems

Correct answer: To help clients help themselves

Social work advocacy has many forms. It can be advocating for more suitable policies or laws, or it can mean assisting clients in solving micro-, mezzo-, or macro-level problems. However, ultimately, the point of advocacy is to help clients help themselves, developing their own strengths and skills.

Developing laws and policies that benefit everyone is valuable, but ultimately the goal is to help clients advocate for themselves. Working through immediate problems is also important, but clients must eventually develop their own skills and capabilities.

213.

Which of the following would be considered a behavioral risk factor for alcohol or other drug abuse?

Poor interpersonal relationships

Family dysfunction

Accessibility to drugs and alcohol

Low stress tolerance

Correct answer: Poor interpersonal relationships

The major risk factors for alcohol or other drug abuse are defined in four areas: family, social, psychiatric, and behavioral.

Poor interpersonal relationships would be a behavioral risk because it suggests poor social functioning. Family dysfunction is a family risk. Social risks refer to social pressures that enable use, such as the accessibility to drugs or alcohol. A low stress tolerance is a psychiatric risk, as it suggests a mental vulnerability.

214.

Which of the following is **NOT** considered one of the six levels of cognition?

Psychomotor

Knowledge

Comprehension

Application

Correct answer: Psychomotor

The six levels of cognition describe a progression of the sophistication of an individual's developmental understanding of their surroundings. Psychomotor is considered a domain of development, that is, an area in which cognition develops.

The six levels of cognition are, in order, knowledge, comprehension, application, analysis, synthesis, and evaluation.

215.

You are meeting with Annie, an adolescent girl, for individual therapy. Annie has a good capacity for setting goals for herself and wonders out loud about the meaning of life. She frequently worries about the changes occurring in her body and wonders whether she is "normal."

What stage of adolescence is Annie **MOST** likely currently experiencing?

Middle adolescence

Preadolescence

Early adolescence

Late adolescence

Correct answer: Middle adolescence

Many social workers and other theorists divide adolescence into three stages: early, middle, and late. During middle adolescence, individuals have an increased capacity for setting goals and think about the meaning of life. Emotionally, these individuals experience a continued adjustment to their changing bodies and worry about being normal. They also have a continued drive for independence.

Early adolescence is marked by thoughts mostly limited to the present rather than the future, deeper moral thinking, moodiness, an increased desire for privacy and independence, and a tendency to return to childish behavior when stressed. Late adolescence is characterized by an increased concern for the future, the ability to delay gratification, development of serious relationships, and an increased focus on cultural and ethnic identity. Preadolescence would refer to latency-aged children and is not a stage of adolescent development.

216.

As a new social worker, you're struggling a bit to work with clients from different cultural groups. You had training in cultural competence during your undergraduate education, but you still find that you view your own cultural beliefs as being superior.

What do you need help with overcoming?

Ethnocentrism

Stratification

Pluralism

Cultural competence

Correct answer: Ethnocentrism

Ethnocentrism occurs when people hold their own cultures as being superior to others. You're showing ethnocentrism here.

Stratification refers to inequality of entire groups of people, based on structural issues. For instance, social stratification means some people have less access to resources.

Pluralism refers to a society in which diverse groups can live together while maintaining their own traditions.

Finally, you don't need to overcome cultural competence. This is something that needs to be achieved.

217.

You are a clinical social worker meeting with an adolescent for weekly individual therapy. According to Bronfenbrenner's ecological systems theory, which of the following systems includes the adolescent's family, neighborhood, and peers?

Microsystem

Mesosystem

Exosystem

Macrosystem

Correct answer: Microsystem

According to Bronfenbrenner's ecological systems theory, there are five environmental systems within which an individual interacts. The microsystem is the closest to the individual and includes the individual's family, friends, neighborhood, peers, school, and religious institution.

The mesosystem is composed of the interactions between various components in the microsystem, such as the relationship between the individual's teachers and family members. The exosystem includes links between a social setting in which the individual does not have an active role and the individual's immediate context, such as a parent's changing work schedule. The macrosystem is the culture in which the individual lives.

218.

Which of the following is **TRUE** about social work and poverty?

Social workers view poverty as undermining the concept of a just society

Social workers understand that poverty is unrelated to many of the problems and issues they see in their work on a daily basis

Social workers perceive the alleviation of poverty as crucial for the structure of a functioning society

Correct answer: Social workers view poverty as undermining the concept of a just society

The National Association of Social Work's (NASW) code of ethics specifically addresses poverty, and social workers as a whole see poverty as being in contrast to a just society.

The remaining answer options are incorrect. Social workers understand that poverty is related, not unrelated, to many of the problems and issues they see in their work on a daily basis. Social workers perceive the alleviation of poverty as crucial for enhancing human well-being and helping to meet the basic human needs of all people, but not crucial for the functioning of society.

219.

The misattribution of an individual's thoughts, feelings, or impulses onto another person is known as which defense mechanism?

Projection

Reaction formation

Regression

Denial

Correct answer: Projection

Defense mechanisms are methods that individuals use to cope with unwanted impulses in order to reduce anxiety. Projection is the misattribution of an individual's thoughts, feelings, or impulses onto another person. It is often the result of the lack of insight into one's own motivation and feelings. For example, projection occurs when a woman who is easily frustrated with her young children blames her husband for becoming easily upset with the children instead.

Reaction formation is the process of converting unwanted thoughts or feelings into their opposites due to being incapable of expressing the unwanted thoughts or feelings. Regression is the reverting to an earlier stage of development due to stressful life events or unacceptable thoughts or impulses. Denial is the refusal to accept reality or facts or acting as if a painful event did not happen.

220.

Which of the following is the **BEST** way to handle cultural differences between a client and oneself as a practitioner?

Understand how the differences affect the process of problem-solving

Develop a comprehensive understanding of all cultural differences

Involve the client in a deep dialogue about cultural differences

Correct answer: Understand how the differences affect the process of problem-solving

The problem of cultural differences between a client and oneself is common in the practice of social work. In practical terms, the best course of action is to understand how the differences between oneself and one's client affect the process of problem-solving. As this process develops, a greater understanding and rapport will likely develop.

It is impractical and perhaps impossible to expect a social worker to develop a full and comprehensive understanding of all cultural differences. A much better approach is to develop an active, questioning demeanor about such differences. Finally, not every client will be ready or willing to engage in a deep exploration of cultural differences; in most cases, a client presents with a problem to be solved.

221.

With whom did conflict theories originate?

Karl Marx

Niccolo Machiavelli

Thomas Malthus

Correct answer: Karl Marx

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

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

222.

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

Uses up its energy and dies

Uses up its energy but lives

Pursues homeostasis

Correct answer: Uses up its energy and dies

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

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

223.

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

Selecting a marriage partner

Developing intimate peer relationships

Financial independence

Differentiation of self from family of origin

Correct answer: Selecting a marriage partner

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

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

224.

What is the name for internalizing negative judgments of being "the other," leading to self-hatred, depression, despair, and self-abuse?

Internalized oppression

Cognitive distortion

Rationalization

Correct answer: Internalized oppression

Internalized oppression is a response to oppression that occurs when an individual begins to believe the negative myths about their cultural group. The individual may devalue their own group. This process can be conscious or unconscious.

Cognitive distortion is an exaggerated thought pattern that interferes with how an individual perceives reality. Rationalization is a defense mechanism that individuals use to justify their controversial behaviors.

225.

As a social worker, it is important for John to know that which of the following is **NOT** necessarily a risk factor for suicide?

Low socioeconomic status

Personality change

Substance abuse

Access to lethal methods

Correct answer: Low socioeconomic status

There are many risk factors for suicide, among which are changes to personality, substance abuse, and access to lethal methods. Low socioeconomic status on its own is less of a risk factor unless that status is arrived at suddenly.

226.

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

0 to 5 years

5 to 10 years

0 to 1 years

The entire lifespan

Correct answer: 0 to 5 years

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

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

227.

The cephalocaudal trend refers to which of the following?

The pattern of growth from head to tail

The pattern of growth from the center of the body outward

A pattern of abnormal growth

A pattern of growth that affects only humans

Correct answer: The pattern of growth from head to tail

The cephalocaudal trend refers to the pattern of growth from a person's or animal's head to their tail. When a fetus is in utero, the head develops much more rapidly than the lower part of the body, yet by age 2 a child's head measures only one-fifth of the entire length of the body.

Proximodistal trend is the growth of the body from the center outward, referring to the fact that the trunk, head, and chest grow first, followed by arms, legs, hands, feet, fingers, and toes. Cephalocaudal growth is considered to be normal, not abnormal, growth, and applies to both humans and many types of animals.

228.

According to psychoanalytic theory, which of the following represents societal expectations and norms of behavior?

Superego

Id

Ego

Nurture

Correct answer: Superego

According to psychoanalytic theory, the superego represents societal expectations and norms of behavior. It operates in opposition to the id, or the underlying pleasure and survival-oriented energy in human beings. The ego or "I" state in human beings is tasked between mediating between these two and acting appropriately.

"Nurture" is a term used to describe environmental influences on human psychology.

229.

In which of the following stages of couples development is the focus on attachment?

Romance

Co-creation

Power struggle

Commitment

Correct answer: Romance

The first stage of couples development, romance, focuses on the two people making the first and greatest efforts at attachment; moving beyond the idea of separateness into a mutual identity as a couple. Afterward will come power struggle, stability, commitment, and co-creation, all of which build on the foundation of attachment formed at this stage.

230.

In the cycle of violence, in which an individual is abused by their significant other, what is the phase right after the abusive incident, during which the abuser claims to be sorry for the abuse and may blame the abuse on the victim?

Honeymoon phase

Explosion phase

Denial phase

Loss of self-esteem phase

Correct answer: Honeymoon phase

During the honeymoon phase, the abuser acts apologetically for what they have done to the victim. The abuser may promise the abuse will never happen again. However, the abuser may also blame the victim for doing something to cause the abuse.

The other choices are incorrect because they are not one of the three phases in the cycle of violence: tension building, abusive incident, or honeymoon period.

231.

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

Solution-focused

Problem solving

Task-centered

Narrative

Correct answer: Solution-focused

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

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

232.

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

Discrimination and distrust of the healthcare system

Poor lifestyle choices

Genetic vulnerabilities

Correct answer: Discrimination and distrust of the healthcare system

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

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

Genetic vulnerabilities also do not explain the health disparities.

233.

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

Removing dessert

Adding dessert

Removing a scary picture

Correct answer: Removing dessert

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

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

234.

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

That it is defined by the client

That it always conforms to a client's anatomical sex

That it is not separate from sexual orientation

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

Correct answer: That it is defined by the client

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

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

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

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

235.

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

Skinner

Piaget

Maslow

Bandura

Correct answer: Skinner

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

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

236.

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

Psychoanalytic

Psychosocial

Behaviorism

Social learning theory

Correct answer: Psychoanalytic

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

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

237.

Which of the following is the **MAIN** focus of the Universal Declaration of Human Rights?

Oppression and injustice

Voting rights

Hunger

Democracy

Correct answer: Oppression and injustice

The Universal Declaration of Human Rights is a document that addresses oppression and injustice with a set of principles directed at supporting the self-determination of all people.

It is not as concerned with voting rights, hunger, or democracy per se, but addresses human rights in a total sense.

238.

What term would be used to refer to the fact that there is structured inequality among and even within ethnic groups?

Stratification

Ethnocentrism

Multiculturalism

Correct answer: Stratification

Stratification refers to the structured inequality of categories of people, either within or outside ethnic, cultural, and other groups. Many times it refers to economic inequality and inequity of access to social rewards.

Ethnocentrism refers to the belief that one's own ethnic group is superior.

Multiculturalism is the general perspective that a blend of cultures, celebrating diversity, is a healthy direction for a culture.

239.

Metacommunication refers to which of the following?

The context of communication interpretation

The level of communication

The level of consciousness in communication

Things not expressed in communication

Correct answer: The context of communication interpretation

Metacommunication refers to the context in which communicative items are interpreted. It can refer to nearly anything outside the lexicon expressed; thus, body language, tone, and nonverbal communication would all be examples.

Metacommunication does not refer to the level of communication, the level of consciousness in communication, or things not expressed in communication.

240.

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

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

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

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

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

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

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

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

241.

Which of the following terms **BEST** refers to the idea that a person is a member of a particular cultural, national, or racial group?

Ethnicity

Race

Cultural identity

Nationality

Correct answer: Ethnicity

Ethnicity is one of the best terms to describe the shifting and ambiguous concept of identity as regards one's own place with respect to the combination of culture, race, religion, language, and many other factors.

The other terms are either not precise enough, or do not capture all of the relevant factors. The meaning of "race", for instance, shifts over time.

242.

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

Compensation

Homeostasis

Mirroring

Shielding

Correct answer: Compensation

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

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

243.

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

Family

Education

Neighborhood

Religious institutions

Correct answer: Family

Within the context of family, children learn language, skills, social norms, and cultural moral values. They also have the unique opportunity to establish attachments to parents and siblings that serve as models for relationships in the wider world. Children and adults who have warm family ties tend to have better chances for healthy physical and psychological health throughout development, and those who are isolated or otherwise alienated from family are more likely to experience developmental problems.

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

244.

All of the following are influences on moral reasoning, **EXCEPT**:

Prenatal exposure

Parenting practices

Schooling

Culture

Correct answer: Prenatal exposure

Moral development is especially important during the adolescent years when individuals encounter numerous situations in which they must make the "right" choice. Research shows there are several factors that influence moral understanding; however, prenatal exposure is not one of them.

Factors that have been shown to influence moral understanding include parenting practices, such as the warm and open discussion of moral concerns; schooling, as more years of academics are commensurate with more advanced moral encounters; and culture, as individuals in industrialized nations move through moral stages faster than those living in village societies. Peer interaction is also an important part of moral development, as relationships with others assist with negotiation skills and friendship.

245.

Name the following theory used in social work practice:

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

Cognitive behavioral theory

Cognitive dissonance theory

Behavioral modification theory

Correct answer: Cognitive behavioral theory

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

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

246.

Maria and Celeste are working together in a community mental health center. Maria is Celeste's immediate supervisor. After a few months of this relationship, Maria suggests that Celeste accompany her to a concert as a social outing. Some days later, Maria asks Celeste to pick up her children from school. Celeste is uncomfortable with this situation, as in her view supervisors and supervisees should not be socially affiliated in this way.

Which of the following terms from role theory **BEST** describes the issue in this relationship?

Role discomplementarity

Role reversal

Role conflict

Role ambiguity

Correct answer: Role discomplementarity

Role discomplementarity occurs when the expectations of roles are somehow not honored or are violated from the point of view of one of the people enacting a role in the situation.

Role reversal is the exchanging of roles between two or more individuals. Role conflict is a mutually incompatible perception of role adherence. Role ambiguity occurs when there is some confusion about the roles in a relationship.

247.

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

Perpetrators are usually strangers to the victims

Perpetrators are usually male

Perpetrators often use bribery and threats

Perpetrators often choose victims who are physically weak or otherwise vulnerable

Correct answer: Perpetrators are usually strangers to the victims

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

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

248.

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

Separation

Dissociation

Termination

Loss

Correct answer: Separation

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

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

249.

According to which of the following theorists is learning a product of observation and response to the social environment?

Bandura

Skinner

Pavlov

Maslow

Correct answer: Bandura

Albert Bandura's theory about learning is that human beings adapt to their social environment through interactions and observations with others.

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

250.

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

This adolescent is exhibiting what defense mechanism?

Regression

Denial

Dissociation

Compartmentalization

Correct answer: Regression

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

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

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

251.

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

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

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

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

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

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

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

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

252.

According to the work of B. F. Skinner, which of the following terms refers to voluntary behavior?

Operant

Respondent

Aversion

Reinforcement

Correct answer: Operant

B. F. Skinner is the originator of the idea of operant conditioning, which states that voluntary behavior can be shaped by interactions with the environment and various schema of reward and punishment.

The other terms listed do not correspond to this idea.

253.

Aziz, a young man without much experience of difference, has just entered college. He is surrounded by new sources of cultural diversity and begins to have both good and bad experiences with individuals from other cultures.

Which of the following terms describes this stage of his development?

Encounter

Pre-encounter

Immersion-Emersion

Internalization and commitment

Correct answer: Encounter

Encounter is the term usually used to describe the stage of cultural identity development in which an individual is exposed to ideas, persons, and places of difference, having (probably) good and bad experiences as a result.

The other terms describe different stages of cultural identity development.

254.

Andre tends to display acting out behaviors at school when he is not getting attention. The teacher learns to ignore these behaviors, rather than stopping class to address them, and the behaviors cease.

What process is at play here?

Extinction

Flooding

Modeling

Shaping

Correct answer: Extinction

Extinction refers to the withholding of a reinforcer, which causes a behavior to cease. In this case, the reinforcer for Andre is attention. The teacher learned to withhold attention, causing the acting out behavior to stop. This is extinction at play.

Flooding involves exposing a client to feared stimuli, either in real life or an imagined scenario, to extinguish anxiety.

Modeling occurs when a person demonstrates desired behavior to a client.

Shaping involves reinforcing behaviors that are similar to a desired behavior. As a person grows closer and closer to the desired behavior, continued reinforcement is offered until the desired behavior is reached.

255.

In which of the following stages of couples development does one see the issue of differentiation **MOST** vividly experienced?

Power struggle

Co-creation

Stability

Commitment

Correct answer: Power struggle

After the initial stage of romance comes the stage of power struggle, which focuses most on differentiation; the ability of the two partners to maintain their own identity while remaining connected. Subsequently, they may progress to deeper stages of connection; stability, commitment, and co-creation.

256.

Which of the following did Elisabeth Kubler-Ross state that her grief model applied to?

Any personal loss

Loss of spouse

Loss of self

Social loss

Correct answer: Any personal loss

Elisabeth Kubler-Ross proposed a five-stage model of grief (Denial, Anger, Bargaining, Depression, Acceptance) that, though originally conceiving it to relate to terminal illness, she later expanded to include any kind of personal loss.

Virtually any kind of loss (spouse, self, social) would then be part of this model.

257.

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

What is Bill experiencing?

Cognitive dissonance

An egosyntonic reaction

Social anxiety

A psychotic break

Correct answer: Cognitive dissonance

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

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

258.

An increased concern for the future, the ability to delay gratification, development of serious relationships, and an increased focus on cultural and ethnic identity are all characteristics of what stage of adolescent development?

Late adolescence

Early adolescence

Middle adolescence

Post-adolescence

Correct answer: Late adolescence

Many social workers and other theorists divide adolescence into three stages: early, middle, and late adolescence. During late adolescence, individuals have an increased concern for the future, the ability to delay gratification, development of serious relationships, and an increased focus on cultural and ethnic identity.

Early adolescence is marked by thoughts mostly limited to the present rather than the future, deeper moral thinking, moodiness, an increased desire for privacy and independence, and a tendency to return to childish behavior when stressed.

During middle adolescence, individuals have an increased capacity for setting goals, and they think about the meaning of life. Emotionally, these individuals experience a continued adjustment to the changing body, they worry about being normal, and they have a continued drive for independence.

Post-adolescence would refer to early adulthood and is not a stage of adolescent development.

259.

Mindy cares for her aging mother, Darla, who has Alzheimer's disease. Mindy comes to you for psychosocial support, because she is feeling quite conflicted. On the one hand, she is happy to help her mother, as she feels a duty to do so. On the other hand, she feels overwhelmed with caregiving duties, and she feels guilty for feeling this way.

How should you **FIRST** help Mindy deal with these feelings?

Validate and normalize Mindy's feelings

Refer Mindy for supportive services such as respite care and meal delivery

Develop an action plan to help Mindy cope with negative emotions

Ask Mindy if she's comfortable involving other family members in her mother's care to reduce Mindy's burden

Correct answer: Validate and normalize Mindy's feelings

Caring for aging parents can be difficult and stressful. Adult children are often willing to take on caretaking responsibilities, but they may need assistance coping with feelings of guilt, fatigue, etc. Mindy is likely feeling guilty that she is overwhelmed by caretaking duties. She is likely to feel a sense of obligation, and she is upset with herself for being overwhelmed. It's important to validate Mindy's feelings and communicate to her that it's okay to feel what she's feeling. This is what Mindy needs to hear first.

The other answer options are appropriate steps to take, but it's first important to validate and normalize Mindy's experience before taking further steps, such as developing an action plan, referring Mindy to other services, or involving other family members. At this moment, what Mindy most needs is validation.

260.

Which of the following is a cognitive distortion of adolescence?

Personal fable

Secular trend

Propositional thought

Hypothetico-deductive reasoning

Correct answer: Personal fable

Piaget's view of adolescent cognitive development emphasizes cognitive distortions that appear as individuals learn to distinguish their own perspectives from others'. Personal fable refers to the tendency of adolescents to develop an inflated opinion of their own importance because they are sure others are observing and thinking about them.

A secular trend refers to a generational change from one generation to the next. Propositional thought refers to the ability to evaluate the logic of propositions without referring to real-world circumstances. Hypothetico-deductive reasoning refers to the first form of reasoning young adolescents are able to perform, as they start with a hypothesis and then deduce logical inferences.

261.

All of the following are reasons that victims of domestic violence stay with their partners, **EXCEPT**:

Severe phobia about leaving the home

Financial dependence

The fear of more extreme assaults

Embarrassment about going to the police

Correct answer: Severe phobia about leaving the home

Domestic violence is unfortunately widespread in the United States and other nations. Though many victims of domestic violence suffer from anxiety, depression, and frequent panic attacks, there is no research that indicates that victims tend to have a severe phobia about leaving the home.

There are many reasons why victims of domestic violence do not simply leave their abusive partners. Victims may be unemployed and rely on their partners for financial needs. Victims may fear what their partners will do if they leave and may think they will be subject to even more severe forms of violence. Victims may also be embarrassed about their situations and may wish to keep details of their lives private rather than sharing them with the police or others in the community.

262.

Which of the following is a type of discrimination?

Covert

Unfair

Closed system

Correct answer: Covert

Covert discrimination is discrimination that is concealed or hidden. It still has the same negative effects on people, but it is not overt, which means open or explicit.

The other answer choices are not types of discrimination.

263.

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

Object constancy

Normal autism

Normal symbiotic

Separation/Individuation

Correct answer: Object constancy

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

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

264.

What would the behavioral technique of extinction be used to do?

To reduce undesirable behavior by removing stimuli

To reduce undesirable behavior by adding stimuli

To increase desirable behavior by removing stimuli

To increase desirable behavior by adding stimuli

Correct answer: To reduce undesirable behavior by removing stimuli

Extinction is the technique by which undesirable behavior is reduced or eliminated by removing reinforcing stimuli.

Extinction does not involve reducing undesirable behavior by adding stimuli, increasing desirable behavior by removing stimuli, or increasing desirable behavior by adding stimuli.

265.

In social work, individuals are believed to possess multiple dimensions that affect their behavior in the environment. Which of the following are the dimensions of a person?

Biological, psychological, psychosocial, and spiritual

Biological, religious, and psychosocial

Conscious, unconscious, subconscious, and self

Correct answer: Biological, psychological, psychosocial, and spiritual

Each person has four dimensions: biological, psychological, psychosocial, and spiritual. These dimensions shape who the person is and how they interact with the surrounding environment.

The remaining answer options are incorrect because they do not accurately list the four dimensions of a person.

266.

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

A child needs an alter ego

A child naturally dissociates

A child regresses under stress

A child sees themselves in their same-sex parent

Correct answer: A child needs an alter ego

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

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

267.

Relaxation techniques and cognitive restructuring are interventions based on which of the following theories?

Social learning theory

Conflict theory

Psychodynamic theory

Systems theory

Correct answer: Social learning theory

Social learning theory posits that individuals learn by observing others, and that problem behavior is reinforced both positively and negatively. Interventions based on social learning theory are those that gradually reshape behaviors and may include relaxation techniques, cognitive restructuring, imagery, systematic desensitization, and biofeedback.

Conflict theory is based on the ideas of Karl Marx and posits that wealthier social classes use their power to exploit lower classes. Psychodynamic theory posits that personality is created as a result of conscious and unconscious forces, and the main intervention is talk therapy for the individual to explore these forces. Systems theory refers to the study of systems in general on all levels, and may include family or couples therapy to change the interactions between family members.

268.

A 5-year-old is afraid of the dark and will not go to sleep at night without one of her parents lying in bed with her. How would a psychoanalyst and a behaviorist differ in their views of how this problem developed?

A psychoanalyst would link the child's problems to an earlier traumatic event; a behaviorist would believe that the parents are positively reinforcing the child's refusal to go to sleep

A psychoanalyst would link the child's problems to the parents' actions; a behaviorist would believe that the child has some individual pathology that needs to be addressed

A psychoanalyst would prescribe medication to solve the problem; a behaviorist would suggest family therapy

A psychoanalyst would suggest that the child's behaviors are developmentally normal; a behaviorist would believe that the child is regressing

Correct answer: A psychoanalyst would link the child's problems to an earlier traumatic event; a behaviorist would believe that the parents are positively reinforcing the child's refusal to go to sleep

Psychoanalysts believe that individuals suffering from psychiatric problems experienced some early childhood trauma that prohibited them from moving normally through developmental stages. Behaviorists believe that individuals' behaviors are molded by others' responses. In this situation, a psychoanalyst would view the child's problem as a result of having experienced a traumatic event earlier in her life. A behaviorist, on the other hand, would believe that the parents are reinforcing the girl's behaviors by agreeing to lie in bed with her at night.

As stated above, a psychoanalyst would believe the girl is suffering from individual pathology. A behaviorist would link her problems to the parents' actions, not the other way around. A psychoanalyst would likely not prescribe medication in this situation but would suggest that the child be seen for play therapy to work through her problems. A psychoanalyst, not a behaviorist, would view the child as regressing to an earlier developmental stage due to some outside influence.

269.

Which of the following options correctly orders human needs from the most fundamental to the highest, according to Maslow's hierarchy?

Physiological, safety, love and belonging, esteem, self-actualization

Esteem, safety, physiological, self-actualization, love and belonging

Self-actualization, physiological, safety, love and belonging, esteem

Love and belonging, esteem, physiological, safety, self-actualization

Correct answer: Physiological, safety, love and belonging, esteem, self-actualization

Maslow's hierarchy of needs (1943) is a theory proposed by Abraham Maslow that posits that certain human needs are required to be met before other needs can be addressed. The most fundamental of these needs are physiological in nature, such as air, water, and food. Once these needs are met, then humans seek the fulfillment of other needs, such as personal and financial security, love and family, self-esteem and self-respect, and self-actualization.

270.

A social worker is using a prevention intervention tactic on the general public in order to prevent alcohol abuse. Which of the following tactics is the social worker using?

Universal prevention

Selective prevention

Group prevention

Correct answer: Universal prevention

Universal prevention is a prevention intervention tactic used on the general public in which the prevention efforts are applied to everyone.

Selective prevention is a prevention intervention tactic that is used on a select group of individuals, not the general public. Group prevention is not a prevention intervention tactic used in social work.

271.

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

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

Social justice

Political justice

Equal justice

Distribution justice

Correct answer: Social justice

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

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

272.

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

Unpredictability

Consistency

A warm parent-child bond

Explanations

Correct answer: Unpredictability

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

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

273.

Erica is a high school social worker. One of the students, a young girl named Lin, seems to be having behavioral problems. She only seems to conform to expectations when closely monitored, and does so chiefly out of a fear of being punished. Using Kohlberg's stages of moral development, should Erica be concerned?

Yes, because Lin appears to be operating at the preconventional stage of moral development

No, because Lin appears to be operating at the conventional stage of moral development

Yes, because Lin appears to be operating at the postconventional stage of moral development

No, because Lin appears to be operating at the postconventional stage of moral development

Correct answer: Yes, because Lin appears to be operating at the preconventional stage of moral development

If Lin is truly behaving appropriately only because she is frightened of consequences, she is operating at what Lawrence Kohlberg called the preconventional stage of moral development, which is appropriate only for children younger than nine.

The conventional stage of moral development would be expected, as it encompasses adolescent moral development, according to Kohlberg. If Lin were operating at the postconventional stage of moral development, it would be unexpected but not unwelcome, as this stage is something Kohlberg described as being too mature even for most adults.

274.

John and David have been together as a couple for some time. They have reached a point where they are able to accept each other's strengths and weaknesses, and are committed to staying together. In terms of the theory of couples development, which stage is this couple in?

Commitment

Co-creation

Stability

Romance

Correct answer: Commitment

The theory of couples development states that any couple goes through a number of stages. If the couple has reached a deep level of acceptance about each other, this is most characteristic of the commitment phase.

Co-creation is the most mature stage, in which there is more union of persons and shared identity. Stability is an earlier stage where the couple is attempting to figure out a way to live with each other. Romance is the earliest stage, in which the new couple is experimenting with each other and the relationship.

275.

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

Substance abuse

Race

Parental background

Past history of violence

Correct answer: Substance abuse

A dynamic risk factor for violence would be one which is based on a changeable factor, such as substance abuse. If the substance abuse is mitigated, the risk may change.

Race, parental background, and a past history of violence are all examples of static risk factors for violence; they are not changeable.

II. Assessment and Intervention Planning

II. Assessment and Intervention Planning

276.

Which of the following psychopharmaceuticals requires regular testing to ensure safe levels in the blood, as well as the effect on organs such as kidney and thyroid?

Lithium

Tegretol

Lamictal

Topamax

Correct answer: Lithium

Lithium, a salt used to treat Bipolar Disorder, requires regular testing to ensure non-toxic/therapeutic levels in the blood, as well as to make sure that no organ damage is taking place.

The other drugs listed, though all are used to treat Bipolar Disorder, do not have the stringent testing requirements of Lithium.

277.

Katie, a social worker who works with young children, uses the technique of observing children playing with toys while she watches through a one-way mirror or on a video tape. What can Katie gain from this method?

She can see how children play (or interact if there are more than one) without them acting the way they think they "should"

She can test how scared children get in a vacuum environment

She can observe which toys the children play with to determine if they are going to be homosexual or heterosexual

She can put them in a safe environment for a while in order to talk to their parents

Correct answer: She can see how children play (or interact if there are more than one) without them acting the way they think they "should"

Observing children through a one-way mirror allows Katie to watch them in a setting where they do not feel obligated to act a certain way, as they might if Katie were in the room. By the use of observation, the social worker will be able to identify characteristics of the child that are or may become problematic.

The remaining answer options are incorrect. The children are not in a vacuum environment, they are simply playing without Katie in the room. There is no research that states the sexual preference of children can be predicted based on which toys they play with. While Katie can observe the children while they play, simply keeping them busy so she can talk to their parents is not the purpose of this situation.

278.

Zoloft, Prozac, and Paxil are all names of medications typically used to treat what condition?

Depression

Conduct disorder

Schizophrenia

Attention-deficit/hyperactivity disorder

Correct answer: Depression

Zoloft, Prozac, and Paxil are all types of selective serotonin reuptake inhibitors (SSRIs). These types of medication were developed to treat depressive symptoms in individuals.

There is no research that supports any medication therapy that effectively treats conduct disorder, which is a behavioral disorder of childhood and adolescence. Schizophrenia is treated using antipsychotic medications such as Zyprexa or clozapine. Attention-deficit/hyperactivity disorder is typically treated using stimulant medication, such as Ritalin or Adderall.

279.

How can a social worker show a client that they share the client's responsibility to change?

Tending to say "we" while working with the client

Listening to the client, making recommendations, and nodding

Sitting on the edge of the chair, intent, while the client is calm and relaxed

Correct answer: Tending to say "we" while working with the client

This relieves much of the responsibility from the client and shares it with the social worker.

Listening, making recommendations, and nodding shows that the social worker is actively listening to the client, but it does not show that the social worker shares the client's responsibility to change. Sitting on the edge of the chair and intently listening shows that the social worker is focused on the client, but it does not show that the social worker shares the client's responsibility to change.

280.

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

They come and go over time

They may go undetected

They reflect deviations from the client's cultural expectations

They may express themselves in violence

Correct answer: They come and go over time

Personality disorders reflect who a person is, rather than what they have, as in cases such as anxiety, drug dependence, or depression. These diagnoses describe lifelong patterns of behavior that affect almost all aspects of the client's experience, from relationships to impulse control. Thus, they do not usually come and go over time.

Depending on the particular disorder, it may go undetected, though in general the behaviors of clients with these disorders tends to run in some way against the cultural expectations of their surroundings.

Unfortunately, some of the behaviors associated with these diagnoses are violent in nature. For example, antisocial personality disorder may be associated with violence, as individuals with this personality disorder have a disregard for the rights of others and may act out in violence with no remorse.

281.

Which of the following **BEST** describes what a psychosocial assessment is?

It is an assessment written by the social worker that summarizes the client's problems that need to be solved

It is an assessment performed by a social worker to assess how the client reacts to environmental factors

It is an assessment written by the social worker that summarizes the client's mental status

Correct answer: It is an assessment written by the social worker that summarizes the client's problems that need to be solved

In order to write this assessment, the social worker considers several factors, including the client's basic information, background, current functioning, impressions, assessment, and recommendations.

Psychosocial assessments are not meant to determine how the client reacts to their environment or summarize the client's mental status, though these may be parts of the psychosocial assessment.

282.

If Denise wants to perform a personality and psychopathology psychometric test on a client, which instrument or technique would she **MOST** likely use?

Minnesota Multiphasic Personality Inventory

Michigan Personality Evaluation

Test for individual personality traits

Biopsychosocial history

Correct answer: Minnesota Multiphasic Personality Inventory

The MMPI is a personality and psychopathology psychometric test that is used to measure depression, hypochondria, hysteria, paranoia, schizophrenia, etc. It is a comprehensive test that covers a wide array of information about individuals to help determine what their illness might be.

The other choices are incorrect because they are not instruments or techniques used in social work to perform personality and psychopathology psychometric tests on clients.

283.

Which of the following breaks down child development into eight stages, one of which is learning to trust or mistrust?

Psychosocial development

Deep ecology theory

Exchange theory

Correct answer: Psychosocial development

Erik Erikson's stages of psychosocial development focus on the ego and break child development into eight stages. These stages include learning to trust or mistrust, learning to feel autonomous or to feel shame and doubt, initiating activities or feeling guilty, and becoming industrious or feeling inferior.

The deep ecology theory uses four directions: ideas, feelings, spirituality, and action. The exchange theory has three stages: role-taking, role-making, and routinization.

284.

Henry is meeting with a family for the first time, and he needs to do an assessment of them. What is one of the first questions he wants answered during his assessment?

How does the family identify itself?

How did the family decide to seek help from a social worker?

When did the family first notice that there were problems?

Correct answer: How does the family identify itself?

One of the most important things to know about a family is how it identifies itself, meaning who the family considers belonging to the "family," whether the family has a close or distant relationship, and what the family's current living situation is. Therefore, this is the first thing many social workers look for in an assessment.

The information gathered from the remaining answer options is useful, but without knowing the family's identity, it is difficult to effectively assess it.

285.

Which of the following phrases would a client **MOST** likely say who is in the contemplation stage of change?

"I don't know if I can change."

"I don't need treatment."

"I'm in a 12-step program."

"I've been sober for a year."

Correct answer: "I don't know if I can change."

The stages of change model proposes a stepwise, reversible model of change. The contemplation stage is chiefly characterized by ambivalence and doubt about change.

"I don't need treatment" is more characteristic of the precontemplation stage, where the need for change is not well-understood. "I'm in a 12-step program" seems more like the action phase, in which concrete steps are realized. "I've been sober for a year" seems like the maintenance phase, in which gains are maintained.

286.

Zeke is a social worker speaking with his client, Maude. Maude is very angry at her husband over his recent infidelity and is highly upset in the clinical interview. She states that she wants to kill her husband.

What should Zeke do **FIRST**?

Assess the risk

Call the husband

Call the police

Persuade Maude not to act

Correct answer: Assess the risk

There are many situations in which clients express emotions in a way that is not indicative of their true intentions. Clients, particularly when they are in crisis, are prone to dramatic statements. It is the job of the social worker to properly assess the true risk of the situation and act accordingly to take further steps if they are warranted.

Calling the husband or the police immediately would destroy the therapeutic bond and likely shut off the ability to help Maude. Persuading her not to act, if possible in any event, would not be called for before a true appraisal of the situation.

287.

Walter has diagnosed one of his clients with narcissistic personality disorder after doing an assessment during their first session. According to the DSM-5, this disorder falls under which cluster of personality disorders?

Cluster B

Cluster A

Cluster C

Correct answer: Cluster B

Cluster B personality disorders include:

- *Borderline personality disorder*
- *Narcissistic personality disorder*
- *Histrionic personality disorder*
- *Antisocial personality disorder*

Cluster A personality disorders include:

- *Paranoid personality disorder*
- *Schizoid personality disorder*
- *Schizotypal personality disorder*

Cluster C personality disorders include:

- *Avoidant personality disorder*
 - *Dependent personality disorder*
 - *Obsessive-compulsive personality disorder*
-

288.

Domingo is working with a couple in therapy. All of the following are indicators that the wife may be abusing her husband, **EXCEPT**:

She experiences sexual dysfunction

She is diagnosed with borderline personality disorder

She has a history of recklessness and impulsivity

She recently lost her job

Correct answer: She experiences sexual dysfunction

The fact that the wife experiences sexual dysfunction is not necessarily an indicator that she is abusing her husband. It could be due to any number of biological or psychological factors.

Borderline personality disorder, a history of recklessness and impulsivity, and economic stress such as losing a job are all much more likely indicators of spousal violence.

289.

Which of the following research methods in social work uses intervention and comparison groups, but involves nonrandom assignment of participants?

Quasi-experimental

Pre-experimental

Experimental

Anecdotal

Correct answer: Quasi-experimental

Research in social work depends on varying degrees of experimental method and random assignments of participants to groups. In quasi-experimental research, assignment to groups is not random but does use comparison and intervention groups.

The other types of social work research listed involve different levels of random group assignment and use of comparison and intervention groups. Pre-experimental research uses only intervention groups and does not have observation groups or random design. Experimental groups do use both random assignment and intervention/comparison groups.

290.

Jennifer, a social worker, is administering a test to her client Cheryl. The test consists of a series of ambiguous scenes, about which Cheryl is encouraged to form a narrative on her own. Jennifer then assesses these responses.

Which of the following tests is Jennifer administering?

Thematic Apperception Test (TAT)

Rorschach Inkblot Test

Minnesota Multiphasic Personality Inventory (MMPI)

Myers-Briggs Type Indicator

Correct answer: Thematic Apperception Test (TAT)

The Thematic Apperception Test (TAT) consists of a number of ambiguous scenes about which a client is encouraged to create a narrative containing elements of past, present, and future. Based on these responses, the therapist is able to assess certain dimensions of personality function.

The other tests do not measure personality and function in the same way.

291.

For what purpose are the following tools used: survey, asset inventory, focus group, and panel discussion?

Community assessment

Small group team-building

Family restructuring

Correct answer: Community assessment

Surveys, asset inventories, focus groups, and panel discussions are examples of techniques that can be used to evaluate the strengths and weaknesses in a community. By using these, it's possible to determine what sort of changes need to be made in order to improve the community.

Small group team-building uses techniques that include team-building activities and discussions among the group to understand and resolve conflict. Family restructuring uses techniques that include contracting, reframing, enactment, restructuring, and boundaries.

292.

Which of the following would be the **MOST** effective technique for dealing with a client in the precontemplation stage of change?

Establishing rapport

Challenging a behavior

Questioning motivation

Praise for accomplishments

Correct answer: Establishing rapport

The precontemplation stage of change is most characterized by a lack of awareness for a need to change. A client in this stage can be helped most by establishing a strong rapport, so that the therapeutic relationship may progress.

At this stage, challenging a behavior would be unproductive, as the client is unaware of the need for change. Questioning motivation would be inappropriate, as the client in this stage, by definition, may not have motivation to change. Praise for accomplishments would be inappropriate, as there may be no therapeutic accomplishments.

293.

Holly is going to meet a client for the first time. She plans to do a biopsychosocial history on the client in order to learn more about him. Holly asks her client to bring collateral data, such as medical records, pictures of family, and other information to their appointment.

Why is collateral data important?

It helps fill in gaps for the biopsychosocial history that a client might leave out

It helps to show if the client is being honest during the biopsychosocial history

It provides information from family members to reveal their observations of the client

Correct answer: It helps fill in gaps for the biopsychosocial history that a client might leave out

Collateral data is useful for a biopsychosocial history because sometimes clients don't realize that a piece of information is important or they may not even know the information, so they fail to share it with the social worker. Getting collateral, such as medical records, can help fill in the gaps left by clients so that the biopsychosocial history is more complete.

294.

In social work research, what is the **NEXT** step after describing the data needed?

Describing analytical methods

Specifying hypotheses

Literature review

Identifying the problem

Correct answer: Describing analytical methods

In social work research, a problem of study is identified first. This is followed by a literature review, then an identification of hypotheses to be tested. After these steps are complete, it is important to describe the data needed for testing the hypotheses, and the last step is to identify the way in which that data will be analyzed.

295.

Which of the following does folie a deux refer to?

A shared delusion

A split personality

Two kinds of mental disorder in the same individual

A mental disorder with conflicting presentations

Correct answer: A shared delusion

Folie a deux is a French term meaning "madness for two." It is specifically used to address a shared delusion that two people have.

This term does not refer to a split personality or the characteristics of individual mental disorders experienced by one person.

296.

Which of the following types of social work research is considered the **MOST** robust?

Experimental

Pre-experimental

Quasi-experimental

Anecdotal

Correct answer: Experimental

Experimental social work research is considered the most robust due to its design; the presence of intervention and comparison groups, as well as random assignment of participants to those groups.

The other research types listed do not contain this level of rigor. Pre-experimental research uses only intervention groups and does not have observation groups or random design. Quasi-experimental groups use intervention and comparison groups, but do not use random assignment of participants. "Anecdotal" is not a type of social work research.

297.

Walter is going to meet a client for the first time. As part of his assessment, he plans to use functional behavior analysis.

What is one of the steps in this type of assessment?

Identify the client's problem specifically and concretely

Explore what factors in the client's past have shaped his or her behavior

Attempt to change the client's thought processes to alter behavior

Correct answer: Identify the client's problem specifically and concretely

When using the functional behavior assessment technique to assess a client, the social worker first helps the client identify problem behaviors and discusses the interfering behaviors with the client. From there, the social worker identifies the antecedents or events that control the client's behavior, develops a hypothesis of the behavior, and then tests the hypothesis.

The other choices are incorrect because they are not steps that are taken during a functional behavior assessment.

298.

Appearance, speech, thought process, and attitude toward the interviewer are all components of:

A mental status exam

A biopsychosocial assessment

A clinical interview

A forensic evaluation

Correct answer: A mental status exam

A mental status exam is used to collect information about a client based on the interviewer's observations. Essential areas to address in the mental status exam include appearance, speech, emotions, thought process and content, sensory perceptions, mental capacities, and attitude toward the interviewer.

A biopsychosocial assessment is based on facts about the client's life and is a compilation of the client's description of events as well as data from collateral sources. "Clinical interview" is a general term that could include a mental status exam, but may also refer to a meeting to gather information for a biopsychosocial assessment. A forensic evaluation refers to an assessment given by a specially trained clinician in order to provide information for specific legal purposes.

299.

Which of the following would be **LEAST** likely to contribute to organic brain syndrome?

Schizophrenia

Alcoholism

Parkinson's disease

Stroke

Correct answer: Schizophrenia

Organic brain syndrome is a general term used to describe an array of disorders that impact mental function. The symptoms include confusion, memory impairment, judgment, and intellectual function. Several factors can contribute to this syndrome, including alcoholism, Parkinson's disease, and stroke, among others.

Schizophrenia does impact mental function, and is a brain disease, but is less likely than the other factors mentioned to contribute to organic brain syndrome.

300.

If a patient is hypomanic, which of the following is being described?

Manic behavior short of mania

Mania that is worse than the normal level

Mania that is less severe than the normal level

Manic behaviors, some of which are worse than normal mania

Correct answer: Manic behavior short of mania

Hypomania refers to manic behavior that is short of full-blown clinical mania, but which contains some of the same elements; elevated mood and expansive expressions, for instance.

Hypomania would not refer to mania in any form, as it is considered to be short of actual clinical mania. Manic behaviors that are worse than normal mania would be grouped into a description of mania per se, and not called hypomanic.

301.

In SOAP treatment planning, what does the S stand for?

Subjective

Standard

Self

Signs

Correct answer: Subjective

In the SOAP model of treatment planning, the S stands for Subjective, meaning the client's report of their condition and progress.

The other items are not present in this kind of treatment planning.

302.

All of the following are solution-focused assessment questions, **EXCEPT**:

What is your earliest memory as a child?

If a miracle occurred while you were asleep, how would things be different when you woke up?

How would you rate your commitment to working on your relationship with your partner?

What is different about your relationship with your son as compared to your relationship with your daughter?

Correct answer: What is your earliest memory as a child?

Solution-focused therapy is based on the assumption that small changes can lead to bigger differences, that focusing on the present is of the utmost importance, and that clients should pay attention to solutions rather than problems. A social worker asking about a client's earliest memory is not a solution-focused therapy, but may be more inclined toward the psychoanalytic tradition.

All of the remaining answer options are examples of questions that might be asked during a solution-focused assessment. Miracle questions help the social worker determine the client's priorities. Scaling motivation, in which the client is asked to rate their commitment to working on a certain problem, gives the social worker an idea of the client's optimism about a situation. Seeking exceptions asks the client to define what is different about some situations in their life than others.

303.

Andy, a young adult, comes to see you for supportive counseling after his parents prompted him to seek help. Andy has been living with his parents, who are concerned with his lack of direction related to career planning. He makes it clear that he doesn't feel he needs help, and his parents simply need to "lay off" of him.

Which of the following would be the **BEST** way for you to begin your work with Andy?

Validate Andy's feelings and keep conversation informal.

Stage an intervention with Andy's parents to help Andy realize he has a problem.

Lecture Andy about the consequences of not having a plan for his career.

Correct answer: Validate Andy's feelings and keep conversation informal.

At this point, Andy appears to have a lack of motivation for change. The best thing you can do as a social worker is validate his feelings and keep conversation informal. This will help you build rapport with Andy, who will later be more receptive to the helping relationship if you've first built rapport with him.

Andy is already feeling resistant to change. Staging an intervention with his parents or lecturing him will likely only increase resistance. These are not good options for Andy at this time.

304.

Which subtypes of Schizophrenia are present in the DSM-5?

None

Paranoid only

Paranoid, disorganized, and catatonic

Paranoid and disorganized

Correct answer: None

The subtypes of schizophrenia (paranoid, disorganized, and catatonic, among others) were not maintained into the new edition of the Diagnostic and Statistical Manual of Mental Disorders, the DSM-5.

305.

A client was recently severely sexually traumatized. However, when she talks openly with her social worker about this event, she wears a neutral expression on her face. What is this an example of?

Emotional blunting

Inordinate apprehension

Healthy functioning

Anhedonia

Correct answer: Emotional blunting

Emotional blunting is an apathetic response to content that would normally be expected to evoke a stronger reaction. This can be a sign of a mental disorder, a side effect of medications, or a very strong defense mechanism. Social workers whose clients display emotional blunting should be sensitive to the reasons behind it and should take time to sensitively explore the client's deeper feelings, if any.

Inordinate apprehension refers to signs of fear, anxiety, or suspicion, such as hand-wringing and constant fidgeting. Healthy functioning refers to emotional reactions that are expected depending on the context, such as a client who becomes tearful when discussing sexual trauma. Anhedonia is a condition in which individuals are unable to feel pleasurable emotions.

306.

According to the DSM-5, why are compulsions more easily diagnosed than obsessions in children with obsessive-compulsive disorder (OCD)?

Because compulsions are more observable in children

Some children with OCD have only compulsions and not obsessions

Criteria for OCD in children are different than for OCD in adults

Children are better at hiding obsessions than adults

Correct answer: Because compulsions are more observable in children

According to the DSM-5, OCD is characterized by the presence of obsessions, which are repetitive and persistent thoughts, and/or compulsions, which are repetitive behaviors individuals feel compelled to perform in response to the obsession. Among individuals with OCD, compulsions are more easily diagnosed in children than obsessions because compulsions are behaviors that can be noticed by caregivers or other adults.

The criteria for OCD in children and adults are the same. There is no evidence that suggests children are better at hiding obsessions than adults; in addition, the question asks about the differences between obsessions and compulsions in children, not between symptoms in children and adults. The majority of those with OCD have both obsessions and compulsions; there is not clinical evidence to suggest that children with OCD have only compulsions and not obsessions.

307.

When are assessment and diagnosis considered complete?

They are never truly complete

After the formal assessment period has finished

After the patient has accepted the treatment plan

When the treatment team decides on a final diagnosis

Correct answer: They are never truly complete

Assessment and diagnosis are an ongoing process that is never truly complete, in that clinical impressions continue to be formed well after formal assessments have ended. The observations of clients in a clinical context can lead to adjustments or changes in diagnosis.

The formal assessment period may set up a diagnosis, but assessment is an ongoing process. This ongoing assessment is not related to the status of treatment planning or the actions of the treatment team.

308.

Lisa, a 6-year-old girl, is scared to sleep in her own bed at night and often cries uncontrollably until her mother comes to comfort her. She is extremely clingy toward her parents and screams every morning when they drop her off at school. Sometimes Lisa becomes so distressed at school that she vomits and her mother must pick her up. She admits to the social worker seeing her for therapy that she worries "all the time" about something bad happening to her parents, particularly her mother. According to the DSM-5, which of the following diagnoses might Lisa meet criteria for?

Separation anxiety disorder

Social phobia

Generalized anxiety disorder

Panic disorder

Correct answer: Separation anxiety disorder

Separation anxiety disorder is a disorder characterized by excessive fear concerning separation from attachment figures. In this example, Lisa experiences recurrent distress when separated from her mother and sometimes her father; she worries about losing her parents, refuses to go to sleep without her mother nearby, and sometimes vomits when separated from attachment figures. The social worker assessing Lisa would only need to clarify that these symptoms have been continual for more than four weeks to give Lisa a diagnosis of separation anxiety disorder.

Social phobia is a specific fear of being around other people; this example stresses that Lisa's fear is associated with separation from her attachment figures. Generalized anxiety disorder is characterized by excessive worry about a wide range of events or activities; Lisa's worries are confined to her relationship with her parents, particularly her mother. Panic disorder is characterized by recurrent and unexpected panic attacks, which Lisa does not experience.

309.

The model of the stages of change describes how clients change throughout the intervention process. During what stage do clients recognize that a problem exists but aren't necessarily ready to do something to change?

Contemplation

Maintenance

Pre-contemplation

Preparation

Correct answer: Contemplation

Contemplation is the stage in which individuals finally admit that there is some sort of problem (such as depression or alcoholism). At this point, they think about whether or not they want to try to change, since it will be difficult.

Pre-contemplation is the first stage of change in which the client is becoming more conscious of the problem. Preparation is the stage following contemplation in which the client starts to believe that the problem can be changed. Maintenance is the last stage, in which the client continues to succeed by receiving continuous positive reinforcement.

310.

According to the DSM-5, why is a clinical diagnosis of encopresis not given until a child has reached 4 years of age?

Some children are not developmentally ready to be toilet trained until age 4

Young children are usually picky eaters

A child's language skills are not fully developed until this age

The child's attachments have not fully formed

Correct answer: Some children are not developmentally ready to be toilet trained until age 4

According to the DSM-5, encopresis is the repeated passage of feces into inappropriate places, such as clothing or on the floor. Due to developmental variations in individuals, a diagnosis of encopresis cannot be made until a child is at least 4 years old. For example, a child who has been inconsistently toilet trained due to life events may still be wearing a diaper at age four but may be quickly trained as more predictable reinforcements are given.

This question requires the test-taker to know the definition of encopresis. The types of foods an individual eats, a child's language skills, and a child's attachment patterns are not directly related to a diagnosis of encopresis.

311.

Victoria is working with a client, George. George has had a traumatic brain injury, but he still can focus on and understand what other people are saying to him. George is not showing any resistance to the thought of therapy and has already begun seeking out self-help workbooks and has attended peer support groups.

Which stage of change is George in?

Action

Contemplation

Precontemplation

Preparation

Correct answer: Action

George is in the action stage of change. In this stage, people have recently changed their behavior (defined as within the last 6 months) and intend to keep moving forward with that behavior change. People may exhibit this by modifying their problem behavior or acquiring new healthy behaviors. In this scenario, making a commitment publicly to a social worker can help formalize this process to make George more committed. He also can talk through his decisions with his social worker; in any event he has taken concrete steps in terms of self-help and peer support groups.

Precontemplation is the first stage of change where people do not intend to take action in the foreseeable future (defined as within the next 6 months). People are often unaware that their behavior is problematic or produces negative consequences. People in this stage often underestimate the pros of changing behavior and place too much emphasis on the cons of changing behavior.

Contemplation is the second stage of change when an individual is considering the act of changing to fix their issue. In this stage, people are intending to start the healthy behavior in the foreseeable future (defined as within the next 6 months). People recognize that their behavior may be problematic, and a more thoughtful and practical consideration of the pros and cons of changing the behavior takes place, with equal emphasis placed on both. Even with this recognition, people may still feel ambivalent toward changing their behavior.

Preparation (also known as determination) is the third stage of change. In this stage, people are ready to take action within the next 30 days. People start to take small

steps toward the behavior change, and they believe changing their behavior can lead to a healthier life.

312.

If your client is experiencing dissociation, what are they experiencing?

Disturbance in the integration of one's personality

Disturbance in sensory input

Disturbance in language production

Disturbance in reality testing

Correct answer: Disturbance in the integration of one's personality

Dissociation refers to the phenomenon of a disturbance in the usual integration of one's personality, and is often seen in persons who have experienced trauma.

Generally speaking, dissociation does not deal with sensory input, language production, or reality testing.

313.

When planning an intervention in the community, what should a social worker do or consider in order to have the **GREATEST** positive effect?

Consider the community's culture

Get enough people to staff the event

Stick to the schedule closely so you don't leave out anything

Gather as many people as possible for the event

Correct answer: Consider the community's culture

Of these choices, it is most important to consider the culture of the community that is being targeted for change. If the social worker doesn't understand the community they are trying help, they may talk in a way that is confusing or act in a way that is offensive.

The remaining answer options could be true, but understanding the community's culture is essential before any change can be made.

314.

In terms of therapy with children, which of the following is **TRUE** about play?

Play is a form of communication

Play is purely for pleasure

Play prevents the inner life of the child from being expressed

Play is not particularly useful in the clinical setting

Correct answer: Play is a form of communication

Despite what many people believe, play is an important form of communication that children use to express their inner worlds to others. Play is symbolic, metaphorical, and can be complex. Social workers and other clinicians working with children are very aware that children can use play to communicate their fears, worries, and many other things to adults when their language and cognitive skills are not developed.

Play is not purely for pleasure; while it can be fun it is also, as stated above, a way children communicate with others. Play helps children express their inner worlds and the workings of their minds. Play can be incredibly useful in the clinical setting, especially among very young populations, children who are developmentally delayed, or children who have language difficulties.

315.

A social worker is meeting for the first time with a 17-year-old girl and her mother. It is immediately apparent that the teenager is extremely angry with her mother for bringing her to family therapy.

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

Acknowledge the teenager's feelings of anger toward her mother

Ignore the teenager's attitude and gather information for the biopsychosocial assessment

Ask the mother why she believes her daughter is so angry

Suggest meeting with the teenager alone

Correct answer: Acknowledge the teenager's feelings of anger toward her mother

By acknowledging that the teenager is feeling very angry — particularly towards her mother — the social worker shows that they are attentive to the teenager's emotions. The social worker is also hoping to build therapeutic rapport with the teenager and establish trust within the therapeutic relationship. Acknowledging the teenager's anger is an important part of the engagement process, which is essential for planning effective interventions.

The social worker should not ignore the teenager's feelings, as this would not help to establish a positive relationship with the teenager.

The social worker might ask the mother why she believes her daughter is angry but should first acknowledge the teenager's feelings.

The social worker does not need to meet with the teenager alone, as the family has come to the social worker for family therapy, and it is a good opportunity for the teenager to discuss her feelings openly in front of her mother and the social worker.

316.

Which of the following is **NOT** included in a typical intervention plan?

Medications

Specific consequences

Development of an intervention team

Correct answer: Medications

A typical intervention involves:

- *Making a plan*
- *Gathering information*
- *Forming an intervention team*
- *Determining the specific consequences*
- *Determining what to say*
- *Holding the intervention meeting*
- *Following up*

Medications is incorrect because not all clients require medication, and social workers are not able to prescribe it.

317.

What is the name for one person having more than one diagnosis (such as depression along with a personality disorder)?

Comorbidity

Coaxial disorders

Biaxial disorders

Correct answer: Comorbidity

Comorbidity is defined as having any combination of disorders in social work and psychology. Comorbidity can include two disorders or more. They are often related to one another, but not necessarily.

Coaxial refers to an item that has one common axis and multiple three-dimensional linear forms. Biaxial refers to an item that has two separate axes.

318.

Which of the following would be the **LEAST** likely sign of cocaine use?

Hallucinations

Dilated pupils

Anxiety

Irritability

Correct answer: Hallucinations

Cocaine is a central nervous system stimulant that manifests during acute use in users with such symptoms as dilated pupils, hyperactivity, euphoria, and anxiety.

Hallucinations are not a common sign of cocaine use.

319.

Which of the following is **NOT** a risk factor for beginning to abuse alcohol or other substances?

Being under the age of 18

Having a mental disorder

Having a family history of addiction

Experiencing a traumatic event in childhood

Correct answer: Being under the age of 18

There is no research that shows that people under the age of 18 are at more risk of abusing alcohol than those 18 and older.

Mental disorders, family history of addiction, and experiencing a traumatic event in childhood are risk factors for abusing drugs and other substances. People with mental disorders often use drugs to self-medicate. If someone has a family history of addiction it tends to be passed on through genes and observation. Those who had a traumatic childhood sometimes abuse substances to cope with their experiences.

320.

Which of the following options is **TRUE** in regard to the use of the DSM-5 to diagnose an individual?

Best practice involves eliminating possibilities until you reach the correct diagnosis

It is only supposed to be used by third-party payers so that they can gain an understanding of the client's needs

It is only supposed to be used by medical doctors

It is best to follow your "gut feeling" when diagnosing a client

Correct answer: Best practice involves eliminating possibilities until you reach the correct diagnosis

The DSM-5 is used to assess the mental health of an individual using various specific criteria for hundreds of mental disorders. Often a client will present with symptoms that could meet criteria for several disorders; the clinician must collect additional information until they can eliminate diagnoses until the one that fits the best is reached.

The DSM-5 is used by all professionals that work with mental health clients, not just medical doctors or third-party payers. The DSM-5 uses a systematic, criteria-based approach to diagnosing clients, not a "gut feeling" approach.

321.

Which of the following diagnoses does **NOT** belong to the class of disorders called Obsessive-Compulsive and Related Disorders?

Illness anxiety disorder

Trichotillomania

Hoarding disorder

Body dysmorphic disorder

Correct answer: Illness anxiety disorder

The class of diagnoses belonging to Obsessive-Compulsive and Related Disorders is defined by strange or repetitive patterns of behavior and/or highly anxious thoughts that manifest in unusual actions. Body dysmorphic disorder, trichotillomania, and hoarding disorder all belong to this class.

Illness anxiety disorder belongs to the Somatic Symptom and Related Disorders class.

322.

A client lends money to his daughter, a drug addict, so that she will not steal. Which term **BEST** describes the client's action?

Enabling

Empowering

Advocating

Protecting

Correct answer: Enabling

The correct answer is enabling because the client is supporting the drug addict's addiction by not helping the drug addict solve her problem. When an individual enables another to continue doing something, that individual is taking away any motivation to correct the problem.

The term empowering is used when one is helping another to succeed, not to continuously abuse. Advocating is a term used to refer to one who publicly supports another. Protecting is a term used to refer to one who shelters another from harm.

323.

Fred is seeing his client Marissa for the first time. Marissa is highly emotional and constantly seeks to make herself the center of attention. She sexualizes the relationship between herself and Fred, and in other ways assumes that their relationship is closer than what is therapeutically permitted. Marissa dresses in provocative clothing and describes even the smallest crisis as a highly dramatic episode.

Which of the following personality disorders is Marissa **MOST** likely to be diagnosed with?

Histrionic personality disorder

Narcissistic personality disorder

Borderline personality disorder

Dependent personality disorder

Correct answer: Histrionic personality disorder

Histrionic personality disorder is characterized by excessive attention-seeking, the sexualization or forced closeness of most relationships, a high degree of emotionality, and a very dramatic interpretation of most events in life.

Narcissistic personality disorder is a focus on the self with an exaggerated sense of self-importance. Borderline personality disorder is shown by an unstable personality in most domains. Dependent personality disorder is characterized by excessive need for support and guidance in most activities of life.

324.

All of the following are possible results of dating violence, **EXCEPT**:

An increased sense of empowerment

Severe emotional trauma

Chronic health problems

Physical injuries

Correct answer: An increased sense of empowerment

Dating violence, particularly among adolescents, is incredibly common. Females are typically victims of this type of violence, and they experience a decreased sense of empowerment as well as decreased self-esteem as a result.

In addition to physical injuries and trauma, victims of dating violence report severe emotional trauma, chronic health problems, and increased use of medical services and hospitalizations. Adolescents who have been subject to dating violence are more likely to suffer from depression than peers who have not had the same experiences.

325.

Ben is assessing a client, a woman in her late 20s, using Erikson's theory of life cycle development. He determines she is in the Intimacy versus Isolation stage.

What might be a piece of evidence for this conclusion?

She is sharing herself more intimately with others

She is becoming more involved with community activities

She is planning lots of activities and making up games

Correct answer: She is sharing herself more intimately with others

Erickson's stages of development reflect the dualities of personal growth in individuals. In the Intimacy versus Isolation phase, young adults either share themselves more intimately with others or avoid such contact.

Becoming more involved with community activities is more characteristic of the Generativity versus Stagnation stage. Planning activities and making up games is more related to the Initiative versus Guilt stage.

326.

What is the purpose of assessing a patient's judgment and/or insight?

To assess the client's ability to connect behavior with consequences

To assess potential thought disorder

To assess the client's moral reasoning

Correct answer: To assess the client's ability to connect behavior with consequences

When one is assessing a client, assessing that client's judgment and/or insight has the main purpose of establishing the level to which that client understands the relationship between their behavior and actions with consequences.

Assessing for thought disorder would happen elsewhere in the assessment as one deals with reality testing. Assessing a client's moral reasoning, if done at all, would happen elsewhere in the assessment.

327.

Which of the following types of social work research validity/reliability measures the extent to which an assessment truly measures the construct in a more global sense?

Face validity

Content validity

Criterion-related validity

Internal consistency reliability

Correct answer: Face validity

Face validity in social work research is a more global, subjective assessment of whether the assessment truly measures what one desires to measure.

The other types of social work research validity listed do not measure this. Face validity refers to the apparent, subjective integrity of the construct measurements. Content validity refers to the adequate coverage of content domains. Criterion-related validity refers to comparisons with other research constructs. Internal consistency reliability seeks to measure the consistency of items within an inventory.

328.

Which of the following social work research methods contains intervention groups only and lacks comparison/control groups?

Pre-experimental

Post-experimental

Quasi-experimental

Experimental

Correct answer: Pre-experimental

In social work research, pre-experimental groups are considered the least robust because they only contain intervention groups and do not have comparison/control groups.

The other groups listed have more rigor because they contain these elements. Quasi-experimental groups use intervention and comparison groups, but do not use random assignment of participants. Experimental groups do use both random assignment and intervention/comparison groups. "Post-experimental" is a fabricated term.

329.

A client presents with the following symptoms: unusually high amount of anxiety and worry, difficulty sleeping, muscle tension, and fatigue. Which type of anxiety do these symptoms **MOST** likely indicate?

Generalized anxiety disorder

Acute stress disorder

A specific phobia

Social anxiety disorder

Correct answer: Generalized anxiety disorder

Generalized anxiety disorder is characterized by an individual's anxiety and fear that occurs most of the time over at least six months. Unlike with the other choices, individuals with generalized anxiety disorder do not fear something specific. The anxiety is, as the name suggests, general.

Acute stress disorder develops within one month of a traumatic event that was stressful to the client. A specific phobia occurs when a client is afraid of a particular item, such as spiders, heights, or darkness. Social anxiety disorder is anxiety that is caused by everyday social situations.

330.

In which of the following is attention impaired and fluctuating?

Delirium

Dementia

Depression

Mania

Correct answer: Delirium

In delirium, an acute disturbance of awareness and attention, attention is impaired and fluctuating.

In dementia, attention is usually normal. In depression, attention is usually normal but distractibility may be present. In mania, attention may be impaired, but it is not likely to fluctuate.

331.

At what point in the therapeutic process are social workers **MOST** often involved with clients who suffer from substance abuse?

Before the client has acknowledged that they have a problem

Right after the client realizes that they have a problem

Months or years after the client admits they have a problem

It varies depending on the situation

Correct answer: Before the client has acknowledged that they have a problem

It is common for social workers to become involved with substance users before they realize they have a problem or have acknowledged it. Social workers must be careful to be nonjudgmental when the user denies substance use and tries to conceal the abuse.

The remaining answer options are incorrect, as it is most common for social workers to first become involved in substance users' lives before they admit that they have a problem.

332.

Jake is undergoing neuropsychological testing. Which of the following is **MOST** likely to be tested?

His short-term memory

His level of depression

The presence of delusions

The presence of manic episodes

Correct answer: His short-term memory

Neuropsychological testing assesses the overall cognitive functioning of an individual; recall, concentration, and memory among other such items.

Depression, delusions, and manic episodes may be information gathered during such a test, but a neuropsychological assessment is about the functioning of the brain.

333.

A social worker is meeting with the parents of a five-year-old for the first time. The parents are very concerned because recently their child has been talking to himself, especially when he plays.

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

Validate the parents' concerns and educate them about normal child development

Suggest that the parents and children join the social worker for family therapy

Refer the parents to a child psychiatrist

Ask the parents how much they know about child development

Correct answer: Validate the parents' concerns and educate them about normal child development

The social worker should be aware that it is completely normal for a five-year-old child to talk to himself when playing. This is an expected part of development that helps children learn self-guidance, and the child's dialogue will eventually become internalized. However, the social worker should first help the parents feel understood and validated before providing some education about normal child development. Validating the parents' concerns is an important part of the engagement process. Later, the social worker can provide psychoeducation about typical childhood development to alleviate the parents' concerns.

There might not be any need for the social worker to conduct a family therapy session, as the primary concern of the parents is that there is something wrong with their son.

There is no clear reason for referring the son to a child psychiatrist based on the information given in the question.

The social worker could ask the parents what they know about child development but first should validate their feelings.

334.

Which of the following is the **MAXIMUM** age to be diagnosed with disruptive mood dysregulation disorder (DMDD)?

18

21

16

There is no maximum age

Correct answer: 18

The maximum age at which one can be diagnosed with disruptive mood dysregulation disorder (DMDD) is 18, according to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5).

335.

Which of the following drugs is used for the treatment of Attention-Deficit/Hyperactivity Disorder?

Dexedrine

Paxil

Lexapro

Luvox

Correct answer: Dexedrine

Dexedrine (dextroamphetamine) is used for the treatment of Attention-Deficit/Hyperactivity Disorder.

The other drugs are all used for the treatment of Depressive Disorder.

336.

In solution-focused therapy, what is the purpose of the assessment stage?

To determine how the client coped with challenges in the past

To focus on creating a solution to the client's problem, which then can be put into action during intervention

To determine who the main authority figure is in a family by having them act out a typical evening at home

Correct answer: To determine how the client coped with challenges in the past

By assessing how the client handled stressful situations in the past, the social worker is allowing the client to recognize that they already have the skills necessary to cope with their current problems.

The purpose of the assessment stage is not to create a solution to the client's problems or determine roles within the family.

337.

Walter, a social worker, is seeing his client Lyndsey for their regular meeting. Lyndsey has an array of abnormal, involuntary movements of the tongue, lips, jaw, and face. She has had a diagnosis of schizophrenia for decades and has been treated in a variety of settings.

Which of the following is the **MOST** likely explanation for Lyndsey's physical symptoms?

Tardive dyskinesia

Stroke

Tic disorder

Agranulocytosis

Correct answer: Tardive dyskinesia

Lyndsey is most likely suffering from tardive dyskinesia, a condition resulting from long-term high-dose interventions with antipsychotic medications. It results in abnormal movements of the tongue, lips, jaw, and face, as well as abnormal movements of the extremities and trunk.

The other conditions are not as likely given the clinical presentation.

338.

Matthew is meeting his new client Jack in a crisis center for the first time. To help Jack, Matthew must perform a full biopsychosocial assessment. Jack is homeless, disheveled, hungry, and sleepless, as well as likely being under the influence of alcohol.

What should Matthew do **FIRST**?

Establish Jack's sobriety or lack of sobriety

Feed Jack

Begin establishing rapport

Allow Jack to sleep

Correct answer: Establish Jack's sobriety or lack of sobriety

When forming crisis plans, the first and most important step is to do a basic safety assessment, including whether or not the client is intoxicated, suicidal, homicidal, or so acutely ill that they cannot take care of themselves. Other humanitarian concerns can follow very quickly, but without the first and most important step, important information can be left out. A full biopsychosocial assessment may not even be possible if the client is intoxicated.

339.

Which of the following is a specifier for paraphilic disorder in the DSM-5?

In a controlled environment

Recurrent legal problems

Due to psychological versus combined factors

With mixed features

Correct answer: In a controlled environment

The specifier "in a controlled environment" was added to the diagnosis of paraphilic disorder in the DSM-5.

None of the other items is a specifier for paraphilic disorder.

340.

Which of the following is **TRUE** about the production of stress hormones?

Helpful in the short run, harmful in the long run

Harmful but necessary whenever they are produced

Helpful in the short run with no proven long-term effects

Neither helpful or harmful in the long run

Correct answer: Helpful in the short run, harmful in the long run

Stress hormones can be helpful in the short run by helping to provide extra energy and preparing one for acute need. In the long run, if they are continually needed and produced by the body, they can have negative effects on the body such as high blood pressure and heart disease.

341.

Which of the following would be the **BEST** indicator that in a study, content validity was lacking?

Testing suicidal ideation without asking about suicidal behavior

Testing depression while asking about sadness

Testing schizophrenia without asking about creativity

Testing intelligence while measuring verbal fluency

Correct answer: Testing suicidal ideation without asking about suicidal behavior

Content validity measures the degree to which a testing instrument covers all relevant domains. A test of suicidal ideation under most circumstances should ask about suicidal behavior.

A test of depression that asks about sadness and a test of intelligence that measures verbal fluency would be good examples of intact content validity. In order to test schizophrenia, it might not be necessarily expected to ask about creativity.

342.

A client comes to you insisting that the local police department is attempting to frame them. The client is convinced that officers from the police department are tracking his actions in an effort to have him arrested. There is no evidence to support this belief.

This client is experiencing:

Delusions

Endogenous depression

Hallucinations

Correct answer: Delusions

A delusion is a false belief that persists even when there is evidence that the belief is not true. The client in the description believes the police department is trying to frame him, even when there is no evidence to support this belief. The client is therefore experiencing delusions.

Endogenous depression refers to cases of depression caused by chemical imbalances rather than by stressors or other external factors. This does not align with the description of the client.

Hallucinations refer to hearing, seeing, smelling, or feeling things that aren't real. There is no indication the client is experiencing this.

343.

Sven is a school social worker, and it has been brought to his attention that one of the students has been acting out so much that her teachers can't manage her. Sven and other colleagues sit down to make a behavioral intervention plan.

Which of the following would be found in this plan?

Suggestions for how to decrease future occurrences of the misbehavior

Punishments that will be used for the misbehavior

Suggestions for how to avoid triggers for the misbehavior

Models of appropriate behavior

Correct answer: Suggestions for how to decrease future occurrences of the misbehavior

A behavioral intervention plan is developed to help a child learn how to fix their inappropriate behavior while providing guidelines to caregivers about how to interact with the child. This behavioral intervention plan would have a section about how to decrease future occurrences of the misbehavior.

Including punishments in the plan would not be appropriate, as the goal is to teach positive behavior without demonstrating negative behavior. The other options might be possible, but they are too specific when talking about the plan in general.

344.

Which of the following is **NOT** included in the biological aspect of the biopsychosocial model (BPS)?

Coping skills

IQ

Drug effects

Correct answer: Coping skills

The biopsychosocial model is used to gain an understanding of one's biological, psychological, and social factors. Coping skills are included in the psychological aspect of the biopsychosocial model.

The biological aspects of the biopsychosocial model include an individual's physical health, disabilities, genetic vulnerabilities, drug effects, temperament, and IQ.

345.

In social work research, what is the **NEXT** step after literature review?

Specify hypotheses

Identify problems

Describe needed data

Describe analytical methods

Correct answer: Specify hypotheses

After a research problem has been identified and a literature review conducted, it is time to specify the hypotheses that the researcher will study. This is followed by describing the data that will be needed, and the analytical methods that will be used to analyze the resulting data.

346.

In SOAP treatment planning, what does the A stand for?

Assessment

Action

Attitude

Alternatives

Correct answer: Assessment

In SOAP treatment planning, the A stands for Assessment, the drawing together of the subjective and objective elements to form a picture of the client.

The other items listed are not part of this kind of treatment planning.

347.

Which of the following medications is **NOT** an antipsychotic?

Ativan (lorazepam)

Haldol (haloperidol)

Mellaril (thioridazine)

Thorazine (chlorpromazine)

Correct answer: Ativan (lorazepam)

Antipsychotics are used to treat symptoms of thought disorder. Some examples are Haldol (haloperidol), Mellaril (thioridazine), and Thorazine (chlorpromazine).

Ativan (lorazepam) is a benzodiazepine, used to treat (among other things) anxiety.

348.

Which personality disorder is **MOST** characterized by a fear of being judged or evaluated?

Avoidant personality disorder

Schizoid personality disorder

Borderline personality disorder

Dependent personality disorder

Correct answer: Avoidant personality disorder

Avoidant personality disorder is characterized by a fear of being judged or evaluated that is so intense as to impose social isolation.

Schizoid personality disorder is shown by a total avoidance of human contact. Borderline personality disorder is characterized by a highly unstable set of behaviors and responses. Dependent personality disorder is diagnosed by reference to a person's inability to function well on their own without extensive support from others.

349.

The CultureGram, ecomap, and genogram are all examples of what?

Family assessment tools

Standardized intellectual tests

Methods of conducting a mental status exam

Group therapy techniques

Correct answer: Family assessment tools

When conducting family assessments, social workers can use a variety of instruments to further their understanding of family dynamics. Family assessment tools include the CultureGram, the ecomap, the genogram, and several other models developed by researchers.

The remaining answer options are incorrect. Standardized intellectual tests must often be administered by trained psychologists, not social workers. Social workers should conduct a mental status exam when meeting individually with a client, but this is not quite as important when meeting for a family assessment. These are family therapy, not group therapy, techniques.

350.

Which of the following would be the **MOST** accurate positive statement of predictive validity?

Our test predicts what we thought it would predict

Our test is similar to other tests that predict outcomes

Our test predicts the opposite of what we thought it would predict

Our test predicts what we thought it would predict and more

Correct answer: Our test predicts what we thought it would predict

Predictive validity is the type of testing validity that measures to what degree a test predicts what its designers think it should predict.

Predictive validity is not a measure of instrument similarity. Good predictive validity in an instrument would not be indicated by finding the opposite of what is expected, nor are unpredicted results necessarily a good thing that further bear out the hypothesis being tested.

351.

Mike has a client with the following behaviors: anxiety and fear, withdrawing from others, being startled easily, and muscle tension. What would Mike likely believe is the cause of this?

Trauma

Brain injury

Depression

Anxiety

Correct answer: Trauma

Trauma is known as the emotional response that a client has to a negative event in their life. Anxiety and fear, withdrawing from others, being startled easily, and muscle tension are symptoms of someone who has experienced some sort of trauma in their life.

It might be possible to think these symptoms indicate depression, but startling easily and muscle tension usually aren't symptoms of that illness. Symptoms of a brain injury include nausea and vomiting, blurry vision, unconsciousness, headache, dizziness, and confusion. Symptoms of anxiety include dry mouth, feelings of panic, shortness of breath, numbness in hands or feet, cold or sweaty hands or feet, and heart palpitations.

352.

Which of the following is an accurate definition of "enactment"?

A technique used by social workers in which clients are instructed to recreate situations exactly as they occurred

Information obtained from client and collateral interviews

Direct observations of nonverbal behavior

Client self-monitoring

Correct answer: A technique used by social workers in which clients are instructed to recreate situations exactly as they occurred

Enactment is one way social workers can gather information on which to base their assessments. With this technique, social workers ask clients to recreate situations exactly as they remember them occurring, including the same words, gestures, and tones of voice. This technique is used in structural family therapy to help families reorganize to improve functioning.

Information obtained from client and collateral interviews, direct observations of nonverbal behavior, and client self-monitoring are also used for assessments, but are not definitions of enactment.

353.

In what type of family system are members **MOST** likely to form coalitions?

Disengaged families

Enmeshed families

Stepfamilies

Families with multiple children

Correct answer: Disengaged families

Disengaged families are those in which family members are emotionally distant from one another and find it difficult to connect in a meaningful way. In disengaged families, members are more likely to form coalitions, which are alignments of specific family members against other family members. When coalitions occur in disengaged family systems, members abandon the coalition once their needs are met.

Enmeshed families are the opposite of disengaged families, and coalitions are uncommon in these situations. Stepfamilies and families with multiple children are no more likely than other families to have coalitions; it simply depends on the dynamics within the individual family system.

354.

Joan is serving her client, Paul, and is doing an initial assessment in an acute care setting. Joan listens to Paul during their session, and then consults available records in order to arrive at a better understanding.

Which of the following words **BEST** describes what Joan is doing?

Triangulation

Positioning

Reflection

Rounding

Correct answer: Triangulation

Though it has negative connotations in communication, triangulation can also mean to arrive at a better understanding using multiple sources, as in this case.

This activity is not captured by the words positioning, reflection, or rounding.

355.

If a person has exogenous depression, what is the character of that depression?

It is brought on by outside forces and circumstances

It is brought about by inner conflict

It is a product of organic process

It is related to the aging process

Correct answer: It is brought on by outside forces and circumstances

Exogenous depression is depression that is brought about by outside forces and circumstances, such as the loss of a job or a significant other.

Endogenous depression is characterized by inner forces, such as inner conflict or organic process. Either might be related to the general process of aging.

356.

A social worker in an inpatient psychiatric setting is meeting with a father to discuss placement of his teenage daughter in a group home for children with psychiatric difficulties. The father instead begins talking at length about the problems he is having with his employer. The social worker should:

Listen to the father talk about his problems as a way of establishing trust and rapport

Redirect the conversation back to the group home

Ask the father directly what relationship he sees between his employer and his relationship with his teenage daughter

Suggest that the father's problems at work are a result of the problems he has been having with his teenage daughter

Correct answer: Listen to the father talk about his problems as a way of establishing trust and rapport

One significant way the social worker can establish a supportive and trusting relationship with clients is to acknowledge the significance of their personal problems. Even though the father's employment may not seem directly pertinent to the patient's situation, the social worker should listen to the father's concerns as a means of establishing therapeutic rapport.

By redirecting the conversation back to the group home, the social worker is neglecting to acknowledge the father's concerns and may risk offending him. The social worker could ask the father what connection he sees between his employer and his relationship with his teenage daughter, but this could come across as confrontational. By suggesting that the father's problems at work are a result of the problems he has been having with his teenage daughter, the social worker would be making assumptions that may not be helpful in this situation.

357.

Carl is standing in line at the grocery store. He starts sweating, trembling, having chest pain, and feeling short of breath.

What is **MOST** likely wrong with Carl?

Panic attack

Agoraphobia

Social anxiety disorder

Post-traumatic stress disorder

Correct answer: Panic attack

Carl is having a panic attack. This occurs either for no reason or in response to a particular situation. Individuals have symptoms of sweating, trembling, chest pain, and shortness of breath. Often, the person feels like they are dying.

Agoraphobia's symptoms are similar to those of a panic attack; however, it occurs when someone has a specific fear of open or public places. People who suffer from agoraphobia typically have trouble coming out of their homes at all. Social anxiety disorder also has symptoms that are similar to those of a panic attack; however, it occurs when someone has severe anxiety about being in a social situation. Since the question did not state that the client was being forced to socialize, the better answer is panic attack. Post-traumatic stress disorder occurs within a month of an individual's being in or witnessing a terrifying event, which did not occur in this situation.

358.

Which of the following social work assessment terms indicates something that is subsequent to the onset of an illness?

Postmorbid

Premorbid

Contraindicated

Comorbid

Correct answer: Postmorbid

Postmorbid is a term that refers to something that occurs after the onset of an illness.

The other terms listed do not refer to this. Premorbid refers to a condition that existed before the current diagnosis. Contraindicated means a course of treatment action that is incorrect to the circumstances. Comorbid means that which co-exists with the current condition.

359.

Sam has a new client with whom he has decided to use systems theory. To help him assess this client, he is going to use a technique in which he'll draw a visual representation of the client's family along with details about each family member.

What is this assessment tool called?

Genogram

Family tree

Familial graph

Correct answer: Genogram

A genogram is a drawing that includes three generations of a family (usually) and provides information such as each individual's name, date of birth, marriage date, relationship to the client, date of death, etc. This assessment will give Sam an idea of what his client's family system looks like and help him know where he might start his intervention.

A family tree only shows relations between family members and gives limited information. "Familial graph" is a fabricated term.

360.

Which of the following is **NOT** a communication disorder?

Tourette syndrome

Speech sound disorder

Childhood-onset fluency disorder

Language disorder

Correct answer: Tourette syndrome

Though it definitely poses certain problems with communication, Tourette syndrome is classified as a tic disorder; in other words, it represents an involuntary, ego-dystonic movement or behavior.

Speech sound disorder, childhood-onset fluency disorder, and language disorder are all classified as communication disorders.

361.

Which defense mechanism is more commonly used by adolescents with anorexia nervosa than by other psychiatric adolescent patients?

Intellectualization

Regression

Projection

Dissociation

Correct answer: Intellectualization

Defense mechanisms are ways to protect ourselves and reduce anxiety. Intellectualization is a defense mechanism in which an individual protects him- or herself from uncomfortable emotions by focusing on reasoning and thinking rather than feeling. This is commonly found in patients who have anorexia nervosa, a serious eating disorder, who attempt to repress their anxiety or other uncomfortable emotions by not eating.

Regression is the return to an earlier stage in development as a means of relieving anxiety. Projection is the misattribution of a person's undesirable feelings and impulses onto someone else. Dissociation occurs when someone loses track of the time or place and attempts to find a representation of themselves in order to continue in the moment.

362.

Which of the following types of drug includes Ativan, Valium, and Klonopin?

Benzodiazepines

Tricyclics

Selective Serotonin Reuptake Inhibitors (SSRIs)

Monoamine Oxidase Inhibitors (MAOIs)

Correct answer: Benzodiazepines

The class of drug known as benzodiazepines includes Ativan (lorazepam), Valium (diazepam), and Klonopin (clonazepam). These drugs are used to treat anxiety as well as other conditions.

363.

Which of the following intelligence tests is primarily used for assessing cognitive abilities in both children and adults?

Stanford-Binet Intelligence Scale

Kaufman Assessment Battery for Children

Wechsler Preschool and Primary Scale of Intelligence

Differential Ability Scales

Correct answer: Stanford-Binet Intelligence Scale

The Stanford-Binet Intelligence Scale is designed to assess cognitive abilities across a wide age range, making it suitable for both children and adults.

The Kaufman Assessment Battery for Children (KABC) is primarily used for children.

The Wechsler Preschool and Primary Scale of Intelligence (WPPSI) is designed specifically for young children.

The Differential Ability Scales (DAS) are primarily used to profile cognitive strengths and weaknesses in children.

364.

Joe, a social worker in a crisis center, is meeting with his client Rachel. Rachel presented with an addiction to alcohol, multiple breakdowns in her relational and functional life, and statements that could be interpreted as suicidal. The two have moved rapidly through establishing Rachel's safety; she denies the wish to actually follow through on suicide. Through long conversation, Joe and Rachel establish a therapeutic rapport and identify the issues that caused her present crisis. Before moving to the next step, Joe has encouraged Rachel to express her emotions fully, and once this is done, it is time to move on to the next step in crisis intervention.

What is this next step?

Exploring alternatives and new coping strategies

Implementing an action plan

Planning follow up sessions

Addressing Rachel's alcoholism

Correct answer: Exploring alternatives and new coping strategies

In the work of crisis intervention, it is important to follow a methodical process toward problem-solving. This process proceeds rapidly through the establishment of safety and full assessment, the building of a therapeutic rapport, and the identification of problems and causes related to the current crisis. With some time devoted to the expression of emotion, it is then time to build tools and look toward the future by establishing alternatives and new coping strategies. Once this is done, action planning can proceed in earnest, and then follow up sessions can be scheduled to solidify the process.

Addressing the substance abuse issue will likely be some part of the crisis plan; however, it is not a discrete stage of the process in itself.

365.

A family has come to you seeking assistance with conflict resolution, as arguments among family members have become too difficult to manage. You're talking with the family about what has made them decide to come to treatment now, and you're helping them understand your role as the social worker in the treatment process.

In what stage of the problem-solving process are you?

Engagement

Assessment

Planning

Evaluation

Correct answer: Engagement

During the engagement process, the social worker defines the role of both social worker and client, discusses the reasons the client has sought treatment at this time, and describes the parameters of the helping relationship. The engagement stage of the problem-solving process was described in the question.

The assessment stage involves the client providing information to assist with defining their problem and potential solutions.

The planning stage involves goal-setting and collaboration between client and social worker to agree on an action plan.

Evaluation involves using a combination of subjective and objective measures to determine whether goals of treatment were met.

366.

Melanie is serving elderly patients in a nursing home. Recently she has seen some changes in the emotions of her patient Mrs. Reynolds. Mrs. Reynolds has recently become very hostile and aggressive to her aides, caregivers, and even her husband.

Which of the following **BEST** describes Mrs. Reynolds' possible mental status?

Delirium

Dementia

Depression

Alcoholism

Correct answer: Delirium

In delirium, emotionality often changes to a hostile, aggressive, or fearful presentation, particularly in older adults.

In dementia, one would expect a more labile, apathetic presentation. Depression would appear as a flat, unresponsive, or sad emotional state. Alcoholism might result in a combination of some of the above factors, most likely depression and emotional lability.

367.

John and Mark are working together to create a testing instrument for their clients that measures depression. After a few administrations of the test, they find that some of the items are highly variable compared to others within the same test, but that this is true across all test-takers. Which of the following problems is present with the test?

Internal consistency reliability

Item reliability

Construct reliability

Face reliability

Correct answer: Internal consistency reliability

Internal consistency reliability measures the degree to which a testing instrument is consistent on items within a test. A high degree of variability may indicate poor internal consistency reliability.

Item reliability, construct reliability, and face reliability are all fabricated terms.

368.

Which of the following phrases would **MOST** likely be said by someone in the action stage of change?

"I'm in a 12-step program."

"I'm not sure why I'm here."

"I can manage my habit."

"I've been sober for six months."

Correct answer: "I'm in a 12-step program."

The stages of change model proposes a stepwise, reversible model of change. The action stage is chiefly characterized by concrete steps taken toward change.

"I'm not sure why I'm here" is more characteristic of the precontemplation stage, where the need for change is not well-understood. "I can manage my habit" seems more like the contemplation phase, in which ambivalence is the main struggle. "I've been sober for six months" seems like the maintenance phase, in which gains are maintained.

369.

Which of the following is the **MAXIMUM** age before which one must display symptoms before being diagnosed with Attention-Deficit Hyperactivity Disorder (ADHD)?

12

8

18

20

Correct answer: 12

In order to be diagnosed with Attention-Deficit Hyperactivity Disorder (ADHD), one must have experienced symptoms before age 12.

370.

Which of the following medications is used to treat high blood pressure?

Lisinopril

Ventolin

Nexium

Lyrica

Correct answer: Lisinopril

Lisinopril is a medication commonly used to treat high blood pressure. Ventolin is used in asthma inhalers. Nexium is a medication used to treat excess stomach acid. Lyrica is used to treat seizures, nerve pain, and fibromyalgia.

371.

What is a delusion?

A false, fixed belief in spite of evidence

A lack of reality testing with regard to person

A disorientation with respect to time

An emotional response to thought disorder

Correct answer: A false, fixed belief in spite of evidence

A delusion is a false, fixed belief that persists in spite of evidence to the contrary. These are usually symptomatic of thought disorder and tend to not be "curable" per se, though a person's attachment to them might fluctuate.

A delusion is not a lack of reality testing with regard to person, a disorientation with respect to time, or an emotional response to thought disorder, though delusions are highly variable from client to client and can contain elements of these.

372.

The biopsychosocial history is used to measure all of the following, **EXCEPT**:

Behavioral change over time

Mental capacity and cognitive abilities

Physical aspects of the body

Correct answer: Behavioral change over time

The purpose of the biopsychosocial history is to look at all aspects of a person in order to understand them better. "Behavioral change over time" does not look at the aspects of a person, but is a quantitative collection of observations.

The biopsychosocial approach measures the three major aspects of an individual (biology, psychology, and social) and gives a social worker a better picture of what the individual is like.

373.

Which of the following classes of drugs is **MOST** likely to have a negative reaction to certain foods?

Monoamine Oxidase Inhibitors (MAOIs)

Benzodiazepines

Stimulants

Selective Serotonin Reuptake Inhibitors (SSRIs)

Correct answer: Monoamine Oxidase Inhibitors (MAOIs)

The class of drugs known as Monoamine Oxidase Inhibitors (MAOIs) is used to treat depression and does contain significant dietary restrictions on such things as cheese, certain beans, and aged foods.

The other classes or types of drugs do not contain this restriction.

374.

Which of the following drugs is the **MOST** likely to be used to treat bipolar disorder?

Depakene (valproic acid)

Nardil (phenelzine)

Buspar (buspirone)

Valium (diazepam)

Correct answer: Depakene (valproic acid)

Depakene (valproic acid) is one of the front-line treatments for bipolar disorder.

Nardil (phenelzine) is an antidepressant, and Buspar (buspirone) and Valium (diazepam) are antianxiety medications.

375.

Why are the meanings that clients ascribe to problems just as important as the problems themselves?

They influence the way people respond to their difficulties

They can help define specific mental health diagnoses

They are helpful when engaging clients in group therapy

They can assist the social worker in determining the vitality of the client's relationships

Correct answer: They influence the way people respond to their difficulties

Many social workers agree that the meanings clients ascribe to problems are just as important as the problems themselves because they influence the way people respond to their difficulties. For example, an adolescent might attribute her parents' fighting to her own oppositional and acting-out behaviors.

The meanings that clients ascribe to problems do not help define specific mental health diagnoses or assist the social worker in determining the vitality of the client's relationships. These meanings might be helpful during group therapy sessions at times, but this is not the best answer.

376.

What is the point of a Thematic Apperception Test (TAT)?

To gain information about perceptions and motives

To assess cognitive dysfunction

To identify delusions

To diagnose thought disorder

Correct answer: To gain information about perceptions and motives

A Thematic Apperception Test (TAT) asks a client to project a story of their own imagination onto a set of ambiguous scenes. If used on its own, it is mainly used to gain information about that client's emotions, perceptions, and motives.

A TAT would not be used on its own to assess cognitive dysfunction, identify delusions, or to diagnose thought disorder.

377.

Which of the following would be characteristic of the precontemplation stage of change?

Lack of motivation

Aggressive hostility

Planning and commitment

Reinforcement of success

Correct answer: Lack of motivation

A lack of motivation would be most characteristic of the precontemplation stage of change, in which the individual may not realize there is a problem at all.

Aggressive hostility would not necessarily be characteristic of any particular stage of change, but rather a function of the individual personality. Planning and commitment would be characteristic of later stages of change such as preparation and action, in which ambivalence has been overcome and change has begun. Reinforcement of success would be characteristic of the maintenance stage, the last stage, in which gains are consolidated.

378.

Which of the following is a neurodevelopmental disorder according to the DSM-V?

Tourette's syndrome

Schizophreniform disorder

Selective mutism

Conversion disorder

Correct answer: Tourette's syndrome

Tourette's syndrome is grouped in the Neurodevelopmental Disorder section of the DSM-V because it commonly emerges in childhood and is associated with developmental and behavioral problems.

Schizophreniform disorder is a thought disorder in the Schizophrenia and Other Psychotic Disorders section. Selective mutism is associated with anxiety and is therefore listed under Anxiety Disorders. Conversion disorder is diagnostically unique and is listed under Somatic Symptom and Related Disorders.

379.

Collateral contacts, standardized instruments, and client self-monitoring are all excellent tools and sources of information for:

Assessments

Termination

The client

Groups

Correct answer: Assessments

There are many sources of information social workers can use to get the information they need on which to base their assessments. These include client interviews, direct observation, client self-monitoring, standardized instruments, collateral contacts, and the social worker's personal experience.

Termination is the final stage of therapy, and assessments should be completed at the first stages of the social worker-client relationship. The tools listed in the question are sources of information for the social worker, not the client. They are also tools used for individual and family therapy, not necessarily group therapy.

380.

According to the DSM-5, autism spectrum disorder is in what category of disorders?

Neurodevelopmental disorders

Psychotic disorders

Anxiety disorders

Neurocognitive disorders

Correct answer: Neurodevelopmental disorders

According to the DSM-5, neurodevelopmental disorders are a group of conditions with onset during the developmental period. Autism spectrum disorder is characterized by deficits in social communication and social interaction, and first signs usually appear early in development as well.

Psychotic disorders are defined by abnormalities in thinking and functioning to include delusions, hallucinations, disorganized thinking, abnormal motor behavior, and/or negative symptoms. Anxiety disorders share features of excessive or irrational fear and related behavioral disturbances. Neurocognitive disorders begin with delirium, which is not present in autism spectrum disorder.

381.

According to the DSM-5, reactive attachment disorder is in the same category as which of the following?

Posttraumatic stress disorder

Separation anxiety disorder

Autism spectrum disorder

Rumination disorder

Correct answer: Posttraumatic stress disorder

Reactive attachment disorder is diagnosed in early childhood and is characterized by a pattern of inappropriate attachment behaviors. Posttraumatic stress disorder is the development of a wide range of impaired responses to specific triggers associated with a traumatic event. Both reactive attachment disorder and posttraumatic stress disorder fall into the DSM-5 category of "Trauma- and Stressor-Related Disorders." This category includes disorders in which exposure to a traumatic or stressful event is listed as a diagnostic criterion.

The remaining answer options are incorrect. Separation anxiety disorder is in the category of anxiety disorders; autism spectrum disorder is a neurodevelopmental disorder, and rumination disorder is a feeding and eating disorder.

382.

According to the DSM-5, during what time in a person's life are symptoms of autism spectrum disorder usually recognized?

In the second year of life

Within the first 12 months

After the child begins grade school

It varies according to the individual's culture

Correct answer: In the second year of life

According to the DSM-5, autism spectrum disorder is characterized by deficits in social communication and impairment in social interaction. Symptoms are usually first detected in the second year of life, when a child is between the ages of 12 and 24 months. During this time, many developmental milestones should take place, including talking and walking. If developmental delays are apparent during this year, a child should be evaluated for autism.

Though developmental milestones do occur in the first year of life, major motor skills and language skills generally do not become apparent until the second year. Symptoms always appear before a child begins grade school around the age of 5 or 6. Though there are cultural variations in the understanding of autism, individuals with autism spectrum disorder are markedly impaired compared to what is expected of children within the cultural context.

383.

Which of the following refers to deterioration in language functioning?

Aphasia

Apraxia

Agnosia

Psychosis

Correct answer: Aphasia

Aphasia refers to a deterioration in language functioning. This can occur due to various factors, including a stroke, the onset of dementia, or psychosis.

Apraxia is difficulty with motor activities. Agnosia is the failure to recognize familiar objects or people. Psychosis refers to a mental disorder characterized by severely impaired thinking and emotions.

384.

Which of the following should be the social worker's **MAIN** goal when conducting the first session with a client?

To allow the client to tell the social worker their own story in their own words

To gather enough information to make a formal diagnosis

To complete a biopsychosocial assessment

To make the client feel comfortable enough to return for another appointment

Correct answer: To allow the client to tell the social worker their own story in their own words

The main goal of any first interview a social worker has with a client is to allow the client to tell the social worker their own story in their own words. Even if the social worker already has previous knowledge of the client before they come to the meeting, it is important that the clinician elicit the client's understanding of why they are there.

Though the social worker may want to gather enough information to make a diagnosis, or enough to complete a biopsychosocial assessment, this should never be the main focus of the first interview. The social worker may be hopeful that the client feels comfortable enough to return for appointments, but this also should not be the main goal of the first interview.

385.

In a mental health examination, which of the following would be measured by an *orientation* section?

Association with time and place

Sexual preferences

Status in treatment

Physical health status

Correct answer: Association with time and place

In a mental health examination, the orientation section refers to a person's association with time and place. It should also indicate that person's orientation to themselves and their environment in general.

An orientation section does not deal with sexual preferences, status in treatment, or physical health status.

386.

As a social worker providing mental health services, why should you make sure to conduct a medical history?

To ensure that psychological disturbances are not a result of organic or medical problems

For insurance purposes

To show the client that you are equally concerned about their physical health

To determine whether the client is physically able to undergo psychotherapy

Correct answer: To ensure that psychological disturbances are not a result of organic or medical problems

There are many medical disorders that can significantly affect an individual's mental health. Social workers should always make sure to conduct a thorough medical history to rule out any possible organic or medical problems contributing to a client's psychological difficulties.

Most insurance companies do not require social workers to conduct medical histories; it is simply best practice. Social workers should be concerned with clients' physical, emotional, and psychological health, but the purpose of administering a medical history is not to show or prove to the client that you are concerned about their physical health. Psychotherapy is not necessarily a physically demanding activity, and even clients with health problems should be able to participate in psychotherapy without their physical health being compromised.

387.

Why must social workers use different techniques and/or different language to communicate interventions for different age groups?

Intervention techniques must be designed to fit clients' age group so they're able to understand them and feel comfortable

It doesn't matter what techniques are used for different age groups because all techniques can be explained to anyone

Designing techniques together helps the family feel more involved with their children

Allowing children to design their own goals helps them feel like they have control over their therapy, which may make them more likely to participate

Correct answer: Intervention techniques must be designed to fit clients' age group so they're able to understand them and feel comfortable

For example, using an adult technique on a child or using language they don't understand would be pointless. The child might feel embarrassed by not understanding the question and then not want to participate. On the other hand, using overly simple language with clients can be seen as patronizing.

The remaining answer options are incorrect. All techniques might not be appropriate for everyone depending on their cognitive and developmental levels. Letting families design techniques and allowing children to develop their own goals may be somewhat helpful, but they are not ways in which social workers use different language to communicate interventions.

388.

In SOAP treatment design, what does the P stand for?

Plan

Possibilities

Person

Pathology

Correct answer: Plan

In SOAP treatment design, the P stands for plan, the final element which is the action based on the objective and subjective data that have been brought together into a full assessment.

The other items listed are not part of this kind of treatment planning.

389.

Which of the following is an approach social workers use to gather information on a client quickly?

Standardized questionnaires

Interviews

Assessments

Correct answer: Standardized questionnaires

When using standardized questionnaires, the client just needs to complete the survey and mail it back in the pre-addressed and stamped envelope. This requires that the client follow through with the questionnaire, however, and therefore is not always as reliable as other methods.

Interviews and assessments are incorrect because they can be quite time-consuming to complete, since they require the social worker to speak with the client.

390.

Which of the following items would **NOT** be part of a mental status examination?

Family input

Judgment/insight

Orientation

Intellectual functioning/memory

Correct answer: Family input

A mental status examination is a measure of only the clinician's observations of a particular client based on an interview and is not meant to measure relational dynamics such as family relationships. Similarly, family input is not included.

The other items listed are all parts of a mental status examination.

391.

Bill is working with a client, Anna, who has recently been discharged from a mental hospital for a serious suicide attempt. Anna appears to have made good progress in her treatment, denies suicidal intentions, and, after a short stay, has been released. In the few days after her release, Anna is showing a very positive mood. She is attending to legal and personal matters and is giving gifts of personal belongings.

What is the **BEST** course of action for Bill to take?

Be extremely watchful, as Anna is exhibiting several alarming warning signs

Be therapeutically present, as Anna seems on the road to recovery

Lobby for involuntary commitment, as Anna is still a danger to herself

Terminate the client relationship, as Anna no longer needs support

Correct answer: Be extremely watchful, as Anna is exhibiting several alarming warning signs

The warning signs of suicide are well-established in practice and literature, and must be monitored in order to preserve client safety. Anna's recent discharge from a mental hospital, her sudden spike in mood, the seriousness of her suicide attempt, her attempts to organize her life regarding legal and other matters, and her giving away of personal belongings are all very concerning.

One mistake would be to assume that what would be adaptive in other people, such as many of the above behaviors, are adaptive in a suicidal person and that Anna is recovering. Involuntary commitment might be exactly the wrong thing to do, as it not only deprives Anna of her liberty but robs her of the chance to recover in the community. This would be the wrong time to terminate, as Anna is new to treatment and recently had a very high-risk episode.

392.

When one is assessing *affect*, what is one assessing?

Mood and statements about mood

Language capability

Integrity of thought process

Judgment and insight

Correct answer: Mood and statements about mood

When a person is being assessed, affect refers not only to the mood they exhibit to observation but to their perceptions about mood as evidenced by their own statements about it.

Affect in this context does not refer to language capability, thought integrity, or judgment/insight.

393.

Which of the following would be a single-case study design?

AB

ABA

ABAB

ABABA

Correct answer: AB

A single-case study measures each element once. Thus, AB would be a model following single-case study design.

ABA, ABAB, and ABABA measure each element more than once.

394.

All of the following are ways to assess for reality testing, **EXCEPT**:

Administer a standardized test

Test for orientation to time, place, person, and situation

Ensure the client can differentiate their own thoughts and feelings from others'

Check to make sure the client can reach appropriate conclusions about cause-and-effect relationships

Correct answer: Administer a standardized test

One way to assess for intellectual functioning—not reality testing—is to administer a standardized test. However, most standardized tests can only be administered by a trained psychologist, not a social worker.

Reality testing is critical to a person's mental health. A person functions well in this area if they are oriented to time, place, person, and situation; can differentiate their own thoughts and feelings from others'; and can reach appropriate conclusions about cause-and-effect relationships.

395.

Jamie has been working with a client who suffers from depression. The client says something that makes Jamie believe she is suicidal.

What should Jamie do?

Directly ask the client if she is going to kill herself and if she has a plan

Immediately call 911 and have the client put under a psychiatric hold

Talk to her supervisor to see what she recommends in that particular situation

Don't specifically address the issue, but continue the session and discuss the client's troubles

Correct answer: Directly ask the client if she is going to kill herself and if she has a plan

Social workers are ethically bound to ask their client if they have a plan to complete suicide if the client makes a suicidal statement. If the client has a plan and the means to carry it out, then the social worker must report it. Otherwise, the social worker can talk through the issue with the client to help them get to a better place. Directly asking the client if she has a plan to kill herself should be part of a risk assessment.

The social worker does not need to call 911 unless the client intends to harm themselves.

The social worker should evaluate the patient for safety immediately rather than going to talk to a supervisor or ignoring the issue.

396.

Abigail comes to her social worker for treatment of problems related to eating. She feels out of control when eating, and she consumes thousands of calories within a brief period and then feels guilty afterward. She does not engage in any behaviors to get rid of excess calories after these eating episodes, but she is extremely ashamed of how much food she consumes.

What disorder does Abigail **MOST** likely have?

Binge eating disorder

Bulimia nervosa

Pica

Correct answer: Binge eating disorder

Based on the description, Abigail most likely meets criteria for binge eating disorder. This condition occurs in people who have recurrent episodes of consuming large amounts of food over a short period of time.

Bulimia nervosa also involves consuming large amounts of food, but individuals with this disorder engage in compensatory behaviors like purging or excessive exercise to get rid of extra calories and prevent weight gain. Since Abigail is not engaging in behaviors to get rid of extra calories, she does not meet criteria for bulimia nervosa.

Pica is diagnosed in people who consume non-nutritive, non-food substances like paper or clay. There is no indication Abigail is doing this.

397.

Peter has been working with a client for several weeks. He starts to notice that she responds in as few words as possible, is often silent, and demonstrates her distaste for being there.

What conclusion will Peter **MOST** likely draw about his client?

She is resistant to therapy

She is afraid to talk about her issues

She isn't comfortable talking with him

Correct answer: She is resistant to therapy

By saying little or nothing during the sessions and showing her distaste, the client is giving the message to Peter that she is resistant to therapy.

If the client was afraid to talk about her issues or wasn't comfortable talking to Peter, she might say little or nothing during the sessions, but she more than likely wouldn't show distaste for being there.

398.

Which of the following types of validity/reliability in social work research measures the extent to which the conclusions of research can be generalized?

External validity

Test-retest reliability

Parallel forms reliability

Face validity

Correct answer: External validity

Once a research project has been completed, the measure of external validity attempts to assess how much the conclusions can be exported to the general population.

The other kinds of validity listed do not measure this. Face validity refers to the apparent, subjective integrity of the construct measurements. Test-retest reliability refers to the consistency of an instrument from one time to another. Parallel forms reliability refers to comparisons with other research constructs drawn from the same content domain.

399.

Why is silence such a valuable interviewing technique? Choose the **MOST** correct answer.

It shows that the social worker is listening to the client and it encourages the client to talk more

It prevents the social worker from making offensive statements to the client

It allows time for the social worker to think about what they're going to say next

It provides time for the social worker to observe the client without the need to say anything

Correct answer: It shows that the social worker is listening to the client and it encourages the client to talk more

Silence can be a powerful tool. If a social worker doesn't say anything after a statement made by a client, but they lean forward, it shows that they're interested in hearing more. This technique can be very useful at times.

The other answer options are also reasons why silence during sessions is valuable, but they are not the primary reason.

400.

Which of the following is the **MOST** appropriate way for social workers to see their clients?

Experts in their own life

Victims in need of aid

People in crisis

People in need of guidance

Correct answer: Experts in their own life

The most appropriate way to view clients from the social work perspective is as experts in their own life. The social worker is not a savior or completely authoritative guide; rather, they collaborate with clients to assist them in coming up with their own skills and solutions.

Clients may or may not be in crisis, and in the moment they are seeking care, might or might not be considered victims. The social worker should be careful in taking on the role of guide if that means they become the expert in that patient's life and circumstances.

401.

Which of the following is the **LEAST** likely sign of cannabis use?

Loss of appetite

Loud talking

Inappropriate laughter

Loss of motivation

Correct answer: Loss of appetite

The use of cannabis is associated with such signs as loud talking, inappropriate laughter, loss of motivation, and red, glassy eyes.

Cannabis use is rarely associated with loss of appetite.

402.

What is the **MOST** likely diagnosis for a client who experiences extreme fear of having sex because of difficulties related to vaginal penetration?

Genito-pelvic pain/penetration disorder

Female orgasmic disorder

Female sexual interest/arousal disorder

Generalized anxiety disorder

Correct answer: Genito-pelvic pain/penetration disorder

The most likely diagnosis for this client is genito-pelvic pain/penetration disorder. This disorder is diagnosed in people who have persistent or recurrent pain during intercourse. It involves difficulty with vaginal penetration, and because of pain and difficulty, a person experiences fear and anxiety related to intercourse.

Female orgasmic disorder does not involve pain or difficulty with penetration. It is diagnosed in women who have delayed orgasm, an absence of orgasm, or reduced intensity of orgasm during intercourse. Problems with orgasm occur even with adequate stimulation and cause distress and impairment.

In female sexual interest/arousal disorder, a person experiences distress related to difficulty becoming sexually aroused. This does not align with the description given in the question.

Based upon the given description, generalized anxiety disorder doesn't fit with this client. Generalized anxiety disorder involves excessive anxiety related to everyday topics, such as health or finances.

403.

Which of the following statements is **TRUE** about the Somatic Symptom and Related Disorders category, according to the DSM-V?

They are disorders characterized by unexplained medical issues

They are primarily disorders of thought

They are disorders related to anxiety

They are disorders rooted in the experience of trauma

Correct answer: They are disorders characterized by unexplained medical issues

The disorders listed in the Somatic Symptom and Related Disorder section of the DSM-V have in common the presence of unexplained medical issues or symptoms without a physical referent.

Thought disorders are listed under Schizophrenia Spectrum and Other Psychotic Disorders. Anxiety issues are described in the Anxiety Disorders section. Trauma-related disorders are included in the Trauma- and Stressor-Related Disorders section.

404.

Which of the following types of validity/reliability in social work research measures to which degree all of the desired data domains are covered?

Content validity

Face validity

Internal consistency reliability

Discriminant validity

Correct answer: Content validity

Content validity measures the degree to which a desired pool of content or data is meaningfully addressed by an instrument of measurement.

The other types of social work research validity listed do not measure this. Face validity refers to the apparent, subjective integrity of the construct measurements. Discriminant validity, a kind of criterion-related validity, refers to comparisons with other research constructs. Internal consistency reliability seeks to measure the consistency of items within an inventory.

405.

Which of the following refers to the inability to recognize faces?

Prosopagnosia

Agnosia

Acalculia

Aphasia

Correct answer: Prosopagnosia

Prosopagnosia is a change in cognition that makes a person unable to recognize faces.

Agnosia refers to the inability to recognize everyday objects. Acaculia is the inability to do simple arithmetic, and aphasia is difficulty understanding or producing language in spoken or written form.

406.

Which of the following is the endocrine system responsible for?

Hormones

Immune responses

Neurotransmitters

Antibody production

Correct answer: Hormones

The endocrine system is responsible for the production of hormones, which are the body's long-distance messengers. Hormones are chemicals that control body functions such as growth and metabolism.

The endocrine system is not responsible for immune responses, neurotransmitters, or antibody production.

407.

Using the Stages of Change model, social workers identify when a person does not know there is a problem, when they are doing well, and when they relapse. In which stage have people met their goals and are trying to refrain from backsliding?

Maintenance

Relapse

Action

Pre-contemplation

Correct answer: Maintenance

During the maintenance stage, clients have reached their goals and are satisfied with their progress. At this point, clients work hard to prevent any former problems from showing up again.

Relapse is the stage in which the client has reverted back to a previous behavior. Action is the stage in which the client is ready to start the actual change process. Pre-contemplation is the stage in which the client is just finding out that they have a problem.

408.

Rather than using only one theory, Penelope draws on several different theories in her work with clients who suffer from depression. What word describes Penelope's approach to intervention with clients?

Eclectic

Blended

Diverse

Correct answer: Eclectic

Penelope is using an eclectic approach. This means that she uses different theories with different clients based on what she feels is most appropriate rather than using only one theory as a "one size fits all" approach.

Blended and diverse are not terms typically used when discussing social work theories.

409.

You're working with a teen who has been referred due to showing some aggressive behaviors towards siblings and parents. He has also shown aggression toward peers at school, resulting in a suspension.

If your goal is to determine the teen's risk of violence towards others, which of the following would be the **MOST** important factor suggesting high risk of future violence?

Gang membership

Becoming violent prior to age 16

Having a history of treatment for a substance use disorder

Belonging to a large circle of friends

Correct answer: Gang membership

Alongside involvement with delinquent peers, gang membership is a strong predictor of violent behavior. Gang membership is therefore the most important factor to consider when evaluating the risk of future violence. The other factors here are not as indicative of the risk of future violence and therefore would not be the most important considerations.

Being violent prior to age 16 may be a concern, but the risk of committing serious crimes and showing escalating violence is higher among youth who become violent before age 13.

Drugs are linked to serious violence, but being treated for a substance use disorder in the past would actually reduce the risk of violence, if the teen is no longer misusing substances.

Since social isolation actually increases the risk of violent behaviors, having a large circle of friends is probably a protective factor, unless those friends happen to be delinquent. Since this answer option does not mention delinquent friends, it is not the most important consideration here.

410.

Which of the following helps study and record a person's appearance, motor activity, speech, affect, perception, and intellect?

Mental status exam

DSM-5 evaluation

Initial interview

Psychological functioning test

Correct answer: Mental status exam

The mental status exam (MSE) looks at a person's physical, psychological, and socioeconomic health. The MSE provides valuable information for a social worker when meeting with a client for the first time.

The DSM-5 evaluation looks at a person's diagnosis, personality disorders, intellectual disabilities, medical or neurological conditions, psychosocial stressors, and level of functioning. An initial interview looks at a person's purpose for the visit, family information, work history, and family resources. A psychological functioning test looks at a person's personality or behavior.

411.

In social work research, after the problem has been identified, what should a researcher do **NEXT**?

Literature review

Specify clear hypotheses

Describe needed data

Describe analytical methods

Correct answer: Literature review

In social work research, after a problem of study has been identified, it is important to review the available literature on that problem to understand the current state of research.

After this step, hypotheses can be formed and data design formulated. Describing the analytical methods to be used will be the last step.

412.

You're working with a client who is diagnosed with schizoaffective disorder, and you've referred her to a psychiatrist for an assessment of medication needs. Which medication would you **MOST** expect this client to be prescribed if she has the bipolar type of schizoaffective disorder?

Haloperidol

Citalopram

Alprazolam

Methylphenidate

Correct answer: Haloperidol

Haloperidol is an antipsychotic drug used to treat schizophrenia and mania. This is the medication most likely to be utilized for a patient with the bipolar type of schizoaffective disorder.

Citalopram is an antidepressant drug and unlikely to be prescribed for the bipolar type of schizoaffective disorder.

Alprazolam is an anti-anxiety drug and would not likely be utilized to treat bipolar type schizoaffective disorder.

Finally, methylphenidate is an ADHD medication.

413.

You are working with a client, Jerry, who has come to treatment to address symptoms of depression. During your assessment, you are trying to learn about Jerry's strengths, but he maintains that he does not have any strengths.

What is the **BEST** thing you could do to respond to Jerry at this time?

Ask Jerry about a time when his depressive symptoms are not as bad.

Accept that Jerry has no strengths, and try to sympathize with him.

Try to boost Jerry's self-esteem with a compliment.

Refer Jerry for inpatient treatment since his depression is so severe.

Correct answer: Ask Jerry about a time when his depressive symptoms are not as bad.

Identifying client strengths as a part of the treatment process is essential. Strengths can be used to help clients realize their own potential for growth. If Jerry is having a difficult time identifying his strengths, asking him about exceptions to the problem can be helpful. For instance, he might say that symptoms are not as bad when he is able to spend time with friends. You could then identify that his circle of friends is a strength in his life.

You should not accept that Jerry has no strengths. Inherent in the social work profession is the belief that all clients have strengths and resources that can be used for personal growth.

Boosting Jerry's self-esteem with a compliment is not the best choice either. It is better to have Jerry identify his own strengths by talking about exceptions to his problem.

Finally, there is no indication that you need to refer Jerry to inpatient treatment. He should be treated in the least restrictive environment. Should you obtain information that Jerry is in imminent danger, you may refer to inpatient care, but at this time, having a conversation about exceptions to his problem seems most appropriate.

414.

You are using a depression scale as part of evaluation with a client who has come to therapy for depressive symptoms. You chose this scale because, upon first glance, the scale appeared to actually be measuring depressive symptoms.

Based on this fact, this scale has:

Face validity

Content validity

Test-retest reliability

Correct answer: Face validity

Face validity refers to whether scales measure constructs of interest "on their face." Since the depression scale appears to be measuring depression at face value, it has face validity.

Content validity refers to whether all relevant domains of a construct are covered in a scale. The question does not address whether the scale covers all relevant domains of depression.

Finally, test-retest reliability is a measure of consistency. It assesses whether a scale produces consistent results from one time to another. Consistency is not addressed in this question.

415.

Christopher, a social worker in a crisis center, is working with his client, William. William is in need of basic services such as food, housing, and sleep. After making sure that William is not a danger to himself or others through a safety assessment, what should Christopher do **NEXT**?

Make psychological contact

Implement an action plan

Collaboratively identify major problems

Explore coping strategies

Correct answer: Make psychological contact

After ensuring the physical safety of the client, the next essential step is to establish some kind of rapport with the client and rapidly build a collaborative relationship. Without this step, no further steps will truly be possible, as no purpose-driven bond of trust will be present.

The rest of the steps represent stages that are later in forming a crisis plan.

416.

To which of the following does the term "comorbid" refer?

A patient with two conditions

Two patients with the same condition

A patient with two conditions, one of which is fatal

A patient with a fatal condition

Correct answer: A patient with two conditions

The term comorbid refers to a patient who suffers from two conditions at the same time; such as depression and substance abuse, or schizophrenia and tic disorder.

Comorbid does not refer to two patients with the same condition, nor does it specifically refer to the fatality of any condition.

417.

Which of the following describes perceived role behavior?

A married couple go to buy a car and the salesman speaks only to the man, not the woman

A father assumes that because the mother-infant bond is most important, the baby should be with the mother as much as possible

The youngest child in a family engages in excessive temper tantrums because "that's how the baby of the family is supposed to act"

A stepfather threatens to harshly discipline his stepchildren because he knows that is the man's role in a family

Correct answer: A married couple go to buy a car and the salesman speaks only to the man, not the woman

Social workers are often charged with sorting out roles in the family system. Individual role behavior may be enacted, prescribed, or perceived. Perceived role behavior focuses on the expectations of others regarding a person who is filling that role. In this situation, the car salesman assumes that the man is the primary decision-maker in the household and understands more about cars than his wife.

Enacted role behavior describes when a family member acts in the way they are expected to act in the family, such as the youngest child throwing tantrums and a father figure stepping in to discipline children. A prescribed role is influenced by societal or cultural preferences, such as the assumption that the bond between a mother and infant is more important than the bond between a father or other caregiver and the infant.

418.

Which of the following classes of drugs is used to treat attention-deficit/hyperactivity disorder?

Stimulants

Antipsychotics

Antidepressants

Mood stabilizers

Correct answer: Stimulants

Stimulants such as Adderall and Dexedrine are commonly used to treat attention-deficit/hyperactivity disorder.

Antipsychotics are used to treat the symptoms of thought disorders. Antidepressants and mood stabilizers are used as interventions to manage variability of mood.

419.

A client tells his social worker that he's so angry at his boss that he just wants to kill him. The social worker carefully asks him if he actually has a plan and the means to carry out the threat. What should the social worker do if he thinks the client is serious?

Call the police, because the social worker is a mandatory reporter

Record the conversation thoroughly in the case notes, in case something does happen

Brush it off as the client venting his feelings in their session

Talk to his supervisor for guidance

Correct answer: Call the police, because the social worker is a mandatory reporter

The correct answer is to call the police if he believes the client is serious, because the social worker is a mandatory reporter. That means the social worker must report when a client has the plan and the means to be a threat to himself or others.

The remaining answer options are incorrect because none of them have the social worker immediately notifying the authorities. It is appropriate to document the client's comments, but the social worker should first contact police.

420.

Which of the following does **NOT** represent the intervention goals of structural family therapy?

Explore the childhoods of the parental figures in the family to determine causes of present problems

Resolve immediate symptoms

Create structural change

Correct answer: Explore the childhoods of the parental figures in the family to determine causes of present problems

The goals of structural family therapy include resolving immediate symptoms, creating structural change, and increasing and preserving the mutual support among family members. Structural family therapy is a psychological approach that looks at a family's problems by looking into the relationships between each family member and the three subsystems: parental subsystem, sibling subsystem, and spousal subsystem.

By exploring family members' childhoods, the therapist would be taking more a psychodynamic approach that does not fit within the framework of structural family therapy.

421.

Which of the following is **NOT** a type of social work research?

Post-experimental

Experimental

Pre-experimental

Quasi-experimental

Correct answer: Post-experimental

The varying types of experimental research in social work; experimental, quasi-experimental, and pre-experimental, are all defined by varying levels of methodical rigor and randomization of subjects.

Post-experimental is a fabricated term.

422.

Judy goes to see her social worker because she was in a car accident and is very upset about it. She also says that she's experiencing difficulty thinking (her mind feels "fuzzy") and she has difficulty concentrating.

What might these symptoms indicate?

Traumatic brain injury

Post-traumatic stress disorder

Dissociative identity disorder

Correct answer: Traumatic brain injury

Judy may have suffered a traumatic brain injury (TBI) during her car accident. A TBI occurs when the brain is given a jolt and moves violently within the skull, which is exactly what can happen during a car accident. Some of the symptoms of a TBI include trouble with concentration, a feeling of "fuzziness," and memory problems.

Post-traumatic stress disorder is incorrect because the symptoms associated with it are nightmares, severe anxiety, flashbacks, and uncontrollable thoughts about the incident that caused the disorder. Dissociative identity disorder is incorrect because the symptom associated with it is split identities.

423.

Lee is working with a new client using behavior therapy. Which of the following is **NOT** an important characteristic for Lee to convey to her client during the first session?

Rigidity

Competence

Caring

Correct answer: Rigidity

It is not important for the client to regard Lee as rigid; rather, a therapist should be perceived to be flexible and understanding.

If Lee is competent and caring, it will help her encourage the client and make the client feel more comfortable engaging in some behaviors that are uncomfortable. In order for behavior therapy to be effective, a social worker needs to see the client's behavior in its natural environment; therefore, the social worker needs to hone their own skills to be able to bring out this behavior in the client.

424.

A client comes to treatment, and you notice a general lack of motivation for change. At what stage of change would this client most likely be in, based on lack of motivation?

Contemplation

Action

Maintenance

Preparation

Correct answer: Contemplation

A client who is thinking about change but still experiencing ambivalence falls in the contemplation stage of change. A client in this stage may show a lack of motivation, as they are willing to evaluate the benefits of changing but are not yet committed to working toward change.

A client in the action, maintenance, or preparation stage of change may experience some motivational challenges, but lack of motivation is more often found during the contemplation and precontemplation stages of change.

425.

According to the DSM-5, how early after beginning an antidepressant might individuals experience sexual dysfunction?

8 days

1 month

2 months

4 hours

Correct answer: 8 days

According to the DSM-5, substance/medication-induced sexual dysfunction is a disorder in which the substance is the direct cause of the dysfunction. One common side effect of antidepressants is the inability to climax during sexual intercourse, in addition to an overall decreased libido. Individuals who take antidepressants have reported noticing effects on their sexual functioning as soon as eight days after starting to take the medication.

426.

In social work research design, what is the **FIRST** step?

Identifying the problem

Describing necessary data

Clearly define hypotheses

Literature review

Correct answer: Identifying the problem

The first step in social work research is to identify a focus of that research. After this step, literature should be reviewed, clear hypotheses advanced, and the kind of data identified that will support the hypotheses.

427.

Which of the following types of validity/reliability in social work research measures the consistency of different instruments drawn from the same content?

Parallel forms reliability

Face validity

Interobserver reliability

Content validity

Correct answer: Parallel forms reliability

Parallel forms reliability measures the consistency of different instruments drawn from the same pool of content or data.

The other items listed do not measure this type of research validity. Face validity refers to the apparent, subjective integrity of the construct measurements. Content validity refers to the adequate coverage of content domains. Interobserver reliability refers to how similarly different raters score the same instrument.

428.

Mary comes to treatment with a problem-saturated story. She has been experiencing depression, combined with several stressors, such as a reduction in work hours, leading to reduced income. Mary has been budgeting and cutting out unnecessary expenses to cope, but she is barely making ends meet. She also feels a sense of worthlessness, since her work hours have been reduced.

What would be the **MOST** important thing you could do for Mary?

Point out that Mary has strengths, given that she is being resourceful with her money and persevering in this difficult situation.

Refer her to a psychiatrist to prescribe antidepressants.

Agree with Mary that the reduction in job hours is a problem.

Correct answer: Point out that Mary has strengths, given that she is being resourceful with her money and persevering in this difficult situation.

Acknowledging client strengths is an important part of helping clients meet their goals. Mary has come to treatment with a problem-saturated story, and she is feeling quite negative about herself and her job. It would be most important to point out Mary's strengths to help her view herself more positively.

Mary may benefit from seeing a psychiatrist for antidepressant medications, but at this time, the most important thing you can do is help Mary to recognize her strengths, so she can see her own potential for growth and overcome her feelings of worthlessness.

Merely agreeing with Mary that her reduction in job hours is problematic is not the best solution either; she already knows this is a problem, and it would not be helpful to overemphasize her problems.

429.

When working with clients, Lloyd follows the general guidelines for how to interview them. Which of these is one of the **MAIN** techniques that Lloyd should use in his work?

Ask open-ended questions rather than yes-no questions

Sit behind a desk to preserve the social worker-client relationship

Set up a video camera to record client sessions to later review what was said

Correct answer: Ask open-ended questions rather than yes-no questions

If Lloyd asks open-ended questions, he'll likely get more detailed answers that will be helpful.

Maintaining the social worker-client relationship is important, but the social worker does not need to sit behind a desk to do so and they should try to make the client as comfortable as possible during the interview. Setting up a video camera without the client's knowledge is unethical and should not be done.

430.

Which of the following tests of personality and function produces a four-letter code as a product, such as INFJ?

Myers-Briggs Type Indicator

Minnesota Multiphasic Personality Inventory

Rorschach Inkblot Test

Thematic Apperception Test

Correct answer: Myers-Briggs Type Indicator

The Myers-Briggs Type Indicator (MBTI) is an assessment of personality that assesses along a number of dimensions such as extraversion/introversion or sensation/intuition. The resulting four letter code is meant to capture the basic elements of the personality.

The other tests mentioned do not produce such a code as a result of the test.

431.

Which of the following is/are necessary for a diagnosis of a paraphilic disorder?

Qualitative criteria and negative consequences

Qualitative criteria alone

Negative consequences alone

Behavior alone

Correct answer: Qualitative criteria and negative consequences

According to the DSM-5, in order to be diagnosed with a paraphilic disorder, both the relevant qualitative criteria and negative consequences are necessary.

Behavior, or any other element on its own, is not sufficient.

432.

Linda is meeting her client Joe for their regular session. Linda asks, "If you could fix the biggest thing wrong in your life, what would your life look like?" This is an example of:

Miracle question

Deficit question

Staging question

Motivational interviewing

Correct answer: Miracle question

The miracle question is a technique sometimes used to help a client visualize a potential positive future and help them discover a vision of a desired life beyond their presenting problem.

Motivational interviewing involves a process of helping a client discover their own drivers for change, and is more than a single question. "Staging question" and "deficit question" are fabricated terms.

433.

Which of the following would **NOT** be a multiple baseline design?

AB

ABA

ABAB

ABABA

Correct answer: AB

A multiple baseline design is one in which one or more elements is measured more than once. Thus, ABA, ABAB, and ABABA would all be multiple baseline designs.

AB would only measure each element once.

434.

Which of following would be a criticism of validity in psychological testing?

This test does not measure what you think it measures

This test is flawed; some items are harder than others

This test produces different results over time

This test scores very differently between different people

Correct answer: This test does not measure what you think it measures

Validity in the context of psychological testing is a measure of the degree to which a test measures what its framers think it measures.

The other items are criticisms of reliability, or to what degree instruments are consistent and do not produce error.

435.

What is underemphasized in social work assessments, yet should be a main focus?

Client strengths

Mental health diagnoses

Medical problems

Family dynamics

Correct answer: Client strengths

Because clients typically seek social work services for help with problems, many social work assessments tend to focus on client deficits and difficulties. By focusing more on strengths, social workers can tap into clients' potential for growth and therefore enhance their self-esteem.

While mental health diagnoses and medical problems are helpful pieces of information to collect during an assessment, they are not typically underemphasized and may not need to be a main focus. Social workers are well-trained in family dynamics, which are often appropriately stressed in social work assessments.

436.

Which of the following is a criterion for an individual to be diagnosed with antisocial personality disorder?

Reckless disregard for the safety of self or others

Being uncomfortable in situations in which they are not the center of attention

Displaying rapidly shifting and shallow expression of emotions

Correct answer: Reckless disregard for the safety of self or others

Antisocial personality disorder is a chronic mental condition that causes an individual to be dysfunctional and destructive, particularly in their relational world.

Being uncomfortable in situations in which they are not the center of attention and having rapidly shifting emotions are more suggestive of histrionic personality disorder.

437.

According to the DSM-5, which of the following statements is **TRUE** regarding anorexia and/or bulimia?

Individuals with anorexia nervosa are often significantly below their expected body weight

Individuals with anorexia nervosa are often at a normal body weight

Individuals with bulimia nervosa are often significantly below their expected body weight

Individuals with bulimia nervosa are often severely overweight

Correct answer: Individuals with anorexia nervosa are often significantly below their expected body weight

Anorexia nervosa can be a serious eating disorder leading to health complications and even death due to significant weight loss. Individuals with anorexia are often severely underweight due to restricting calories and overexercising.

As stated above, individuals with anorexia nervosa are often below a normal body weight. In contrast, individuals with bulimia nervosa, another eating disorder which includes bingeing and purging, are often either at a normal body weight or slightly overweight.

438.

Which of the following is an intervention principle used in structural family therapy?

Enact dysfunctional transactional patterns that the family encounters in order to learn the family's structure

Form alliances with family members who seem most willing to change to help encourage others

Allow parents to speak for their children in order to see how the parent perceives the situation

Correct answer: Enact dysfunctional transactional patterns that the family encounters in order to learn the family's structure

By having the family enact dysfunctional transactional patterns, the social worker is able to see how the family is structured, which allows the social worker to intervene, provide alternative transactions, and mark boundaries. The social worker may also have the family enact positive transactional patterns.

Social workers will want to form an alliance with the entire family, not with the family members who seem most willing to change. When parents speak for their children, social workers should intervene, not allow it.

439.

What is a decision tree used for when assessing a client?

A decision tree helps guide the social worker through the process of assessing a client by guiding the questions they should ask and how to continue based on the answers

A decision tree looks like a family tree; the social worker has the client explain the significant decisions they've made in their life and how they've led to their current situation

A decision tree provides lists of disorders on the different axes so that social workers can assess their clients and then choose the appropriate diagnoses from the tree

Correct answer: A decision tree helps guide the social worker through the process of assessing a client by guiding the questions they should ask and how to continue based on the answers

A decision tree is a guide that provides social workers with questions to ask clients in order to assess them. Depending on how the client answers the question, the social worker will use the decision tree to choose what direction to go in for the next question. For instance, if a person answers "yes" to a question, the social worker asks a different question than if the client had answered "no." The decision tree is a powerful tool in assessing clients.

The remaining answer options are incorrect. Decision trees do not require clients to explain decisions they have made in their lives or help social workers make diagnoses.

440.

What assessment technique is often used to show how families operate with each other and within their community?

Social network mapping

Environmental mapping

Familial reviewing

Political assessment

Correct answer: Social network mapping

A social network map shows all of the different systems that a person lives in and communicates with. It can be helpful for showing how families operate with each other and within their community.

Environmental mapping is incorrect because it is not a technique used in social work; however, social workers do look at the environmental factors that affect a family. Familial reviewing is incorrect because it would assess how the family members relate to one another, but not to their community. Political assessment is incorrect because it would assess the family's political views, but not how they operate as a family.

441.

Which of the following types of social work research validity/reliability assesses the extent to which inferences can be made about the intervention's relationship to the target behavior?

Internal validity

External validity

Test-retest reliability

Interobserver reliability

Correct answer: Internal validity

Internal validity in social work research addresses how much the intervention can be correlated with behavior.

The other types of validity listed measure and assess different aspects of social work research. External validity refers to the extent to which the instrument can be externalized. Test-retest reliability refers to the consistency of an instrument from one time to another. Interobserver reliability refers to the degree to which different observers score the same phenomenon.

442.

How common is suicide in the 15 to 24 age bracket?

It is the third leading cause of death

It is the number one cause of death

It is the sixth leading cause of death

It is the tenth leading cause of death

Correct answer: It is the third leading cause of death

In adolescents and young adults ages 15 to 24, suicide is the third leading cause of death. About 500,000 people in this age bracket attempt suicide each year as well. It is clearly important for social workers and other mental health clinicians to recognize the signs of suicidal intent and symptoms of depression, which include a depressed mood, significant weight changes, changes in sleeping habits, feelings of hopelessness, a loss of interest in activities, and a loss of energy.

443.

Which of the following medications belongs to the class known as benzodiazepines?

Xanax (alprazolam)

Vivactil (protriptyline)

Asendin (amoxapine)

Pamelor (nortriptyline)

Correct answer: Xanax (alprazolam)

Xanax (alprazolam) belongs to the class of drugs known as benzodiazepines, a kind of medication used primarily to control anxiety.

Vivactil (protriptyline), Asendin (amoxapine), and Pamelor (nortriptyline) are all tricyclic antidepressants, used for the treatment of depressive disorders.

444.

You are a social worker meeting with a single mother and her 5-year-old son, Mikey. She says to you, "Mikey does whatever he can to get my attention. I don't understand why he can't ever be good!" Which of the following is an example of reframing?

"You're worried about the fact that Mikey acts out, and you want to help him change this behavior."

"Mikey never does anything right, and you think he is always trying to get your attention."

"You and Mikey have a special relationship."

"I wonder what would happen if you ignored Mikey when he is trying to get your attention."

Correct answer: "You're worried about the fact that Mikey acts out, and you want to help him change this behavior."

As the family therapist, you can reframe family members' statements in a way that does not assign blame. You should pay close attention to the statements the mother makes and reframe those statements in different terms when possible, in order to give a helpful perspective. By putting the mother's feelings into words ("worried") and stating that she wants Mikey's behavior to change, you are showing that not only are you paying attention to her but that you realize she cares about Mikey and her relationship with him.

By saying, "Mikey never does anything right, and you think he is always trying to get your attention," you are simply repeating to the mother what she said to you, which shows you were paying attention but is not particularly helpful. By saying, "You and Mikey have a special relationship," you are changing the topic somewhat and not reframing what the mother has said. By saying, "I wonder what would happen if you ignored Mikey when he is trying to get your attention," you are suggesting a certain approach to the mother, but this statement is only somewhat related to the frustration she is trying to express to you.

445.

Which of the following instruments is comprised of a set of pictures and a prompt to make up a story about them?

Thematic Apperception Test

Minnesota Multiphasic Personality Inventory (MMPI)

Rorschach Inkblot Test

Myers-Briggs Type Indicator (MBTI)

Correct answer: Thematic Apperception Test

The Thematic Apperception Test (TAT) is designed to test a client's perceptions, needs, motivations, and conflicts. It is comprised of a set of pictures about which the client is invited to create a story.

The Minnesota Multiphasic Personality Inventory (MMPI) is an intricate 550-question test of personality. The Rorschach Inkblot Test is a projective test involving the perceptions of the client about a neutral visual stimulus. The Myers-Briggs Type Indicator (MBTI) is a personality test consisting of 16 independent dimensions including extraversion and introversion.

446.

Angela, a social worker in a crisis center, is attempting to help her client Duncan work through his immediate crisis of homelessness. It has been established that Duncan is not in any danger of hurting himself or anyone else, and the two have formed a solid therapeutic alliance. Together, the two have identified the major problems and the contributing factors of the current crisis.

What should Angela and Duncan collaboratively do **NEXT**?

Explore Duncan's feelings

Generate alternatives and coping strategies

Formulate an action plan

Plan follow up sessions

Correct answer: Explore Duncan's feelings

In crisis planning, the collaborative action between client and practitioner rapidly moves through several steps. After safety has been established, and a therapeutic and useful rapport has been built, the next step would be to identify major problems and contributing issues. Once this has been done, it is important to allow the client to explore and express their emotions so that they do not interfere with the practical work of action planning. Only after all of these steps have been completed should the planning of further sessions be taken up.

447.

Peter is assessing a patient using a 21-item test to determine depression. Which of the following is he using?

Beck Depression Inventory

Salmon-Trent Depression Inventory

Thematic Apperception Test

Rorschach Inkblot Test

Correct answer: Beck Depression Inventory

The Beck Depression Inventory is a 21-item test used to determine depression in adolescents and adults.

The Thematic Apperception Test is not used to determine depression; nor is the Rorschach Inkblot Test. The Salmon-Trent Depression Inventory is a fabricated term.

448.

Emotional outbursts, a decline in grades, neglect of personal appearance, and efforts to put personal affairs in order are all signs of:

Suicidal thoughts

Sexual abuse

Domestic violence

Loneliness

Correct answer: Suicidal thoughts

There are many different signs that indicate an individual is contemplating suicide. Some of these indicators include emotional outbursts, a decline in grades, neglect of personal appearance, and efforts to put personal affairs in order. Additional signs of suicidal thoughts include physical complaints, appetite or sleep changes, an inability to concentrate, and extreme fatigue.

Indicators of sexual abuse do include poor personal hygiene, a decline in grades, and a change in mood, but not efforts to put personal affairs in order. Indicators of domestic violence may also include a change in mood but would likely also include a reluctance or fear to return home. Loneliness is a vague term and does not necessarily lead to thoughts or feelings of suicide.

449.

Nancy is considering whether or not to act to have her patient, Steven, involuntarily committed. He has been hallucinating so badly that he believes he should kill his roommate.

What should be the **MOST** important concern for Nancy in making this decision?

Risk

Ethics

Therapeutic benefit

Legal consequences

Correct answer: Risk

The most important consideration in whether or not to abridge a client's right to self-determination is the risk that person poses to themselves or someone else. If the social worker realistically believes that risk to be present, they should act in the way most appropriate to the situation. Sometimes, that way is involuntary commitment.

Ethics are a concern at all times, but risk is a bigger concern if the risk is real and urgent. In this case, the ethical thing to do if the risk is real, is to act to prevent harm. Therapeutic benefit is also a concern, but in the moment, the social worker must be most aware of assessing risk. Similarly, legal consequences are significant, but in a case where the social worker believes that a lethal risk will be reduced by acting, they should act.

450.

Which of the following statements is **TRUE** regarding the creation of a service plan?

Social workers should involve clients in the development of the service plan

Social workers should develop a service plan that will fit all of their clients

The service plan should be open-ended with no timelines

The social worker should keep the only copy of the service plan and follow up with the client during each session

Correct answer: Social workers should involve clients in the development of the service plan

When developing a service plan, social workers should integrate the client's input as to what goals the client wants to reach and what interventions they feel comfortable with.

Social workers should develop a personalized service plan for each individual client, not a service plan that fits all clients. The service plan should have set goals and timelines; it should not be open-ended. The social worker should provide the client with a copy of the service plan so that both the social worker and the client can use it as a guide for implementation and evaluation.

451.

Which of the following types of validity/reliability in social work research measures the extent to which different raters are consistent about phenomena?

Interobserver reliability

Face validity

Parallel forms reliability

Content validity

Correct answer: Interobserver reliability

Interobserver reliability, also known as interrater reliability, assesses the degree to which different raters or assessors give consistent results about the same phenomenon.

The other types of social work research validity listed do not measure this. Face validity refers to the apparent, subjective integrity of the construct measurements. Content validity refers to the adequate coverage of content domains. Parallel forms reliability refers to comparisons with other research constructs taken from the same content.

452.

Which of the following is a risk associated with taking high doses of antipsychotic medication?

Tardive dyskinesia

Low birth weight

Heart attack

Low fertility

Correct answer: Tardive dyskinesia

Tardive dyskinesia, or abnormal movements of the face, lips, jaw, extremities, and trunk, is a risk associated with taking high doses of antipsychotic medication.

Low birth weight, heart attack, and low fertility are not necessarily risks associated with the taking of high doses of antipsychotic medication.

453.

Which of the following strengths is an example of a coping mechanism?

Self-soothing

Self-esteem

Adequate income

Creativity

Correct answer: Self-soothing

Strengths can be drawn from many areas in a client's life. Self-soothing is an example of a coping skill, something a person practices that makes them feel better.

Self-esteem is a positive temperamental factor. Adequate income is a strength arising from circumstances and personal initiative. Creativity is a cognitive skill strength.

454.

When assessing an individual, a social worker gathers information on many different aspects of the client's life. Which of the following information is the social worker **MOST** likely to try to obtain if possible when doing an initial assessment?

An idea of the client's strengths and needs

Family pictures of the client

School records and transcripts

Correct answer: An idea of the client's strengths and needs

During the initial assessment, the social worker should gain an understanding of the client's strengths and what their treatment needs may be.

The other choices are things that the client might want to share with the social worker at some point, but they do not provide crucial information during assessment.

455.

Which of the following types of social work research uses the multiple baseline design?

Single-subject research

Pre-experimental

Experimental

Quasi-experimental

Correct answer: Single-subject research

A multiple baseline design, which attempts to draw inferences about the effectiveness of pre-and post-treatment status, makes the most sense in single subject design where there are no experimental groups to use.

The other research methods listed all depend on some degree of experimental group and random assignment, and do not depend on single subjects for data. Pre-experimental research uses only intervention groups and does not have observation groups or random design. Quasi-experimental groups use intervention and comparison groups, but do not use random assignment of participants. Experimental groups do use both random assignment and intervention/comparison groups.

456.

Wayne works with people with disabilities. As part of his assessment of a client, he uses a strengths-oriented approach.

Which of the following would be part of his assessment?

Finding out what problems the client believes can be a source of challenge and opportunity

Asking the client what they want to get out of therapy

Finding out what the client's current situation is and brainstorming ways to improve it

Correct answer: Finding out what problems the client believes can be a source of challenge and opportunity

Using the strengths-oriented approach to assessment, the assumption is that problems can be a source of challenge and opportunity. Therefore, Wayne would focus on what problems his clients face, help them explore the challenges present, and then determine where the opportunity lies.

The other three answer choices are all things that can happen in therapy, but they are not specific to the strengths-oriented approach to treatment.

457.

Which of the following tests is a long inventory of 550 question statements meant to assess psychopathology?

Minnesota Multiphasic Personality Inventory (MMPI)

Rorschach Inkblot Test

Thematic Apperception Test

Myers-Briggs Type Indicator

Correct answer: Minnesota Multiphasic Personality Inventory (MMPI)

The Minnesota Multiphasic Personality Inventory (MMPI) is a test designed to assess personality by judging the response of the participant to 550 question statements.

The other tests measure personality and perception in different ways and use different assessment methods.

458.

Which of the following phrases **ACCURATELY** describes the precontemplation stage of change?

Unaware of the need to change

Ready to change

Unwilling to change

In the middle of a change

Correct answer: Unaware of the need to change

The stages of change model proposes a stepwise, reversible model of the change process. In the precontemplation stage, a person is likely unaware of the need to change. They may be appearing for treatment as an unwilling participant.

Readiness to change would be more characteristic of the contemplation stage, in which persons are ambivalent about change but have not yet begun. Unwillingness to change might be close to the precontemplation stage, but precontemplation implies a lack of awareness rather than unwillingness. Being in the middle of a change would be more characteristic of the action stage.

459.

Which of the following is **FALSE** of Somatic Symptom and Related Disorders?

They are defined by negative symptoms

They are defined by positive symptoms

They can include a chronic pain component

They can involve distress about being sick

Correct answer: They are defined by negative symptoms

The Somatic Symptom and Related Disorders, generally speaking, are problems encountered by people who are experiencing symptoms without a defined medical cause. These symptoms are positive (things experienced differently from the norm) rather than negative (lack of things experienced by others) and can include such elements as chronic pain and distress about illness itself.

460.

Claire has a client who presents himself differently each time they have a session. Sometimes he even changes during the sessions. When he returns to his "normal" self, he remembers nothing.

Which of the following **BEST** describes what the client is experiencing?

Dissociative identity disorder (DID)

Multiple personality disorder (MPD)

Traumatic brain injury (TBI)-induced blackouts

Substance abuse severe enough to cause memory loss

Correct answer: Dissociative identity disorder (DID)

In dissociative identity disorder (DID), people dissociate or "leave their bodies" in very stressful situations, which creates a different personality. Individuals with DID have at least two distinct identity states, and it's common for them to experience gaps in memory between identity states. This best describes what the client is experiencing.

DID is the same as multiple personality disorder (MPD), but MPD is no longer the accepted term.

Although memory gaps of blackouts are also present for those with traumatic brain injury (TBI)-induced blackouts, this option is incorrect because there is no identity change with TBI-induced blackouts.

Substance abuse severe enough to cause memory loss is incorrect because this would not cause the client's personality to change during each session.

461.

You're meeting with a child who presents with behavioral symptoms that interfere with functioning at school. Ultimately, you diagnose this child with ADHD, combined presentation. Before arriving at this diagnosis, you also consider whether the child meets criteria for autism spectrum disorder or oppositional defiant disorder, but you rule out these diagnoses.

What process have you engaged in here, by ruling out alternative diagnoses?

Differential diagnosis

Mental status examination

Diagnostic interview

Assessment

Correct answer: Differential diagnosis

The process of differential diagnosis is a systematic method in which social workers arrive at a diagnosis while ruling out alternative diagnoses. By arriving at an ADHD diagnosis after ruling out similar diagnoses like autism spectrum disorder and oppositional defiant disorder, you have engaged in the differential diagnosis process.

A mental status examination is utilized to assess a person's current state of mind, based on factors like their appearance, mood, judgment, and orientation. You have not completed a mental status examination here.

You likely completed a diagnostic interview as part of your assessment, but the specific process described here, whereby you ruled out alternative diagnoses, is the differential diagnosis process.

Finally, you did complete an assessment of the client's symptoms. However, the term "assessment" does not capture the specific process of ruling out alternative diagnoses.

462.

Andre has experienced several episodes of depression. Between episodes, he sometimes experiences episodes during which he has an elevated mood, is extremely productive, and experiences racing thoughts and reduced need for sleep. The elevated mood episodes are distressful but do not significantly impair Andre's functioning.

Which of the following is the **MOST** likely diagnosis for Andre?

Bipolar II disorder

Bipolar I disorder

Disruptive mood dysregulation disorder

Major depressive disorder

Correct answer: Bipolar II disorder

Individuals with bipolar II disorder experience at least one major depressive episode and at least one hypomanic episode. As described in the question, Andre has experienced at least one major depressive episode. The elevated mood episodes during which he is productive with racing thoughts and reduced need for sleep align with symptoms of hypomania. Therefore, he most likely meets criteria for bipolar II disorder.

Individuals with bipolar I disorder must experience at least one manic episode. They may also have episodes of depression or hypomania. Based on the description, Andre does not appear to meet criteria for bipolar II disorder, as he has never had a manic episode. His elevated mood episodes do not cause significant impairment in functioning, so they align more with hypomania than mania.

Disruptive mood dysregulation disorder is typically diagnosed in children and teens. It involves severe temper outbursts that exceed the severity of the situation triggering them. Between temper outbursts, individuals with disruptive mood dysregulation disorder have an angry and irritable mood. Andre does not show symptoms aligning with this disorder.

Finally, major depressive disorder is not the most likely diagnosis for Andre. He does show episodes of depression, but since he is also described as having episodes of hypomania, the most likely diagnosis is bipolar II disorder.

463.

Kristin is working with a young man to help him manage his PTSD that developed after he was the victim of a traumatic shooting. Her psychosocial assessment should include all of the following, **EXCEPT**:

The amount of the client's copay

Background and current functioning

Her impressions, assessment, and recommendations

Correct answer: The amount of the client's copay

Financial information, such as a client's copay, is not included in a psychosocial assessment. It would be included with financial and insurance paperwork.

A proper psychosocial assessment includes basic information about the client; background and current functioning of the client; and the social worker's impressions, assessment, and recommendations. A psychosocial assessment provides a broad picture of individuals so that the social worker can better understand them and what their world is like.

464.

Wendy has a new client this morning. After talking with her, Wendy has an idea of what kind of help the client needs. However, she wants to involve her client in the process of planning the intervention. Which of the following should Wendy and her client do?

Wendy and her client should discuss the steps that the client wants to take in order to reach her ultimate goal

Wendy should list the steps necessary for her client to reach a goal and then review it with her client to make sure she agrees

Wendy should determine the best goal for her client and the steps she needs to get there, then inform her client of the plan

Wendy and her client should sit down together and make a plan with a goal and steps leading up to it, then Wendy can decide if the plan is good or needs revision

Correct answer: Wendy and her client should discuss the steps that the client wants to take in order to reach her ultimate goal

After this step, the client (not the social worker) decides whether or not she thinks it's a good plan, and the social worker may give her opinion. In the end, the client has ultimate control over her intervention.

The remaining answer options are incorrect because they all have Wendy deciding which goals are appropriate, rather than incorporating the client's opinions and input.

465.

Tammie is working with a child who is the victim of child abuse. During her first assessment of the girl, Tammie looks for a number of factors to help her find the best intervention strategies.

Which of the following **BEST** describes one of the things that Tammie looks for?

Whether or not the child is functionally normal

Every detail the child gives about being abused in order to start the intervention by immediately bringing up the abuse

Information from a trusted adult friend of her client in order to help plan the intervention

Correct answer: Whether or not the child is functionally normal

It is important for Tammie to determine whether or not the child has developed dysfunctional behaviors due to being abused or neglected. This could manifest as depression, withdrawal from other children, anxiety, etc. It is vital that a social worker assess the child to determine the child's level of behavioral functioning, emotional functioning, social functioning, caregiver functioning, and the child's level of familial support.

The remaining answer options are incorrect. Tammie should not immediately bring up the abuse but should work on building rapport and gaining the child's trust. She should also not gain information from other parties in this situation, but should gather information based on her own relationship with the child.

466.

Jillian met a client for the first time today and did an assessment using the DSM-5. Which of the following is **TRUE** about the DSM-5?

All mental disorders are listed on the same axis

Personality disorders and intellectual disabilities are listed on separate axes

Medical and/or neurological problems are omitted from diagnoses

Correct answer: All mental disorders are listed on the same axis

When using the DSM-5 to diagnose clients, social workers place all mental disorders (personality disorders and intellectual disabilities included) on one axis. The previous version, the DSM-IV-TR, used a multiaxial approach.

In the DSM-5, personality disorders and intellectual disabilities are listed on the same axis. Medical and/or neurological problems are included in diagnoses and are listed below mental disorders.

467.

Hannah has begun neglecting her responsibilities at home and work, showing rapid mood swings and other erratic behavior, becoming overly reclusive, having changes to her sleep pattern, taking dangerous risks, and experiencing legal problems.

What do these signs **MOST** likely indicate?

Drug abuse

Depression

Bipolar disorder

Correct answer: Drug abuse

Neglecting responsibilities at home and at work, showing rapid mood swings and other erratic behavior, becoming overly reclusive, having changes to sleep patterns, taking dangerous risks, and experiencing legal problems are signs of drug abuse.

Someone with depression exhibits similar symptoms, with the exception of legal problems, but depression also includes feelings of helplessness, loss of energy, self-loathing, and reckless behavior. Bipolar disorder is also similar to drug abuse, with the exception of legal problems, but it includes rapid speech, irritability, inability to complete tasks, depression, and flight of ideas.

468.

Hypothyroidism can exacerbate symptoms of which mental illness?

Depression

Anxiety

Bipolar disorder

Schizophrenia

Correct answer: Depression

Hypothyroidism can contribute to depression in certain individuals. When the thyroid functions below the level it should, it can cause dizziness, fatigue, lack of energy, and weight issues. All of these are symptoms of depression as well.

The other options are incorrect because hypothyroidism does not generally contribute to anxiety, bipolar disorder, or schizophrenia.

469.

Which of the following is **NOT** a specifier for autism spectrum disorder?

Whether there is a deficit in social communication

Current severity level

Whether there is accompanying intellectual impairment

Whether the condition is associated with a known genetic condition, medical condition, or environmental factor

Correct answer: Whether there is a deficit in social communication

Autism spectrum disorder involves difficulties with both social communication/interaction and restricted/repetitive patterns of behavior or interests. Whether there is a deficit in social communication is not a specifier for autism spectrum disorder; this is a required symptom for diagnosis.

Current severity level, whether there is accompanying intellectual impairment, and whether the condition is associated with a known genetic condition, medical condition, or environmental factor are specifiers for autism spectrum disorder.

470.

Which of the following is **NOT** an advantage of single-subject research design?

It is randomized

It is low-cost

It is flexible

It can demonstrate causality

Correct answer: It is randomized

Single-subject research designs have the advantage of being low-cost, flexible, and can demonstrate causality when designed and executed properly.

As there is only a single subject, randomization is not possible.

471.

When doing an intervention with a client, why is it helpful to give the client a goal to reach before the next session?

Goals help clients feel a sense of control and shows them that change is possible

Working on goals will keep clients out of trouble between sessions

Goals will determine whether the client passes or fails their treatment plan

Reaching goals helps clients prove to their family members that they are worthy of their attention

Correct answer: Goals help clients feel a sense of control and shows them that change is possible

Setting goals is helpful in almost every area of life. Having goals gives clients something concrete and measurable to work toward. Goals also provide a sense of achievement, increasing confidence to continue working toward future goals.

Social workers would not set goals for clients just to keep them out of trouble, to determine if the client will pass or fail their treatment plan, or to prove to the client's family members that they are worthy.

472.

In which of the following is progression of the condition **MOST** variable?

Depression

Delirium

Dementia

Fetal Alcohol Spectrum Disorders

Correct answer: Depression

Depression is a highly variable condition in most ways, from etiology to symptoms experienced by the client, through its progression and treatment. Highly individualized approaches to the condition are indicated and can be very effective in treating it.

The course of delirium is acute and responds to treatment. The course of dementia is chronic with deterioration over time. Fetal Alcohol Spectrum Disorders are not as variable in progression, though the severity of the condition may be.

473.

What is the difference between a biopsychosocial assessment and a mental status exam?

A biopsychosocial assessment includes information gathered from the client and collateral sources, while the mental status exam consists of the social worker's observations of the client

A biopsychosocial assessment gives other providers a snapshot of how the client presented at that moment, while the mental status exam is an overall description of the client's life and history

A biopsychosocial assessment is straightforward and concrete, while the mental status exam is more descriptive

A biopsychosocial assessment can be used to hospitalize a client, while the mental status exam is only for the social worker's use

Correct answer: A biopsychosocial assessment includes information gathered from the client and collateral sources, while the mental status exam consists of the social worker's observations of the client

Both the biopsychosocial assessment and the mental status exam are important. They are different in that a biopsychosocial assessment includes information gathered from the client and collateral sources, while the mental status exam consists of the social worker's observations of the client.

A biopsychosocial assessment is a descriptive summary of the client's life and history, whereas the mental status exam gives other providers a snapshot of how the client presented at that particular moment. A biopsychosocial assessment is usually more descriptive than a mental status exam. A mental status exam can be conducted in order to gather specific information about the client's safety that may lead to hospitalization, whereas a biopsychosocial assessment would probably be too descriptive and contain irrelevant history related to a psychiatric hospitalization.

474.

David is a social worker who is attempting to help Carl develop a plan through Carl's present crisis. After Carl's basic and immediate safety has been established, David is able to strike up a conversation, and the two begin communicating therapeutically and easily.

What should David do **NEXT** in collaboration with Carl?

Identify the problems of the crisis

Establish therapeutic alliance

Encourage the expression of emotion

Generate coping strategies

Correct answer: Identify the problems of the crisis

After the client's safety has been established, and therapeutic rapport has been established through the establishment of psychological contact, it is time to begin the real work, which starts with helping the client identify the most pressing current problems of the crisis. After this has been completed, it will be time to explore emotions, generate coping strategies, and eventually arrive at a plan of action.

The other stages listed are either earlier or later in the process.

475.

Which of the following is the lymphatic system responsible for?

The body's defense system

Neurotransmitters

Digestion

Circulation

Correct answer: The body's defense system

The lymphatic system is responsible for the body's defense system, including white blood cell production and antibody production. It also distributes fluids and nutrients in the body.

The lymphatic system is not responsible for neurotransmitters, digestion, or circulation per se.

476.

Which of the following is **TRUE** about the intervention process that Nina will use when working with her clients if she uses systems theory to guide her practice?

She'll choose an intervention technique that best fits the client, not a specific intervention technique that is used for every case

She'll focus mainly on her client's background and what experiences have shaped them into the person they are

She'll let her client guide the sessions and talk about whatever comes to mind related to the different aspects of their life

Correct answer: She'll choose an intervention technique that best fits the client, not a specific intervention technique that is used for every case

If Nina uses systems theory, she won't use explicit, concrete intervention techniques. Systems theory allows for more flexibility than other theories, so there is a wider variety of intervention tools available to social workers.

The remaining answer options are incorrect. Systems theory does not primarily focus on background and it does not necessarily allow for freethinking and client-guided sessions.

477.

What is one disadvantage of clients self-monitoring their own behaviors?

Self-monitoring can actually increase or decrease certain target behaviors, making it unclear whether the actual intervention was effective

Clients may not be informed enough to accurately complete self-monitoring measures

It violates the NASW Code of Ethics

Self-monitoring can only be completed by clients with exceptional insight

Correct answer: Self-monitoring can actually increase or decrease certain target behaviors, making it unclear whether the actual intervention was effective

In some situations, social workers may ask clients to self-monitor their own responses to interventions and progress toward goals. However, the act of self-monitoring may actually confound the effects of the interventions, making it unclear whether the interventions worked.

The remaining answer options are incorrect. Some clients may have trouble completing self-monitoring measures, but social workers should make sure they are fully capable before asking them to do so. Self-monitoring is a common practice in social work settings and does not violate the NASW Code of Ethics. Depending on the type of tool used, self-monitoring can be extremely simple and may not require exceptional insight on the part of the client.

478.

A social worker in a family medical practice setting has been asked by one of the doctors to meet with an elderly patient who is having trouble caring for herself at home. In the initial interview, the patient wants to discuss her children and grandchildren, who live in another state.

What is the social worker's **MOST** appropriate response to the client?

Encourage discussion about the patient's family

Remind the patient that the social worker is there to help her find resources to care for herself

Assess the patient for suicide risk

Suggest that the patient ask her family for help

Correct answer: Encourage discussion about the patient's family

One of the most important things the social worker can do in this situation is to establish a therapeutic rapport with the patient. In order to do this, the social worker should acknowledge that the patient's family is important to her and encourage further discussion about them.

By reminding the patient that the social worker is there to help her find resources to care for herself, the social worker is neglecting to acknowledge the patient's desire to talk about her family and risks offending the patient. There are no indicators that suggest there is an immediate need for the social worker to assess the patient for suicide risk. The social worker could suggest that the patient ask her family for help, but only after encouraging further discussion about them.

479.

Which of the following is an example of a delusion of persecution?

A client believes the secret service is after him

A client tells the social worker that his actions are being orchestrated by a force beyond his control

A client believes he is God

A client believes his heart has been removed and replaced with a tracking device

Correct answer: A client believes the secret service is after him

Delusions, in this case delusions of persecution, refer to clients' unreal beliefs that someone is after them. Social workers should always assess clients for thought content, among other things, during a mental status exam.

A client telling the social worker that his actions are being orchestrated by a force beyond his control is an example of a delusion of control. A client believing he is God is an example of a delusion of grandeur. A client believing his heart has been removed and replaced with a tracking device is an example of a somatic delusion.

480.

Which of the following has its own **NEW** category in the DSM-5?

Gender Dysphoria

Elimination Disorders

Sleep-Wake Disorders

Dissociative Disorders

Correct answer: Gender Dysphoria

Gender Dysphoria has become its own new category in the DSM-5, as well as being a diagnosis within that category.

The other categories listed are not new.

481.

Chad does an intake with an 8-year-old client and diagnoses him with attention deficit/hyperactivity disorder. What symptoms might the client be showing for Chad to make this diagnosis?

Trouble paying attention at school and being easily distractible when talking with Chad

A sad affect and feelings of hopelessness

A fear of going into public places

Hallucinations and delusions

Correct answer: Trouble paying attention at school and being easily distractible when talking with Chad

According to the DSM-5, attention deficit/hyperactivity disorder (AD/HD) is characterized by symptoms such as distractibility, impulsivity, and difficulty following through with tasks. Symptoms of AD/HD must have persisted for at least six months in order to make a diagnosis.

A sad affect and feelings of hopelessness are associated with depression. Agoraphobia is the fear of going into public places. Hallucinations and delusions are associated with psychotic disorders, not AD/HD.

482.

Amy does an assessment on a client and determines that the client has respiratory symptoms that could be confused with what?

A panic attack

An eating disorder

Post-traumatic stress disorder

Correct answer: A panic attack

A panic attack is a sudden and overwhelming feeling of fear accompanied by difficulty breathing, a racing heart, and dizziness. It is possible that respiratory symptoms, such as difficulty breathing, could be confused with a panic attack.

An eating disorder or post-traumatic stress disorder are very different from panic attacks and would not be confused with respiratory symptoms.

483.

Which of the following is the **LEAST** likely sign of heroin use?

Hyperactivity

Loss of appetite

Sweating

Contracted pupils

Correct answer: Hyperactivity

Heroin use is associated with such signs as loss of appetite, sweating, contracted pupils, and hypersomnia in acute intoxication.

Heroin is not remarkably associated with hyperactivity.

484.

Biophysical functioning includes all of the following, **EXCEPT**:

Intellectual performance

Genetic factors

Substance use

Phenotype

Correct answer: Intellectual performance

Biophysical functioning is an intrapersonal system that refers to physical characteristics, or phenotype, health factors, genetic factors, and substance use. It is important that social workers gather a comprehensive assessment of the client in order to fully understand the factors impacting the client's life. Intellectual performance is not a part of biophysical functioning but refers to the assessment of cognitive and perceptual functioning.

485.

Which of the following would be the **BEST** definition of ego strength?

The ability to deal with psychodynamic and environmental conflict

The overall power of one's self-esteem

The interactive ability of one's consciousness

Correct answer: The ability to deal with psychodynamic and environmental conflict

Ego strength is a term taken from the school of psychodynamic theory, which suggests that much personal conflict arises from the conflict between inner states. The ego in this case refers to the "self" that is consciously navigating the environment while managing inner psychodynamic conflict.

Ego strength does not deal mainly with self-esteem, and it refers to more than interactive ability.

486.

Which of the following classes of medications is **MOST** commonly used to treat schizophrenia?

Antipsychotics

Stimulants

Benzodiazepines

Selective serotonin reuptake inhibitors

Correct answer: Antipsychotics

Schizophrenia is a thought disorder characterized by symptoms such as hallucinations, disorganized thinking, delusions, and false beliefs. Antipsychotic medications such as Zyprexa and clozapine target these symptoms to alleviate cognitive disturbances and help those with schizophrenia function more normally.

Stimulants are used to treat attention-deficit/hyperactivity disorder and related attention problems. Benzodiazepines are anti-anxiety medications that provide short-term relief for those suffering from intense symptoms of anxiety. Selective serotonin reuptake inhibitors (SSRIs) are most commonly prescribed to treat depression by changing an individual's level of serotonin, a neurotransmitter in the brain that affects mood.

487.

Brenda, a social worker, is assessing the risk for suicide of her client Lloyd. Lloyd is a successful attorney in a high-pressure firm who has recently lost his wife to cancer. He is somewhat socially isolated, drinks bourbon every night, and has family members on both sides who have committed suicide.

Which of the above factors would be the **LEAST** impactful to assessing Lloyd's risk?

Job stress

Substance abuse

Recent losses

Family history

Correct answer: Job stress

There are many risk factors that influence a person's eventual decision to take their own life. Among these are a family history of suicide, substance abuse, recent personal losses, and social isolation.

Job stress in and of itself might or might not be a contributing factor. There are those who thrive in high-stress environments, and the ability to work in his profession may be the only thing the client has that is positive in his world.

488.

What does the biological factor of the biopsychosocial model focus on?

It assesses the client's genetics, hormones, or physical trauma

It assesses the client's emotional turmoil or lack of self-control

It assesses the client's poverty level or level of education

Correct answer: It assesses the client's genetics, hormones, or physical trauma

The biopsychosocial model suggests that biological, psychological, and social factors are responsible for a client's health and disease issues. A client's biological influences would also include infections, nutrition, and toxins.

The psychological component assesses the client's emotional turmoil or lack of self-control. The social factor assesses the client's religion, culture, poverty level, and level of education.

489.

A social worker is meeting with a 14-year-old patient and her mother. The patient's mother is worried because her daughter rarely eats dinner with the family and has lost a noticeable amount of weight over the past several months. When the patient's parents comment on their daughter's weight loss, the patient rolls her eyes and says, "You don't even know what you're talking about. I'll be fat no matter what."

The social worker should make sure to gather all the following additional pieces of information as soon as possible, **EXCEPT**:

The dynamics of the relationship between the girl's mother and father

The girl's weight several months ago and her current weight

Further details about the girl's perception of her body's appearance

Information about the girl's feelings surrounding her weight loss

Correct answer: The dynamics of the relationship between the girl's mother and father

This situation describes a possible case of anorexia nervosa, a disorder in which an individual restricts their intake severely in order to lose a significant amount of weight. While it may be helpful eventually for the social worker to know more about family dynamics, anorexia nervosa can be fatal and the social worker should do what they can to gather more information about a possible diagnosis.

As stated above, it is most important at this point in the case for the social worker to gather information about the girl's eating and exercise habits to determine whether her health is in danger. The social worker can do this by gathering information about the girl's weight several months ago and her current weight, further details about her perception of her body's appearance, and information about her feelings surrounding her weight loss. This information will allow the social worker to arrive at an appropriate diagnosis for the sake of treatment-planning.

490.

According to the DSM-5, which of the following terms refers to perception-like experiences that occur without an external stimulus?

Hallucinations

Delusions

Disorganized thinking

Catatonia

Correct answer: Hallucinations

There are five key features that define psychotic disorders: delusions, hallucinations, disorganized thinking, grossly disorganized or abnormal motor behavior, and negative symptoms. Hallucinations are perception-like experiences that occur without an external stimulus. They are not under voluntary control and are convincing and clear to the person having the hallucination.

Delusions are fixed beliefs that aren't amenable to change in light of conflicting evidence. Disorganized thinking refers to speech that is difficult to follow or unrelated to previous topics. Catatonia is the state of nonreactivity to the environment and is an aspect of grossly disorganized or abnormal motor behavior.

491.

What provides a description of intervention procedures that will decrease inappropriate behaviors and hopefully increase appropriate ones?

Behavioral intervention plan

Intervention strategy

Behavior analysis strategy

Correct answer: Behavioral intervention plan

A behavioral intervention plan is designed by a social worker or a team of professionals to help reduce the inappropriate behaviors of an individual and help increase the desired, more appropriate behaviors. The plan gives a detailed description of what will be done to achieve this.

Intervention strategy is a broad approach to address a particular issue, such as behavior, eating disorders, etc. Behavior analysis strategy is a method of listing behavioral principles that could be used in everyday situations to address targeted behaviors over time.

492.

Lindsay has always had a passion for spending time with elderly people, because she had always enjoyed spending time with her grandparents as a child. On the other hand, she knows that she has an aversion to working with children because she was forced to care for her younger siblings as a teenager.

These conscious attitudes and tendencies are an example of what?

Countertransference

Introjection

Reaction formation

Correct answer: Countertransference

Countertransference refers to the effects of a social worker's conscious and unconscious needs and wishes on their understanding of the client. It also refers to conscious attitudes and tendencies that the social worker has about the types of clients they work with and those with whom they like or don't like to work.

Introjection occurs when an individual unconsciously begins to incorporate another person's characteristics into their own psychic apparatus. Reaction formation is a defense mechanism that causes an individual to inappropriately respond in a directly opposing manner to an anxiety-producing emotion.

493.

Which therapy has the unique characteristic of focusing on solutions for the client, rather than the client's problems?

Solution-focused therapy

Interpersonal therapy

Narrative therapy

Correct answer: Solution-focused therapy

Solution-focused therapy has the unique characteristic of focusing on solutions for the client, rather than the client's problems. It focuses on the client's future, goals, and solutions, not the client's problems that actually caused them to seek therapy.

Interpersonal therapy addresses a client's interpersonal issues in order to treat depression. Narrative therapy encourages clients to tell their life story.

494.

Which of the following is used to determine a diagnosis of Intellectual Disability?

Both IQ scores and adaptive functioning

IQ scores only

Adaptive functioning only

Social-relational skills and adaptive functioning

Correct answer: Both IQ scores and adaptive functioning

A diagnosis of Intellectual Disability takes into account both IQ scores and adaptive functioning.

Social-relational skills are subsumed into an assessment of adaptive functioning.

495.

Is it possible to predict when a patient will harm themselves?

Not in a definitive way

Yes, in patients with depression

Not without collateral data

Yes, in almost all cases

Correct answer: Not in a definitive way

Though social workers must be skilled at projecting the risk from the available data, there is no definitive test, procedure, or technique that will always accurately predict when a patient will or will not self-harm.

This is true in patients with depression and others and is not a function of how much data is gathered.

496.

All of the following are examples of psychosomatic complaints, **EXCEPT**:

Hallucinations

Nausea

Chest pain

Headaches

Correct answer: Hallucinations

Psychosomatic complaints are psychological symptoms manifested as physical symptoms. A hallucination is an experience involving the perception of something not present, and is often a symptom of a psychotic disorder or bipolar disorder.

Nausea, chest pain, and headaches are all possible psychosomatic complaints. The mind and the body are closely connected, so it is relatively common for individuals, particularly children, to express their emotional problems in terms of bodily sensations.

497.

Which of the following is the preferred type of assessment to use when a social worker wants to assess all aspects of an individual?

Biopsychosocial history

Family history

Medical history

Correct answer: Biopsychosocial history

A biopsychosocial history looks at all aspects of an individual. A good assessment must look at the entire person, not only one part of them. In order to develop a diagnosis, a social worker needs to know everything possible about a client, since people don't live in bubbles. People are affected by the outside world and vice versa.

Family history will only assess the client's family history and risks that could be inherited. Medical history will only assess the client's previous health conditions.

498.

According to the DSM-5, dissociative disorders are frequently associated with what?

Trauma

Religious experiences

Premature birth

Alzheimer's disease

Correct answer: Trauma

According to the DSM-5, dissociative disorders are characterized by a disruption of and/or discontinuity in the normal integration of consciousness, memory, identity, emotion, perception, body representation, motor control and behavior. The dissociative disorders, which include dissociative identity disorder, dissociative amnesia, and depersonalization/derealization disorder, often occur in the aftermath of trauma.

The remaining answer options are incorrect. There is no evidence that indicates dissociative disorders are associated with religious experiences, premature birth, or Alzheimer's disease.

499.

In SOAP treatment planning, what does the O stand for?

Objective

Observation

Ongoing

Opportunity

Correct answer: Objective

In SOAP treatment planning, the O stands for Objective or the more scientific and data-based informational elements of the case.

The other items listed are not part of this kind of treatment planning.
