

ASWB Advanced Generalist - Quiz Questions with Answers

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

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1.

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

Comprehension

Knowledge

Focus

Correct answer: Comprehension

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

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

2.

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

Denial

Projection

Sublimation

Intellectualization

Correct answer: Denial

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

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

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

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

3.

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

Group rationalization

Self-censorship

Illusion of unanimity

Illusion of invulnerability

Correct answer: Group rationalization

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

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

4.

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

Humanistic approach

Psychoanalytic theory

Feminist theory

Correct answer: Humanistic approach

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

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

5.

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

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

Overestimating another person's abilities

Ignoring feelings and objectively analyzing problems

Unconsciously trying to make up for undesirable characteristics

Faulting another for one's unacceptable characteristics

Correct answer: Overestimating another person's abilities

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

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

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

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

6.

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

Abstinence

Stabilization

Rehabilitation

Correct answer: Abstinence

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

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

7.

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

Internal conflict

Emotions

Impulses

Correct answer: Internal conflict

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

Emotions and impulses do not characterize neurosis.

8.

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

Group polarization

Groupthink

Group socialization

Group reflection

Correct answer: Group polarization

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

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

9.

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

Psychodynamic

Humanistic

Social behavioral

Correct answer: Psychodynamic

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

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

10.

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

They inhibit change

They encourage change

They stop communication

They enable communication

Correct answer: They inhibit change

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

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

11.

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

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

Developmental

Social behavioral

Rational choice

Correct answer: Developmental

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

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

12.

Which of the following is used in aversion therapy?

Antabuse

Biofeedback

Flooding

Correct answer: Antabuse

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

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

13.

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

Whether disability will occur

The negative image of aging

When disability will occur

How severe disability will be

Correct answer: Whether disability will occur

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

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

14.

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

Addiction/alcoholism

Chronic disease

Injuries

Malnutrition

Correct answer: Addiction/alcoholism

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

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

15.

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

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

Diverting unacceptable impulses into a more acceptable form

Ignoring unacceptable feelings

Replacing an unattainable goal with an attainable goal

Justifying an unacceptable action in order to make it acceptable

Correct answer: Diverting unacceptable impulses into a more acceptable form

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

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

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

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

16.

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

An entity composed of component systems

An absence of higher systems

An absence of subsystems

An entity composed of systems in conflict

Correct answer: An entity composed of component systems

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

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

17.

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

There is an interactive relationship between disability and poverty

Disability and poverty are not directly related

Disability causes poverty, but the reverse is not true

Poverty causes disability, but the reverse is not true

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

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

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

18.

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

Gender roles are largely a function of culture

Gender roles are biologically based

Gender roles are independent of culture

Gender roles are a function of economics

Correct answer: Gender roles are largely a function of culture

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

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

19.

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

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

Overcompensation

Intellectualization

Sublimation

Displacement

Correct answer: Overcompensation

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

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

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

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

20.

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

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

Transforming emotional conflict into physical manifestations

Ignoring feelings and objectively analyzing problems

Overestimating another person's abilities

Faulting another person for one's unacceptable characteristics

Correct answer: Transforming emotional conflict into physical manifestations

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

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

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

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

21.

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

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

Substitution

Rationalization

Sublimation

Conversion

Correct answer: Substitution

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

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

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

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

22.

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

Which of the following defense mechanisms is the client using?

Sublimation

Displacement

Projection

Reaction formation

Correct answer: Sublimation

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

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

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

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

23.

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

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

Rationalization

Sublimation

Overcompensation

Displacement

Correct answer: Rationalization

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

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

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

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

24.

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

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

Shifting blame to feel less remorse after doing something bad

Unconsciously forgetting certain unacceptable memories

Transferring actions from a desired target to a substitute target

Taking extreme measures to counterbalance a perceived deficiency

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

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

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

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

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

25.

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

Economic justice

Social justice

Remunerative justice

Self-determination

Correct answer: Economic justice

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

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

26.

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

Openly discuss possible background issues

Encourage the client to seek emotional support through their family

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

Refer the client to another social worker with the same ethnicity

Correct answer: Openly discuss possible background issues

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

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

27.

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

Practicing

Individuation

Disindividuation

Reindividuation

Correct answer: Practicing

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

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

28.

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

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

Each stage must be completed before moving to the next

Stages vary widely from family to family

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

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

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

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

29.

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

Psychodrama

Group drama

Interplay process

Role feedback

Correct answer: Psychodrama

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

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

30.

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

Stratification

Layering

Classification

Accretion

Correct answer: Stratification

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

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

31.

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

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

Ignoring unacceptable feelings

Ignoring feelings and objectively analyzing problems

Overestimating another person's abilities

Transforming emotional conflict into physical manifestations

Correct answer: Ignoring unacceptable feelings

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

Intellectualization is a defense mechanism in which a client ignores their feelings and objectively analyzes the problem. In intellectualization, people think away an emotion or reaction that they do not want to feel. Although they are not denying that an emotional event occurred, they are not thinking about its emotional consequences.

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

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

32.

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

Object constancy

Object practicing

Object separation

Correct answer: Object constancy

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

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

33.

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

The social worker's self-awareness

The client's openness

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

The social worker's ability to understand the client

Correct answer: The social worker's self-awareness

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

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

34.

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

Internalized racism

Institutional racism

Inter-racism

Adopted racism

Correct answer: Internalized racism

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

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

35.

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

Transitioning persons may or may not choose these treatments

Transitioning persons usually opt for either hormone or surgery treatments

Gender identity is unrelated to hormone/surgery involvement

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

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

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

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

36.

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

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

A person's gender identity is changeable

A person's gender identity is female

A person's gender identity is unspecific

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

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

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

37.

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

Psychodrama

Psychoeducation

Psychoanalysis

Cognitive behavioral therapy

Correct answer: Psychodrama

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

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

38.

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

Role discomplementarity

Role dysfunction

Role disparity

Role suppression

Correct answer: Role discomplementarity

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

The other options are all fabricated terms.

39.

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

Conflict

Stabilization

Acknowledging shortcomings

Deciding to remain as a couple

Correct answer: Conflict

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

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

40.

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

Refer the client for substance abuse treatment

Assess why the client is using cocaine

Determine whether the client is motivated to change

Correct answer: Refer the client for substance abuse treatment

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

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

41.

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

Social relationships decrease the likelihood of negative outcomes

Social relationships increase the likelihood of negative outcomes

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

Social relationships increase the likelihood of positive outcomes

Correct answer: Social relationships decrease the likelihood of negative outcomes

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

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

42.

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

Homeostasis

Engagement

Symbiosis

Equifinality

Correct answer: Homeostasis

Homeostasis is the sense of balance that families seek.

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

43.

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

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

Sublimation

Projection

Compensation

Displacement

Correct answer: Sublimation

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

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

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

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

44.

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

Helping individual members change their behavior through shared experiences

Helping individual members change group behavior through shared experiences

Directing individual members to make changes based on shared experiences

Directing individual members to change group behavior through group interactions

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

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

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

45.

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

Passing

Transitioning

Fluidity

Recognition

Correct answer: Passing

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

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

46.

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

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

Compensation

Rationalization

Substitution

Intellectualization

Correct answer: Compensation

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

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

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

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

47.

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

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

Taking extreme measures to counterbalance a perceived deficiency

Unconsciously forgetting certain unacceptable memories

Transferring actions from a desired target to a substitute target

Diverting unacceptable impulses into a more acceptable form

Correct answer: Taking extreme measures to counterbalance a perceived deficiency

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

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

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

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

48.

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

Skills must be learned in order

Stages proceed in a single direction

Stages can be delayed

Correct answer: Skills must be learned in order

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

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

49.

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

Rapprochement

Preencounter

Immersion-emersion

Correct answer: Rapprochement

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

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

50.

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

Role complementarity

Role equity

Role achievement

Role credibility

Correct answer: Role complementarity

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

The other options are all fabricated terms.

51.

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

Gender exists on a continuum

Gender is fixed once chosen by an individual

Gender is a social construct

Gender is only a matter of biology

Correct answer: Gender exists on a continuum

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

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

52.

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

Anxiety and depression

Personality disorders

Eating/feeding disorders

Premature aging

Correct answer: Anxiety and depression

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

53.

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

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

Idealization

Intellectualization

Rationalization

Projection

Correct answer: Idealization

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

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

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

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

54.

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

Role reversal

Role trading

Role appraisal

Role bargaining

Correct answer: Role reversal

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

The other choices are all fabricated terms.

55.

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

Sexual identity

Sexual behavior

Sexual orientation

Sexual affect

Correct answer: Sexual identity

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

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

56.

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

Changes in group membership

Dependence on the group to achieve goals

Smaller group size

Similarity of members

Correct answer: Changes in group membership

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

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

57.

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

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

Projection

Reaction formation

Regression

Denial

Correct answer: Projection

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

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

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

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

58.

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

Family dynamics are incredibly meaningful in human development

Family dynamics are occasionally significant in human development

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

Family dynamics are relatively insignificant to human development

Correct answer: Family dynamics are incredibly meaningful in human development

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

59.

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

Thought disorder

Anxiety

Depression

Behavioral problems

Correct answer: Thought disorder

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

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

60.

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

Mindguards

Sentinels

Arbitrators

Censors

Correct answer: Mindguards

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

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

61.

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

Co-creation

Romance

Stability

Power struggle

Correct answer: Co-creation

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

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

62.

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

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

Acting in a manner that opposes an unconscious trait

Unconsciously removing threatening thoughts from awareness

Transferring actions from a desired target to a substitute target

Transforming emotional conflict into physical manifestations

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

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

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

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

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

63.

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

Respect and encouragement of cultural differences

A society in which all categories of diversity are equally represented

Encouragement of cultural assimilation

The idea of one's culture being superior to others

Correct answer: Respect and encouragement of cultural differences

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

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

64.

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

Cognitive

Emotional

Moral

Behavioral

Correct answer: Cognitive

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

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

65.

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

Groupthink

Polarization

Censorship

Rationalization

Correct answer: Groupthink

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

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

66.

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

Equifinality

Equity

Homeostasis

Groupthink

Correct answer: Equifinality

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

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

67.

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

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

Conversion

Rationalization

Overcompensation

Sublimation

Correct answer: Conversion

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

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

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

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

68.

Which of the following accurately describes the concept of mindguards?

Members who protect a group from perceived risk

Members who keep a group open to new ideas

Members who attempt to keep the group from becoming stressed

Members who try to keep outsiders from entering the group

Correct answer: Members who protect a group from perceived risk

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

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

69.

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

Devaluation

Regression

Ideas of reference

Correct answer: Devaluation

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

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

70.

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

It is a matter of individual choice

It involves surgery

It involves treatment with hormones

It involves specific counseling

Correct answer: It is a matter of individual choice

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

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

71.

When does someone usually discover they are transgender?

At any time of life

Before adolescence

After adolescence

In middle age

Correct answer: At any time of life

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

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

72.

How does gender fluidity relate to transgenerity?

The two are not necessarily related at all

The terms refer to two aspects of the same phenomenon

Gender fluidity generally precedes transitioning

Most transgender persons experience gender fluidity

Correct answer: The two are not necessarily related at all

Gender fluidity and transgenerity are not necessarily related at all.

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

73.

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

Race

Ethnicity

Cultural identity

Correct answer: Race

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

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

74.

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

Permissive parenting

Authoritative parenting

Uninvolved parenting

Correct answer: Permissive parenting

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

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

75.

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

Practicing

Differentiation

Conflict

Acceptance

Correct answer: Practicing

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

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

76.

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

Group members help each other solve problems

Group members work to solve their own problems

Group leaders direct the solving of individual problems

Correct answer: Group members help each other solve problems

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

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

77.

Which of the following describes the concept of changeable gender?

Gender fluidity

Gendermorphism

Gender transformation

Gender switching

Correct answer: Gender fluidity

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

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

78.

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

Symbiosis

Differentiation

Conflict

Acceptance

Correct answer: Symbiosis

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

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

79.

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

Uninvolved parenting

Authoritarian parenting

Permissive parenting

Correct answer: Uninvolved parenting

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

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

80.

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

Postconventional

Preconventional

Conventional

Metaconventional

Correct answer: Postconventional

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

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

"Metaconventional" is a fabricated term.

81.

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

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

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

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

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

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

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

82.

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

Intimacy

Differentiation

Preaffiliation

Separation

Correct answer: Intimacy

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

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

83.

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

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

Faulting another for one's unacceptable characteristics

Forgetting a negative experience

Acting in a manner that opposes an unconscious trait

Unconsciously trying to make up for undesirable characteristics

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

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

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

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

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

84.

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

Deficiency needs

Disability needs

Depression needs

Correct answer: Deficiency needs

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

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

85.

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

Originality

Unanimity

Rationalization

Censorship

Correct answer: Originality

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

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

86.

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

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

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

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

By evaluating how the client feels about his sexuality

By referring the client to a physician for depression medication

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

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

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

87.

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

Operant

Respondent

Active

Proactive

Correct answer: Operant

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

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

88.

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

Some mental illnesses are only present in certain cultures

Mental illnesses are expressed in generally the same way across cultures

Mental illness is a biopsychosocial phenomenon unrelated to a larger culture

Mental illness is a medical construct only present in Western culture

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

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

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

89.

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

Gender roles are derived from genetics

Gender roles are learned through interacting with others

Gender roles are determined by social structure

Gender roles are driven by concerns about the division of labor

Correct answer: Gender roles are derived from genetics

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

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

90.

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

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

Forgetting a negative experience

Acting in a manner that opposes an unconscious trait

Ignoring emotional consequences

Diverting unacceptable impulses into a more acceptable form

Correct answer: Forgetting a negative experience

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

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

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

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

91.

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

Hierarchies

Systems

Alliances

Roles

Correct answer: Hierarchies

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

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

92.

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

Projection

Reaction formation

Sublimation

Displacement

Correct answer: Projection

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

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

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

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

93.

Which of the following is accurate regarding transgender persons?

They experience the full range of sexual orientations and interests

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

They generally retain the sexual orientation of their original gender

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

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

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

94.

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

What type of defense mechanism is the mother demonstrating?

Denial

Rationalization

Projection

Intellectualization

Correct answer: Denial

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

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

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

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

95.

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

Ongoing stress or crisis can delay progress to the next stage

Ongoing stress or crisis prevents progress to the next stage

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

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

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

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

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

96.

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

Affective

Synthesis

Application

Correct answer: Affective

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

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

97.

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

They go through the same stages but experience unique factors

They go through the same stages

They do not experience the usual stages of couples development

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

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

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

98.

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

Fixation

Stagnation

Retention

Correct answer: Fixation

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

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

99.

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

Devaluation

Inhibition

Projection

Displacement

Correct answer: Devaluation

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

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

100.

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

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

Replacing an unattainable goal with an attainable goal

Ignoring unacceptable feelings

Taking extreme measures to counterbalance a deficiency

Justifying an unacceptable action in order to make it acceptable

Correct answer: Replacing an unattainable goal with an attainable goal

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

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

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

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