

# ASWB BSW - Quiz Questions with Answers

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

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1.

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

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

**Ecological**

Disease and moral model

Social exchange

Rational choice

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*Correct answer: Ecological*

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

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

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

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2.

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

**A sense of balance within the family system**

The concept of mutual influence and dependence in family dynamics

The idea that families organize themselves into subsystems

The pattern of interactions within family systems that facilitate change

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*Correct answer: A sense of balance within the family system*

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

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

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3.

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

**Gender role theory**

Social role theory

Systems theory

Harm reduction theory

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*Correct answer: Gender role theory*

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

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

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4.

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

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

**The client will have a spiritual crisis**

The client will feel fatigued and exhausted

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

The client will feel guilty

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*Correct answer: The client will have a spiritual crisis*

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

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

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5.

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

**Thinking is concrete and egocentric**

Thinking is hypothetical

There is an assumption of adult responsibilities

Planning is future-oriented

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*Correct answer: Thinking is concrete and egocentric*

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

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

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6.

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

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

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

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

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

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

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

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

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7.

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

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

Acting out

Decompensation

Conversion

Regression

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*Correct answer: Acting out*

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

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

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8.

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

**Displacement**

Identification

Inhibition

Substitution

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*Correct answer: Displacement*

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

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

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9.

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

Interpersonal

Cognitive

Affective

Psychomotor

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*Correct answer: Interpersonal*

*The three domains of development are considered to be:*

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

*"Interpersonal" is not considered a domain of development.*

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10.

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

**Psychomotor, cognitive, affective**

Social, academic, behavioral

Sexual, emotional, cognitive

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*Correct answer: Psychomotor, cognitive, affective*

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

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

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11.

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

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

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

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

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

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

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

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

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12.

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

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

It is more legal-friendly language

Due to a language barrier

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

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

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

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13.

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

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

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

Developing an intimate relationship or partnership

Establishing a home with another person

Selecting a life partner

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

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

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

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14.

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

Devaluation

Displacement

Rationalization

Reaction formation

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*Correct answer: Devaluation*

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

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

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15.

Which of the following is considered respondent behavior?

**Blushing when complimented**

Going for a walk

Talking to a friend

Eating a snack

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*Correct answer: Blushing when complimented*

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

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

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

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

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16.

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

Which of the following is occurring?

**Role discomplementarity**

Role complementarity

Role reversal

Role disassociation

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*Correct answer: Role discomplementarity*

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

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

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17.

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

**Living at or below the poverty line**

Experiencing early trauma

Experiencing childhood sexual abuse

Being involved in the foster care system

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*Correct answer: Living at or below the poverty line*

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

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

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18.

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

Industry vs. inferiority

Identity vs. role confusion

Intimacy vs. isolation

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*Correct answer: Industry vs. inferiority*

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

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

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

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

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19.

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

**Incomplete stages can be completed at a later time**

Incomplete stages result in an increased ability to complete later stages

The earliest stages are less important than later stages

Only the first three stages must be completed in order

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

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

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

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

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20.

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

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

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

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

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

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

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

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

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21.

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

**PIE theory**

Systems theory

The DSM

Psychoanalytic theory

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*Correct answer: PIE theory*

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

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

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22.

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

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

**Autonomy versus shame and doubt**

Initiative versus guilt

Industry versus inferiority

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*Correct answer: Autonomy versus shame and doubt*

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

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

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23.

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

**Flooding**

Biofeedback

Aversion therapy

In vivo desensitization

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*Correct answer: Flooding*

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

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

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24.

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

Behavioral

Psychodynamic

Humanist

Trait

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*Correct answer: Behavioral*

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

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

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25.

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

Self-censorship

Illusion of unanimity

Collective rationalization

Mindguarding

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*Correct answer: Self-censorship*

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

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

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26.

All social workers should engage in which of the following?

**Social and political action**

Running for political office

Provision of individual therapy

Education related to current pharmacological interventions

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*Correct answer: Social and political action*

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

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

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27.

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

Identity Versus Role Confusion

Ego Integrity Versus Despair

Autonomy Versus Shame and Doubt

Initiative Versus Guilt

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*Correct answer: Identity Versus Role Confusion*

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

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

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28.

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

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

**Middle adulthood**

Young adulthood

Older adulthood

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*Correct answer: Middle adulthood*

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

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

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29.

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

**Preconventional**

Postconventional

Conventional

Unconventional

*Correct answer: Preconventional*

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

- 1. Preconventional: occurs during elementary school and involves a progression from obeying rules for fear of punishment to following rules in order to receive rewards.*
  - 2. Conventional: occurs during early adolescence and involves following rules or making decisions to receive praise and be perceived as "good." This stage then progresses to following rules to fulfill obligations and avoid feelings of guilt.*
  - 3. Postconventional: occurs during adulthood and involves a progression from developing an interest in the well-being of others and being morally upstanding to developing individualized principles of morality and a concern for macro moral issues.*
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30.

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

**Reaction formation**

Regression

Sublimation

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*Correct answer: Reaction formation*

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

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

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31.

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

Grief and bereavement

Empty nest syndrome

Identity diffusion

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*Correct answer: Grief and bereavement*

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

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

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32.

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

Physiological needs

Safety needs

Esteem needs

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*Correct answer: Physiological needs*

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

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

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33.

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

Intellectual disability

Major neurocognitive disorder

Malnutrition

A broken arm

*Correct answer: Intellectual disability*

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

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

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34.

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

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

Displacement

Conversion

Projection

Inhibition

---

*Correct answer: Displacement*

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

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

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35.

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

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

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

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

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

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

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

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36.

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

Normal development

A mental illness

Poor parenting

A medical disorder

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*Correct answer: Normal development*

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

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

---

37.

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

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

**Socialization group**

Therapy group

Social action group

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*Correct answer: Socialization group*

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

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

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38.

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

**A student with ADHD**

A diabetic patient

An actively psychotic client

A depressed consumer

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*Correct answer: A student with ADHD*

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

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

---

39.

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

**Inequality exists because those in control passively defend their advantages**

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

Groups with different levels of power often have conflicting value systems

High value should be placed on challenging the status quo

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

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

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

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40.

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

**Stronger family support systems**

A decrease in the number of lethal childhood diseases

Increased knowledge of germs and thus, better hygiene habits

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*Correct answer: Stronger family support systems*

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

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

---

41.

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

**Equifinality**

Homeostasis

Subsystems

Open boundaries

*Correct answer: Equifinality*

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

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

---

42.

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

Role reversal

Role conflict

Role ambiguity

Role complementarity

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*Correct answer: Role reversal*

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

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

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43.

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

**They are a guide to attitudes**

They have no value

They can be used in any clinical context

They are fact-based shorthand for understanding different groups

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*Correct answer: They are a guide to attitudes*

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

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

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44.

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

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

**Acknowledge the client's positive outlook on the situation**

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

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

---

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

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

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

---

45.

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

**Abstinence from substances**

Maximization of life functioning

Minimization of adverse health consequences

Prevention and/or limitation of negative consequences of relapse

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*Correct answer: Abstinence from substances*

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

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46.

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

**A person in a state of crisis**

A person with long-term depression

A person struggling with substance abuse

A person having marital difficulties

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*Correct answer: A person in a state of crisis*

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

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

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47.

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

**Skinner**

Maslow

Pavlov

Freud

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*Correct answer: Skinner*

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

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

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48.

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

Secure attachment

Avoidant attachment

Ambivalent attachment

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*Correct answer: Secure attachment*

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

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

---

49.

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

**Referral to a psychoeducation group about psychotic illnesses**

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

Referral to a family therapist

Encouragement to return to the family routine prior to hospitalization

*Correct answer: Referral to a psychoeducation group about psychotic illnesses*

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

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

50.

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

What type of approach are you using?

**Strengths-based**

Introspective

Person-in-environment

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*Correct answer: Strengths-based*

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

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

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51.

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

Piaget

Maslow

Pavlov

Bandura

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*Correct answer: Piaget*

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

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

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52.

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

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

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

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

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

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

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

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**53.**

Most social workers agree that development is the product of:

**The interplay between biological, psychological, and social influences**

Early childhood experiences

The influence of culture on the individual

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

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

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

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54.

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

**A healthy family is rigid and has a changing structure**

Families are goal-oriented

Families must fulfill a variety of functions for each member

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

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

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

55.

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

**They can help monitor clients' prescriptions**

They are required to by law

It helps them build credentials

They are able to collect more money from insurance companies

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*Correct answer: They can help monitor clients' prescriptions*

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

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

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56.

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

**A poor education system**

An anxiety disorder diagnosis

A depressive diagnosis

Obesity

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*Correct answer: A poor education system*

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

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

---

57.

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

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

Masturbation increases during this time

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

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

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

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

---

58.

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

This is an example of:

**Role reversal**

Role complementarity

Role conflict

Role cohesion

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*Correct answer: Role reversal*

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

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

---

59.

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

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

Functional capacity

Psychopathology

Social supports

Financial status

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*Correct answer: Functional capacity*

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

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

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60.

Spanking is an example of which type of operant technique?

**Positive punishment**

Negative punishment

Positive reinforcement

Negative reinforcement

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*Correct answer: Positive punishment*

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

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

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61.

Which of the following is an example of negative entropy?

**Exchange of resources between systems that promotes growth and transformation**

Arriving at the same end from different beginnings

Becoming specialized in structure and function

A product of the system that exports to the environment

---

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

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

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

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62.

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

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

Reframe Jesse's feelings into empowerment and opportunities

Assist Jesse in finding the root cause of these negative feelings

Plan next steps without Jesse's involvement

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

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

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

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**63.**

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

**It is impractical**

It is unethical

It is unreliable

It is cost-prohibitive

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*Correct answer: It is impractical*

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

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

---

64.

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

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

A gender gap develops in self-esteem during adolescence

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

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

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

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

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

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65.

Someone who is pansexual:

**Is attracted to a person regardless of their gender identity**

Is attracted to many genders

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

Has no gender identity

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

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

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

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66.

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

**All of the above**

The death of a spouse

Getting into a car accident

Being stood up on a date

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*Correct answer: All of the above*

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

---

67.

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

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

Permissive parenting

Authoritative parenting

Authoritarian parenting

Uninvolved parenting

*Correct answer: Permissive parenting*

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

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

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68.

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

Launching children

Later family life

Childless couple

Family of origin experiences

*Correct answer: Launching children*

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

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

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

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

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

---

69.

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

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

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

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

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

---

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

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

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

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

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70.

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

**Refer to the client as male throughout the treatment**

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

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

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

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

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

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

---

71.

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

Ecological

Psychoanalytic

Social learning

Attachment

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*Correct answer: Ecological*

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

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

---

72.

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

**Imitative play**

Night terrors

Difficulty seeing another's point of view

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*Correct answer: Imitative play*

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

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

---

73.

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

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

Biological causes account for gender differences

Environmental causes account for gender differences

Gender differences are not observable in young children

---

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

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

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

---

74.

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

**Social justice**

Competence

Integrity

Professionalism

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*Correct answer: Social justice*

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

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

---

75.

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

**Sexual addiction is not a recognized addiction**

People are able to become addicted to anything that provides pleasure

Treatment involves stabilization, rehabilitation, and maintenance

Withdrawal can be experienced even in the absence of substance use

---

*Correct answer: Sexual addiction is not a recognized addiction*

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

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

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76.

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

**They see their lives as unproductive**

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

They have a sense of fear about an inconsistent world

They feel like a nuisance to others

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*Correct answer: They see their lives as unproductive*

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

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

---

77.

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

**Role discomplementarity**

Role reversal

Role ambiguity

Role complementarity

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*Correct answer: Role discomplementarity*

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

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

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78.

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

**Negative reinforcement**

Positive consequence

Negative consequence

Positive reinforcement

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*Correct answer: Negative reinforcement*

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

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

---

79.

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

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

Emotional development is accomplished through academic tasks

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

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

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

---

80.

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

**Problems with law enforcement**

Craving

Scholastic problems

Work problems

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*Correct answer: Problems with law enforcement*

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

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

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81.

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

**Deciding to participate in the protest**

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

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

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

*Correct answer: Deciding to participate in the protest*

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

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

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

---

82.

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

Commitment

Stability

Power struggle

Co-creation

*Correct answer: Commitment*

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

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

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

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

---

83.

Exposure to discrimination is linked to:

**Anxiety and depression**

Lower levels of cognitive functioning

Improved results from drug and alcohol treatment

Increased need for family therapy

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*Correct answer: Anxiety and depression*

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

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

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84.

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

**Aging**

Family services

Mental health

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*Correct answer: Aging*

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

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

---

85.

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

**The education system**

The government system

The family system

The religious system

*Correct answer: The education system*

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

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

---

86.

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

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

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

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

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

---

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

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

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

---

87.

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

**Sublimation**

Substitution

Repression

Projection

---

*Correct answer: Sublimation*

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

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

---

88.

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

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

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

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

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

---

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

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

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

---

89.

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

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

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

An elderly man whose apartment just burned down

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

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

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

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90.

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

Psychodynamic

Behavioral

Humanist

Trait

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*Correct answer: Psychodynamic*

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

*Behavioral personality theory roots personality in interactions between the person and their environment and rejects concepts that rely on thoughts and feelings.*

*Humanist personality theory roots personality in individual experience and free will and asserts that self-actualization drives personality development. Trait personality theory roots personality in the collection of an array of broad personality traits that lead to particular behaviors.*

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91.

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

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

Social

Cultural

Political

Physical

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*Correct answer: Social*

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

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

---

92.

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

Asexual

Questioning

Pansexual

Genderqueer

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*Correct answer: Asexual*

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

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

---

93.

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

**Autonomy vs. shame and doubt**

Trust vs. mistrust

Industry vs. inferiority

Initiative vs. guilt

---

*Correct answer: Autonomy vs. shame and doubt*

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

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

---

94.

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

Application

Comprehension

Analysis

Synthesis

*Correct answer: Application*

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

*There are six levels of cognition:*

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

95.

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

**Family income**

Domestic violence

A parent with a mental illness

A natural disaster

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*Correct answer: Family income*

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

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

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96.

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

Rehabilitation

Maintenance

Stabilization

Relapse

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*Correct answer: Rehabilitation*

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

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

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