

ASWB LCSW - Quiz Questions with Answers

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

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1.

Palmer tells you that his partner, Leif, has recently been acting strangely after he drinks. Leif has slapped Palmer on several occasions during these times and, after he does, Leif leaves the house and drives drunk to the neighborhood bar before returning home in the morning. Palmer expresses a fear of Leif and asks you for help.

What should you do **FIRST**?

Work with Palmer to protect himself. This can be done through a domestic violence shelter or a court order of protection.

Suggest that Palmer and Leif meet with you together to begin working on the couple's problems.

Suggest a medical examination for Palmer.

Give Palmer some referrals to present to Leif at home so that Leif can seek individual treatment for his alcoholism.

Correct answer: Work with Palmer to protect himself. This can be done through a domestic violence shelter or a court order of protection.

Your top priority in this situation is to ensure Palmer's safety. Palmer is the primary client, not Leif, so your interventions should only be targeted toward him.

The concern with alcohol is secondary to Palmer's safety; so, even though you may eventually want to suggest that the two of them attend a session together, this is not what you should do first. Unless Palmer has been seriously hurt, which is not indicated in the question, there is no real need for a medical examination. It also does not sound like Leif would be receptive to treatment for his alcoholism, so giving Palmer referrals for Leif is not appropriate at this time and could potentially endanger Palmer.

2.

The term, "splitting," as it is most often applied from the perspective of analyzing problems related to social/interpersonal dynamics, is **LEAST** accurately illustrated by which of the following options?

A client in the process of deciding whether to divorce or attempt to try to work out some serious marital issues tells you, "At one time when I was really hopeless about this, it seemed like my marriage was a losing proposition. Now, when he acts in ways I feel are intolerable, it's like I have three or four internal dialogues about it, all from different angles on the situation. I find myself kind of trying to mediate between all of them."

A client of a social service agency is both working individually with a social worker and also in an employment support group led by a vocational counselor. He makes frequent comments to the latter, such as, "I wish you were my therapist! You relate to me SO much better than her." He also tells the social worker that he feels the group is not providing him with anything useful.

You have a client who frequently complains about her boss at work. She self-reports, "She's nice to me some days and then completely and unreasonably nasty the next, and acts like she thinks I'm incompetent." In exploring this further, you discover that the client has received annual reviews that consistently indicate adequate or better performance. You also note the client's periodic complaints most often include references to her boss giving her direct instructions and lists of critical deadlines that have to be met.

Working with a family, the therapist discovers the eldest son recently had a classroom outburst toward a peer with whom he had developed a sense of academic rivalry. In the family session, his mother recounts reports that he yelled at the girl, "Your whole family is straight TRASH!" The mother smiles at the social worker, saying with a slight wink, "I know he shouldn't have said those things but, you know, they do come from a different area that's just SO different from us."

Correct answer: A client in the process of deciding whether to divorce or attempt to try to work out some serious marital issues tells you, "At one time when I was really hopeless about this, it seemed like my marriage was a losing proposition. Now, when he acts in ways I feel are intolerable, it's like I have three or four internal dialogues

about it, all from different angles on the situation. I find myself kind of trying to mediate between all of them."

"Splitting" is an example of a term that is fairly widely used in a variety of models and settings. Although it originated in Freudian psychoanalytic theory, the concept has evolved a lot over time. An essential quality of splitting is that it involves dichotomization in perceiving others. It is most frequently noted as a dynamic in unstable relationships, in which one person views another as totally positive or totally negative, depending on whether that person is meeting or frustrating the needs of the "splitter" at any given time.

The other options are incorrect because the individual's capacity to recognize and/or utilize a dialogue that they experience internally in the absence of other obvious pathology would be considered by most to be a strength, and not considered splitting.

3.

The following **BEST** illustrates the concept of gender fluidity:

Gender fluidity is a changing and personal concept of gender that can be expressed via gender-related signifiers.

Gender fluidity refers to having no personal concept of gender.

Gender fluidity is the choice of a particular gender, contrary to one's biologically expressed gender.

Gender fluidity refers to the pattern of sexual attraction.

Correct answer: Gender fluidity is a changing and personal concept of gender that can be expressed via gender-related signifiers.

Gender fluidity refers to the changing and personal concept of gender that can be expressed via internal/external signifiers of gender. There is no set of norms or expectations about how the phenomenon will manifest in any individual. The change in gender expression may exhibit itself in one's dress, mannerisms and self-identification, but it is not limited to these.

The other options are incorrect because gender fluidity does not suggest that there is no such thing as gender at all, nor is it specifically directed at expressing a gender contrary to one's biologically expressed gender. It also may or may not have to do with a pattern of sexual attraction relative to gender roles or expectations.

4.

Which of the following is **MOST** descriptive of gender-related behaviors and motivations that are likely to be found in adult children in dealing with aging parents who have progressively increasing medical problems, care needs, etc.?

Daughters tend to be influenced primarily by a sense of intimacy and altruism and may quickly engage in a primary caregiving role motivated directly by affection for the parent(s), whereas sons provide support based more on principles of socially normative behavior, formal obligation and self interest.

Adult sons and daughters in such situations respond very similarly, with behaviors that are motivated by a sense of obligation and need to serve a role of reciprocating for parents' care and investment during their own childhoods.

Sons often respond to aging parents' care needs in an instrumental way (for example, focusing on concrete needs and/or financial arrangements) with little attention to their own emotional responses, while daughters often act in such situations in ways that provide them with mechanisms for gradual emotional transitions/adjustments to parents' future decline, death/dying issues, etc.

Correct answer: Daughters tend to be influenced primarily by a sense of intimacy and altruism and may quickly engage in a primary caregiving role motivated directly by affection for the parent(s), whereas sons provide support based more on principles of socially normative behavior, formal obligation, and self interest.

Research indicates that daughters appear to be more influenced by intimacy and altruism, whereas sons are influenced by normative principles, familiarity, and the expectation of financial reward implicit in endorsement of inheritance. Intergenerational affection plays a more direct role in motivating daughters' support, but for sons, affection serves indirectly by increasing social contact. Sons seem to require frequent interaction prior to engaging in supportive behavior and daughters are directly motivated to act by emotional intimacy.

5.

You are at a homeless shelter and holding a session for a client for the first time, observing that the client seems overly sedated. When collecting information for the medical portion of the assessment, the client reports that he often feels the room spinning, is nauseous, and is constipated. When asked if he uses substances, he just shrugs.

You will **MOST** likely first suspect:

The client uses opioids

The client is using a stimulant, like cocaine

The client is suffering from depression

The client has a medical disorder

Correct answer: The client uses opioids

Opioids are prescription pain medications such as methadone, codeine, and oxycodone. The side effects of opioids can range from sedation, dizziness, nausea, and constipation, to respiratory depression. After becoming familiar with the side effects of harmful substances, social workers can make conclusions about clients' substance use and help them obtain the most appropriate assistance and resources.

The side effects of stimulants are different and can range from restlessness to irritability. Symptoms of depression include withdrawal from others and changes in sleep/eating habits. While the client in this question may have a medical disorder, the fact that he did not deny using substances, but only shrugged it off, indicates that a medical problem may be the result of the substances he uses.

6.

Martin is a 10-year-old boy in therapy who likes to play games with rules and has thoughts about things that are outside his own experience. Martin applies logic to situations and can reverse decisions if/when necessary.

Which of Jean Piaget's stages of development is Martin **MOST** likely in?

Concrete Operations

Preoperational

Sensorimotor

Formal Operations

Correct answer: Concrete Operations

Jean Piaget's model of development generally moves from the primitive behavior and thought of children to more abstract and interactive behavior. The Concrete Operations stage, which happens between ages 7 to 11, is characterized by thinking that is independent of experience, logical thinking, and being able to play games with rules.

In this question, Martin is a 10-year-old boy, and the other stages mentioned as options are not correct and happen at different ages.

7.

Out of the following, the **MOST** frequently occurring/common characteristic found in perpetrators of domestic abuse is:

A sense of entitlement and possessiveness with a belief that being in a relationship provides the perpetrator with the right to control the partner in that relationship

A low self-esteem that leads to insecurity about the stability of relationships and a belief that gaining control over a partner is necessary to prevent abandonment

An extreme level of narcissism that provides the perpetrator with a sense of superiority and privilege superseding the rights of the victim

A historical context in which the perpetrator was previously a victim, with abusive behavior often directly parallel to experiences that were modeled

Correct answer: A sense of entitlement and possessiveness with a belief that being in a relationship provides the perpetrator with the right to control the partner in that relationship

Most perpetrators hold the belief that simply engaging in a relationship provides them with a right to control the partner, that they are entitled to ownership of the partner, and that love is primarily evidenced by ownership and possession. This entitlement/ownership belief system is most often used by perpetrators to rationalize abusive actions.

The other options are incorrect because although past experiences of violence and witnessing of domestic violence can certainly be correlated with future perpetration of domestic violence upon others, the overarching commonality among abusers is a sense of entitlement. There is no evidence to indicate that perpetrators consistently experience extreme narcissism or low self-esteem.

8.

An elementary school principal consults with you about a kindergarten student who demonstrates aggressive behavior toward other students while at school. Which of the following describes how you should respond?

Schedule time to investigate the student's family situation

Recommend limited access to other students

Explain that the child's behavior is due to separation issues

Correct answer: Schedule time to investigate the student's family situation

When children demonstrate aggressive behaviors, it can often be linked to their home situations. Therefore, if you find out more about the child's home life, you may gain the insight needed to help address the child's aggression.

The other options are incorrect, as these options would not help to solve the problem at hand.

9.

If you're operating from the humanistic approach, which of the following assumptions would you be **MOST** likely to make about clients?

They have the capacity to grow

Their distress arises from irrational thinking patterns

They need to address subconscious thoughts causing distress

They are impacted by other members of their family

Correct answer: They have the capacity to grow

The humanistic perspective is a strengths-based approach that views clients as having the capacity to grow. According to this approach, clients are experts in their own lives, and they play an important role in defining and solving their problems.

The assumption that distress arises from irrational thinking patterns aligns with the cognitive behavioral approach.

The assumption that distress is caused by subconscious thoughts aligns with the psychodynamic approach.

Finally, the belief that people are impacted by members of their family aligns with the systems perspective.

10.

The following are usual health consequences of sexual abuse in children, **EXCEPT**:

Hypotension

Gastrointestinal disorders

Gynecological disorders

Somatization

Correct answer: Hypotension

Sexual abuse in children can have many physical, emotional, and psychological consequences, but research does not indicate that hypotension (low blood pressure) is a result of child sexual abuse.

The other options are incorrect, as research shows that following an episode of sexual abuse, or even in the midst of chronic sexual abuse, a variety of medical conditions can appear including gastrointestinal disorders, gynecological disorders, and somatization.

11.

The following is **TRUE** about Kendra, a client who is transgender:

Kendra is likely to experience discrimination, bias and/or stigma as a result of her gender identity

Kendra is likely to undergo sexual reassignment surgery in the future

Kendra is likely to be a cross dresser

Correct answer: Kendra is likely to experience discrimination, bias and/or stigma as a result of her gender identity

Individuals, like Kendra, who are transgender will often experience discrimination, bias and/or stigma due to misconceptions.

Most individuals who are transgender do not undergo surgery, and a cross dresser is someone who enjoys dressing in the opposite gender's clothing, but may not identify with said gender. This does not apply in this question, so these options are incorrect.

12.

The following would be **LEAST** likely to appear as a concern among primary theories of an international social work perspective regarding the impact of globalization:

The impact on all involved cultures from transference and merging of cultural standards and practices, which has the potential for increasing conflict within the involved areas and cultures

Modernization of previously third world cultures and economies, such that standards of living would improve in those cultures over time as a result of increased opportunity to compete with more developed areas

Dependency of nations and cultures that have been relatively disadvantaged, to the extent that other cultures may deplete the capacities of those areas to develop autonomy and self-sufficiency

The possibility that increased industrial outsourcing opportunities would decrease available employment opportunities, which would have a negative impact on local opportunities for community development and advancement in areas involved in globalization

Correct answer: The impact on all involved cultures from transference and merging of cultural standards and practices, which has the potential for increasing conflict within the involved areas and cultures

Regarding the impact of globalization, there are no relevant social work concerns that conflict will be increased within the involved cultures. This answer option is the least relevant concern regarding globalization and international social work.

Globalization and accompanying results can be viewed in a variety of ways, and two primary theories focus on areas relevant to international social work practice. Modernization theory holds that increased industrialization is inevitable in the history of all nations, and will result in favorable outcomes. Reduced poverty, increased population life-span, and participation in global economies are predicted results. However, Dependency Theory predicts that nations that are fully industrialized will expand industry from their home country into developing nations, termed "peripheral nations." The latter, instead of progressing toward industrialization and economic autonomy, may increase dependency upon core nations for economic survival, as well as experience depletion of crucial resources.

Because of this, peripheral nations will continue to have increasingly high rates of poverty and social problems. Localized effects are consistently a concern, and can be cumulative across affected cultures/areas, whereas cultural change and evolution are

within the purview of routine factors for which international social work is expected to account.

13.

Sasha was raised in a home in which she was expected to follow strict rules, and punished when she failed to follow them. Her parents did not explain the logic behind these rules. As a teen, Sasha has developed into an obedient young lady, but she struggles with low self-esteem.

Which parenting style did Sasha's parents **MOST** likely use?

Authoritarian

Authoritative

Permissive

Uninvolved

Correct answer: Authoritarian

Authoritarian parents implement strict rules, which children are expected to follow. They do not offer any explanation for their rules, and they punish children for failing to follow them. This parenting style does result in obedience and proficiency, but it is also linked to lower levels of happiness, social competence, and self-esteem. This parenting style aligns with the description of Sasha.

Authoritative parents expect their children to follow established rules, but they are more democratic in their parenting. Authoritative parents allow children to ask questions, and they are more forgiving when children fail to follow rules. Authoritative parents tend to produce happy, capable, and successful children.

Permissive parents do not make many demands of their children; they rarely use discipline and are warm and nurturing. Children raised by permissive parents are at risk of poor self-regulation skills, and they have problems with authority.

Uninvolved parents make few demands and are not responsive to their children. They fulfill their children's basic needs but are otherwise detached. This results in low self-control and self-esteem and lack of competence in children.

14.

Zayn and Liam are social workers at the community center who are involved in a treatment team meeting. They disagree about a patient, Simon, who is a chronic overutilizer of services, who is diagnosed with Borderline Personality Disorder, and seems to burn bridges in an attempt to manipulate resources and relationships. Simon appeared at the community center yesterday and mentioned that he was still mourning the loss of his childhood pet from years ago in a very shocking road accident. Liam believes that Simon was genuinely traumatized by this, but Zayn does not.

Who is **MOST** likely correct and why?

Liam is correct because all trauma is completely subjective in character.

Zayn is correct because Simon has Borderline Personality Disorder.

Liam is correct because the loss of the pet was sudden and unexpected.

Zayn is correct because the definition of trauma includes a threat to physical harm.

Correct answer: Liam is correct because all trauma is completely subjective in character.

All psychiatric trauma is subjective in character for obvious reasons, and its main reality is within the mind of the person who is experiencing the pain. Whatever the objective reality of the situation might be or even how the situation is perceived by others, the only important facts about the trauma are those subjectively experienced by the sufferer. In this situation, it does not matter that Zayn does not believe Simon, since it is not Zayn's trauma, whereas Liam knows that all trauma is completely subjective.

15.

You work in an assisted living facility and are assigned Carrie, a new resident undergoing rehabilitation for a recent orthopedic injury resulting from a household fall. She is observed to be quiet, reserved, and withdrawn. When Carrie is not engaged in physical therapy or other rehabilitation activities, she is gazing out the window of her room or reading a book.

The **FIRST** step you should take in order to assess Carrie is:

Speak with Carrie, involved family members, and medical professionals who have known her for a substantial period and obtain information regarding her normal style of behaving/relating to others, how she has usually coped with crises or life changes, to gain information about how her present behavior compares with that in her past.

Refer the patient to the consulting psychiatrist to obtain an evaluation for depression, suicide risk, and advice regarding the possibility of initiating a trial of antidepressant medication.

Approach the resident and initiate a discussion about these observations, to open a dialogue regarding her sense of loss and possible grief reaction to the recent changes in her lifestyle and level of independence.

Correct answer: Speak with Carrie, involved family members, and medical professionals who have known her for a substantial period and obtain information regarding her normal style of behaving/relating to others, how she has usually coped with crises or life changes, to gain information about how her present behavior compares with that in her past.

In most institutional settings, withdrawn patients can “fall through the cracks,” and may not receive assessment/intervention warranted by this behavior. However, it is critical to recognize that some people are naturally isolative or introverted, and have a relatively minimal external support system because of their personality style. In others, withdrawn behavior may signal depression, which needs further assessment.

In this question, it is helpful in the early stage of assessment to identify the behavior as a potential problem and to interview Carrie and significant others to establish a baseline to determine if this is typical coping or an unusual, atypical response of hers. The behavior can be monitored from day to day for changes in intensity. Concerns should be communicated to others, including Carrie's physician. Specific action(s) that should be taken would largely be determined by what is normal for her, not by imposing “standard” expectations of “normal” behavior.

While Carrie may eventually be referred to a psychiatrist or engaged in a discussion about loss and grief, these are not the first steps you should take in this situation.

16.

Darlene comes to you for therapy to process feelings of numbness after a breakup. You notice that when she discusses her situation, she does not talk about her emotions, but rather focuses on logical aspects of the split, such as the fact that her budget will change now that she is maintaining a household without financial backing from her significant other.

Which defense mechanism is Darlene using?

Intellectualization

Displacement

Acting out

Reaction formation

Correct answer: Intellectualization

People use defense mechanisms to protect themselves from uncomfortable thoughts, urges, and emotions. Intellectualization is a defense mechanism in which a person avoids emotions by focusing on facts and logic. This is what Darlene is doing.

Displacement does not apply here. This defense mechanism involves directing an impulse toward a less threatening target; for instance, taking anger out on one's spouse instead of on one's boss would represent displacement.

Acting out, which also does not apply, is a defense mechanism in which a person deals with painful emotions through actions. A child who deals with abuse by acting out at school is an example of acting out.

Finally, reaction formation occurs when a person acts in the opposite way to their actual repressed feelings or thoughts. A person who wants to behave in a way they perceive as morally unacceptable may behave in the opposite way to cover up their true urges.

17.

The following statement is **TRUE** about Asian American populations:

Family characteristics, cultural histories, and personal preferences are extremely diverse

They are inherently better at science and math than most people of other ethnicities

They value collectivism and family values

They experience medical disorders related to their cultural history

Correct answer: Family characteristics, cultural histories, and personal preferences are extremely diverse

Many stereotypes exist toward Asian Americans. Some examples of these beliefs are that all Asian American families are close-knit, that Asian Americans are good at science and math, and that females are subservient to males. However, it is very important to acknowledge that family characteristics, cultural histories, and personal preferences of Asian Americans, as well as all other racial and ethnic groups, are extremely diverse.

Research has not established that Asian Americans are inherently better at science and math than others, and there is no evidence that Asian Americans experience medical disorders related to their cultural history. As stated above, Asian American individuals are very diverse, and while some may value collectivism, others are much more individualistic.

18.

Aaron is working with Dave at a crisis center. Dave has recently become displaced after failing to pay his rent and, instead, has been using cannabis and heroin. At which stage of the crisis intervention process does a discussion of Dave's drug use **BEST** belong?

Conducting a biopsychosocial assessment

Exploring new coping skills

Exploring feelings and emotions

Implementing an action plan

Correct answer: Conducting a biopsychosocial assessment

The only stage where we know for certain that a lengthy discussion of Dave's drug usage will take place is while conducting a biopsychosocial assessment. During this, it is important to establish all of the data about his life that can be relevant to his current situation.

Exploring new coping skills does not involve Dave's drug use, and he might not identify it as a problem to begin with, or that it directly ties to his financial crisis at that time. The drug usage may also not come up with his feelings and emotions, and an action plan strongly relies on problems Dave has identified under Aaron's guidance, and though it's likely, the drug use may not appear there either.

19.

You meet regularly with a couple, Mr. and Mrs. Hemsworth, for marital therapy and have noticed that the husband has a pattern of belittling his wife, and then spends the remainder of the session praising her beauty, selflessness, intelligence, and personality.

What defense mechanism is the husband **MOST** likely using?

Undoing

Rationalization

Repression

Projection

Correct answer: Undoing

Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Undoing is a defense mechanism in which the individual compensates/overcompensates for engaging in unacceptable behavior. In this question, Mr. Hemsworth is trying to take back the rude comment(s) he makes toward his wife by then engaging in excessive compliments.

Rationalization is when something happens that we find difficult to accept and we make up a logical reason why it has happened. Repression involves placing uncomfortable thoughts in relatively inaccessible areas of the subconscious mind. Projection occurs when a person has uncomfortable thoughts or feelings, they may project these onto other people, assigning the thoughts or feelings that they need to repress to a convenient alternative target.

20.

There are a number of defense mechanisms that clients can use in order to protect themselves during treatment sessions, and throughout life. Which of the following **BEST** describes the defense mechanism, "projection"?

Faulting another for one's own unacceptable characteristics

Placing uncomfortable thoughts in relatively inaccessible areas of the subconscious mind

Diverting desires that are consciously intolerable and cannot be directly realized into creative activities that are acceptable

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

Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Projection occurs when a person has uncomfortable thoughts or feelings, they may project these onto other people, assigning the thoughts or feelings that they need to repress to a convenient alternative target.

The other options are incorrect. Repression involves placing uncomfortable thoughts in relatively inaccessible areas of the subconscious mind. Because of this, when things occur that we are unable to cope with now, we push them away, either planning to deal with them at another time or hoping that they will fade away on their own accord. Sublimation occurs when a person chooses to divert their desires that are consciously intolerable and cannot be directly realized into creative activities that are acceptable. Sublimation channels this energy away from destructive acts and into something that is socially acceptable and/or creatively effective.

21.

Morgan pretends that she is Kim Kardashian because Kim is beautiful and never seems to have any problems in life. What defense mechanism is Morgan **MOST** likely using?

Idealization

Sublimation

Projection

Correct answer: Idealization

Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Idealization is a defense mechanism that is an overestimation of another person or of that person's specific attributes.

The other options are defense mechanisms, but do not best match what Morgan is using. Projection occurs when a person has uncomfortable thoughts or feelings, and they may project these onto other people, assigning the thoughts or feelings that they need to repress to a convenient alternative target. Sublimation occurs when a person chooses to divert their desires that are consciously intolerable and cannot be directly realized into creative activities that are acceptable. Sublimation channels this energy away from destructive acts and into something that is socially acceptable and/or creatively effective.

22.

What can caregivers do to foster healthy development in a child during the autonomy versus shame and doubt stage, as defined by Erikson's psychosocial development theory?

Be patient and encouraging while monitoring the child's safety

Do not allow the child to complete tasks on their own

Push the child to complete tasks that the child thinks they are not ready to do

Dismiss the pursuit of independent activities

Correct answer: Be patient and encouraging while monitoring the child's safety

Erikson's theory of psychosocial development emphasizes the importance of individuals mastering tasks in each stage of development before moving on to the next stage, and during the autonomy versus shame and doubt stage, which occurs between 2 and 4 years of age, a child explores their surroundings extensively and develops their first interests. It is during this stage that a child's caregiver(s) should be patient and encourage self-sufficient behavior by encouraging the child to perform age-appropriate tasks on their own.

Caregivers who do not allow children to complete tasks on their own, or force them to complete tasks that they are not ready for, run the risk of creating a sense of shame and doubt in the child. By completely dismissing the child's pursuit of independent activities, a caregiver may be communicating a confusing message and this is not beneficial to healthy development.

23.

The following is a **TRUE** statement regarding the difference between religion and spirituality as it applies to social work practice with clients:

Religion is meant for a group, while spirituality is more private and personal.

Religion is focused on a method of practice, while spirituality is more focused on a code of conduct.

Religion is a practice, while spirituality is a way of life.

Religion is inclusive of many eras and traditions, while spirituality is a product of a certain time and place.

Correct answer: Religion is meant for a group, while spirituality is more private and personal.

Recently, there has been an increasing growth in the popularity of religion and spirituality among the general population, and it is common for these topics to arise within the context of social work practice. However, religion and spirituality are two different areas, and social workers should be aware of these differences. One of these differences is that religion refers to something that is meant for a group, whereas spirituality is something that is generally thought of as more private and personal.

The other options are incorrect as they do not best match a true statement regarding the difference between religion and spirituality. Religion can be more focused on a code of conduct, while spirituality is focused on a method of practice. Religion is a way of life, while spirituality is a practice. Finally, spirituality (and not religion) is inclusive of many eras and traditions, while religion is a product of a certain time and place.

24.

Families with incestuous relationships **MOST** often have which of the following characteristics?

Enmeshed family members

Disengaged family members

Triangulated relationships

Correct answer: Enmeshed family members

An incestuous family relationship is one in which there are no boundaries, and enmeshed family members are those who have vague role boundaries between them. Enmeshed families are a contrast to "disengaged" families and allow for little independence.

In contrast, disengaged family members lack communication and have very firm boundaries in place between family members, and triangulated relationships indicate dysfunctional communication patterns in which one family member communicates to another family member about a third person. These are not the best match for the question, so these options are incorrect.

25.

You are working as a social worker in an acute care hospital. Your latest client is Garret, a 17-year-old boy who is suicidal and has an addiction to methamphetamine. Additionally, Garret has a long history of getting in trouble with the police, even at his young age. He insists that he has a plan to act on his suicidal intentions, and has self reported that there is a gun at home that he can use to end his life. Garret then yawns, and states that he is bored with this session before politely asking if he can leave the hospital.

What should you do **FIRST**?

Take steps to ensure Garret's safety

Nothing, as Garret has a right to self-determination

Let him leave, as Garret's suicidality is not genuine

Immediately explore Garret's feelings about why he wishes to hurt himself

Correct answer: Take steps to ensure Garret's safety

The fundamental condition of crisis intervention is the establishment of safety for the client and others, and no clinician can truly know the genuineness of any suicidal ideation. The best we can do to prevent the worst outcomes is to intervene immediately in whatever way we can/have to in order to ensure client safety until they can tell us that they don't want to proceed with plans for self-harm.

Suicidal and homicidal ideation are two of the very few times when client self-determination is abdicated. In this question, you should not let Garret out of your sight until you can make absolutely sure that he will not self-harm. There will come a time for the exploration of Garret's feelings during the process of crisis intervention, but this must wait until after safety is established.

26.

You're working with a client who has recently gone through a divorce. Which of the following is the **MOST** accurate description of the way you should approach her grieving process?

You should help her acknowledge the reality of the loss of her marriage.

You should discourage mourning by telling her to be strong.

You should ensure that she sticks to the predetermined timeframe for processing grief, so it doesn't last indefinitely.

Correct answer: You should help her acknowledge the reality of the loss of her marriage.

People can mourn in different ways, but there are some common needs that people have during the grieving process. One of these needs is being able to acknowledge the reality of the loss. This is the best answer option here.

Mourning is necessary to allow for healing, but people are often discouraged from mourning because people tell those who are grieving to "be strong."

There is no predetermined timeframe for processing grief, as each person processes it differently.

27.

An example of a harm reduction program is:

Needle exchanges

Abortion clinics

Parenting classes

Drug abuse programs offered in schools

Correct answer: Needle exchanges

Harm reduction programs aim to reduce the risks associated with the use of drugs in individuals who are unwilling and unable to stop. A major public health concern is individuals who are addicted to drugs injecting illegal substances with needles that have not been sterilized, and this could result in getting the HIV virus. Because of this concern, needle exchange programs allow these users to exchange their used needles for hypodermic ones, and thus, drastically decreasing the likelihood of contracting a disease. However, these programs are quite controversial, as opponents argue that they strongly encourage the use of illegal substances.

Clinics that provide abortions are designed to do just that, and are not considered to be harm reduction programs. Parenting classes are generally educational programs, and drug programs offered in schools are prevention programs, not harm reduction programs.

28.

Roan is a 16-year-old high school student who discloses to you that he has recently been experimenting with drugs with a few of his friends. He has noticed some concerning side effects but does not know the names of the drugs he has used.

What should you do **FIRST**?

Validate Roan's concerns about the side effects, and suggest a referral for drug education

Report Roan's drug use to the proper authorities at the school

Suggest that Roan discuss his drug use with his parents

Alleviate Roan's anxiety about the side effects, but suggest that he not use the drugs anymore and ask for his friends' names

Correct answer: Validate Roan's concerns about the side effects, and suggest a referral for drug education

Your first step should be to acknowledge Roan's fears about the drugs' side effects, but should also emphasize the fact that Roan should have sufficient information about any substance that he ingests. You should also make sure that Roan is referred to a drug education course, group, or counselor at the school or that the school partners with.

By reporting Roan's drug use to school authorities, you would be jeopardizing your relationship with Roan and will likely be breaking confidentiality. You could suggest that Roan discuss his drug experiments with his parents, but there is no indication in the question that Roan has a positive relationship with his family, or that his parents would know more than Roan about the side effects of drugs. As stated above, you should acknowledge, not alleviate, Roan's anxiety and should refer him to someone more knowledgeable about the drugs, but asking for the names of his friends could confuse and upset him too, and distract from the focus of Roan since he is your client.

29.

Henry would like to become an astronaut and go into space, but he is scared of comets and black holes so, instead, he learns how to fly a plane. What type of defense mechanism is Henry **MOST** likely using?

Substitution

Rationalization

Sublimation

Denial

Correct answer: Substitution

Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Substitution is the defense mechanism in which the individual replaces an unattainable goal with one that is attainable. In this example, Henry cannot go into space, so he learns how to fly a plane instead.

Denial is simply refusing to acknowledge that an event has occurred. Sublimation occurs when a person has feelings or behaviors that are not socially acceptable and so diverts them into socially acceptable channels. Rationalization is when something happens that one finds difficult to accept, so one makes up a logical reason why it has happened.

30.

The following is an example of a selective residual program:

Food stamps

Social security

Education

FEMA

Correct answer: Food stamps

Food stamps are an example of a selective residual program because they are part of a short-term program that is provided to a restricted group that demonstrates need. It is an example of a policy that directly informs service delivery.

The other options are incorrect because FEMA is an example of a universal residual program since it is an emergency-based program that provides benefits to all members of society. Education is an example of a universal institutional program, as it is a prevention focused program that provides benefits to all members of society, and social security is an example of a selective institutional program, as it is a prevention focused program that is provided to a restricted group that demonstrates need.

31.

Gary arrives at his session with you with dilated pupils, appears jittery, and keeps apologizing for "talking so much, man." Gary is **MOST** likely using which of the following substances?

Cocaine

Painkillers

Heroin

Correct answer: Cocaine

Cocaine use is indicated by anxiety, dilated pupils, hyperactivity, excessive talking, and/or euphoria, all of which, in this question, Gary is showing signs of.

The other options are incorrect. Painkiller addiction could be indicated by sleepiness, inattention, and/or a loss of appetite. If Gary was using heroin, he could be showing contracted pupils, sweating, vomiting, and/or twitching.

32.

The following is the **LEAST** effective way to learn the effects of culture, race, and ethnicity on behaviors, attitudes, and identity:

Learning facts about diverse cultural and ethnic groups

Working with people from diverse cultural and ethnic groups

Practicing a commitment to culturally responsible behavior

Correct answer: Learning facts about diverse cultural and ethnic groups

Out of the options listed, the least effective way to learn the effects of culture, race, and ethnicity on behaviors, attitudes, and identity is to just learn facts about diverse cultural and ethnic groups. While well intentioned, there is no training or list of facts that can adequately prepare one for a confrontation with the experience of persons with a lived experience different from oneself. Additionally, within diverse cultural and ethnic groups, there is substantial diversity, making a memorized list of facts about a given group a pretty risky thing to rely upon.

The other options are incorrect because the question asks for the least effective way to learn. Working with people from diverse cultural and ethnic groups, and practicing a commitment to culturally responsible behavior are both preferable to a purely academic method of learning. Though mistakes will most likely be made, the benefit of the effort will be greater comfort and competence.

33.

Blake, a four-year-old child, is observed by daycare workers on a regular basis engaging in masturbation during the naptime period, apparently with no awareness that this behavior is any different than any other naptime ritual carried out with others present.

The following represents the **MOST** likely underlying influence on this behavior that would govern your earliest plan of investigation/intervention:

Inadequate or inattentive/neglectful parent behavior, in which the topic/behavior of masturbation has been unnoticed or unaddressed by parent(s), and Blake has not been socialized to the concept of appropriate social/contextual limits for the behavior

A potential influence of sexual abuse of this child, either historical or ongoing, which might induce him to act out sexually within view of others, in a setting with known/trusted adult observers

Normal sexual development in this child, which often manifests as masturbatory activity (that often begins in infancy), with this situation indicating a need for daycare staff education in that area

Correct answer: Inadequate or inattentive/neglectful parent behavior, in which the topic/behavior of masturbation has been unnoticed or unaddressed by parent(s), and Blake has not been socialized to the concept of appropriate social/contextual limits for the behavior

Infants and toddlers have little embarrassment related to physical sensations and their own bodies, and some form of masturbation is very common in that age group. Taking a "normal" attitude toward this activity is the most recommended route for parenting (providing clear limits on "private" vs. "public" behavior, while refraining from judgmental/stigmatizing reactions that indicate that sexuality is "bad" or "taboo"). By the time a child like Blake reaches the age of four, if masturbation is an activity in which the child routinely engages, parents would likely have noticed, and most children in that context would have a greater sense of socially appropriate limits.

Masturbation, however, in young children is not a sign of precocious sexual development or is it intrinsically indicative of a problem (e.g., sexual abuse/molestation).

34.

An engaged couple is undergoing premarital counseling with you. You ask the couple if there are any problems that they can foresee. The woman states that the man's family does not accept her because she comes from a lower social class. The man agrees with the woman that this, in fact, is an issue with his family, and that he sometimes feels the tension between his fiancée and his parents.

What is the **FIRST** thing you should do?

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

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

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

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

Since the influence this matter has on the couple's relationship has the most immediate, direct importance to the couple, you should address it first.

Strategies for gaining the man's parent's approval and the handling of financial differences are both important, but they can be discussed at a later time.

35.

A client who is in a state of confusion and is unsure of what year it is is suffering from which of the following?

Disorientation

Delusion

Dissociation

Delirium

Correct answer: Disorientation

Disorientation is a state of confusion in regard to a person, place and/or time.

While delirium is a state of confusion, it also has to be accompanied by hallucinations, delusions, emotional liabilities, and anxiety. Delusions are thoughts that one believes are accurate even though there is evidence against said beliefs.

Dissociation is a defense mechanism in which clients have thoughts that are inappropriate to the current situation.

36.

What type of group is a military squad an example of?

Structured

Collective

Intimate

Intimate structured

Correct answer: Structured

A military squad is an example of a structured group. These groups are organized and have integrated connections with other individuals.

An audience at a theater is an example of a collective group, lovers are an example of an intimate group, and families are an example of an intimate structured group.

37.

You are meeting with Indy, a client who has been mandated by the court system to attend weekly individual therapy to address his drug use and inappropriate discipline toward his children. During your session together, Indy consistently tells you that he is not a drug user and/or abuser, and the situation was "just a big misunderstanding, you gotta believe me."

What defense mechanism is Indy **MOST** likely using?

Denial

Regression

Dissociation

Intellectualization

Correct answer: Denial

Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Denial is the refusal to accept reality or fact, even when the evidence clearly demonstrates the opposite. In this question, Indy not only denies his drug use, but also the mistreatment of his children, despite the fact that the court system found him guilty of both.

Regression involves taking the position of a child in some problematic situation, rather than acting in a more adult way. Dissociation is when an individual loses track of the time or place and replaces themselves with a representation in order to continue moving forward. Intellectualization is when the individual ignores feelings and analyzes problems as objectively as possible.

38.

Which of the following therapeutic approaches focuses on strategies to directly alter behaviors?

Action

Aversion

Solution focused

Correct answer: Action

Action therapies focus on strategies to directly alter behaviors.

Solution focused therapy focuses on dealing with the positive outcomes the client seeks instead of the client's problems, while aversion therapy focuses on the elimination of a maladaptive behavior by associating the behavior to an aversion stimulus.

39.

Ed self-reports to you that he is having problems with his wife because he feels that she does not like/care about him anymore. You discover that his belief stems from her perceived distraction when Ed is talking, so you challenge his thought and help him replace it with an alternative one that his wife "does truly care, but other demands and family needs have her attention."

The approach you used is:

Cognitive behavioral therapy

Operant conditioning

Classical conditioning

Correct answer: Cognitive behavioral therapy

Cognitive behavioral therapy's goal is to change the patterns of thinking and/or behavior that are responsible for clients' difficulties. In this question, you help Ed to change his attitude and behavior by focusing on the thoughts, beliefs, and attitudes that are held (his wife not liking/caring about him anymore) and replacing this thinking with a healthier one.

The other options are incorrect, as they do not best match what is being described in the information offered in the question.

40.

Out of the following classes of drugs, which would be **MOST** likely to induce synesthesia as a prominent effect?

Hallucinogens

Stimulants

Benzodiazepines

Opioid narcotics

Correct answer: Hallucinogens

Synesthesia is a sensory phenomenon that is characterized by experiences of a crossover between one sensory modality and another. Those who experience synesthesia report things like seeing sounds and hearing colors. This is a phenomenon that, in some individuals, a relative minority of the population, may occur in the absence of drugs. However, the class of drugs that includes synesthesia as a prominent/likely effect is the hallucinogens.

The other options are incorrect because stimulants, benzodiazepines, and opioid narcotics usually do not produce synesthesia.

41.

The following is the **BEST** example of homophobia and elder abuse:

An older man is forced to leave his same-sex partner's hospital room because "visitation is for family members only"

A young lady helps an older man put his grocery bags in his car

A social worker forgot to ask an elderly woman about her sexual behaviors during an assessment

An adolescent teasing an older woman by saying, "Her hair looks like a man's!"

Correct answer: An older man is forced to leave his same-sex partner's hospital room because "visitation is for family members only"

Homophobia is the dislike of homosexual individuals simply due to their sexual identity. Many hospitals have a "family members only" visitation policy, and while it may be unethical, it would not be uncommon for a same-sex partner to be asked to leave a hospital room.

Elder abuse is any form of mistreatment that causes harm or loss to an older person and, in this situation, the fact that the patient is not allowed to receive support from his partner could be classified as a loss to the patient.

The other options are incorrect because they do not line up with the information offered in the question as examples of homophobia and elder abuse.

42.

One of the **MOST** universal features of adolescent development is expressed by:

Attempts to define individual identity and develop a sense of how that identity may match or differ from peers/family

Focus on sexuality and romantic/sexual relationships with peers

Emphasis on conformity of self with peers, and frequent conflict/rebellion against parental and/or cultural traditions are perceived as reducing the probability of "blending" with peers

Correct answer: Attempts to define individual identity and develop a sense of how that identity may match or differ from peers/family

A number of substages can be seen to operate in normal adolescent development. However, identity formation, which includes the capacity to make valid, self-determined comparisons among various influences, is a key, overarching characteristic that encompasses the entire period.

While sexuality may be a relatively greater focus than in earlier development, it is much more variable among individuals than is identity. Conformity is usually a focus during preteen or early adolescent periods, but is secondary, overall, as a theme throughout this extended period of development.

43.

Sandra has been struggling with low self-esteem. She doesn't feel any sense of pride in her accomplishments. She watches peers succeed in school and sports, and she feels inferior.

According to Erikson's model, which stage is Sandra struggling with at this time?

Industry vs. inferiority

Trust vs. mistrust

Intimacy vs. isolation

Correct answer: Industry vs. inferiority

During the school-aged years, from age six to puberty, children are in the industry vs. inferiority stage. They learn to initiate tasks and develop a sense of pride in their achievements. Sandra is struggling with this area.

Trust vs. mistrust occurs during infancy, when infants either learn to trust caretakers or realize caretakers cannot be trusted to meet their needs.

Intimacy vs. isolation occurs during young adulthood when people need to form meaningful relationships with others.

44.

Gary is a 23-year-old gay male who has been meeting with a social worker for treatment of some depressive symptoms. During his session, Gary becomes tearful and discloses that he was sexually assaulted two days before when he arranged an in-person meeting with another man he met off a dating app. Gary has not come out to his family yet, and only a few friends know, so he is desperate about not letting anyone else know that he is gay.

What should the social worker do?

Acknowledge Gary's desire for his sexual preferences to remain private, validate his feelings related to the sexual assault, and encourage him to seek a medical evaluation as soon as possible

Inform Gary that it is the social worker's responsibility to inform the authorities when anyone is hurt

Refer Gary to a psychiatrist for medication management, as the stress he is experiencing is likely to worsen his depression

Try to obtain more information about the individual who assaulted Gary

Correct answer: Acknowledge Gary's desire for his sexual preferences to remain private, validate his feelings related to the sexual assault, and encourage him to seek a medical evaluation as soon as possible

The social worker should first acknowledge and validate Gary's emotions related to the sexual assault and the process of coming out to his family and the rest of his friends. The right to self-determination is a social work principle that requires the social worker to respect a client's decisions about their own life, even if the social worker thinks the client should make different choices. In this scenario, the social worker's main priority is to make sure Gary is safe. Keeping his safety in mind, the social worker should strongly recommend a confidential medical evaluation.

Due to his age, it is Gary's decision if he wants to contact law enforcement. However, the social worker can discuss the pros/cons with him of doing so. In this scenario, there is no evidence that Gary needs to be on medication and there is no immediate need to obtain more information about the person who assaulted him. While this can be important, in this session, again, it is important to focus on validating him and making sure he is safe.

45.

Which of the following is the **LEAST** prominent concept in theories of individual psychology originated by Alfred Adler?

That individuals' functioning is primarily determined by the means by which id impulses are mediated, or controlled by ego and superego interaction

The concept that feelings of inferiority and the ways in which the person attempts to compensate for them is a central influence on personality and behavior

The idea that humans strive for a sense of significance in their environment, which is a primary motivator of behavior

Correct answer: That individuals' functioning is primarily determined by the means by which id impulses are mediated, or controlled by ego and superego interaction

Individual psychology was originated by Adler as a relatively radical Neo-Freudian theory that placed a much stronger emphasis (relative to Freud) on the purpose of behavior and basic desires of humans for a sense of achievement, community belonging/membership/recognition, and purpose. Adlerian theory is substantially more positive, optimistic, and health focused, as opposed to the conflict/pathology focus of Freud.

In the literature of individual psychology, references to traditional Freudian concepts of ego structure are minimal.

46.

You are assisting a family with a therapeutic objective, and you have already helped them by recommending resources. What is the **NEXT** step that should be taken in this process?

Initiate the use of resources

Define their problem

Set goals and action plans

Correct answer: Initiate the use of resources

Because you have recommended resources to the family, which means you have already helped them define their problem and set their goals and action plans, the next step would be to initiate the use of the resources.

Though it is not an option, in this situation, the last step in the process (after you initiate the use of resources) would be monitoring the family's success.

47.

A social worker has a session with a seven-year-old child, Greg, and suspects sexual abuse perpetrated by a neighbor of the child's family based on Greg's mother reporting, "He's always been so nice to Greg and does special movie nights for him, but Greg does not want to go over to his house anymore."

Which of the following behaviors of the child might be the **MOST** specific indicator of sexual abuse?

Abrupt changes in the child's behavior, like avoidance of the neighbor

Declines in school performance

Sudden onset of emotional outbursts toward family

Observations that the child is initiating inappropriate sexual activity with his friends

Correct answer: Abrupt changes in the child's behavior, like avoidance of the neighbor

Sudden changes in a child's behavior may indicate inappropriate activity. In this example, the mother's observation that Greg seems to be decreasing the level of engagement with the suspected predator signals a sexually abusive relationship.

While it must be noted that any of the remaining answer options listed may be signs/symptoms of sexual abuse of children, those choices may also reflect a number of other possible problems (e.g., depression, results of school bullying, negative peer influences, etc.). Thus, while any/all of these items may be objects of concern, the most specific of the choices (regarding sexually abusive relationships) involves observed changes in behavior related to the suspected perpetrator/property/location(s) in question.

48.

In designing a behavioral intervention with the intent of stopping undesired behavior, the effects of using punishment as the method of choice are **BEST** described by which of the following?

The behavior will be suppressed in the context or environment in which punishment is administered, and the degree to which it is carried over into other contexts may be minimal or the behavior may increase in other contexts.

Consistent administration of punishment with an undesirable behavior will extinguish the behavior entirely.

The most likely effect of punishing the behavior will be withdrawal and refusal to remain engaged in the situation/environment.

The specific behavior subjected to punishment will disappear over time. However, the most likely result will be that behaviors that are similar to the original undesired behavior will be substituted.

Correct answer: The behavior will be suppressed in the context or environment in which punishment is administered, and the degree to which it is carried over into other contexts may be minimal or the behavior may increase in other contexts.

Punishment is often ineffective in stopping behaviors to which it is applied, and may actually increase the frequency of undesired behavior. In contrast to positive reinforcement, punishment is most effective when it occurs every time the target behavior occurs, but even consistent administration of punishment is not likely to extinguish a behavior completely in all contexts.

The remaining answer options are incorrect. Since constant monitoring and application of punishment so that every occurrence of undesired behavior can be punished is rarely possible, the undesired behavior may actually be intermittently reinforced and the behavior continues.

49.

Penny has been attending sessions with her social worker for a few months now and openly discusses how she is addicted to cocaine. Today, Penny's father is attending a session with her. He feels that his daughter's problems are simply depression.

What type of defense mechanism is Penny's father demonstrating?

Denial

Rationalization

Projection

Minimalization

Correct answer: Denial

Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. In this question, the father denies that Penny has a cocaine addiction by stating that she is "simply" depressed.

Since the father is not even acknowledging Penny's cocaine addiction, he is not demonstrating rationalization or minimalization. He is also not using projection, as he is not engaged in attaching unacceptable facets of his own personality to others.

50.

You provide a variety of services for an organization dedicated to working with cancer survivors. Which of the following is **MOST** likely to be a key factor in long-term psychosocial adjustment and perceptions of well-being, which might help you understand the range of reactions and outcomes likely to be found in the individuals being served?

The age of the cancer survivor, with those who are older generally predicted to show more resilience than younger survivors

The socioeconomic status of survivors, as individuals with greater assets generally suffer less severe problems with psychosocial adjustment as cancer survivors

Educational factors, as survivors with greater knowledge of cancer-related information and/or more highly developed intellectual/academic capacities have more available resources to learn about and understand the adjustment process

Correct answer: The age of the cancer survivor, with those who are older generally predicted to show more resilience than younger survivors

Overall, cancer survivors report poorer functioning on psychosocial distress measures, but significant decrements are primarily found among younger survivors. Older cancer survivors have been found to function as well as nondiagnosed peers, suggesting that older age itself appears to be an important resilience factor in contending with cancer. While the underlying causes of this important age-related finding are not documented, it has been speculated that younger survivors may have greater long-term psychosocial sequelae because of the disruptive effects of the episode of illness/treatment on life stage-related social, occupational, and economic areas.

The other options are incorrect because there is no evidence to suggest that cancer survivors of a higher socioeconomic status/higher levels of education are more resilient than those of low socioeconomic status/less education.

51.

There are a number of defense mechanisms that clients can use in order to protect themselves during treatment sessions. Which of the following **BEST** describes the defense mechanism "intellectualization"?

Ignoring feelings and objectively analyzing problems

Completely ignoring unacceptable feelings

Overestimating another person's abilities

Taking extreme measures to counterbalance a problem

Correct answer: Ignoring feelings and objectively analyzing problems

Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Intellectualization occurs when one ignores one's feelings and objectively analyzes the problem.

Denial is when one completely ignores unacceptable feelings. Idealization is a defense mechanism in which one overestimates another person's abilities, and overcompensation is when one takes extreme measures to counterbalance a problem.

52.

Derek, a gay client, is seeing you because he is frustrated and feeling depressed. He and his partner would like to adopt a child, but the local adoption agency has refused their application because of their same gender relationship. Derek feels as if he is being discriminated against, but feels that he would not be successful in fighting the adoption agency.

How should you assist Derek with formulating his treatment goals?

By helping Derek confront the adoption agency's discriminatory policies

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

By evaluating how Derek feels about his own sexuality

By referring Derek to his physician for depression medication

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

Derek is feeling frustrated and depressed because the adoption agency is discriminating against his same gender relationship. Because of this, the only way that you will be able to assist him is to help him confront the adoption agency's discriminatory policies.

It may become necessary for you to refer Derek to his physician for depression medication, but you should try to address the actual issue that is causing the depression first. You should not explore the reasons why Derek wants to adopt, because this too demonstrates a bias against same gender parents, and there is not a need for you to evaluate how Derek feels about his sexuality, because he is open about his sexuality.

53.

During his session, Steve opens up about seeing his ex-wife with her new boyfriend at the mall. While Steve claims that the run-in did not bother him and reports that he "cannot believe (he) ever married her," you can tell that running into his ex-wife actually did bother Steve.

Which of the following Defense Mechanisms did Steve **MOST** likely display?

Reaction formation

Projection

Displacement

Compensation

Correct answer: Reaction formation

Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Reaction formation happens when an individual adopts ideas, attitudes, or behaviors that are the opposite of what they are really feeling.

Projection is putting one's own attitudes or feelings onto another. Displacement is the shifting of actions from a desired target to a substitute target when there is some reason why the first target is not permitted or not available. When an individual tries to make up for characteristics that are considered undesirable, this is called compensation.

54.

You are employed by a temporary relief shelter for families who cannot afford housing, and in charge of running a group for parents with young children. After a handful of sessions, you notice that the majority of parents in your group engage in coercive discipline methods toward their children.

What is the **MOST** likely explanation for this?

A combination of high levels of stress and a strong belief in physical punishment

An innate sense of right and wrong

Validation from peers for the parents' behavior toward their children

Lower intelligence levels and a lack of insight

Correct answer: A combination of high levels of stress and a strong belief in physical punishment

Many parents of low socioeconomic status feel a sense of powerlessness and lack of influence in their relationships beyond the home. Because of this, they can experience higher levels of stress, and this combination with a strong belief in physical punishment often leads to low socioeconomic status (SES) parents having a greater use of coercive discipline.

55.

You are working with your client, Dawn, who is in an acute care hospital. She is a 19-year-old woman who has recently been diagnosed with schizophrenia and is in a crisis of panic about what this means for her life. You challenge Dawn's highly negative beliefs about schizophrenia and mental illness, in general.

In what stage of crisis intervention does challenging **BEST** belong?

The exploration of feelings and emotions

Restore functioning

Psychological contact and establish rapport

Plan follow-up

Correct answer: The exploration of feelings and emotions

Once Dawn's safety has been established and you have conducted a thorough assessment, and when problem identification has yielded issues of emphasis on the crisis, Dawn's emotional process should be addressed. This is not long-form psychotherapy, but it should be involved enough to challenge her maladaptive beliefs. Maladaptive beliefs, particularly about self, will stand in the way of the self-efficacy necessary for crisis work.

The other options are stages of crisis intervention, but would not be best for challenging.

56.

One common myth of adolescence is:

An adolescent believes that everyone else's attention is on them at all times.

An adolescent believes that they are just as important as other teenagers.

An adolescent is hypersensitive to the dangers of drug use and drinking.

"No one will ever, ever love me."

Correct answer: An adolescent believes that everyone else's attention is on them at all times.

Adolescence, which lasts from about age 12 until age 18, is a time of unbelievable physical, emotional, and psychological growth. A teenager's behaviors are usually consistent with the myths of adolescence, and one of these myths is that everyone else's attention is on them at all times. This is reflective of the normal self-centeredness that is rampant during the teenage years.

Another myth of adolescence is that teenagers are immune to consequences, which could be why so many engage in drug use and drinking without considering the possible repercussions. During adolescence, an individual is likely to believe that they are more important than other teenagers. And while some adolescents may believe that they are unlovable, this is not a universal belief held by most teenagers and, therefore, not a common myth.

57.

There are a number of defense mechanisms that clients can use in order to protect themselves during treatment sessions. Which of the following **BEST** describes the defense mechanism "rationalization"?

Justifying an unacceptable action in order to make it acceptable

Subconsciously forgetting certain unacceptable memories

Taking emotion intended for one person and displacing it into another

Taking extreme measures to counterbalance a problem

Correct answer: Justifying an unacceptable action in order to make it acceptable

Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Rationalization is when something happens that we find too difficult to accept, so we make up a logical reason as to why it has happened.

Repression involves placing uncomfortable thoughts in relatively inaccessible areas of the subconscious mind. When things occur that we are unable to cope with now, we push them away. Displacement is the shifting of actions from a desired target to a substitute target when there is some reason why the first target is not permitted or not available. Overcompensation occurs when a client takes extreme measures to counterbalance a problem.

58.

You are a social worker at the neighborhood after school program for middle school students. One day, Kevin, a 12-year-old boy, asks to speak to you in private, where he discloses that he has recently found his male peers cuter and cuter, but is scared that his friends will find out. Kevin expresses confusion about these feelings and comments, "I don't look like a gay guy, I don't think."

Which stage of Troiden's four stage model is Kevin **CURRENTLY** in?

Stage II

Stage I

Stage III

Stage IV

Correct answer: Stage II

Troiden's four-stage model from 1989 is used by some social workers to describe the process of developing a homosexual identity. Stage II is also known as the "Identity Confusion" stage and occurs before puberty. Individuals in this stage, like Kevin, notice they have begun to feel attracted to members of the same sex, but are very concerned about the stigma that surrounds homosexuality.

Stage I is the "Sensitization" stage, which is when children begin to feel as if they are different than their same-sex peers, but do not quite understand why/how. Stage III is the "Identity Assumption" stage, and this is when an individual begins to tolerate their sexual identity and explore aspects of it. Finally, stage IV is the "Commitment" stage, and this is where an individual fully adopts homosexuality as a way of life.

59.

Gloriana, a teenage client, came to the U.S. from Mexico during her early preschool years. She recently experienced a situation during which a peer made a negative comment about her cultural background, accusing her of coming to the country illegally. This is the first time Gloriana has come face-to-face with discrimination, and she has been experiencing some negative feelings about herself.

Which stage of cultural, racial, and ethnic identity development is she in?

Encounter

Internalization and Commitment

Immersion-Emersion

Correct answer: Encounter

During the encounter stage, a person has an encounter that prompts them to think about the role their cultural, racial, and ethnic identity has in their life. For minority group members, the encounter is often negative and is the person's first experience of discrimination. This aligns with what Gloriana is experiencing.

During the internalization and commitment stage, a person has a secure sense of their identity and can comfortably socialize both inside and outside their cultural group.

The immersion-emersion stage occurs after an encounter, and is characterized by a period of exploration during which a person searches for information and attempts to learn from interactions with others from the same cultural, racial, or ethnic group.

60.

When society is focused on one individual at a time, what level of intervention is this?

Micro

Mezzo

Macro

Mini

Correct answer: Micro

Micro levels of society focus on one individual at a time. Mezzo levels of society focus on groups and families. Macro levels of society focus on whole communities.

There is not a "mini level" of society.

61.

Danielle and Oliver have been dating for 18 months. The initial stages of the relationship were filled with romance and bliss, and the relationship was intensely passionate. As they have settled into their relationship, Danielle and Oliver have started to have power struggles, in which they notice their differences more than their similarities.

Based on the relationship stage they are in, what would be the **MOST** appropriate goal of clinical work with this couple?

Helping the couple to manage differentiation

Building a mutualistic relationship

Motivating them to work on projects together

Facilitating a realization that the good in the relationship outweighs the bad

Correct answer: Helping the couple to manage differentiation

Intimate relationships tend to go through stages. When couples enter the second stage of the relationship, they encounter power struggles when they realize that there are differences between them. During this stage, it is important for couples to manage differentiation, which is the ability to see oneself as being distinct from their partner in a relationship. Since the couple is experiencing a power struggle, it would be most helpful for the therapist to help them manage differentiation, so they can learn to accept their differences.

A mutualistic relationship typically exists in the first stage, when each member of the couple puts their partner's needs before their own.

During the commitment stage, which is the fourth stage in relationship development, couples recognize that they want to stay together, because the good in the relationship outweighs the bad.

When couples enter the last stage of the relationship, they often work on projects together, so they can make contributions that extend beyond the relationship.

62.

Chance chooses to reject the unacceptable desires of his personality and channel this energy into something positive. Based on this information, you believe he is using which of the following defense mechanisms?

Sublimation

Reaction formation

Displacement

Correct answer: Sublimation

Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Sublimation occurs when a person chooses to divert their desires that are consciously intolerable and cannot be directly realized into creative activities that are acceptable. Sublimation channels this energy away from destructive acts and into something that is socially acceptable and/or creatively effective.

The other options are not correct. Displacement is the shifting of actions from a desired target to a substitute target when there is some reason why the first target is not permitted or not available. Reaction formation occurs when a person feels an urge to do or say something and then actually does or says something that is effectively the opposite of what they really want.

63.

The following **BEST** illustrates the difference between traits and state behaviors/characteristics:

Traits are long term, relatively stable attributes or modes of functioning which may or may not be genetically influenced, whereas states are transient/temporary responses to environmental stimuli or events.

Traits are characteristics that are biological/genetic and relatively unchangeable, and states are behaviors that can be conditioned or modified by social or environmental influences.

A trait is a basic personality type, largely formed during early life by relationships with family/significant others. A state is a mood or attitude that can be self-determined/developed by the individual in an effort to overcome or cope with stress or dysfunction.

Traits are measurable, reliable predispositions to definable personality types/patterns of functioning, but because states are temporary and often idiosyncratic individual responses to experiences, which are so brief and variable, it is not possible to objectively measure these responses.

Correct answer: Traits are long term, relatively stable attributes or modes of functioning which may or may not be genetically influenced, whereas states are transient/temporary responses to environmental stimuli or events.

A trait is a stable or relatively unchanging characteristic that identifies individual differences in people. Traits are generally thought to comprise personality, the core characteristics of a person that describe that individual's generalized patterns of functioning, perceptions, and responses to social/environmental situations, and overall attitude/outlook across situations. However, a state is a temporary way of being or feeling. Both traits and states are quantifiable, and the most extensive studies that have yielded measurement instruments to date are probably in the area of anxiety, and increasingly such methods are being applied in the area of mood disorders.

Some traits have been found to be genetically influenced, while others are more influenced by learned/conditioned behavior. States are not necessarily methods of coping with dysfunction. It is possible, however, to objectively measure both traits and states.

64.

There are two views of social welfare: institutional and residual. Which of the following **BEST** represents the institutional view of social welfare?

A program that focuses on prevention

A program that provides benefits to all members of society

A program that provides benefits to a restricted group who demonstrate need

Correct answer: A program that focuses on prevention

In doing effective program analysis, having an understanding of some basic concepts and terminology is important. An institutional view of social welfare is one which is focused on prevention.

Universal social welfare provides program benefits to all members of society, and selective social welfare provides program benefits to a restricted group who demonstrate need. These do not fit what the question is asking for, so these options are incorrect.

65.

As a clinical social worker, your work with clients focuses on helping them uncover unconscious thoughts and unresolved childhood problems that are contributing to current distress. Upon what theoretical perspective is your clinical work based?

Psychodynamic

Systems

Humanistic

Social constructionist

Correct answer: Psychodynamic

Psychodynamic theories assert that unconscious mental activity drives human behavior. These theories also assert that early childhood experiences can play a role in distress. This theory aligns with the description in the question.

Systems theory states that the world consists of systems made up of interrelated parts, each of which affects all other parts and the system as a whole.

Humanistic theories view people as having the ability to change, as they are naturally driven toward personal growth.

Finally, social constructionist theory focuses on how clients create reality through interactions with others.

66.

Konnor, a young adult man, living with his parents and younger siblings, undergoes a psychotic episode and, during hospitalization, he is diagnosed with schizophrenia. What is the reaction of the family that is **LEAST** likely to occur during the earliest phases of dealing with this event?

Seeking help to deal with the acute event and long-term implications of Konnor's mental illness

Initial shock, disbelief, and denial regarding the nature and/or existence of Konnor's mental illness

Functioning based on assumptions that this episode is isolated and that once Konnor is treated and released from the hospital, he will be symptom free

Attempting to process and analyze a number of possible explanations for Konnor's behavior, which may include trying to find physical causes, retracing family interactions that might have triggered the episode, and/or blaming themselves or others for creating stressors to which the episode might be attributed

Correct answer: Seeking help to deal with the acute event and long-term implications of Konnor's mental illness

Initial responses of family members in such circumstances can vary, but typically include some prominent elements of denial. Families often take the initial position that a psychiatric disorder in a child or sibling is an isolated event that will resolve, and that once the person returns home they will be the same as before. There is often a period in which family members and close friends seek alternative explanations, sometimes turning to self-blame, recollecting interactions with the mentally ill family member and feeling that the family or one of its members acted toward that person in a manner that brought on the episode, etc.

Help seeking to proactively deal with short- and long-term effects implicitly involves substantial acceptance of the diagnosed person's condition. This is very rarely reached by a family in the initial stages of a newly diagnosed mental illness.

67.

The following is likely to be the **MOST** influential factor(s) in treating adults who have childhood histories of emotional abuse:

Impaired capacity to identify and describe their own emotions/feelings

Subclinical manifestations of posttraumatic stress disorder (PTSD)

A development of psychotic symptoms when painful experiences are uncovered

Parental attempts to prevent a client's revelation, as well as discussion of their experiences

Correct answer: Impaired capacity to identify and describe their own emotions/feelings

Alexithymia, which is one of the most frequently found characteristics of individuals who identify themselves as victims of childhood emotional abuse or neglect, refers to the difficulties individuals may have identifying and/or expressing their emotions.

While individuals who have histories of emotional abuse can experience levels of PTSD, the difficulties with identifying and expressing these emotions are much more common and constitute greater therapeutic challenges. There is no evidence to indicate that psychotic episodes are triggered by revealing such experiences. The presence of continued parental influence also has no reliable or significant support.

68.

Which of the following therapeutic approaches focuses on dealing with the positive outcomes the client seeks instead of the client's problems?

Solution-focused

Cognitive behavioral

Psychodynamic

Correct answer: Solution-focused

Solution-focused therapy focuses on dealing with the positive outcomes the client seeks instead of the client's problems.

Cognitive behavioral therapy focuses on the client's present problem and emphasizes the alteration of problematic thinking patterns.

Psychodynamic approaches also focus on client problems, which are believed to be rooted in unconscious mental activity.

69.

A client comes to you because his mother diagnosed him with Oppositional Defiance Disorder. The client informs you that he sometimes feels angry, anxious, and has problems paying attention.

What should your **FIRST** therapeutic step be?

Assess the client

Recommend relaxation techniques

Set treatment goals

Refer to a psychiatrist

Correct answer: Assess the client

The assessment of the client is always the first step a social worker should take. Without doing so, the social worker cannot make recommendations, set treatment goals, or make referrals until they know what the client's current situation and environmental factors are.

70.

The following statement is **TRUE** regarding self-esteem across the life span:

Self-esteem is highest in childhood, drops during adolescence, rises again during adulthood, and then drops sharply in late adulthood.

Self-esteem declines sharply during adolescence, particularly for boys.

High self-esteem at one point in an individual's life is a poor predictor of self-esteem at other points during the individual's life.

Self-esteem is at the lowest during childhood than at any other point of an individual's life.

Correct answer: Self-esteem is highest in childhood, drops during adolescence, rises again during adulthood, and then drops sharply in late adulthood.

Self-esteem across a life span is a particular area of interest for many social workers. In general, self-esteem is highest in childhood, drops during adolescence, rises again during adulthood, and then drops sharply in late adulthood.

Self-esteem does decline sharply during adolescence, but this is more true for girls than it is true for boys. In general, an individual with high self-esteem at one point in their life is likely to have high self-esteem during another time in their life. Self-esteem is much more likely to be low during adolescence or late adulthood than during childhood.

71.

Bobbi is meeting with a teenage client, Krissy, for psychotherapy, who seems to feel uncomfortable in her skin. When Krissy finally opens up to Bobbi, she says it because she feels awkward and frumpy. When Bobbi asks about romantic relationships, Krissy becomes visibly sad. She says she wants to be like the cheerleaders she sees at school, who are social, beautiful, and have hot boyfriends. Bobbi notices that Krissy is dressed in unseasonably heavy clothes.

Which of the following **BEST** matches what might be going on with Krissy?

Negative body image

Major depression

Dissociative identity disorder

Adjustment disorder

Correct answer: Negative body image

Because Krissy has taken steps to conceal her body, expresses a sense of physical awkwardness, and self reports that she idealizes others who have a different, desired body type, Krissy is showing signs of negative body image. This broad-ranging phenomenon occurs in both male and female people of all ages, and having a negative body image can be associated with depression, low self-esteem, and anxiety.

Though Krissy might be depressed, the clearest phenomenon is her perception of her body and there is not enough information in the question for major depression to be the best answer. Krissy is also showing no signs of dissociation, and she may be going through Adjustment disorder but, again, her clearest clinical picture based on the information offered has to do with her negative body image.

72.

Zak, a child, is currently in the custody of Child Protective Services (CPS). He was taken away from his parents due to several confirmed episodes of domestic violence, during which his mother was repeatedly harmed by her partner while Zak watched. During a play therapy session with him, you observe Zak choosing toy weapons and aggressively hitting dolls with blocks and other hard objects.

You will **MOST** likely use which of the following theories to understand Zak's behavior?

Social learning theory

Psychoanalytic theory

Systems theory

Conflict theory

Correct answer: Social learning theory

Social learning theory asserts that individuals' behaviors are affected directly by the observation of others. In this question, Zak has observed his mother being repeatedly harmed by her partner, and he is simply mimicking the physically aggressive behavior that he witnessed.

Psychoanalytic theory states that the individual's problems are due to early childhood experiences, particularly those that are traumatic, and though Zak has certainly been exposed to traumatic experiences, psychoanalysis would not be appropriate in this situation and does not offer an explanation as to why he is acting out during therapy. In systems theory, the belief is that various relationships between elements constitute a whole and focuses on the interrelationships between various systems in society. Conflict theory focuses on the inequality of power that exists in relationships.

73.

You are a social worker and a crisis case manager at a community mental health center. You work with Simmons, a displaced man with schizophrenia who has chronic difficulty in the community. He enters a state of psychological and personal crisis after being arrested for vagrancy. Through a month-long process, you were able to establish that Simmons was unlikely to ever harm himself or others intentionally.

You and Simmons have formed a strong therapeutic bond, and Simmons has begun to trust you. The two of you worked through a biopsychosocial assessment, identified the major problems to be solved, and Simmons began to work through the plan, though he chose not to take psychiatric medication. So far, the plan seems to have been successful.

What did you leave out that could have made the process better?

You did not arrange the follow-up sessions

You did not address how Simmons failed to comply with medication

You did not revise the crisis plan with Simmons

You did not address his legal issues

Correct answer: You did not arrange the follow-up sessions

Though not necessary in every case, follow-up in this particular question/case would be highly encouraged. Though the immediate crisis has passed, and Simmons has emerged successful, he is likely to need further support in maintaining his progress. It states in the information for the question that Simmons has a severe mental illness and is not medication compliant.

Addressing his failure to take medication may or may not be what is concentrated on in the crisis plan, and Simmons is well within his rights to refuse it. Additionally, though addressing the legal issues would be encouraged, Simmons has to arrive at this in a collaborative problem-solving process. Revising the crisis plan may or may not be necessary, and is not as important as helping to make sure with follow-up sessions that Simmons does not enter another crisis.

74.

Your client, Morgan, comes to her session and informs you that her husband has just asked her for a divorce. Instead of answering your question about how she is feeling, Morgan begins to analyze everything that had gone wrong in the marriage.

What type of defense mechanism will you **MOST** likely write down in your notes for Morgan's chart?

Intellectualization

Idealization

Denial

Undoing

Correct answer: Intellectualization

Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Intellectualization is a defense mechanism in which one avoids uncomfortable feelings and analyzes problems by focusing on logic and facts.

Idealization occurs when one aspires to be another that they admire, or want an attribute of another. Denial is the inability to acknowledge the truth. Undoing occurs when an individual uses words or actions to symbolically reverse unacceptable thoughts, feelings or actions.

Based on the information in the question, the best answer is intellectualization.

75.

During a session, Dianna expresses to you that her 16-year-old daughter, Kelly, is not helping around the house and needs to be asked repeatedly to start homework and/or projects. However, Kelly feels that her mother is hovering too closely and not giving her any privacy, either personally or when it comes to school.

This is an example of:

Role discomplementarity

Developmental processes

Role ambiguity

Correct answer: Role discomplementarity

Role discomplementarity occurs when role expectations are not being met, nor are activities that have to do with these expectations being carried out in the expected manner and/or timeline. In this question, Dianna's belief about what her daughter, Kelly, should be doing is not consistent with Kelly's behavior. From Kelly's perspective, she is not happy with the expectation she has set for her mother, Dianna.

This does not involve a lack of understanding of one's role or developmental problems, but is solely focused on the expectations of others.

76.

You ask your client how she is handling her ex-husband's new marriage. The client pretends that she didn't know her ex-husband had remarried. What type of defense mechanism is your client **MOST** likely using?

Denial

Reaction formation

Conversion

Correct answer: Denial

Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Denial is simply refusing to acknowledge that an event has occurred. The person affected simply acts as if nothing has happened, behaving in ways that others may see as bizarre.

The other options are incorrect because, while they are defense mechanisms, they are not ones that best describe the information offered in the question. Reaction formation occurs when a person feels an urge to do or say something and then actually does or says something that is effectively the opposite of what they really want. Conversion is a defense mechanism in which anxiety is transformed into overt physical manifestations.

77.

How is Maslow's hierarchy of needs most helpful for clinical social workers?

For prioritizing client problems

For choosing clinical interventions

For making a diagnosis

For psychoeducation

Correct answer: For prioritizing client problems

Maslow's hierarchy of needs can be used to prioritize client problems. For example, a client with a serious medical issue will require medical care before working on other needs, like social and esteem needs. Maslow's hierarchy is depicted as a pyramid, with more basic needs at the bottom, and growth needs towards the top. According to Maslow, clients must meet lower-level needs before they can climb the pyramid and meet higher-level needs.

The other answer options are not typical or appropriate uses of Maslow's hierarchy of needs. The hierarchy is best known for prioritizing client problems.

78.

A commune is an example of this type of group:

Intimate structured

Intimate

Structured

Collective

Correct answer: Intimate structured

A commune is an example of an intimate structured group because this type of group connects members in a close and organized relationship.

A military squad is an example of a structured group, an audience at a theater is an example of a collective group, and two lovers are an example of an intimate group.

79.

Peter, a 13-year-old boy, is referred to you for exhibiting increased truancy in school, conflict with peers, and some recreational drug use. The following might be an example of an **INDIRECT** influence on Peter's behavior:

Peter's parents have daily verbal fights at home that sometimes escalate into physical altercations

A diagnosis of depression

Peter's peer group at school

Peter's innate temperament

Correct answer: Peter's parents have daily verbal fights at home that sometimes escalate into physical altercations

Individuals' behaviors are influenced by many factors, including indirect influences. In families, indirect influences include other family members' relationships, personalities, and conflicts. Though Peter is not a participant in the fights happening at home, his parents' altercations affect his behavior in school.

The other options are incorrect. A diagnosis of depression, Peter's peer group at school and his temperament would all be considered direct influences on his behavior.

80.

The following **BEST** characterizes issues related to "separation anxiety" in infants and young children:

It is considered a normal developmental phase between ages six months and two years, and is correlated with cognitive development.

Separation anxiety is primarily driven by parenting style, regardless of the child's age or developmental status.

It should always be considered a sign that trauma might have occurred when a child was left with an unfamiliar caregiver.

Severe separation anxiety at any age reflects a predisposition to clinically significant social anxiety that will emerge in later years.

Correct answer: It is considered a normal developmental phase between ages six months and two years, and is correlated with cognitive development.

Separation anxiety is a temporary and age-appropriate behavior that usually begins at about six months of age, and occurs as babies recognize themselves as separate from their primary caregiver(s). It usually fades by about age two, when the child learns the concept of object permanence.

Separation anxiety is a developmentally appropriate behavior rather than a response to parenting style, exposure to a traumatic event, or an indication that social anxiety will develop later in life.

81.

Which of the following therapeutic approaches focuses on the client's present problem?

Cognitive behavioral therapy

Solution focused therapy

Action therapy

Correct answer: Cognitive behavioral therapy

Cognitive behavioral therapy focuses on the client's present problem and works to reformulate thoughts, feelings, and behaviors in a more constructive and positive way.

The other options are incorrect as action therapies focus on strategies to directly alter behaviors, and solution focused therapy focuses on dealing with the positive outcomes the client seeks instead of the client's problems.

82.

If the local government provides food and shelter for its citizens in need, what did the citizens receive?

In kind assistance

A categorical grant

A block grant

Correct answer: In kind assistance

In kind assistance is when tangible items (for example, food and/or shelter) are given instead of money. It is an example of a micro level of intervention.

A block grant is a federal government grant that provides a state or local government with a chunk of money to spend how they see fit. A categorical grant is a federal government grant that provides a state or local government with a chunk of money that is to be spent on specific items.

83.

Irina, your client, is feeling pressure to join the homeowners association board in her new neighborhood. Which factor is Irina feeling the **MOST** influence from in her current state?

Community factors

Institutional factors

Interpersonal factors

Public policy

Correct answer: Community factors

Many factors influence people, their lives and their behaviors. Community factors come from the social environment in which one lives. The rules, regulations, and informal structures in an organization are called institutional factors. Interpersonal factors are when one feels pressure from relationships, social support, and religious belonging. Public policy is the laws and mandated regulations in the society one lives in, like having to wear a seatbelt when we are in a car.

One thing that was not an option here, but is a factor/influence in one's life is individual characteristics, which are one's unique style, attitudes, beliefs, etc.

The other options are incorrect, because, again, Irina is feeling pressure from the social environment in which she lives.

84.

The Lippe family arrives at your office for therapy. Mr. and Mrs. Lippe appear to have rigid control over their children, who seem to be following strict behavioral rules. As therapy progresses, you find that the children have very low self-esteem and do not seem to be happy, though they are not in any behavioral trouble at school and are very strong performers academically.

Which of the following parenting styles **BEST** matches the circumstances?

Authoritarian parenting

Authoritative parenting

Permissive parenting

Uninvolved parenting

Correct answer: Authoritarian parenting

In this question, the children are strong performers in school and usually have no problem following rules or obeying authority. This style of parenting is characterized by strict behavioral rules that are not well-explained, followed by punishment for offenses. However, children raised in households that are termed authoritarian also seem to have lower self-esteem, are not happy, and are not as socially competent as other children.

The other answer options are parenting styles, but they do not match the description of the behaviors addressed in the question.

85.

A child becomes involved in her parents' conflict, and she experiences anxiety from entering into her parents' relationship dynamic in this way. Based on this description, this family is struggling with its:

Subsystems

Equifinality

Genograms

Correct answer: Subsystems

Subsystems are smaller units that make up a larger family system. When a child is involved in parental conflict, the child enters the parental subsystem, causing blurred boundaries. This is what is happening in this family.

Equifinality does not apply here. This refers to the fact that a system can accomplish the same goal through different avenues.

Genograms also do not apply here. Genograms are visual tools used to create a diagram of family relationships and patterns.

86.

Luke is a veteran who was recently discharged from the Marines after suffering a major injury that resulted in the amputation of both legs. He is married and has two young children under the age of three.

The following might be considered a normal psychological reaction from Luke once he returns home:

Sadness, or even depression, that is cyclical in nature, as Luke is reminded of his body's physical limitations

A deep period of depression lasting up to several months, followed by an elevated mood

A sense of peace as Luke settles back in with his family

An increased sense of responsibility and duty to protect his family

Correct answer: Sadness, or even depression, that is cyclical in nature, as Luke is reminded of his body's physical limitations

Chronic sorrow is a term often used to describe the cyclical nature of the sadness of an individual suffering from chronic illness or disability. This term describes the long-term sadness that Luke might feel as various stimuli that appear, sometimes unexpectedly, over a long period of time, trigger feelings of loss and disappointment.

He could experience a deep period of depression because of his amputations, but an elevated mood is not necessarily considered normal. It would be abnormal if Luke experienced a sense of peace, because this is a period of major role adjustment. Luke might feel as if he has an increased sense of responsibility toward his family, but it is more likely that he would feel helpless and would be expected to grieve the loss of what he envisioned for his role in his family.

87.

Psychological defense mechanisms can be categorized on a continuum from "primitive," or "infantile," to more "mature." Which of the following **BEST** represents the correct order of such a continuum, from most primal to most mature?

Denial, displacement, and sublimation

Compensation, rationalization, and regression

Acting out, assertiveness, and intellectualization

Sublimation, repression, and assertiveness

Correct answer: Denial, displacement, and sublimation

Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety, and defense mechanisms can be ordered from most primitive to least primitive.

The most primitive defense mechanisms are: denial, regression, acting out, dissociation, compartmentalization, projection, and reaction-formation. In the middle, are repression, displacement, intellectualization, rationalization, and undoing. Finally, defense mechanisms that are considered to be the most mature are sublimation, compensation, and assertiveness.

The remaining answer options are incorrect because they do not show the correct order from most primal to most mature.

88.

If Kyle, a client, states that he is experiencing confusion, restlessness, chills, nausea, and dilated pupils, what substance is **MOST** likely causing his condition?

Cocaine

Opioids

Alcohol

Correct answer: Cocaine

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

The other options are incorrect because dilated pupils are not a symptom of alcohol use, and restlessness, chills, and dilated pupils are not generally symptoms that are associated with opioids.

89.

The **MOST** common cause of hoarding behavior at a level of severity that would be a focus for treatment is:

Behavioral patterns that can originate as early as childhood, which may vary for many years, with pathological levels of hoarding emerging in some cases many years into adulthood

A sudden onset at any point in adult life that can be linked to one or more traumatic life events

Repeated episodes of hoarding behavior that are definable, which gradually escalate in severity and duration

A childhood history of severe hardship, which may trigger hoarding behavior later in the life cycle when similar sets of events are present

Correct answer: Behavioral patterns that can originate as early as childhood, which may vary for many years, with pathological levels of hoarding emerging in some cases many years into adulthood

Hoarding at pathological problem levels is most often preceded by a lifelong tendency to save or develop unusually strong attachments to objects and usually begins in childhood. Because many guardians and/or parents decide what their child is allowed to play with and keep, it is not always obvious in childhood. However, what is more observable in children is an unusually high level of attachment to objects or if the child has a tendency to humanize inanimate things.

A small percentage of the adult population with hoarding behavior has been found to be without a childhood history of this type of subclinical evidence, and hoarding behaviors are not time limited or definable. They also do not necessarily have a tie to a childhood history of severe hardship.

90.

Rica was in a very serious car accident about three months ago that led to a two-week hospitalization. All of the following are probable emotional and/or psychological symptoms of trauma related to the accident, **EXCEPT**:

Unrealistic optimism

Anxiety and fear

Withdrawal from others

Anger and mood swings

Correct answer: Unrealistic optimism

After a traumatic event that causes physical impairment, it is natural and expected that the injured person has some negative reactions. Unrealistic optimism is not an expected reaction, though a few individuals may use this approach as a defense mechanism to accept the reality of the physical/emotional damage that was done.

It would be normal and expected for Rica to exhibit anxiety, fear, social withdrawal, anger, and mood swings following her car accident. A social worker meeting with her may provide a safe place for her to express these feelings out loud and may help her work through the grieving process associated with the accident.

91.

You have been working with Gabi, an eight-year-old Hispanic girl, with a focus on helping her cope with bullying by school peers. Gabi has two older brothers, ages 11 and 12. Gabi self-reports that neither of her brothers, who attend the same school as her, experience bullying, and she complains that they are allowed more time to "hang out with their friends, and when they do something wrong at home, they don't get punished like I do."

From meeting with the family as a whole over time, you observe that the boys are more talkative and active than Gabi, and when the parents are addressed as a unit, their mother is usually second to speak, as she lets her husband finish speaking first.

In assessing the above, your **FIRST** consideration should be:

This family exhibits many characteristics and dynamics that are aligned with the norms/values of their cultural background and traditional views of gender-congruent behavior and roles. Gabi's social difficulties at school might be, at least partially, related to the influences of this culture on her behavior in the context of a more conventionally Anglo-American school environment.

The family dynamics and interactions indicate that there may be an unusually great attitude of paternalism, in which males take a superior attitude/role toward females and, in addition, you should assess this case with the hypothesis that the father may be abusive toward the female family members.

Gabi is displaying signs of depression, which should be further assessed by a psychiatric referral. Depression would best explain her lack of animation/verbal communication relative to her siblings, as well as giving her increased vulnerability to being a victim of bullying at school.

Correct answer: This family exhibits many characteristics and dynamics that are aligned with the norms/values of their cultural background and traditional views of gender-congruent behavior and roles. Gabi's social difficulties at school might be, at least partially, related to the influences of this culture on her behavior in the context of a more conventionally Anglo-American school environment.

A key principle of social work practice is not only recognition and respect of the cultural context/background of clients, but applying an objective, unbiased attitude to cultural diversity. Based on that, here, the primary focus should be to work effectively within the family's cultural perspective, and refrain from expecting them to adopt an alternative one.

None of the information in the question indicated that Gabi's father is abusive or that she is suffering from depression. While it may be helpful for her parents to realize

how their cultural attitudes may be affecting Gabi, you should not try to change the family's beliefs.

92.

Lawrence is a six-year-old boy who talks mostly to himself, but believes that Jack the Skeleton and Santa Claus are real and they monitor his behavior. Lawrence understands that certain things happened in the past, and things will happen in the future.

Which of Jean Piaget's developmental stages does Lawrence **MOST** exemplify?

Preoperational

Formal Operations

Concrete Operations

Sensorimotor

Correct answer: Preoperational

In Jean Piaget's model of human development, the Preoperational stage is between the years 2 to 7. This stage is characterized by a movement toward more abstract thinking and a conception of time: past, present and future. The child still has magical thinking, and most thinking is egocentric.

The other stages mentioned are not correct based on the information in this question, and happen at different ages.

93.

You're working with an immigrant family after a teacher referred a child in the family for an assessment due to behavioral concerns at school. In your work with this family, who comes from a country with different beliefs about mental illness than your own, what challenge would you **MOST** expect to confront as you diagnose the child and decide upon clinical interventions?

Skeptical attitudes toward traditional methods for diagnosing and treating mental illness

The family's concerns related to xenophobia

Language barriers

Correct answer: Skeptical attitudes toward traditional methods for diagnosing and treating mental illness

There are variations in behaviors and beliefs related to health, illness, and the diagnosis and treatment of illness among different cultures. An immigrant family from a country that has different beliefs about mental illness may be skeptical about traditional ways of treating and diagnosing mental illness. Mental illness may be defined differently in their culture, or they may have certain rules about who in the family can make decisions related to mental health care. Skeptical attitudes toward traditional methods for diagnosis and treating mental illness are the most likely challenge you would face with this family.

An immigrant family could certainly present with concerns related to xenophobia or language barriers, but these are not the concerns you'd be most likely to encounter in the context of providing mental health services. Skeptical attitudes are more likely, based on the explanation above.

94.

You work at a day program for older adults and often overhear co-workers talking about some of the clients in the program in patronizing terms. These co-workers refer to clients' "decline," and they often state that the clients are "too old" or "too gray" for a wide variety of activities that range from afternoon walks to romantic relationships.

Your co-workers are **MOST** likely displaying signs of:

Ageism

Maturation

Groupthink

Racism

Correct answer: Ageism

Ageism is discriminating against someone simply because of their age. By saying that the clients are "too old" or "too gray" for certain activities and relationships, the co-workers are discriminating against them. To use the word, "decline," in regard to their physical and/or cognitive health is also using it as a derogatory term.

Maturation simply refers to the process of growing older. Groupthink is a phenomenon that occurs within a group of people in which all members of the group agree to a dysfunctional outcome simply because members desire harmony. There is no information offered in the question that the workers at the program are making comments about clients' race.

95.

You run a group for individuals who struggle to have supportive, long-lasting relationships with others. After two group sessions, one of the members begins to challenge your role in the group, stating that he does not think the group is helping and does not see how the activities you have planned have anything to do with the topic.

According to Tuckman's model of group development, the group is **MOST** likely in what stage?

Storming

Forming

Norming

Performing

Correct answer: Storming

Back in 1965, Bruce Tuckman described his model of group development and asserted that all stages are necessary for group members to successfully navigate personal struggles in a group setting. The order of the stages are: Forming, Storming, Norming, and Performing.

The storming stage, which again, is the second stage of Tuckman's model, is where/when group members begin to have conflict with each other and/or the group leader. The focus and the task of the storming stage is for the members to successfully navigate disagreements and be able to learn how to work together effectively as a team moving forward.

In this question, and based on the information offered in the question, storming is the correct answer option.
