

ASWB MSW - Quiz Questions with Answers

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

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1.

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

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

Pre-encounter

Encounter

Immersion-Emersion

Internalization and commitment

Correct answer: Pre-encounter

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

The other terms describe different stages of this search.

2.

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

Development is confined to childhood

Development is multidimensional

Development is highly plastic

Development is affected by multiple interacting forces

Correct answer: Development is confined to childhood

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

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

3.

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

As a personal and fluid concept

As static

As falling into one category or another

As aligning with their sexual behavior

Correct answer: As a personal and fluid concept

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

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

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

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

4.

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

Borderline and antisocial

Paranoid and antisocial

Borderline and schizoid

Correct answer: Borderline and antisocial

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

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

5.

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

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

Lengthy history of violent behavior

Having a history of depression

Previous diagnosis of dependent personality disorder

Participation in substance abuse treatment

Correct answer: Lengthy history of violent behavior

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

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

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

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

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

6.

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

Role discomplementarity

Role reversal

Role ambiguity

Role perspective

Correct answer: Role discomplementarity

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

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

7.

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

What identity status does Maria align with?

Internalization and commitment

Encounter

Immersion-emersion

Correct answer: Internalization and commitment

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

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

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

8.

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

Intragroup diversity

Inter-group diversity

Group diversity

Cultural diversity

Correct answer: Intragroup diversity

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

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

9.

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

Viewing treatment as playing a critical role in crime prevention

Valuing the protection of larger society above the rights of offenders

Adopting a punitive approach toward crime prevention

Distancing from the criminal justice field

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

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

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

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

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

10.

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

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

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

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

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

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

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

11.

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

American Indian

Asian

African American

Native Hawaiian

Correct answer: American Indian

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

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

12.

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

Hope vs. hopelessness

Self vs. society

Person vs. self

Action vs. inaction

Correct answer: Hope vs. hopelessness

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

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

13.

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

Shaping

Time out

Systematic desensitization

Extinction

Correct answer: Shaping

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

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

14.

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

Treating alcoholism with Antabuse

Treating depression with antidepressants

Treating anxiety with anxiolytics

Treating schizophrenia with antipsychotics

Correct answer: Treating alcoholism with Antabuse

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

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

15.

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

What conclusion might Isabelle draw?

He is being neglected at home

He has an undiagnosed mental illness

He is using drugs and/or alcohol

Correct answer: He is being neglected at home

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

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

16.

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

Crystallized intelligence

Fluid intelligence

Verbal ability

Inductive reasoning

Correct answer: Crystallized intelligence

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

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

17.

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

Genotype and environment

Chromosomes and genes

Parents and siblings

Self and other

Correct answer: Genotype and environment

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

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

18.

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

Auditory and visual areas

Language areas

Frontal lobes

Emotional processing areas

Correct answer: Auditory and visual areas

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

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

19.

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

Ego

Superego

Id

Homeostasis

Correct answer: Ego

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

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

20.

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

Children

Older adults

Young adults

Mature adults

Correct answer: Children

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

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

21.

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

Accommodation

Assimilation

Acculturation

Correct answer: Accommodation

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

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

22.

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

Positive reinforcement

Negative reinforcement

Positive punishment

Negative punishment

Correct answer: Positive reinforcement

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

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

23.

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

Entropy

Negative entropy

Throughput

Output

Correct answer: Entropy

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

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

24.

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

Preconscious

Semiconscious

Underconscious

Protoconscious

Correct answer: Preconscious

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

Semiconscious, underconscious, and protoconscious are all fabricated terms.

25.

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

Race

Culture

Ethnicity

Cultural identity

Correct answer: Race

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

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

26.

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

Normal symbiotic

Normal autism

Object constancy

Separation/Individuation

Correct answer: Normal symbiotic

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

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

27.

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

Culture

Biology

Church

Correct answer: Culture

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

28.

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

Social model

Biopsychosocial model

Family and environmental model

Medical model

Correct answer: Social model

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

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

29.

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

Through interaction with the environment and others

Through a cognitive 'loop' of thoughts

Through an unconscious engagement with others

Correct answer: Through interaction with the environment and others

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

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

30.

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

Metacommunication

Information processing

Cognitive dissonance

Nonverbal communication

Correct answer: Metacommunication

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

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

31.

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

Sensorimotor

Preconventional

Conventional

Postconventional

Correct answer: Sensorimotor

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

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

32.

Which of the following is an example of primary aging?

Impaired hearing that occurs gradually over time

Weight gain due to lack of exercise

A diagnosis of diabetes due to poor diet

Depression due to the death of a spouse

Correct answer: Impaired hearing that occurs gradually over time

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

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

33.

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

Being aware of one's own values and beliefs

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

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

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

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

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

34.

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

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

Join a support group with other caregivers

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

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

Correct answer: Join a support group with other caregivers

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

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

35.

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

Stability

Romance

Commitment

Co-creation

Correct answer: Stability

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

36.

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

Social constructionism

Social creationism

Objective constructionism

Correct answer: Social constructionism

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

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

37.

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

Respondent

Operant

Aversion

Flooding

Correct answer: Respondent

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

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

38.

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

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

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

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

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

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

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

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

39.

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

Less than 1 year

Age 3 to 6

Age 1 to 2

Age 6 to puberty

Correct answer: Less than 1 year

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

40.

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

Through play with others

Through introspection

Through family interactions

Through genetic expression

Correct answer: Through play with others

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

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

41.

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

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

Dan is using drugs and alcohol

Dan is expressing more emotion lately

Dan is showing signs of poor self-care

Correct answer: Dan is using drugs and alcohol

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

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

42.

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

Discrimination can lead to worse physical and mental health.

Discrimination worsens physical health only.

Discrimination worsens mental health only.

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

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

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

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

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

43.

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

What type of abuse or neglect is this?

Psychological abuse

Psychological neglect

Violation of personal rights

Correct answer: Psychological abuse

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

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

44.

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

The event happens first in adult life

The event happens unexpectedly

The event happens repeatedly

The event first happens in childhood

Correct answer: The event happens first in adult life

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

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

45.

What is racism?

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

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

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

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

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

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

46.

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

Piaget

Pavlov

Maslow

Bandura

Correct answer: Piaget

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

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

47.

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

Institutionalized discrimination

Institutionalized dependence

Racial discrimination

Ethnic preference

Correct answer: Institutionalized discrimination

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

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

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

48.

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

Agreeing on a bad decision due to group pressure

Agreeing on a good decision due to group pressure

Striking out on one's own due to group pressure

Collective decision-making in the group's best interest

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

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

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

49.

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

Empathic failures

Abuse

Traumatic experiences

Being an only child

Correct answer: Empathic failures

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

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

50.

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

Substance abuse

Depression

Anxiety

Social withdrawal

Correct answer: Substance abuse

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

51.

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

Commitment

Stability

Co-creation

Romance

Correct answer: Commitment

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

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

52.

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

They tend to be high in older adults

They tend to be low in older adults

They tend to be lower in men than in women

They tend to be lower in women than in men

Correct answer: They tend to be high in older adults

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

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

53.

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

"I am not requiring strict abstinence from substances."

"I am requiring strict abstinence from substances."

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

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

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

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

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

54.

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

Person-in-environment

Social interaction theory

Social cognitive theory

Correct answer: Person-in-environment

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

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

55.

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

Preencounter, Encounter, Immersion, Internalization

Preencounter, Immersion, Internalization, Encounter

Preencounter, Encounter, Internalization, Immersion

Preencounter, Immersion, Encounter, Internalization

Correct answer: Preencounter, Encounter, Immersion, Internalization

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

56.

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

Conscious, preconscious, and unconscious

Conscious, unconscious, and semiconscious

Conscious, unconscious, and id

Conscious, unconscious, and postconscious

Correct answer: Conscious, preconscious, and unconscious

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

57.

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

Early attachments

Early trauma

Early conflicts

Early social experiences

Correct answer: Early attachments

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

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

58.

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

They are at greater risk for psychological problems

They are all diagnosable with some form of traumatic stress disorder

They have post-traumatic stress disorder

They do not form lasting or permanent relationships

Correct answer: They are at greater risk for psychological problems

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

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

59.

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

Flooding

Aversion therapy

In vivo desensitization

Modeling

Correct answer: Flooding

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

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

60.

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

Psychodynamic theory

Attribution theory

Systems theory

Social learning theory

Correct answer: Psychodynamic theory

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

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

61.

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

Asian

African American

Native American

Native Hawaiian

Correct answer: Asian

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

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

62.

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

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

Authoritarian

Authoritative

Permissive

Uninvolved

Correct answer: Authoritarian

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

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

63.

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

Jake's former teachers at school

Jake's mom, dad, and sister

Jake's coworkers and supervisor

Correct answer: Jake's former teachers at school

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

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

64.

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

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

Pre-operational

Sensorimotor

Concrete operational

Formal operational

Correct answer: Pre-operational

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

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

65.

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

A bank not hiring elderly people because they are elderly

A real estate company treating a Latin American family differently

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

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

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

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

66.

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

Mrs. K is positively reinforcing Joe's behavior

Mrs. K is negatively reinforcing Joe's behavior

Joe is positively reinforcing Mrs. K's behavior

Joe is negatively reinforcing Mrs. K's behavior

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

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

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

67.

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

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

Feeding Becky

Housing Becky

Addressing Becky's addiction

Engaging in psychotherapy with Becky

Correct answer: Feeding Becky

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

68.

Which level of cognition is concerned with recall of facts?

Knowledge

Comprehension

Synthesis

Analysis

Correct answer: Knowledge

There are six levels of cognition:

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

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

69.

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

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

Aversion therapy

Biofeedback

Extinction

Modeling

Correct answer: Aversion therapy

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

The other terms listed describe different behavioral modification techniques.

70.

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

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

A sharp increase in self-esteem compared to middle adulthood

Extremely high self-esteem

No change in self-esteem compared to her younger years

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

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

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

High self-esteem is common during childhood.

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

71.

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

Negative entropy

Entropy

Throughput

Equifinality

Correct answer: Negative entropy

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

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

72.

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

Pituitary gland

Corpus callosum

Cerebellum

Basal ganglia

Correct answer: Pituitary gland

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

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

73.

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

Constructive

Functional

Make-believe

Thematic

Correct answer: Constructive

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

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

74.

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

Analysis

Knowledge

Synthesis

Evaluation

Correct answer: Analysis

There are six levels of cognition:

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

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

75.

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

Input

Output

Homeostasis

Throughput

Correct answer: Input

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

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

76.

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

9-18 months old

4-5 years old

1-2 years old

3-4 years old

Correct answer: 9-18 months old

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

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

77.

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

Asian

American Indian

White American

Hispanic/Latino

Correct answer: Asian

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

The other groups listed have different values related to family.

78.

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

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

Industry vs. inferiority

Intimacy vs. isolation

Autonomy vs. shame and doubt

Generativity vs. stagnation

Correct answer: Industry vs. inferiority

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

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

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

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

79.

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

D-Needs

Growth needs

Safety needs

Social needs

Correct answer: D-Needs

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

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

80.

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

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

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

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

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

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

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

81.

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

They are evidence-based family interventions

They focus on providing information to families about mental illness

They are brief therapies focused on resolving problems

They address problems in functioning within a family system

Correct answer: They are evidence-based family interventions

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

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

82.

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

Past history of violent behavior

Substance abuse

Mental illness

Personality disorder

Correct answer: Past history of violent behavior

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

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

83.

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

SES affects the timing and duration of the family life cycle

People of higher SES usually have children earlier in life

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

Higher SES parents have a greater use of coercive discipline

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

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

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

84.

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

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

Post-traumatic stress disorder (PTSD)

Schizoaffective disorder

Dissociative identity disorder

Correct answer: Post-traumatic stress disorder (PTSD)

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

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

85.

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

Systems theory

Lifespan development theory

Social learning theory

Correct answer: Systems theory

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

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

86.

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

Karl Marx

Albert Bandura

John B. Watson

Correct answer: Karl Marx

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

Albert Bandura was known for the social learning theory.

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

87.

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

Asian

African American

Hispanic/Latino

Native Hawaiian

Correct answer: Asian

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

The other groups listed have different cultural values and norms.

88.

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

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

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

Foster care is a punitive adjustment for poor parenting

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

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

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

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

89.

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

The Sandwich Generation

Elizabeth does not fit into any of these generations

Generation Y

The Silent Generation

Correct answer: The Sandwich Generation

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

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

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

90.

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

Behavioral

Psychodynamic

Trait

Biological

Correct answer: Behavioral

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

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

91.

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

Collectivist

Individualistic

Independent

Passive

Correct answer: Collectivist

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

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

92.

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

Id

Ego

Superego

Superid

Correct answer: Id

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

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

93.

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

The belief that most learning takes place through observation of others

The belief that behaviors are learned by being reinforced with rewards

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

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

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

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

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

94.

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

Understand how cultural differences affect the helping relationship

Adopt the cultural values of your client

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

Correct answer: Understand how cultural differences affect the helping relationship

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

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

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

95.

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

White American

American Indian/Alaskan Native

Asian

African American

Correct answer: White American

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

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

96.

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

Feeling different, confusion, self-acceptance

Confusion, feeling different, self-acceptance

Self-acceptance, feeling different, confusion

Feeling different, self-acceptance, confusion

Correct answer: Feeling different, confusion, self-acceptance

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

97.

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

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

Sexual abuse

Physical abuse

Emotional abuse

Neglect

Correct answer: Sexual abuse

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

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

98.

What is strongly associated with violence against women?

Power and control

Conflict

Mental illness

Revenge

Correct answer: Power and control

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

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

99.

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

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

Using the correct term for body parts

Fostering open communication

Reflecting before speaking

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

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

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