ASWB BSW - Quiz Questions with Answers

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

1.

What is the main purpose of genograms?

To help the social worker understand family patterns of communication, conflict, behaviors, and choices

To provide the family with a task to accomplish together

To help the social worker make an official diagnosis

To act as a termination activity for therapy

Correct answer: To help the social worker understand family patterns of communication, conflict, behaviors, and choices

A genogram is a tool that social workers can use with individuals or families to create a visual representation of the family that includes not only who members are, but how they interact with one another, what relationships are positive, which are strained, what jobs folks hold, interesting accomplishments, information about illnesses and addiction, members' roles and expectations, and any other information that may be helpful in understanding how the family functions and resolving conflicts within the family system.

Families are typically asked to complete the genogram together, but this is not the main purpose. Genograms do not help the social worker make an official diagnosis, nor do they act as a termination activity for therapy. In fact, genograms are often used during the assessment stage of family therapy.

2.

A social worker at a PRTF (Psychiatric Residential Treatment Facility) is leading an emotional regulation group for teens aged 16–18. The group is currently experiencing a high level of disagreement and power struggles. Which phase of group development is the social worker's group engaging in?

Storming

Forming

Norming

Performing

Correct answer: Storming

The following are identified stages of group development:

1. *Forming: the primary goal is to develop trust among group members*
2. *Storming: the primary goal is to work through struggles for power and control*
3. *Norming: the primary goal is use of self in service of the group*
4. *Performing: the primary goal is accepting other members as distinct and separate individuals*
5. *Adjourning: the primary goal is termination*

During the storming phase, group members often experience a high level of disagreement as the group members work to establish member roles and power struggles occur. This is normal and should not alarm the group leader.

3.

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

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

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

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

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

---

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

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

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

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

4.

Which of the following is **FALSE** regarding feminist theory?

It analyzes the status of women only in society

It includes the study of discrimination and objectification

It analyzes the status of both men and women in society

Its purpose is to use knowledge to improve women's lives

Correct answer: It analyzes the status of women only in society

Feminist theory is the study of the status of women and men in society with the goal of using the data gathered to improve women's lives. Topics such as discrimination, objectification, oppression, stereotypes, and gender roles are encompassed under the feminist theory umbrella. It is closely associated with feminism, which is a movement of a political, economic, and/or cultural nature with a goal of establishing equal rights and legal protections for women.

It is false that only women are studied, as it would be impossible to assess levels of oppression and/or discrimination if data was not gathered about men and nonbinary individuals in society as well.

5.

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

Incomplete stages can be completed at a later time

Incomplete stages result in an increased ability to complete later stages

The earliest stages are less important than later stages

Only the first three stages must be completed in order

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

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

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

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

6.

A client presents to a case management session with a social worker who notes that the client's mood appears to be elevated and expansive. During the meeting, the social worker assesses these symptoms as a notable change for the client but not as impacting the client's functioning negatively. Which of the following is **MOST** likely to be found in the social worker's mental status exam notes?

The client appeared to be experiencing hypomania

The client appeared to be experiencing mania

The client appeared to be experiencing psychosis

The client appeared to be experiencing delusions

Correct answer: The client appeared to be experiencing hypomania

Hypomania is the presence of an elevated, expansive, or unusually irritable mood that does not impact a client's daily functioning and does not include psychotic symptoms. Hypomania is less severe than mania.

Mania is the presence of an elevated, expansive, or unusually irritable mood accompanied by increased energy, delusions of grandeur, and/or risky behaviors that impact daily functioning. Psychotic symptoms may or may not be present. Psychosis is the presence of hallucinations, delusions, and/or a disorganized thought process. Delusions are false, fixed belief systems that a client holds to despite the presence of evidence against them.

7.

According to Behaviorist theory, which of the following operant techniques increases the probability of a desired behavior?

Negative reinforcement

Negative consequence

Positive punishment

Positive consequence

Correct answer: Negative reinforcement

Within Behaviorist theory, negative reinforcement (the removal of a negative stimulus) increases a desired behavior. Positive punishment decreases behavior by increasing a negative stimulus.

The other two answer choices are incorrect. "Negative consequence" and "positive consequence" are not terms used in this way in Behaviorist theory.

8.

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

Stronger family support systems

A decrease in the number of lethal childhood diseases

Increased knowledge of germs and thus, better hygiene habits

Correct answer: Stronger family support systems

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

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

9.

You are a social worker meeting with a family who is facing multiple challenges. The family includes a single mother, Lindsay, who recently lost her job, two young children with special needs, and an elderly grandmother who reports feeling lonely. The family is also at risk of eviction due to unpaid rent. Which issue should you address **FIRST?**

Addressing the risk of eviction and securing stable housing

Finding suitable employment for Lisa

Ensuring educational support for the children with special needs

Correct answer: The risk of eviction and the need for stable housing

Maslow's hierarchy of needs assigns the following order of importance when addressing needs:

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

The possibility of eviction and the lack of stable housing pose physiological (if temperatures are too hot or cold) and safety (protection from environmental or social harm) needs. As a result, they are the highest priority. It is essential to ensure a secure living environment before addressing other needs.

While education and employment are important for the family's financial stability and development, addressing the immediate risk of eviction and ensuring a stable living environment take precedence. Without stable housing, the family's well-being and functioning are compromised.

10.

Of the choices provided, what is the **MOST** appropriate focus for the development of adults aged 65 through 75 years?

Social activities, physical health maintenance, and promoting independence

The development of a personal identity and moral philosophy

Using life experiences to learn, create, and solve problems

Recognition of commitments to family, career, and community

Correct answer: Social activities, physical health maintenance, and promoting independence

Adults aged 65 to 75 years are faced with increasing risk of physical illness and reduced opportunities for social expression. As human beings age, their physical health requires a higher degree of maintenance and support and must be a focus of attention. However, this is not to suggest that older adults cannot fully engage in a broad range of activities and do not benefit from social interaction. It is also not to propose that older adults cannot be independent within the limits of their mental and physical health.

In most people at this stage of life, the personality has become stable, and personal identity has likely been operative for decades. Direct involvement in society by career participation generally slows down or ceases and the corresponding commitments to community decrease.

Social workers recognize that this time of life can be a continuation of contribution, enjoyment, and activity enjoyed in earlier life. Older adults continue to need and benefit from the same level of social interaction as their younger counterparts.

11.

All the following are true regarding typical physical growth and development, **EXCEPT**:

Each developmental stage stands alone and has its own unique experiences

Rates of development can vary from child to child

Growth and development are loosely predictable

Each developmental stage has its own unique characteristics that can be built upon

---

Correct answer: Each developmental stage stands alone and has its own unique experiences

Humans are complex beings from birth to death, and thus, our growth and development are also complex. As a result, the stages of growth and development are not always clean and neat. They are interconnected, and if one stage is disrupted, many of the other stages are likely to be disrupted as well. The stages are not independent of one another but, rather, dependent and interconnected. They do not stand alone or have their own unique experience but, rather, expand upon their distinct characteristics and build upon the skills mastered in previous stages.

Just as every child develops their own unique personality and physical appearance, they develop at their own rate and in their own way. That being said, the general guidelines and rates are helpful for a social worker to know, as most children fall within a loosely predictable range, and if a child is widely outside that range, further investigation may be helpful to ensure there are no issues emerging.

12.

A child is fully toilet trained, has a vivid imagination, has a good memory for details, and wants to do many tasks, like getting dressed, independently. What stage of development is this child probably in?

Young childhood

Infancy and toddlerhood

Older childhood

Adolescence

Correct answer: Young childhood

During young childhood, when children are between the ages of four and six years, they grow at a slower rate than during infancy and toddlerhood, have improved motor skills, can dress themselves, and are usually fully toilet-trained. They begin to use symbols, have improved memory, have a vivid imagination and fears, and like stories. Children this age also identify more with their parents, are becoming more independent, and are sensitive to others' feelings.

Infants and toddlers typically do not have well-developed imaginations yet, their memories are lacking, and they are unable to do many tasks independently. Older children and adolescents are usually toilet-trained, but they understand the difference between fantasy and reality much better than younger children and are not so concerned about doing things independently (though they usually can do most tasks by themselves).

13.

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

Industry vs. inferiority

Identity vs. role confusion

Intimacy vs. isolation

Correct answer: Industry vs. inferiority

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

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

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

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

14.

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

All of the above

The death of a spouse

Getting into a car accident

Being stood up on a date

Correct answer: All of the above

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

15.

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

Rehabilitation

Maintenance

Stabilization

Relapse

Correct answer: Rehabilitation

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

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

16.

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

Role reversal

Role conflict

Role ambiguity

Role complementarity

Correct answer: Role reversal

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

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

17.

You are a social worker who sees children for individual and family therapy. Charlie is a four-year-old boy living with his biological parents, who bring him to your office because he has recently been having frequent temper tantrums at home. Within the past two weeks, he has become afraid of the dark as well.

What should you do **FIRST**?

Validate the parents' concerns and inform them that this is typical behavior for a four-year-old

Administer behavioral rating scales to determine how severe Charlie's problems are

Refer the child to a psychiatrist in the community

Meet with Charlie for individual sessions

Correct answer: Validate the parents' concerns and inform them that this is typical behavior for a four-year-old

According to child development theorists, young children can have many fears and vivid imaginations, so having a fear of the dark is typical. Many four-year-olds also are beginning to assert their independence and test limits, and often, temper tantrums and power struggles occur during this age. The social worker should educate the parents about what to expect of Charlie and validate their concerns. The social worker may consider providing some brief education to the parents about handling Charlie's temper tantrums, but no extensive therapy is needed at this time.

Based on the information in the question, it is not yet necessary to administer behavioral rating scales, refer to a psychiatrist, or see Charlie for individual sessions. It is highly likely that Charlie will outgrow the tantrums and fears naturally without any additional intervention.

18.

According to Erikson's psychosocial stage of development Autonomy Versus Shame and Doubt, why might a child fail to develop self-confidence?

> **The child's choices are overly controlled**

The child lacks a sense of consistency about the world

The child is given too many choices in a short time

The child develops mistrust in their caregivers

Correct answer: The child's choices are overly controlled

The testing of the environment by making autonomous choices is the key to the successful negotiation of Erickson's developmental stage of Autonomy Versus Shame and Doubt. Beginning between the ages of one and three years, children begin to assert their independence of their caregivers by making basic choices. They may walk away from their caregivers, they may experiment with the environment on their own, and they may begin to make choices about their own clothes.

These demonstrations of independence, successfully completed, are successful experiments in navigating the exterior world. According to Erikson, if children are encouraged to make these choices, they begin to learn that independence is not threatening. If the act of making choices is supported, children go on to develop confidence.

On the other hand, if the child's choices are overly controlled or criticized, the child will not develop the sense that their choices can be correct. The child will not develop self-confidence and assertiveness and begin to feel guilty and dependent on others.

19.

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

Refer to the client as male throughout the treatment

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

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

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

---

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

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

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

20.

A social worker using data collected and published by the US Census is **MOST** likely engaging in:

Macro practice

Mezzo practice

Micro practice

Direct practice

Correct answer: Macro practice

Social workers are stereotypically thought to work at departments of social services when, in reality, they are trained and equipped to work in a vast array of agencies at a variety of levels. Social workers can practice on a systemic level, or engage in macro practice, by seeking to correct issues on the broader societal level rather than directly with the client. As the Census gathers data at a societal level, a social worker using this data is most likely reviewing broader issues and not issues impacting clients on an individual level.

The mezzo level most often refers to mid-level populations such as communities or groups of people. Census data may reveal information about groups of people or smaller communities but is more likely to reveal macro-level data. Direct practice (on the micro-scale) is the term used to refer to work that is done with individual clients, families, or groups. This is the level of practice least likely to be influenced by census data.

21.

During which stage of development do children begin to separate from their families and become more attached to peers?

Adolescence

Middle childhood

Preschool years

Correct answer: Adolescence

Adolescence is the stage of childhood that begins at age twelve or thirteen and lasts until eighteen or so. During this time, individuals begin to separate from their parents and families and become more attached to their peers. Adolescents also begin forming their own identities and are more concerned with appearances.

During middle childhood (ages six to eleven), children are interested in their peers but still rely on their parents for most emotional and social support. During the preschool years and infancy, children are very attached to their parents, though they may have some meaningful peer relationships.

22.

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

Gender role theory

Social role theory

Systems theory

Harm reduction theory

Correct answer: Gender role theory

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

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

23.

After receiving a poor grade on an important exam, instead of acknowledging his lack of preparation, Nathan accuses the teacher of creating an unfair test and claims that the class material was too difficult to understand. Which of the following defense mechanisms is Nathan using?

Projection

Sublimation

Rationalization

Repression

Correct answer: Projection

Defense mechanisms are subconscious behaviors that protect individuals from difficult emotions, such as anxiety. Projection involves unconsciously ascribing one's own unacceptable feelings or qualities to someone else and is considered primitive.

Sublimation involves channeling unacceptable impulses or emotions into socially acceptable outlets, such as if Nathan channeled his frustration and disappointment from the poor grade into improving his study habits and performing better on the next exam. Rationalization involves using believable explanations or justifications for a person's behavior. Mark's behavior does involve justification (the test was too difficult), but the primary focus here is on attributing his feelings to the teacher rather than simply providing an alternate explanation. Repression involves pushing distressing or threatening thoughts or memories into the unconscious mind to prevent them from causing discomfort. There is no evidence that this is happening in this situation.

24.

John, Mike, and Stella are all from wealthy backgrounds, are age peers, and work together in conditions of relative isolation. Which phenomenon of group psychology are these three **MOST** susceptible to?

Groupthink

Psychodrama

Group polarization

Attention-seeking

Correct answer: Groupthink

Groupthink is a phenomenon of group psychology in which a group makes faulty decisions because of group pressures. A group is especially vulnerable to this phenomenon when its members are similar in background, when the group is insulated from outside influences, and when rules for decision making are lacking.

Groupthink is characterized by several false beliefs shared by the group, including collective rationalization, belief in inherent morality, and stereotyped views of others outside the group. In addition, persons experiencing groupthink may censor themselves even when they perceive the group making a bad decision if speaking out risks their status as a group member.

25.

Why are social workers mandated to engage in advocacy aimed at improving adverse environmental conditions for clients?

An increased awareness of how the physical environment impacts individuals' beliefs, attitudes, and behaviors

Recent developments in domestic and international politics

Public policies that require social workers to focus on environmental factors

Increased reimbursement from insurance companies for treatment that includes the environment

Correct answer: An increased awareness of how the physical environment impacts individuals' beliefs, attitudes, and behaviors

Historically, social workers have paid much more attention to the influences of the social environment, as opposed to the physical, on client beliefs, attitudes, and behaviors. However, there is a growing shift, and social workers are recognizing the importance of physical and environmental issues such as water shortages, global warming, depletion of environmental resources, and catastrophic weather patterns on human well-being. Social workers are increasingly being called upon to develop and promote sustainable environmental practices. Environmental justice is now widely recognized as part of the social work mandate to engage in advocacy aimed at improving adverse conditions.

26.

Maya, a 16-year-old girl, comes from a multicultural background with one parent from South Asia and the other from North America. She often feels torn between her parents' cultural expectations and the cultural norms of her peers and school. Maya expresses confusion about her identity and is unsure of where she fits in. According to the model of adolescent cultural identity development, which stage is Maya **MOST LIKELY** in at this time?

Identity search

Identity achievement

Unexamined identity

Correct answer: Identity search

Modern models of cultural identity development break development down into three stages:

1. *Unexamined cultural, racial, and ethnic identity: a lack of identity exploration and acceptance of these concepts without critical thinking about the implications*
2. *Cultural, racial, and ethnic identity search: critical thinking and questioning of issues related to race and ethnicity in an effort to find belonging*
3. *Cultural, racial, and ethnic identity achievement: development of a clear sense of self related to race and ethnicity*

Maya is demonstrating critical thinking about race and ethnicity without a clear sense of self and is thus in the identity search stage of racial identity development.

27.

A social worker meeting with a client inquires about religious and/or spiritual beliefs. The client responds by saying, "I grew up an evangelical Christian, but lately I've moved away from any specific denomination. I focus more on accepting the complexities of good and evil and try to cultivate mercy." Which stage of spiritual development **BEST** matches the client's statement?

Integration

Egocentric

Conformist

Nonconformist

Correct answer: Integration

The integration stage of spiritual development involves seeking a deeper understanding of religious themes such as good, evil, mercy, compassion, and love. The individual moves away from accepting religious concepts without questioning them. This best aligns with the client's statement of evaluating complex concepts and not following a specific denomination.

The egocentric stage emphasizes the individual's unwillingness or inability to accept a will greater than their own. During this stage, individuals are often rather egotistic, defy authority, and are more likely to engage in criminal behaviors. The conformist stage is first and involves having blind faith in religious authorities and dividing the world into good or evil in a simplistic manner. There is not a recognized stage referred to as "nonconformist," and once individuals pass through the conformist stage, they move into the integration stage. It is important to note that individuals may or may not move through any of the stages and do not necessarily move through all stages during the lifespan.

28.

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

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

Permissive parenting

Authoritative parenting

Authoritarian parenting

Uninvolved parenting

Correct answer: Permissive parenting

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

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

29.

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

Self-censorship

Illusion of unanimity

Collective rationalization

Mindguarding

Correct answer: Self-censorship

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

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

30.

Marlon often becomes overwhelmed with feelings of anxiety and tends to catastrophize situations. He frequently believes that if something goes wrong, it will result in a complete disaster. For a social worker utilizing Rational Emotive Therapy (RET), which of the following responses to Marlon **MOST** aligns with the principles of this therapeutic model?

"Let's explore the underlying beliefs that contribute to your anxiety and work on changing them."

"I understand that you have these anxious thoughts, but they might not have as much impact as you think."

"Why don't you distract yourself whenever you start feeling anxious? That should help."

Correct answer: "Let's explore the underlying beliefs that contribute to your anxiety and work on changing them."

Rational Emotive Therapy (RET) is based on the premise that irrational beliefs lead to negative emotions. The therapist's role is to help the client identify and challenge these irrational beliefs, ultimately replacing them with rational and constructive beliefs. This answer emphasizes underlying thoughts, focuses on shifting them, and aligns with RET.

Stating, "I understand that you have these anxious thoughts, but they might not have as much impact as you think" acknowledges the thoughts but does not actively engage in the process of identifying and changing irrational beliefs, which is a key aspect of RET. Stating, "Why don't you distract yourself whenever you start feeling anxious? That should help" suggests distraction as a coping mechanism without addressing the underlying irrational beliefs that contribute to the anxiety. RET focuses on changing the beliefs themselves, not just managing symptoms.

31.

Which school of personality theory **MOST** describes human personality as the result of the interaction between person and environment?

Behavioral

Interactionist

Environmental

Affective

Correct answer: Behavioral

The behavioral theories describe personality as a result of many interactions between person and environment; in other words, learning.

The other answers are incorrect. Interactionist, environmental, and affective are not terms used to describe schools of personality theory.

32.

Jane and Carol are meeting with a couples therapist in preparation for their wedding. The couple reports that there has been some benign conflict within the relationship as they navigate major life changes. They report that there has been an increase in independence and have had fears creep in about their sense of self being threatened if they get married. Which stage of couples development is the couple **MOST LIKELY** moving through?

Stability

Power struggle

Commitment

Romance

Correct answer: Stability

There are six identified stages of couples development: romance, power struggle, stability, commitment, and co-creation. During the stability phase, couples often find themselves shifting time and attention away from their partner and back to themselves. In healthy dynamics, this is completed in a respectful way. An additional indicator of a healthy relationship is the ability to resolve conflict without either partner feeling as though they have lost. The balance of intimacy and independence is key during this phase.

The power struggle phase is characterized by pursuit of differentiation, or seeing yourself as an individual within a couple. During this stage, the individuals begin to see that their partner has flaws and that they are different. Conflict management skills are developed during this phase. The focus is on differences rather than shared traits or interests. The commitment stage focuses on acknowledging that they want to be together after resolving conflicts related to flaws and individuation and after seeing that the good outweighs the bad. Romance is the first stage and is characterized by discovering common interests, getting to know one another, and forming attachments.

33.

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

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

Acknowledge the client's positive outlook on the situation

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

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

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

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

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

34.

All of the following are ways self-actualization might occur in the context of group work, **EXCEPT**:

> **Processing past experiences**

> Release of feelings that block social performance

> Orientation to reality

Correct answer: Processing past experiences

Group work serves to help members gain more insight into themselves for the purpose of making changes in their lives. This self-actualization occurs through:

- *A release of feelings that block social performance*
- *Support from others*
- *Orientation to reality*
- *Reappraisal of self*

Processing past experiences occurs more often in individual rather than group settings.

35.

Sam, a new client, is expressing some of her needs to a case worker who is helping her find resources. Which of the following would **NOT** be considered a D-need using Maslow's hierarchy of needs?

Identifying being an artist as her calling in life

Obtaining shelter

Leaving an abusive relationship

Developing a romantic relationship

Correct answer: Identifying being an artist as her calling in life

Maslow's hierarchy of needs is split into five levels: physiological needs, safety needs, social needs, esteem needs, and self-actualization. This is broken into two categories: deficiency needs (or, more often, D-needs) and growth needs. D-needs include physiological needs, safety needs, social needs, and esteem needs. Growth needs are encompassed in self-actualization. Self-actualization is defined as becoming or pursuing what one is capable of being and emphasizes potential. Identifying one's true calling is considered a growth need and aligns with pursuit of self-actualization.

Prior to reaching or pursuing self-actualization, a person must meet all D-needs. Obtaining shelter and leaving an abusive relationship would be considered safety needs. Developing social and romantic relationships is considered a social need. As a result, these are all considered D-needs.

36.

Carl, a social worker, is seeing his client Julia for their first session. During the course of the session, Julia is surprised to find that Carl's office is in his home, having expected to be seen in an office. Julia also does not receive a physical examination during the session, which she expects from all health care providers. Finally, Julia is upset when she finds that Carl cannot prescribe medication as she anticipated.

Which aspect of role theory does Julia's experience depict?

Role conflict

Role ambiguity

Role complementarity

Role reversal

Correct answer: Role conflict

Roles are the norms that guide behavior in social interactions. Role conflict is defined as incompatible or conflicting expectations around these rules or norms. In this case, Julia's expectations of Carl as her therapist are completely congruent with her expectations but completely incongruent with Carl's actual role. The role conflict exists because Julia does not understand or is confused by Carl's role as her social worker.

According to role theory, role ambiguity exists when roles are undefined or incompletely defined. Role complementarity exists when all parties in the social interaction are satisfied that their expectations have been met. Role reversal exists when, in a planned or unplanned manner, roles are exchanged.

37.

Cara, a social worker serving children, is working with her young client Pedro. Pedro is a model student with nearly perfect grades and no behavioral problems. However, he has begun to show signs of depression and is not skilled at engaging with his peers.

Which of the following parenting styles is Pedro **MOST** likely encountering at home?

Authoritarian parenting

Authoritative parenting

Permissive parenting

Uninvolved parenting

Correct answer: Authoritarian parenting

Authoritarian parenting is characterized by strict rules and harsh punishment. It tends to produce children that follow rules and are proficient in school work, but unhappy and unskilled with peer relationships.

The other answers are incorrect. Authoritative parenting (a more democratic, nurturing approach) tends to produce children that are happy, capable, and successful. Permissive parenting (an approach where boundaries are looser) tends to produce unhappy children with poor self-regulation. Uninvolved parenting (an approach with little communication or engagement) is associated with low self-control, low self-esteem, and less competence in children.

38.

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

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

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

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

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

---

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

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

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

39.

A social worker at a hospice facility runs a grief group for family members who have recently lost loved ones. The group allows new members to join at any time and does not require attendance at each meeting. What type of group does this social worker run?

An open group

A closed group

A crisis group

A self-help group

Correct answer: An open group

It is essential to know the difference between group types, specifically open vs. closed group types. Open groups allow new members to join at any point during the course of the group without a specified start date and generally do not require attendance at each session.

Closed groups have a specified start and end date and do not allow new members to join between those dates. These groups tend to have a structured curriculum and run in cycles. This group could have members who are experiencing crisis, but it is important to remember that crisis does not have to be precipitated by a major life event (such as the loss of a loved one) or, conversely, a major life event does not necessarily lead to crisis. Self-help groups are typically led by members and include groups such as AA and Weight Watchers.

40.

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

Flooding

Biofeedback

Aversion therapy

In vivo desensitization

Correct answer: Flooding

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

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

41.

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

Ecological

Psychoanalytic

Social learning

Attachment

Correct answer: Ecological

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

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

42.

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

Reaction formation

Regression

Sublimation

Correct answer: Reaction formation

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

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

43.

The failure of one system in the human body often affects the functioning of other bodily systems as well. This is an example of which theory?

Systems

Person-in-environment

Psychodynamic

Correct answer: Systems

The systems theory is based on the biological phenomenon that when one system in an organism fails, it greatly affects the remaining systems. In social work, this means that when one system (such as a family unit) changes, it affects the related systems and subsystems, such as the extended family or neighborhood.

The person-in-environment theory describes a person as being affected by their environment and vice versa. The psychodynamic theory describes personality in terms of conscious and unconscious forces.

44.

An eleven-year-old student is struggling with authority figures, reports low levels of happiness, and has emotional outbursts in the classroom. Which of the following parenting types does this child **MOST LIKELY** experience at home?

Permissive

Uninvolved

Authoritative

Authoritarian

Correct answer: Permissive

Permissive parenting is characterized by a lack of demands and rules on children, high levels of nurturing, and high levels of communication. Children with permissive parents often view their parents in a friend-type role rather than as parental figures. As a result, these children often struggle academically, have difficulty with self-regulation, have problems with authority, are less happy, and perform poorly in school.

Uninvolved parents meet the basic needs of the child but otherwise place few to no demands or expectations on a child, are minimally communicative, and are minimally responsive. As a result, their children often lack self-control, experience low levels of self-esteem, and struggle academically. Authoritative parents place reasonable expectations and demands on their children, are democratic when it comes to punishment and decision-making, and are communicative with their children. As a result, their children tend to lead happy, fulfilling, and successful lives. Authoritarian parents place high demands and expectations on their children, are strict in regard to punishment, and do not explain reasons behind rules and decisions to their children. As a result, these children tend to follow rules well and struggle with happiness, social development, and self-esteem.

45.

Why should social workers try to develop and promote sustainable environmental practices?

The physical environment can impact client beliefs, attitudes, and behaviors

It is more lucrative to be employed in the environmental than the behavioral health field

Environmental advocates have a high need for mental health interventions

The federal government requires social workers to work toward environmental justice

Correct answer: The physical environment can impact client beliefs, attitudes, and behaviors

Social workers have paid much more attention to the influences of the social environment, as opposed to the physical, on client beliefs, attitudes, and behaviors. However, there is a growing shift, and social workers are recognizing the importance of physical and environmental issues such as water shortages, global warming, depletion of environmental resources, and catastrophic weather patterns on human well-being. Social workers are increasingly being called upon to develop and promote sustainable environmental practices.

The remaining answer options are incorrect. It is not necessarily more lucrative to be employed in the environmental than the behavioral health field; environmental advocates do not have any higher need for mental health interventions than others, and the federal government does not require social workers to work toward environmental justice.

46.

Which of the following behavioral terms describes a client's journey through scaled, therapeutic challenges?

In vivo desensitization

Modeling

Aversion therapy

Biofeedback

Correct answer: In vivo desensitization

In vivo sensitization is a therapeutic technique designed to expose a client to an increasingly tolerable set of negative stimuli that approximate the focus of anxiety, with the end in mind of a final desensitization to that focus altogether.

The other answers are incorrect. Modeling is the act of the therapist showing a client a skill. Aversion therapy is designed to pair negative stimuli with undesirable behaviors. Biofeedback teaches awareness of body states that are especially sensitive to mental phenomena.

47.

Jamila is meeting with a social worker at her pediatrician's office for a routine health checkup for her toddler. She reports that her daughter is crawling, has said her first words, and has a few favorite toys. She asks for parenting advice, stating that she feels anxious that she will do something wrong and that her child will fall behind in development. Which of the following is the **MOST** appropriate psychoeducation to provide?

Encourage her to smile at and speak to her child regularly

Encourage her to allow the child to make food choices

Encourage her to teach the child to express emotions

Correct answer: Encouraging her to smile at and speak to her child regularly

Infants and toddlers are growing at rapid rates, engaging in baby talk and simple sentences, and seeking to build trust in others. Key care components include involving parents and children in feeding, changing, and bathing routines; facilitating safe play opportunities; encouraging communication by smiling and talking to the child; and engaging in parenting psychoeducation. Encouraging Jamila to engage in communication exercises such as smiling and talking with her child is the most appropriate psychoeducation for a toddler.

Encouraging parents to allow children to make food choices and teaching emotional expression are more appropriate for children ages four to six. Young children are growing more slowly, increasing their memory, developing an imagination, gaining some independence, and becoming aware of others' feelings. Appropriate psychoeducation for parents of young children includes activities like encouraging choice, using toys and games to teach, teaching safety rules, and talking about feelings.

48.

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

Aging

Family services

Mental health

Correct answer: Aging

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

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

49.

During which stage of development are attachment relationships **MOST** important?

Infancy

Prenatal

Preschool years

Middle childhood

Correct answer: Infancy

According to child development theorists, infancy begins at birth and lasts until age three. During the infancy stage, the child forms attachments with primary caregivers, reaches important milestones, and learns an incredible amount about the world around him.

The prenatal stage is when the fetus develops in the womb; at this point, the fetus does not have enough brain development to be able to attach to anyone. Attachment is important during the preschool and middle childhood years, but the formative years of attachment occur in the first three years of life.

50.

Which of the following is **NOT** an assumption of the family systems approach?

Healthy families are egalitarian without hierarchy

A healthy family has flexibility and consistent structure

The family is an interactional system defined by stable boundaries

Families are seen as goal-oriented systems

Correct answer: Healthy families are egalitarian without hierarchy

Though an egalitarian perspective can be considered desirable, according to family theory, hierarchies do exist in healthy families. Egalitarianism in family structures is therefore not an assumption of family theory.

All parts of a family system are interrelated and provide support and structure for the other parts, but power structures do develop. Some of these power structures are part of normal development, and others manifest through the lifespan of the family system. Healthy families are flexible and adaptable along these power structures.

Any family is an interactional system in which the members form, change, follow, and break rules and react accordingly. One facet of the system will be its boundaries, which means the rules about motion to and from the family system. Another assumption about family systems is that they are goal-oriented, perhaps having different means and methods to accomplish those goals.

51.

Which of the following is **NOT** true about development in older children?

> **The brain grows at a rapid rate**

> Negotiation for greater independence occurs

> Physical growth occurs fairly slowly

> Older children are generally eager and ready to learn

Correct answer: The brain grows at a rapid rate

In older children, ages seven to 12, negotiation for greater independence occurs as they develop a greater sense of self. Physical growth occurs fairly slowly until a spurt at the end during puberty. Older children are generally curious, making them eager and ready to learn.

The brain grows at a rapid rate during infancy and early childhood, from birth to age three.

52.

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

Displacement

Identification

Inhibition

Substitution

Correct answer: Displacement

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

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

53.

Mark is a five-year-old child who has recently started preschool. He appears shy and hesitant when interacting with his peers and often clings to his teacher. He seems reluctant to explore new activities in the classroom and frequently seeks reassurance from adults. Mark's parents report that he has always been a cautious child, taking time to warm up to new situations and people. Which of the following approaches explains Mark's behavior using Erik Erikson's theory of psychosocial development?

Mark is in the initiative vs. guilt stage of development and is developing a sense of independence and learning to navigate feelings of guilt when exploring new activities

Mark is focused on satisfying his physiological and safety needs before seeking social interaction

Mark is developing logical thinking skills and becoming more socially conscious because he is in the concrete operational stage

Mark's behaviors have been influenced via operant conditioning because his shyness and need for reassurance have been strengthened by positive reinforcement from adults

---

Correct answer: Mark is in the initiative vs. guilt stage of development and is developing a sense of independence and learning to navigate feelings of guilt when exploring new activities

Erik Erikson's initiative vs. guilt stage occurs during early childhood and is characterized by children's attempts to develop a sense of independence while navigating feelings of guilt. Mark's hesitancy to explore new activities, need for reassurance, and shyness may reflect his struggle with these aspects of psychosocial development. This stage is typically seen in children ages three to six, which aligns with Mark's age.

While physiological and safety needs are important, Mark's behavior isn't best explained by Maslow's hierarchy of needs theory. His challenges seem more closely related to social interactions and emotional development rather than a more pressing need that has not yet been met. The concrete operational stage is part of Jean Piaget's theory and focuses on cognitive development and how children think rather than how they interact socially and/or emotionally. The concrete operational stage is focused on development of abstract thought capabilities and development of logical thinking. Conditioning is part of the behaviorist learning theory and asserts that stimuli in the environments individuals interact with influence learning and behaviors. Mark's

shyness and emotional responses would not be explained by behavioral learning models.

54.

Which of the following is **NOT** an aspect of the medical model of the onset of addiction?

Self-medication

Genetics

Brain reward mechanisms

Altered brain chemistry

Correct answer: Self-medication

Self-medication is not considered part of the medical model of the onset of addiction, as it is a behavior rather than a physiological concern.

Genetics, brain reward mechanisms, and altered brain chemistry could all be considered part of the medical model, which suggests physiological sources as primary causes of addiction.

55.

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

Inequality exists because those in control passively defend their advantages

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

Groups with different levels of power often have conflicting value systems

High value should be placed on challenging the status quo

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

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

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

56.

Which of the following is **TRUE** of gender identity?

> **It is not correlated with sexual orientation**

> It is correlated to anatomical sex

> It is defined as a shift between masculine and feminine expressions of gender

> If a person questions their gender identity, the DSM would identify them as having a mental illness

---

Correct answer: It is not correlated with sexual orientation

Gender identity is defined as a person's personal conceptualization of their own gender and can be expressed as male, female, both, or neither. Gender identity can match the gender assigned at birth, but, sometimes, a person's gender identity is not aligned with the sex they were assigned at birth. In this case, this person may identify as transgender or nonbinary. It is important for social workers to understand that gender identity and sexual orientation are two distinct identities and do not necessarily influence one another in any way.

When an individual's gender expression is not fixed and can shift, that person likely identifies or can be described as "gender fluid." The DSM does have a diagnosis of gender dysphoric disorder, but simply questioning gender does not meet the diagnostic criteria, and more information would be required for a diagnosis.

57.

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

Which of the following is occurring?

Role discomplementarity

Role complementarity

Role reversal

Role disassociation

Correct answer: Role discomplementarity

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

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

58.

Which of the following is a child **MOST** likely to form an attachment to, based on attachment theory?

The caregiver providing food

The caregiver in the maternal role

The caregiver who carried the child in utero

Correct answer: The caregiver providing food

While the original attachment theory developed by Bowlby posits that attachment should be viewed via an evolutionary lens, such that the caregiver providing safety would be the person a child would form the most secure attachment to, newer theorists assert that the caregiver providing food to the child is the one most likely to form a meaningful attachment. Those who hold this belief assert that attachment is partially developed via learned behaviors such as feeding and comfort.

Attachment theory does not differentiate between maternal and paternal roles but, rather, focuses on who provides either safety or sustenance to the child. Similarly, the individual who carried the child in utero is not necessarily the person who forms the strongest attachment if the elements of safety and/or food are not addressed following birth and during the subsequent five years of life when attachment is most critical, per attachment theory.

59.

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

Imitative play

Night terrors

Difficulty seeing another's point of view

Correct answer: Imitative play

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

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

60.

Which of the following is **FALSE** regarding sexuality in adulthood?

Older adults lose their desire for sexual interactions

Testosterone levels decrease after age 25

Women stop releasing eggs during menopause

The entrance to the vagina becomes smaller

Correct answer: Older adults lose their desire for sexual interactions

It is a common misconception that older adults lose all desire for and ability to engage in sexual interactions. Older and elder adults generally continue to experience a desire for intimacy and sexual connection until death. They do experience sexual changes and may experience fluctuations in their level of desire, but it does not generally go away altogether.

Testosterone production begins to slow around age 25, the amount of ejaculate decreases, and men experience a decrease in the amount of time required between erections. Women experience menopause beginning around age 55, when their bodies stop releasing eggs and producing estrogen. Additionally, the vaginal walls thin, the vaginal opening becomes smaller, and the production of vaginal lubrication decreases.

61.

A social worker meeting with a recent immigrant learns that the client is feeling connected to her new community as a result of shared culture, religion, language, and country of origin. Which of the following concepts has the client described?

Ethnicity

Race

Cultural identity

Identity achievement

Correct answer: Ethnicity

Ethnicity is best defined as the concept that an individual is a member of a group that shares culture, religion, race, language, and/or country of origin. It is important to note that two individuals can share the same ethnicity and be of different races and vice versa. The client has described a shared ethnicity with her new community.

Race is defined within the specific social, historical, and geographic context, and definitions are different in different places/times. It is currently acknowledged largely based on skin color. Cultural identity is rooted in self-identification with groups based on race, religion, skin color, religion, or values sets. Identity achievement refers to a phase of adolescent cultural and ethnic identity development and often involves reaching a clear sense of their ethnic, cultural, and racial identity and successfully navigating the world through this lens.

62.

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

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

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

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

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

---

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

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

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

63.

When working with a client who has experienced discrimination throughout their lifespan, a social worker might expect an increased likelihood of all of the following **EXCEPT:**

Domestic violence

Anxiety

Depression

Medical illnesses

Correct answer: Domestic violence

Discrimination is both a systemic issue and an individual issue that social workers have an ethical obligation to be knowledgeable of and work actively against. One of the ways in which social workers must be knowledgeable is in regard to the impacts that the experience of discrimination can have on individual clients. Research has indicated that there are higher prevalences of anxiety, depression, and medical diagnoses associated with stress when clients face habitual discrimination.

There is not a link indicated by research that experiencing discrimination results in increased rates of domestic violence.

64.

A social worker is meeting with a middle-aged brother and sister about their aging parents. Their father, who is 80 years old, recently got into a car accident because he forgot to wear his eyeglasses when driving. Their mother frequently does not remember what day it is and sometimes has difficulty showering or brushing her teeth because she cannot remember how. Their children want to place them in an assisted-living facility, but the parents insist that they can take care of themselves at home.

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

Acknowledge both the children's desire to help their parents and the parents' desire to remain independent as long as possible

Educate the children on how to take legal guardianship of their parents

Arrange a trip to the nursing home so the parents can take a tour

Inform the children that there is nothing the social worker can do without the parents' consent

---

Correct answer: Acknowledge both the children's desire to help their parents and the parents' desire to remain independent as long as possible

Age has a profound impact on behaviors and attitudes and can influence health behaviors, social/emotional patterns, mobility, cognitive functioning, economic well-being, independence, and other areas of life. It is common for there to be conflicts within family systems when children begin to worry about their aging parents due to cognitive and physical limitations. However, it is important that the social worker acknowledge both the children's desire to help their parents and the parents' desire to remain independent as long as possible so that everyone's feelings are valued and considered before making any major decisions.

The social worker should not educate the children on how to take legal guardianship of their parents, as this would be discounting the parents' opinions and feelings. The social worker could arrange a trip to the nursing home, but only after the parents agree. It is true that the social worker cannot force the parents into anything without their consent, but before doing anything else, the social worker should acknowledge everyone's feelings.

65.

According to Maslow, what percentage of the population consistently operates on the level of self-actualization?

1%

15%

25%

50%

Correct answer: 1%

Maslow's hierarchy of needs breaks an individual's needs into five categories: physiological, safety, social, esteem, and self-actualization. These five categories are subsequently broken into two categories: deficiency needs and growth needs. Deficiency needs are those that generate motivation as a result of being unmet and are required for survival. Deficiency needs include physiological, safety, social, and esteem needs. Growth needs are encompassed in self-actualization.

Self-actualization is defined as becoming or pursuing what one is capable of being and emphasizes potential. Identifying one's true calling is considered a growth need and aligns with pursuit of self-actualization. Maslow asserted that the vast majority of individuals never reach the self-actualization level, around 1%.

66.

Which of the following correctly identifies and orders the stages of cultural, racial, and ethnic identity development using the classic model?

Preencounter, encounter, immersion-emersion, internalization and commitment

Preencounter, encounter, internalization and commitment, immersion-emersion

Unexamined, identity search, achievement

Identity search, unexamined, achievement

Correct answer: Preencounter, encounter, immersion-emersion, internalization and commitment

The classic model of cultural, racial, and ethnic identity development includes the following four stages:

1. *Preencounter: an individual is not consciously aware of their race, culture, or ethnic identity*
2. *Encounter: an individual becomes aware of their cultural, racial, and ethnic identity following a provoking encounter*
3. *Immersion-emersion: following the encounter, the individual confronts their thoughts and feelings surrounding culture, race, and ethnic identity*
4. *Internalization and commitment: the individual has developed a secure sense of racial, ethnic, and cultural identity*

An alternative model focused on adolescent cultural, racial, and ethnic identity development identifies three specific stages:

1. *Unexamined: an adolescent has not yet explored/considered culture, race, and ethnicity*
2. *Identity search: an adolescent starts to think critically about race, culture, and ethnicity*
3. *Achievement: an adolescent develops a clear and secure understanding of race, culture, and ethnicity (often associated with an increase in self-esteem)*

67.

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

Deciding to participate in the protest

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

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

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

---

Correct answer: Deciding to participate in the protest

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

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

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

68.

What is the main function of a defense mechanism?

To protect people from anxiety

To help people communicate their feelings through words

To save people from embarrassment

To discover underlying traumas

Correct answer: To protect people from anxiety

The use of defense mechanisms is common as a way to manage internal conflicts. Defense mechanisms are behaviors that protect people from anxiety and are usually automatic and involuntary. Some defense mechanisms include acting out, denial, dissociation, and displacement.

The purpose of defense mechanisms is not to help people express their feelings in words, to save them from embarrassment, or to discover underlying traumas.

69.

All of the following are deficiency needs, **EXCEPT**:

Self-actualization

Esteem

Safety

Physiological

Correct answer: Self-actualization

Maslow's hierarchy of needs breaks an individual's needs into five categories: physiological, safety, social, esteem, and self-actualization. These five categories are subsequently broken into two categories: deficiency needs and growth needs. Deficiency needs are those that generate motivation as a result of being unmet and are required for survival. Deficiency needs include physiological, safety, social, and esteem needs.

Self-actualization needs are the only ones considered to be growth needs and are centered around achieving one's full potential.

70.

A social worker is meeting with an individual who feels frustrated at his job. The client states that, though he has been working at the same company for 15 years and regularly receives positive reviews from his customers, he has never been considered for a promotion. The client seems genuine, and the social worker does not think he is lying, paranoid, or delusional. The social worker is aware that the client is the only Hispanic employee at the company, whereas everyone else is White.

What might the social worker do to help this client?

Encourage the client to speak with his supervisor about his concerns

Encourage the client to file a lawsuit against the company for employee discrimination

Address some of the client's defense mechanisms that are contributing to his feelings of rejection

Suggest that the client join a support group for Hispanic clients

---

Correct answer: Encourage the client to speak with his supervisor about his concerns

Social work is about understanding behavior in a social context; it looks at human behavior as influenced by other people and the social context in which the behavior occurs. This question implies that some discrimination may be occurring at the client's place of employment, so the best thing the social worker can do in this situation is to empower the client to speak with his supervisor about his concerns.

The social worker's role is not to encourage the client to file a lawsuit against the company. Addressing the client's defense mechanisms and suggesting that the client join a support group for Hispanic clients ignore the role of the client's company in the problem.

71.

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

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

Ecological

Disease and moral model

Social exchange

Rational choice

Correct answer: Ecological

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

The disease and moral model is the basis of the ICD and DSM. It views illness as the cause of a problem rather than being person-centered. This model is not as prevalent in social work because it can cause the client to view themselves as a problem. The social exchange perspective asserts that relationships and interactions are rooted in cost-benefit analysis of situations and asserts that behaviors are the result of a determination of what would best benefit the individual. The rational choice perspective is similar to social exchange in that it involves cost-benefit analysis but places more emphasis on the notion that individuals are rational as they weigh the options and make the best choice for themselves. This perspective aids in understanding clients' motivations and thought processes.

72.

Maria, a social worker, is providing psychoeducation about personality theory. She shares that personality is developed in the context of an individual's interactions with their environment and that internal thoughts and feelings are not taken into account when discussing personality development. Which of the following types of personality development theory is the social worker describing?

Behavioral

Psychodynamic

Humanist

Trait

Correct answer: Behavioral

Behavioral personality theory emphasizes a person's interactions with their environment and focuses on observable and measurable behaviors while excluding internal thoughts and feelings.

Psychodynamic personality development focuses on the influence of a person's unconscious mind and childhood interactions. Humanist personality theory focuses on a person's free will and individual experiences. The pursuit of self-actualization is emphasized in humanist theory, citing an innate need for personal development to motivate behavior. Trait personality theory focuses on personality being made up of broad characteristics that influence the ways in which a person behaves.

73.

Today's society classifies people into different races primarily based on what?

Skin color

Religion

Geographical location

Language

Correct answer: Skin color

Historically, race has used distinguishing characteristics such as biology or other physical characteristics such as skin color. However, in modern society, race is typically classified based on an individual's skin color using labels such as "Black" or "White." There have been groups discouraging this conceptualization of race as it is an oversimplification of a complex topic and racist roots.

Both race and ethnicity are terms used to identify and describe certain segments of the global population. Ethnicity has relied on cultural characteristics such as nationality, cultural identity, language, religion, customs, geographic origin, and so on.

74.

A social worker becomes frustrated with the public health insurance program that covers the costs of most of her clients' mental health treatment. Though they call, clients are frequently unable to speak directly with a representative of the program when they have questions, and needed services are often denied for reasons that are unknown. When this happens, the social worker contacts local politicians to let them know of these shortcomings and talks to them about the wide range of needs her clients typically have.

This social worker is acting as a(n):

Advocate

Counselor

Negotiator

Broker

Correct answer: Advocate

Social workers are often needed to fight for the rights of their clients, and they may have to work to obtain needed resources. This social worker is taking extra time to contact legislators and inform them of the direct impact broken systems are having on people in need.

This social worker is a counselor and therapist, but not in this particular role. There is no indication in the question that the social worker is interested in negotiating with politicians. A social worker acting as a broker makes referrals to other professionals or agencies on behalf of the client.

75.

Which of the following theorists **FIRST** developed a theory of moral development?

Piaget

Kohlberg

Maslow

Jung

Correct answer: Piaget

Jean Piaget was the first to develop a theory of moral development, though Lawrence Kohlberg later developed it further.

The other answer choices are incorrect. Abraham Maslow was best known for his hierarchy of needs. Carl Jung was a psychoanalytic theorist and did not develop a theory of moral development.

76.

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

Social justice

Competence

Integrity

Professionalism

Correct answer: Social justice

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

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

77.

Janna is a social worker meeting with a 75-year-old client, Sara. Sara mentions that she just had an appointment with her eye doctor two weeks ago, but she still has trouble reading the print of some of the books she owns. What is the simplest and most effective intervention Janna can make?

Suggest that Sara begin listening to audiobooks or get books with larger print

Refer Sara to another eye doctor

Assume that Sara is simply finding something to complain about and ignore her statements

Administer a simple sight test to see how poor Sara's vision has gotten

Correct answer: Suggest that Sara begin listening to audiobooks or get books with larger print

In this situation, it is clear that Sara may not need to go back to her eye doctor since she very recently visited. It is a normal part of aging to have difficulty seeing, and social workers working with older adults simply need to provide support and offer suggestions to make clients more comfortable. Sometimes the best solutions are the simplest ones, so Janna should just suggest that Sara might try to read larger print or listen to audiobooks.

It would be unnecessary to refer Sara to another eye doctor since her symptoms are typical of aging eyes and she just visited her own doctor. Janna is not skilled at nor responsible for administering a sight test. It would be disrespectful to assume that Sara is simply finding something to complain about, and Janna should listen empathetically to Sara about her difficulties.

78.

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

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

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

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

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

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

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

79.

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

Problems with law enforcement

Craving

Scholastic problems

Work problems

Correct answer: Problems with law enforcement

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

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

80.

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

Normal development

A mental illness

Poor parenting

A medical disorder

Correct answer: Normal development

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

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

81.

A social worker has regularly been meeting with a family system for about a month when the head of the household, a father of three boys, is fired from his job of 20 years. This was the family's primary source of income, and the father is noticeably shaken.

What should the social worker's **PRIMARY** focus be in this situation?

Helping the father develop effective coping skills to handle the change in income and responsibility within the family

Working closely with the father to find new employment

Supporting the children during this time

Locating financial assistance for the family

Correct answer: Helping the father develop effective coping skills to handle the change in income and responsibility within the family

Social workers must consider the implications of financial burdens on the biopsychosocial-spiritual-cultural aspects of well-being. Coping skills are needed when there are dramatic changes in income and opportunities to adapt and return to economic stability are critical. In this situation, the social worker should work closely with the father, in particular, to make sure he has healthy coping skills to use in this highly stressful situation.

The remaining answer options are incorrect. The social worker might help by locating some financial assistance for the family, supporting the children, and pointing the father toward some employment opportunities, but none of these should be the social worker's primary focus.

82.

What is the social worker's main role in group work?

Helping each member change their situation through interpersonal experiences

Providing evidence-based treatments that meet the needs of all members

Ensuring there is no conflict within the group

Correct answer: Helping each member change their situation through interpersonal experiences

Group work is a method of social work that helps individuals enhance their social functioning through group experiences. Groups can also help people cope more effectively with their personal, group, or community problems. The social worker focuses on helping each member change their environment or behavior through interpersonal experience.

Though a social worker should use evidence-based practice, this might not meet the needs of all members, and it is not the social worker's main role. The social worker does not make sure there is no conflict but helps members to navigate and process the conflicts when they occur.

83.

Which of the following is an example of negative entropy?

Exchange of resources between systems that promotes growth and transformation

Arriving at the same end from different beginnings

Becoming specialized in structure and function

A product of the system that exports to the environment

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

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

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

84.

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

It is impractical

It is unethical

It is unreliable

It is cost-prohibitive

Correct answer: It is impractical

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

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

85.

Jim is meeting with Chad, a court-assigned social worker, following his conviction of sexual assault. Which of the following **BEST** aligns with the positivist perspective of criminal justice?

Jim participates in a mediation process to understand the harm he caused and works to make amends

Jim is sentenced to a lengthy prison sentence to protect public safety

Jim is required to pay a fine as punishment for his crime

Jim is sentenced and must complete community service to contribute positively to society

---

Correct answer: Jim participates in a mediation process to understand the harm he caused and works to make amends

A mediation process is considered restorative justice because it focuses on repairing the harm caused by a crime and addresses the needs of all parties involved (victim, offender, society). It emphasizes accountability, healing, and restoration of relationships rather than strict punishment. The two primary schools of thought surrounding criminal justice are positivist and punishment. Positivist approaches align with the NASW Code of Ethics and emphasize consideration of all factors leading up to and following a crime. Restorative justice most closely aligns with this perspective because it addresses everyone's needs.

Lengthy sentences, fines, and community service do not address precipitating factors and repercussions of a crime, are considered punitive in nature, and thus better align with the pro-punishment mentality.

86.

Which of the following is **TRUE** about sexuality in infants and toddlers?

Infants and toddlers touch and rub their genitals because it provides pleasure

Infants and toddlers express no sexuality until age two

Infants and toddlers role play about being married

Infants and toddlers experience strong emotional attachments to romantic partners

---

Correct answer: Infants and toddlers touch and rub their genitals because it provides pleasure

Though generally not thought of as sexual beings, infants and toddlers express sexuality in their own way. At this stage of development, these expressions are largely physical explorations of their own bodies and the feelings that result. Little boys and girls can experience orgasm from masturbation, though boys will not ejaculate until puberty.

Around the age of two years, children are aware of their own gender and are aware of the differences in the genitals of males and females and in how males and females urinate. Shared expressions of sexuality normally begin around age three to seven years, when roleplay about sexual relationships may occur. These roleplays are a development congruent with an increase in social interest and expression and can involve depictions of more adult roles in marriage and cohabitation.

Stronger emotional attachments to romantic partners are more characteristic of the teenage years and later.

87.

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

Psychomotor, cognitive, affective

Social, academic, behavioral

Sexual, emotional, cognitive

Correct answer: Psychomotor, cognitive, affective

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

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

88.

A social worker is meeting with a local nonprofit to discuss strategies for community engagement. The agency works to advocate and leverage resources on a macro level to combat racial discrimination. Which of the following would **NOT** be considered a macro-level impact of discrimination?

A client developing diabetes as a result of living in a food desert

A community being a food desert

An increase in the percentage of a community population that has been diagnosed with diabetes

Higher rates of emergency room visits as a result of a lack of community resources

Correct answer: A client developing diabetes as a result of living in a food desert

Discrimination can impact clients both directly and on a macro level. An individual client developing an illness is considered a direct impact and not a macro-level issue.

The cause of the issue, a community being a food desert, is considered a macro-level issue as limited access to resources impacts large groups of people, systems, and whole communities. Common macro-level impacts of discrimination include limited access to healthcare, education, employment, and social supports and limited availability of recreational activities. These issues can often lead to increases in anxiety, depression, and physical health problems.

89.

Which of the following is the **BEST** description of respondent behavior?

Involuntary behavior

Voluntary behavior

Both voluntary and involuntary behavior

Reflexive behavior

Correct answer: Involuntary behavior

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

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

Behaviors are either respondent or operant but cannot be both. Reflexive is a term that is used in conditioning to describe involuntary behaviors and can be considered another name for a respondent behavior.

90.

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

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

Displacement

Conversion

Projection

Inhibition

Correct answer: Displacement

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

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

91.

Which of the following probably would **NOT** occur in a family system with closed boundaries?

The oldest child graduates from high school and is allowed to choose where he goes to college

The wife of a married couple tries to verbalize her dissatisfaction with the relationship but is quickly shut down by her husband

A child is physically and emotionally abused over a period of years

A spouse must ask permission from the other before making plans

---

Correct answer: The oldest child graduates from high school and is allowed to choose where he goes to college

When discussing boundaries in the context of the family, one is applying family systems theory and must conceptualize the family through the lens that the interactions between family members influence the overall ability of the family to function. As a result, the boundaries between family members have a significant influence over communication patterns and family dynamics. Closed boundaries typically result in stringent or strict rules about communication and decision-making. This would not be likely to lead to a child feeling free to choose which college to attend.

Being shut down when expressing feelings or asking permission before making plans are indicative of closed boundaries within a family system. Physical and/or emotional abuse are not necessarily associated with open or closed boundary systems.

92.

Which framework requires social workers to understand their clients in the context of social systems and people with whom they interact?

Ecological systems

Psychodynamic

Psychosocial

Correct answer: Ecological systems

Most social workers operate from the ecological systems perspective, which allows them to understand individuals in the context of their social situations. Therefore, the focus of intervention is the interface between a client and the client's environment.

A psychodynamic framework explains behaviors as responses to an individual's past, and can be conscious and unconscious. A psychosocial framework is related to the psychodynamic framework but is more focused on client diversity and strengths.

93.

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

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

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

Developing an intimate relationship or partnership

Establishing a home with another person

Selecting a life partner

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

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

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

94.

A client has been mandated to seek support from a social worker after a report was made to Child Protective Services. The report indicated that the child's teacher has been unable to make contact with the parent following a pattern of emotional outbursts, a decline in academic achievement, a lack of self-control, and reported low self-esteem. The teacher expressed concern that the parent has been neglectful toward the child. Which of the following parenting styles is **LEAST** likely used by the child's parent?

Authoritative parenting

Authoritarian parenting

Permissive parenting

Uninvolved parenting

Correct answer: Authoritative parenting

Authoritative parents typically establish clear rules and boundaries for children while exercising a democratic style of engagement. Parents are typically very responsive, nurturing, and forgiving of their children. This type of parenting is least likely to lead a child to develop disruptive behaviors or issues with self-esteem.

Authoritarian parenting generally involves a strict set of rules that children are expected to follow with punishment resulting if rules are not followed. Authoritarian parents generally do not provide reasoning behind rules and children often develop low self-esteem and report lower levels of happiness and social fulfillment. Permissive parents place few to no demands on their children but are communicative and nurturing toward their children. Children with permissive parents often experience challenges with self-regulation, difficulty with authority figures, and poor performance in school. Uninvolved parents place few to no demands on their children, are not often responsive to a child's needs, and are detached from their child's life. It is of note that basic needs are typically met. Children with uninvolved parents tend to struggle with self-control, self-esteem, and academic achievement. This style aligns most closely with the report described.

95.

During an intake assessment with a family, a social worker learns that the couple has concerns about sexual behavior in their five-year-old. Which of the following scenarios is considered normal sexual behavior in a young child?

Showing their genitals to peers and/or asking to see a peer's genitals

Frequent rubbing and touching of the genitals

An increase in masturbation

Expressing knowledge of different means of urinating between males and females

---

Correct answer: Showing their genitals to peers and/or asking to see a peer's genitals

It is often thought that humans do not experience any sexual development until reaching puberty or adolescence, but this is false. Children aged three to seven often look at other children's genitals and show their own genitals to peers, kiss or hold hands as an imitation of adult behaviors, and become more modest about dressing/bathing. This is all considered "normal" curiosity. During toddlerhood, it is considered normal for children to touch and rub their genitals, experience orgasm, express awareness of their gender, and become aware of the differences in urinating between males and females. Masturbation is expected to increase during preadolescence (ages eight to 12).

96.

Which of the following is **TRUE** about imaginary friends, according to Jean Piaget?

Most children know that their imaginary friends are not real

Children are most likely to have imaginary friends from the ages of 7 to 11

Imaginary friends are indicative of an emerging personality disorder

Imaginary friends are a product of social isolation

Correct answer: Most children know that their imaginary friends are not real

According to Jean Piaget, imaginary friends are a normal part of child development and not indicative of the presence of a mental disorder. Imaginary friends do not emerge as a product of environmental deficit, such as social isolation. Rather, they are a normal way in which children develop in early childhood; from the ages of two to seven years.

Parents are often worried that the presence of an imaginary friend in their child may indicate a severe mental disorder. However, most children grasp that their imaginary friend is not real and do not actually believe they are interacting with them in the manner of a hallucination or delusion. Social workers should attempt to normalize this phenomenon with concerned responsible parties.

97.

Which of the following **BEST** aligns with the social model of addiction?

A client reporting that members of the drama club share their values and use marijuana, so it must be a good thing to do

A client reporting that their friends use marijuana and that there is a history of substance use without negative consequences in their family

A client reporting that they feel so anxious all the time and that marijuana is the only thing that helps

A client reporting that there is a significant history of substance use within their extended family

---

Correct answer: A client reporting that members of the drama club share their values and use marijuana, so it must be a good thing to do

The social model of addiction asserts that substance use is a learned behavior that is reinforced by peer groups. It notes that potential substance users share values with others who use substances. Thus, the client noting shared values with a specific group of peers and adopting similar behaviors aligns with the social model.

The client noting that both peers and family members use substances indicates multiple domains that may have led to substance use and best aligns with the biopsychosocial model of addiction theory. This model promotes the notion that substance use is a complex issue that generally stems from multiple domains in a person's life, including hereditary factors, emotional/psychological issues, social influence, and environmental issues. The client noting that they feel anxious and that substances help with the anxiety aligns with the self-medication model as it focuses on substance use to relieve symptoms of illness. The client stating that there is a significant hereditary history of substance use aligns best with the medical model as it emphasizes genetic components.