

# **ASWB LCSW - Quiz Questions with Answers**

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

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

1.

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

Substitution

Rationalization

Sublimation

Denial

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*Correct answer: Substitution*

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

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

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2.

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

Denial

Reaction formation

Conversion

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*Correct answer: Denial*

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

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

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3.

The parents of Bella, an eight-year-old girl, are concerned about her behavior and report that while she excels in areas such as martial arts and dance, they describe her as "clumsy" and "sloppy" in activities that require precise handling and/or placement of objects (for example: handwriting, sewing, setting the dinner table and pouring water).

Which of the following would be the **MOST** likely explanation for these discrepancies in Bella's abilities?

**A developmental course that is typical, in which there is a progression beginning with mastering control over whole body movement, with later development of fine motor skills and eye-hand coordination**

Bella most likely is responding with anxiety about her parents' vigilance and concern over her task performance, which negatively impacts her ability to successfully complete tasks that require the skills in question

The presence of a learning disability that specifically affects Bella's capacity to do visuospatial tasks

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*Correct answer: A developmental course that is typical, in which there is a progression beginning with mastering control over whole body movement, with later development of fine motor skills and eye-hand coordination*

*School-age children usually have smooth and fairly excellent gross motor skills. However, their eye-hand coordination, fine motor skills, endurance, balance, and other physical abilities vary more widely and generally develop more slowly. These skills can affect a child's ability to write neatly, dress/fasten clothing effectively and do household tasks such as making beds, washing dishes, pouring liquids without spilling, etc.*

*There is nothing in the information in the question about Bella's presentation to indicate that she is anxious about her parents' vigilance or that she has a learning disability, so these options are incorrect.*

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4.

A client pretends to be ill for no other reason than to deceive his parents and friends, but not his social worker. Which of the following **BEST** describes the client's situation?

**Factitious disorder**

Malingering

Secondary gain

Tertiary gain

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*Correct answer: Factitious disorder*

*Factitious disorder is an act of deceiving others by pretending to be ill or injured. In this question, the client is guilty of factitious disorder and is not benefiting from pretending to be ill.*

*Tertiary gain is an advantage or a benefit that a person with mental or physical illness brings to others as a result of the illness. Secondary gain is an advantage or a benefit that one receives from a physical or mental illness. Malingering is an act of feigning disability or illness in order to avoid undesired obligations.*

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5.

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

Action

Aversion

Solution focused

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*Correct answer: Action*

*Action therapies focus on strategies to directly alter behaviors.*

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

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6.

During a session with his social worker, Brad describes himself as loyal and honest. However, he has confessed in previous sessions that he regularly cheats on his wife with a coworker.

What defense mechanism is Brad using?

**Compartmentalization**

Regression

Projection

Splitting

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*Correct answer: Compartmentalization*

*Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Compartmentalization refers to the process of separating various parts of oneself from each other and behaving as if each one has separate sets of values and beliefs.*

*Regression involves returning to more infantile patterns. Projection is when a person's own uncomfortable thoughts, feelings, and behaviors are assigned to another. Splitting is a defense mechanism that is associated with Borderline Personality Disorder, and occurs when one sees self and others as "all good" and "all bad."*

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7.

Rosa is a 13-year-old girl who has been referred to you, the school social worker, for a recent change in her behavior. Rosa's teachers have noticed that she cries easily, seems more tired than normal, and sometimes goes days without showering. Her teacher also reported to you that Rosa has been wearing long sleeves, even on days over 80 degrees, and thought she saw a cut on Rosa's wrist.

Which of the following suspicions might you have, based on everything you have been told about Rosa, even before meeting with her?

**Rosa is being sexually abused.**

Rosa must have recently broken up with a romantic partner.

Rosa must have recently started her menstrual cycle.

Rosa is being physically abused at home.

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*Correct answer: Rosa is being sexually abused.*

*Possible indicators of sexual abuse in children include a depressed mood as exhibited by Rosa's frequent crying, fatigue, poor personal hygiene, a sense of shame about one's body, and self-harming behaviors such as cutting. Additional indicators that were not included in the information offered in the question include sexually explicit behavior, a change in appetite, somatic complaints, and fearful or startled responses when touched.*

*While breaking up with a boyfriend/girlfriend or starting one's menstrual cycle might result in mood changes, neither would explain extremely poor hygiene or self-harming behaviors. Indicators of physical abuse include noticeable injuries, frequent absences from school, aggressive or extremely withdrawn behavior, and poor memory and concentration. These were not indicated in the information offered in the question.*

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8.

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

Cocaine

Opioids

Alcohol

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*Correct answer: Cocaine*

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

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

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9.

Brad, a client, discusses his concern about his wife's recent behavior. Brad states that his wife is working long hours, is irritable with him and the children, and constantly wants to be left alone. He self-reports that he is having a hard time dealing with his wife's behavior because he knows that it is emotionally hurting their children.

You should **FIRST**:

**Discuss the intricacies of Brad's immediate situation**

Explore why Brad's wife may be reacting in this manner

Discuss additional family support for the children

Assess Brad's wife's mental health history

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*Correct answer: Discuss the intricacies of Brad's immediate situation*

*In order to help Brad, it is important that you discuss the intricacies of Brad's immediate situation before taking further action.*

*The other options might be appropriate steps for Brad's treatment, but not until you fully understand the intricacies of the immediate situation. Additionally, Brad's wife is not your client, Brad is, so you should focus on him.*

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10.

At which level of society is the focus on the **WHOLE** community?

Macro

Micro

Mezzo

Mini

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*Correct answer: Macro*

*Macro levels of society focus on whole communities, while micro levels of society focus on one individual at a time.*

*Mezzo levels of society focus on groups and families, and there is no such thing as a mini level of society.*

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11.

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

**Psychodynamic**

Systems

Humanistic

Social constructionist

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*Correct answer: Psychodynamic*

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

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

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

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

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12.

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

**Denial, displacement, and sublimation**

Compensation, rationalization, and regression

Acting out, assertiveness, and intellectualization

Sublimation, repression, and assertiveness

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*Correct answer: Denial, displacement, and sublimation*

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

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

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

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13.

The following pattern of behavior in a child would **LEAST** indicate a potential problem in attachment/bonding with significant others:

**The child clearly differentiates their parents from others present in the environment, demonstrates preference for parents over others, and may wander/explore the surroundings in the presence of one or both parents**

The child displays little or no change in affect or behavior when parents leave or return, may turn away from parents to return to a focus on other activities/people, and may show few signs of differentiating parents from others in their surroundings

After a period of separation from parents, the child exhibits ambivalence, anger, and/or reluctance to disengage from the focus of present activity to reunite with parents upon their return. The child does not respond as well as others to strangers' efforts to calm/soothe.

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*Correct answer: The child clearly differentiates their parents from others present in the environment, demonstrates preference for parents over others, and may wander/explore the surroundings in the presence of one or both parents*

*Children with the healthiest form of attachment behavior (secure attachment) differentiate parents from others, show clear preference for parents, and exhibit a willingness to explore the environment as long as parents are present.*

*Avoidant attachment often stems from inadequate parent reaction to distress, discouragement of crying, and overemphasis on independence. Children with an avoidant attachment often appear disinterested when their parents leave or return. Disorganized attachment often arises from fright related, withdrawing, negative, intrusive, or confused parental behavior. Children with a disorganized attachment may exhibit ambivalence about the parent's presence, sometimes running up to them and immediately pulling away.*

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14.

The following situation is the **BEST** example of "cognitive dissonance":

**A consumer wishes to buy a household appliance, and he has determined what price range is within his budget. As he is shopping, a salesperson engages him in a discussion and indicates that he probably would only need one of the "less complicated" models (which is within his budget range), implying that he would not have the skill to operate a model with more "features." He buys one of the more expensive appliances, assuming it will be much more useful than those within his budget.**

A student who has tremendous admiration for one of her professors reads an announcement in her school's weekly newspaper, indicating that the professor is retiring at the end of the year. The student feels very insulted that the professor did not announce this event personally in a class that the student was taking.

A man who has been seeking a change in his employment and consistently searching for new positions receives offers from two competing companies simultaneously. While he is glad to have choices, he feels overwhelmed by deciding which offer to accept. He makes a list of the pros/cons of each, compares the lists, and accepts the position that seems to have the most advantages and the least significant drawbacks.

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*Correct answer: A consumer wishes to buy a household appliance, and he has determined what price range is within his budget. As he is shopping, a salesperson engages him in a discussion and indicates that he probably would only need one of the "less complicated" models (which is within his budget range), implying that he would not have the skill to operate a model with more "features." He buys one of the more expensive appliances, assuming it will be much more useful than those within his budget.*

*The term "cognitive dissonance" is used to describe the feeling of discomfort that results from holding two conflicting beliefs. It is a key term used in the analysis of behavior. When there is a discrepancy between beliefs and/or behaviors, in order to create a sense of "balance" and reduce discomfort, often individuals will alter their attitudes, beliefs, and/or behavior such that the source of conflict is reduced or eliminated. Cognitive dissonance can occur in many areas of life, but it is particularly evident in situations where an individual's behavior conflicts with beliefs that are integral to their self-identity.*

*The other options do not demonstrate cognitive dissonance because there are no clear conflicts between two sets of beliefs.*

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15.

Caroline shows you a large tattoo on her arm dedicated to her childhood best friend, who recently passed away. She begins to cry and self-reports that it always makes her emotional when she looks at it too long because it reminds her of him and his amazing friendship.

The tattoo is a form of:

**Symbolization**

Substitution

Sublimation

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*Correct answer: Symbolization*

*Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Symbolization is when the representation stands for some other thing, class of thing or attribute. In this question, the tattoo stands for Caroline's childhood best friend.*

*The other options, while both are also defense mechanisms, are incorrect because they do not best fit for this situation.*

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16.

Which of the following defense mechanisms is defined by the shifting of actions from a desired target to a substitute target when there is some reason why the first target is not permitted or not available?

**Displacement**

Projection

Sublimation

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*Correct answer: Displacement*

*Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. One defense mechanism, displacement, is the shifting of actions from a desired target to a substitute target when there is some reason why the first target is not permitted or not available.*

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

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17.

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

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

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

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

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

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

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18.

If the federal government gave the state government \$100,000 with no restrictions, what did the state government receive?

**Block grant**

Categorical grant

In kind assistance

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*Correct answer: Block grant*

*Grants in aid refers to the federal government giving money to the states for a particular purpose, and it is important in the discussion of legislation and service delivery. There are two general types of grants in aid:*

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

*The option, in kind assistance, is when tangible items are given instead of money and in this question, because money is given, this is an incorrect option.*

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19.

Keith feels that everyone thinks he is a slow learner, so he spends extra time making sure that everything he does is correct before he shows others. What type of defense mechanism is Keith **MOST** likely using?

Compensation

Rationalization

Substitution

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*Correct answer: Compensation*

*Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Compensation is a defense mechanism in which an individual tries to make up for imaginary characteristics that are considered undesirable.*

*The other options are incorrect because substitution is a defense mechanism in which the individual replaces an unattainable goal with one that is attainable, and rationalization is when something happens that we find difficult to accept and we make up a logical reason why it has happened.*

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20.

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

**A program that focuses on prevention**

A program that provides benefits to all members of society

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

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*Correct answer: A program that focuses on prevention*

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

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

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21.

A social worker was asked to be a guest speaker in a high school health class where he could educate the students about the effects of drugs and alcohol on adolescent brain development and decision making.

What type of prevention strategy is this an example of?

Primary

Secondary

Tertiary

Quaternary

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*Correct answer: Primary*

*Primary prevention has the goal of protecting people from developing a disease or, in this case, engaging in a behavior in the first place.*

*Secondary prevention occurs after the disease or injury occurs. Tertiary prevention focuses on managing complicated and/or long-term diseases or injuries. "Quaternary" is a fabricated answer choice.*

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22.

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

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

Gender fluidity refers to having no personal concept of gender.

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

Gender fluidity refers to the pattern of sexual attraction.

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

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

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

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23.

A client's supervisor makes her extremely anxious, and when she knows that he will be in the office, she starts complaining of nausea, dizziness, or a migraine. What type of defense mechanism is the client **MOST** likely using?

Conversion

Rationalization

Displacement

Substitution

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*Correct answer: Conversion*

*Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Conversion is a defense mechanism in which anxiety is transformed into overt physical manifestations.*

*Substitution is a defense mechanism in which the individual replaces an unattainable goal with one that is attainable. Displacement is the shifting of actions from a desired target to a substitute target when there is some reason why the first target is not permitted or not available. Rationalization is when something happens that we find difficult to accept and we make up a logical reason why it has happened.*

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24.

All of the following are variables taken into consideration when assessing socioeconomic status **EXCEPT**:

**Marital status**

Education

Income

Skill(s) required by one's job

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*Correct answer: Marital status*

*When researchers assess socioeconomic status (SES), the researchers look at more than just income. However, marital status is never a factor taken into consideration because there are many single individuals with a higher SES than married individuals.*

*Factors taken into consideration when assessing for SES include years of education, income, and the amount of skill(s) required by one's job. Individuals with more years of education and a higher level of skill(s) required by one's job typically have a higher SES.*

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25.

Which Freudian psychosexual stage coincides with Erik Erikson's psychosocial crisis stage, trust versus mistrust?

Oral

Anal

Phallic

Latency

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*Correct answer: Oral*

*Trust versus mistrust is the first stage in Erikson's psychosocial theory of human development. This stage, which lasts from birth until about 18 months of age, children learn whether they can trust the world, and the child learns whether their caregivers can/will meet their needs. Similarly, the first stage of Freud's psychosexual theory of development is the oral stage, during which time the infant learns whether their needs will be met through feeding.*

*Freud's later stages of psychosexual development include the anal, phallic, latency, and genital stages. The anal stage lasts from about 1-3 years, the phallic stage from 3-6 years, the latency stage from 6-11 years, and the genital stage from puberty until death.*

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26.

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

Hallucinogens

Stimulants

Benzodiazepines

Opioid narcotics

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*Correct answer: Hallucinogens*

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

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

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27.

Suicides and violent acts toward others are the **MOST** common in this population:

Individuals using substances

Individuals experiencing divorce

Children who are victims of sexual abuse

Individuals who have a high socioeconomic status

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*Correct answer: Individuals using substances*

*Individuals who abuse substances are at a much higher risk of attempting and committing suicide than those who are not addicted. This could be because these individuals are also more likely to suffer from mental disorders and sometimes use substances to mask symptoms. Additionally, individuals who abuse substances are also much more likely to commit violent acts and be the victims of violent crimes.*

*The other options are incorrect because these groups are less likely to commit both suicide and violent acts than individuals who abuse substances.*

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28.

Davine refuses to drive her car, even though it causes her family much disorganization. A result of her refusal to drive is that her husband has to take her everywhere, sometimes even missing work if she has an appointment.

Which of the following defense mechanisms is Davine demonstrating?

**Regression**

Displacement

Sublimation

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*Correct answer: Regression*

*Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Regression involves taking the position of a child in some problematic situation, rather than acting in a more adult way. This is usually in response to stressful situations, with greater levels of stress potentially leading to more overt regressive acts.*

*The other options are incorrect. Displacement is the shifting of actions from a desired target to a substitute target when there is some reason why the first target is not permitted or not available. Sublimation occurs when a person chooses to divert their desires that are consciously intolerable and cannot be directly realized into creative activities that are acceptable. Sublimation channels this energy away from destructive acts and into something that is socially acceptable and/or creatively effective.*

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29.

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

**Taking emotion intended for one person and displacing it into another**

Unconsciously forgetting certain unacceptable memories

Replacing an unattainable goal with an attainable goal

Transforming anxiety into physical manifestations

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*Correct answer: Taking emotion intended for one person and displacing it into another*

*Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Displacement is when one shifts actions from a desired target to a substitute target, when there is some reason why the first target is not permitted or not available.*

*Repression involves placing uncomfortable thoughts in relatively inaccessible areas of the subconscious mind. Substitution is a defense mechanism in which a client will replace an unattainable goal with an attainable goal, and conversion is a defense mechanism in which anxiety is transformed into overt physical manifestations.*

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30.

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

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

Kendra is likely to undergo sexual reassignment surgery in the future

Kendra is likely to be a cross dresser

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

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

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

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31.

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

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

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

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

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

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

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

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**32.**

Hannah, a high school student, is referred to you because of her negative feelings toward her sibling. She self-reports to you that she is not allowed to get her driver's license because Hannah's brother is sick, which has caused her parents a severe financial burden. Hannah clearly blames her brother for her current situation.

The **FIRST** thing you should do is:

**Stabilize Hannah's feelings toward her brother**

Set up weekly sessions to discuss Hannah's feelings

Determine how serious her brother's illness is

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*Correct answer: Stabilize Hannah's feelings toward her brother*

*The first thing you should do is to stabilize Hannah's feelings, as she is very clearly hurt and angry.*

*After stabilizing Hannah's feelings, you may want to set up additional sessions and, eventually, you can contact the family and gain more information about the severity of her brother's illness, but these are not the first things that you should do.*

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**33.**

You contact a client's health maintenance organization (HMO) in order to obtain approval for more treatment sessions. During your call, the HMO social worker asks you specific details about your client's sexual abuse experiences, and you feel that the questions are very excessive.

Your **BEST** course of action is:

**Refuse specific details about your client's experiences, but provide the general information as needed**

Provide the HMO social worker with the needed information

Call the HMO social worker back after you obtain release from your client

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*Correct answer: Refuse specific details about your client's experiences, but provide the general information as needed*

*HMOs generally do not need to know the specifics about a client's experiences in order to approve more treatment sessions. However, if the HMO demands additional information that is specific to the client's experiences, then you will need to contact the client with the specific questions and obtain their release.*

*Do not provide the HMO with requested information until obtaining the client's consent. You may then call the HMO social worker back, but first, you must refuse to share specific details and give the general information needed.*

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34.

Rihanna is a 57-year-old woman who suffers from severe, chronic back and neck pain. Her husband, Rome, has made an appointment with you to discuss his concerns about her use of prescription pain medication. Rome reports that Rihanna has started visiting multiple doctors in attempts to obtain duplicate prescriptions for controlled substances to supplement her regular supply. Rihanna often complains to Rome that her doctors are not giving her enough medication to control her pain.

You **MOST** likely suspect that:

**Rihanna has become drug dependent and needs help to control her need for painkillers**

Rome is coming to you for advice on how to control Rihanna's behavior

Rihanna's problem will likely resolve after her back pain is cured

The doctor needs to know that Rihanna's pain is still not controlled

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*Correct answer: Rihanna has become drug dependent and needs help to control her need for painkillers*

*Occasionally, patients like Rihanna who are prescribed strong painkillers become dependent on that medication. In this question, Rihanna's insistence on finding more drugs than her doctor is comfortable prescribing suggests a medical dependence that requires treatment.*

*Rome is coming to you for help, but he is not responsible for controlling Rihanna's behavior in this situation, as the problem is far beyond his control. Even if Rihanna's back pain is cured, it is unlikely that her dependence will resolve without treatment. While her doctor should know that she is suffering from an addiction, at this point, Rihanna may not admit that her pain is controlled due to the desire to secure additional medication.*

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35.

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

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

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

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

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

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

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

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

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36.

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

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

Storming

Forming

Norming

Performing

---

*Correct answer: Storming*

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

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

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

---

37.

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

**Be patient and encouraging while monitoring the child's safety**

Do not allow the child to complete tasks on their own

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

Dismiss the pursuit of independent activities

---

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

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

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

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38.

Liam is a 23-year-old young man being raised by his parents in a middle-class neighborhood. When his grandparents became too old to care for themselves, the two of them moved in with Liam and his parents. When he was growing up, anytime someone in the family faced a problem, the entire family gathered together to brainstorm about it and figure out how it could be solved. When Liam got his first part time job, he gave a portion of the money he made to his parents to help the household, rather than keeping it for himself to spend out with his friends.

Liam's family can **BEST** be described as:

Collectivist

Independent

Enmeshed

Individualistic

*Correct answer: Collectivist*

*A collectivist society is one in which members act in the best interest of the group rather than the individual. In this question, Liam's family always puts the family before the person, as evidenced by caring for Liam's grandparents, tackling problems as a group, and Liam contributing personal income to the household.*

*An individualistic family or society acts in the best interest of the individual rather than the group. If, in this question, Liam had kept his personal income for himself, tried to solve problems on his own, and his grandparents were sent to an assisted living facility rather than living with the family, this would have been an individualistic family or society. An enmeshed family is one that lacks boundaries, is dysfunctional, and is unnaturally close, and the question does not suggest that Liam's family members are these things. Here, independent is used as synonymous with individualistic, not collectivist.*

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39.

You are meeting with the Gunderson family for the first time. During the initial assessment, the parents inform you that they are concerned about their youngest child, Susie, a 13-year-old girl who has recently become extremely defiant and disobedient. She regularly leaves the home without asking and rarely completes her homework, resulting in falling grades in school. During the session, Susie rolls her eyes, but says nothing. Mr. and Mrs. Gunderson explain that their other children, Tim, a 15-year-old boy who was recently diagnosed with a debilitating disease, and Kate, an 18-year-old girl, who moved away to attend her freshman year of college, are very well adjusted. The two parents do not understand "what went wrong" with Susie.

What might be part of the reason why Susie is having trouble?

**She is experiencing the stress of Tim having a chronic medical condition, as well as coping with the departure of Kate**

She was born with a mental disorder that has not yet been diagnosed

Mr. and Mrs. Gunderson are too focused on her problems when they should be focused on the other children

Susie has recently begun experimenting with drugs, and this is affecting other areas of her life

*Correct answer: She is experiencing the stress of Tim having a chronic medical condition, as well as coping with the departure of Kate*

*Sometimes it is difficult for families to see that changing dynamics within the family system can create an imbalance, which causes emotional distress. In this question, Tim's recent medical problems in combination with Kate's departure from the home have likely significantly impacted on Susie, the 13-year-old. You should spend time assessing the changes that have recently occurred related to Susie's role and expectations within the family.*

*There is no information offered in the question that would indicate that she has a mental disorder or that Susie has started engaging in drug usage. If anything, Mr. and Mrs. Gunderson may not be giving her enough attention due to the other changes in the family, and she is acting out in order to receive attention, even though it is negative.*

---

40.

The following accurately describes how the minority stress model impacts LGBTQIA+ individuals:

**It identifies a variety of ways in which members of society tend to treat LGBTQIA+ individuals as inferior to heterosexual persons.**

It helps outline treatment plans that can also be used in individual treatment of LGBTQIA+ individuals.

It explains why/how LGBTQIA+ individuals are at a higher rate of suicide and mental illness than heterosexual persons.

It provides the evidence that sexual identity is socially defined instead of biologically defined.

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*Correct answer: It identifies a variety of ways in which members of society tend to treat LGBT individuals as inferior to heterosexual persons.*

*The minority stress model describes the high levels of stress experienced by members of stigmatized minority groups such as LGBTQIA+ individuals. It helps identify the various ways in which members of society tend to treat LGBTQIA+ individuals as inferior to heterosexual persons. These stressors include the pressure to hide one's sexual identity from others for fear of discrimination, internalized homophobia, and rejection sensitivity.*

*The minority stress model does not outline individual treatment plans for LGBTQIA+ persons or assert that sexual identity is socially defined. While LGBTQIA+ individuals do have higher rates of suicide and, in some cases, higher rates of mental illness than heterosexual persons, the minority stress model does not necessarily connect this reality with the fact that LGBTQIA+ individuals experience more stress than non-LGBTQIA+ individuals.*

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41.

The **MOST** valid criticism of the concept of a family life cycle and its application as a general concept in social work practice is:

**The theory and ideas that support this concept are derived from mainstream/traditional Western culture, which may not account for diversity in a number of cases.**

The concept can be useful to apply in individual cases/families, but it is not able to be generalized to average families.

There are so many factors that may disrupt the normal and expected family life cycle that the concept has little relevance or practical application.

The concept does not address the progression of stages that occur in families where children are absent.

---

*Correct answer: The theory and ideas that support this concept are derived from mainstream/traditional Western culture, which may not account for diversity in a number of cases.*

*The main criticism of the family life cycle concept relevant to social work practice is that the concept is primarily informed by and centers around traditional Western family composition and processes. However, one of the advantages of the idea is that it provides a method of accounting for disruptions that may prove significant to the family or its members.*

*As stated above, the family life cycle has significant relevance to most family situations. While the assumptions of this concept are primarily based on families with children, it can still be applied to couples as they move through a developmental process as a unit.*

---

42.

Your client developed a severe problem with chemical dependency in early adolescence and entered an abstinence-based rehabilitation/recovery in early adulthood. Which of the following would you **MOST** expect to see in your client as a result?

**Delays or relative deficits in social, cognitive, and academic skill development that roughly correspond to the age at which the problem originated, which may or may not be fully resolved over time**

Resumption of social and cognitive development, with development of relationship skills and cognitive capacity well into early adult years, in a pattern parallel to that usually seen in adolescence, with a high likelihood of successful resolution in all major functional areas

As length of abstinence and recovery increases, relatively rapid gains in cognitive and social domains that are likely the results of residual neural plasticity that emerges as the influence of chemicals returns to premorbid levels

---

*Correct answer: Delays or relative deficits in social, cognitive, and academic skill development that roughly correspond to the age at which the problem originated, which may or may not be fully resolved over time*

*The capacity for individuals to initiate and sustain significant recovery after adolescent-onset addiction is influenced by many factors. There is little rationale for predicting a significantly poor prognosis, as many with adolescent addiction histories go on to lead productive lives. However, there is much evidence to support the idea that social/cognitive development may be subject to critical periods during adolescence which, if derailed or delayed, may create functional gaps, the resolution of which may be quite variable and uncertain.*

*As stated above, social and cognitive development may suffer due to adolescent-onset substance dependence, but in some cases, it can be quite good, depending on other factors in the individual's life. Neural plasticity is not known to go into a state of dormancy in the presence of drug dependence. In fact, the case may be quite the opposite. For example, the effects of drugs may diminish or shorten normal periods of neural plasticity that might be expected to last into adult years.*

---

43.

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

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

**Denial**

Rationalization

Projection

Minimalization

---

*Correct answer: Denial*

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

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

---

44.

Prinka is a 20-year-old single mother of two children. She did not finish high school due to becoming pregnant as a teenager, and struggles to find gainful employment while also caring for her children. Prinka self reports that she currently lives with friends and often engages in substance use.

Prinka's children are **MOST** likely at high risk for:

Neglect

Physical abuse

Disease and/or infection

Cognitive delays

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*Correct answer: Neglect*

*Neglect occurs when a child's needs are not met by their parents or caretakers. A list of factors present in parents that indicate a high risk for child neglect include: single parents with multiple children, a low level of education, unemployment, an unstable living situation, and substance abuse. In this question, Prinka has all of these factors so, unfortunately, her two children are at high risk for neglect.*

*Prinka's children are probably at some risk for physical abuse as well as neglect, but there is no indication in the question of such. Prinka's children might be at higher risk for disease if she does not get them vaccinated, but this is not stated in the question's information. Intellectual ability is primarily biologically determined, and the question does not indicate that her children are at risk for cognitive delays.*

---

45.

Nick is going through a midlife crisis and starts dating a woman in her mid-twenties to make himself feel younger. What type of defense mechanism is Nick **MOST** likely using?

Displacement

Reaction formation

Projection

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*Correct answer: Displacement*

*Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Displacement is the shifting of actions from a desired target to a substitute target when there is some reason why the first target is not permitted or not available.*

*The other options are incorrect, as they are not the correct defense mechanism that Nick is using. Projection occurs when a person has uncomfortable thoughts or feelings, so they may project these onto other people, assigning the thoughts or feelings that they need to repress to a convenient alternative target. Reaction formation happens when a person feels an urge to do or say something and then actually does or says something that is effectively the opposite of what they really want.*

---

46.

The perspective of behavioral treatment of depression is that depressive symptoms result from:

**Absent or inadequate positive reinforcement**

Ineffective learning of interpersonal skills

Failure to apply previously learned coping behaviors

---

*Correct answer: Absent or inadequate positive reinforcement*

*Behavioral methods usually focus most heavily on stimulus/response/reinforcement triads, with the underlying theory that the element that determines the strength/duration of any given behavior pattern is reinforcement, or lack thereof.*

*It can be true that some individuals with depression engage in ineffective interpersonal skills and/or poor coping skills, but the question specifically asks about behavioral treatment.*

---



47.

Substance Induced Major Neurocognitive Disorder is **BEST** characterized by:

**Problems with cognitive functioning that are often severe enough that they significantly impair functioning, for which the cause and prognosis for recovery vary widely, related to individual factors, what substances were used, etc.**

A syndrome of cognitive symptoms that may include memory deficits, that is almost always chronic and irreversible and, in most cases, may require long-term assistance in daily functioning

A type of memory disorder that is caused by chronic use or abuse of controlled substances, such as tranquilizers or narcotic pain medications

Severe memory problems that persist for significant periods after withdrawal or active dependence on substances that directly affect memory, which usually resolve very slowly over time, and, in most cases, can be markedly improved with appropriate remedial methods

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*Correct answer: Problems with cognitive functioning that are often severe enough that they significantly impair functioning, for which the cause and prognosis for recovery vary widely, related to individual factors, what substances were used, etc.*

*Substance Induced Major Neurocognitive Disorder is characterized by marked cognitive decline that interferes with independence in daily functioning due to exposure to a substance.*

*Neurocognitive disorders caused by alcoholism do not generally improve significantly over time, although in isolated cases, the condition may resolve almost completely. In many alcohol-related cases, symptoms are so severe that they warrant long-term care to assure protection and meet daily needs. Other sufferers have variable rates of recovery and a more hopeful prognosis. In many nonalcohol-induced cases, full recovery eventually occurs. Neurocognitive disorders affect many areas of cognition, not just memory.*

---

48.

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

**Monitor your clients' success**

Set goals and action plans

Recommend resources for/to the family

---

*Correct answer: Monitor your clients' success*

*You have helped the family to start using resources to solve their problem, which means you have already helped them set goals and action plans, and recommended resources. Because you have already completed these steps, the next step for you to take is to monitor the family's success.*

---

49.

Yang has been in recovery from opioid dependence for several years. Which of the following would be among the **LEAST** likely factors contributing to relapse?

**Failure of previous treatment professionals to assure that Yang is integrated into adequate post-treatment support networks, prior to terminating treatment**

Yang returns to environmental or social situations that were present during the period of active drug use

Yang experiences extremely stressful life events such as serious illness, changes in family structure/functioning, etc.

Yang has drug exposure (either casually or in the course of necessary medical treatment/procedures)

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*Correct answer: Failure of previous treatment professionals to assure that Yang is integrated into adequate post-treatment support networks, prior to terminating treatment*

*The assumption that "professional treatment" would necessarily have been involved in any given case is inherently flawed. There is an increasing accumulation of research evidence indicating that the majority of recovering individuals may never have sought/received "professional treatment" and have achieved success in recovery through other means. Because of this, "professional failure" would be the least significant factor among the available choices.*

*Environmental, social, and geographic factors are frequently cited by individuals and recovery programs as triggers for relapse, thus promoting advice to those developing recovery-based lifestyles to find ways to avoid such potential triggers. Generalized stress levels and re-exposure to substances, especially those closely related to previous drugs of choice, are also found to be significant factors in relapse.*

---

50.

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

**Unrealistic optimism**

Anxiety and fear

Withdrawal from others

Anger and mood swings

---

*Correct answer: Unrealistic optimism*

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

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

---

51.

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

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

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

They value collectivism and family values

They experience medical disorders related to their cultural history

---

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

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

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

---

52.

Which of the following is a level of awareness as defined by Freud?

**Preconscious**

Preconventional

Individualistic

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*Correct answer: Preconscious*

*Sigmund Freud believed that one's behavior and personality come from the constant interactions of conflicting forces that operate at three different levels of awareness: the preconscious, the conscious, and the unconscious. In the preconscious, there is all the information outside of one's attention, but it is readily available and accessible if/when needed. These thoughts and feelings can be brought to the conscious very easily.*

*The other options are incorrect, as they are not one of the levels of awareness.*

---

53.

The following is an example of a selective residual program:

Food stamps

Social security

Education

FEMA

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*Correct answer: Food stamps*

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

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

---

54.

You are assisting a family with a therapeutic objective after already helping them objectively define their problem. What is the **NEXT** step that you should take in this process?

**Set goals and action plans**

Recommend resources

Monitor the family's success

Initiate the use of resources

---

*Correct answer: Set goals and action plans*

*Because the problem has already been defined, the next step is for the family to set their goals and an action plan in order to know what resources they will need. Coming up with the overall therapeutic objective and helping the client system define what they wish to do is the first step. In actual planning, concrete plans are made to achieve the identified objectives.*

*You cannot recommend resources to the family until the goals and action plan are set, and the family cannot initiate the use of said resources until they know which resources they need. You also cannot monitor their success until they have moved forward with solving their problem.*

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55.

Kamekona, a court-ordered client, is being extremely resistant during his treatment sessions. What is the **BEST** way for you to move forward with him?

**Explore Kamekona's feelings of resistance**

Report Kamekona's resistance to the court

Confront Kamekona's resistance head on

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*Correct answer: Explore Kamekona's feelings of resistance*

*Most clients who are court ordered to receive help are going to show signs of resistance. The best way to move forward with these clients is to explore their feelings of resistance and allow them to open up on their time, and work at developing a therapeutic bond and rapport.*

*You should always try different approaches with a client before you report them to the court, and confronting Kamekona may work, but it could also go very badly and ruin any chance at potential rapport and bond.*

---

56.

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

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

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

Declines in school performance

Sudden onset of emotional outbursts toward family

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

---

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

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

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

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57.

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

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

Concrete Operations

Preoperational

Sensorimotor

Formal Operations

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*Correct answer: Concrete Operations*

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

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

---

58.

Individuals who become violent are **MOST** likely to be using:

Alcohol

Heroin

Cocaine

Marijuana

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*Correct answer: Alcohol*

*Individuals who abuse alcohol often become physically assaultive and less productive.*

*The other options are incorrect because individuals who use heroin, cocaine, and marijuana usually have feelings of euphoria, not violent thoughts.*

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59.

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

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

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

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

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

---

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

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

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

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

---

60.

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

You will **MOST** likely first suspect:

**The client uses opioids**

The client is using a stimulant, like cocaine

The client is suffering from depression

The client has a medical disorder

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*Correct answer: The client uses opioids*

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

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

---

61.

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

What should the social worker do?

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

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

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

Try to obtain more information about the individual who assaulted Gary

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

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

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

---

62.

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

**Openly discuss the possible background issues**

Encourage the client to seek emotional support through their family

Contact the client's community to assure them a social support group

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*Correct answer: Openly discuss the possible background issues*

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

*The other options—encouraging the client to seek emotional support or connecting the client with a support group—may be needed/nessesary eventually, but not immediately.*

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63.

Finn is a member of a group of social workers who are part of a cohesive, ongoing professional training program when she experiences the unexpected death of her father, with whom she had a very close and healthy relationship. Finn returns to the group a few days after his funeral and self-reports to the others, "I decided to get back to work as soon as possible, and since shortly after I found out my father had died, I've noticed myself doing a lot of things in ways that are a lot like him, that I think he'd be proud of. I didn't even cry at the funeral. In fact, a lot of people commented on how strong I was to not do that, but I guess I just viewed it as one more thing I was doing like him. Like, it seems sort of like a memorial to him."

Among the following, which would be the **MOST** appropriate perspective and action(s) on the part of Finn's colleagues?

**Accept Finn's perspective on her behavior/interpretation of the events, express support for their colleague and, over the course of their subsequent interactions with her, periodically inquire about how she is doing. Additionally, they can ask Finn about family members' status/coping and be open to future discussion of this topic.**

Finn is most likely exhibiting evidence of denial by so quickly returning to work and failing to exhibit what would be understood as normal/expected behavior for any grieving person, especially given the loss of a person so important to her. Her colleagues should point out to her the above possibility, remind her that this may predispose her to a "pathological grief reaction" and encourage her to consider taking some additional self-care actions.

Direct experience is often a valuable resource and can be utilized to inform practice for both Finn and her colleagues. This group should request that Finn give an informal presentation about her recent experience of this situation in an upcoming segment of their program related to work with grief and loss, so that her direct experience can be incorporated as material for discussion in the context of models they are learning about.

Professional boundaries extend to collegial relationships and interactions as well as those with clients. Although ignoring Finn's situation/comments would be unnecessarily rude and unsupportive of her as a person, her colleagues should make it clear to her that further mention of her personal experience/circumstances would absolutely be considered a boundary violation.

*Correct answer: Accept Finn's perspective on her behavior/interpretation of the events, express support for their colleague and, over the course of their subsequent interactions with her, periodically inquire about how she is doing. Additionally, they can ask Finn about family members' status/coping and be open to future discussion of this topic.*

*This question combines application of knowledge about loss/grief processes with application of principles governing appropriate collegial behavior. Because of this combination, the best option is that which best incorporates both of those areas. Although Finn's colleagues are professionals and peers, they are also human beings, and death/loss/grief is a natural part of human experience. Collegial ethics ideally recognizes that factor and allows for some latitude in "colleague as person" relationships/interactions. While there is an "average" process that generally sets expectations for grief reactions/recovery, there is a range of responses to loss that is influenced by a wide variety of factors.*

*The other options are incorrect because it would be inappropriate to point out Finn's denial (if she is even experiencing this), to request that Finn give a professional presentation about her personal experiences, and/or to suggest that Finn refrain from talking at all about her personal experiences.*

---

64.

Harry was injured at his place of employment and is now in a wheelchair. Since he can no longer perform his job duties, Harry's employer pays him a monthly settlement.

Which of the following **BEST** describes Harry's situation?

Secondary gain

Tertiary gain

Malingering

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*Correct answer: Secondary gain*

*When assessing motivation, it is important to consider the motives of the client carefully. Secondary gain is an advantage or a benefit that one receives from a physical or mental illness. In this question, Harry is benefiting from a secondary gain, as he is receiving compensation for his physical injury.*

*The other options are incorrect. Malingering is an act of feigning disability or illness in order to avoid undesired obligations. Tertiary gain is an advantage or a benefit that a person with mental or physical illness brings to others as a result of the illness.*

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65.

The **BEST** example of geriatric social work at the macro level is:

**You teach a class on death and dying in older populations**

You provide family therapy at an assisted living facility

You provide group counseling at a cancer center

You coordinate and lead activities at a senior center

---

*Correct answer: You teach a class on death and dying in older populations*

*As the population over the age of 65 increases, more social workers are needed to provide services for older adults. Macro social work, like this example, focuses on changing larger systems. These larger systems can be communities and organizations, and this can be done with research, teaching, and administration.*

*While the remaining answer options are incorrect on a macro level, they are all examples of micro-social work, which is also known as direct practice.*

---

66.

Tony is an 18-year-old who has a serious alcohol problem. He drinks large amounts of alcohol in secret, spends any money he earns on beer, and has acquired numerous legal charges for drinking while driving. Tony's friends confront him about his concerning behaviors, but despite their compelling evidence, he adamantly refuses to admit that he has a drinking problem.

This defense mechanism is known as:

Denial

Regression

Repression

Dissociation

---

*Correct answer: Denial*

*Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. It is extremely common for individuals who use drugs to use denial as a defense mechanism, and Tony's persistent denial, even in the face of concrete evidence to the contrary, may be used to make a diagnosis of substance abuse.*

*The remaining answer options are incorrect as, even though they are all examples of defense mechanisms, they are not ones that Tony is using. Regression involves taking the position of a child in some problematic situation rather than acting in a more adult way. Repression involves placing uncomfortable thoughts in relatively inaccessible areas of the subconscious mind, and dissociation is the drastic modification of one's personality to avoid emotional distress.*

---

67.

The following is the **MOST** valid statement about the relationship between religious/spiritual beliefs and practices, and individuals' perceived locus of control:

**Relatively strong religious or spiritual beliefs and/or practices may be tied to higher levels of internal locus of control.**

Individuals for whom religion or spirituality is a highly valued concept demonstrate greater external locus of control, and this is shown by their attribution of control over events and personally relevant conditions to external sources.

There is no evidence of a relationship between religion/spiritual values and one's sense of locus of control. In fact, these characteristics are entirely independent of one another.

While those with strong religious or spiritual beliefs can benefit from a sense of hope that is provided by those beliefs, they simultaneously believe that the locus of control over their lives/conditions is external to them, and that their faith in such external forces will yield positive results independent of their own actions.

---

*Correct answer: Relatively strong religious or spiritual beliefs and/or practices may be tied to higher levels of internal locus of control.*

*Although it might seem logical that religion/spirituality would be positively correlated with the external locus of control, the majority of research actually indicates the opposite. Religious beliefs may provide an indirect sense of control over situations (especially stressful ones) by believing that a "higher power" is in control, and the person therefore feels a bigger/better sense of internal control by engaging in self-directed activities like prayer, rather than depending on external agents.*

*The other options are incorrect because, as stated above, individuals who identify themselves as religious actually have a greater internal locus of control.*

---

68.

The **MOST** accurate description of the normal human grieving process is:

**A roller coaster ride**

An extremely steep incline upward, followed by a gradual decline

Stair steps leading upward

A flat line

---

*Correct answer: A roller coaster ride*

*The grieving process can best be described as a roller coaster ride because bereaved individuals move back and forth between avoidance, confrontation, and restoration.*

*Grieving can be regarded as a set of tasks: accept the reality of the loss, work through the pain that grief brings, adjust to the world without the loved one, develop an inner bond with the deceased, and move forward with one's own life.*

*In the past, the grieving process was regarded by some therapists as stair steps leading upward, but this is no longer the case. The grieving process is also not best described as a flat line or as a steep incline followed by a gradual decline.*

---

69.

You are meeting with a family made up of two parents (still married) and their two teenage children. The family began sessions with you because one of the adolescents, the 15-year-old daughter, was fighting with her parents daily and refusing to do her homework. After the family has met with you a few times, the 15-year-old is getting along much better with her parents and is succeeding in school. However, her 17-year-old brother's grades have now begun to slip, and he has been grounded every weekend for the past month.

This example of one family member improving while another deteriorates is called:

**Family homeostasis**

Role impairment

Ego functioning

Malingering

---

*Correct answer: Family homeostasis*

*Homeostasis is a phenomenon within a system in which variables are regulated so that internal conditions remain stable and relatively constant. In families, this is manifested when one family member's condition changes in some way. Using the information in the question, this is the best answer to the question.*

*Role impairment is the measure of disability due to a mental disorder, and it is not clear in the information in the question whether either child is suffering from a mental disorder or not. Ego functioning is the degree to which an individual is able to make their own decisions, have insight into thoughts, and have compassion toward others. Malingering is the state of feigning illness or symptoms with the intention of avoiding or escaping some undesired goal or activity.*

---



70.

A new client self reports to you that she has frequently used cocaine and has done so for several years. What is the **FIRST** step you should take?

**Gather as much information from her as you can**

Recommend inpatient treatment

Diagnose her

Push for additional family support

---

*Correct answer: Gather as much information from her as you can*

*Any kind of substance abuse can be a complicated matter. Your client's motivation to use, history of use, and her desired treatment are hers alone, and not a general answer for everyone going through substance abuse. Because of this, more information from your client will be needed.*

*Recommending inpatient treatment will most likely happen, but will come much later, after a complete assessment of the presenting problem. Diagnosing her without gathering as much information as possible would be a mistake, as well as pushing family support without knowing if that could cause harm, too.*

---

71.

A client uses the Defense Mechanism "Sublimation" to protect themselves. Which of the following actions **BEST** describes Sublimation?

**Experiencing anger and channeling these feelings into running**

Abusing others after one has been abused oneself

Instead of expressing how one feels ignored, one gets in trouble to get attention

Justifying an unacceptable action in order to make it acceptable

---

*Correct answer: Experiencing anger and channeling these feelings into running*

*Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety.*

*When it comes to sublimation, this defense mechanism can occur when a person has maladaptive feelings and diverts them into socially acceptable actions. Taking one's anger and channeling these feelings into running is an example of sublimation.*

---

72.

Your client, Clark and his girlfriend, Izzie, whom he thought he would be engaged to soon, break off their relationship. Which of the following is the **LEAST** descriptive example of the use of intellectualization as a defense mechanism?

**Clark tells you over the next several sessions that he is "moving on" and he is certain "after doing a lot of research on people like her," that he "would've hated her eventually, anyways, and if I had been forced to break up with her, she might have ended up in an institution or whatever."**

Clark reports to you that he has checked all of his credit card statements to figure out how much money he probably spent while he was in this relationship with Izzie. He then presents you with all of his figures, and states how thankful he is for this opportunity to recognize how impulsive he had been with his finances during the relationship. He indicates that he has inquired about friends' expenditures in similar situations and that his conclusion was that he "squandered about 25% more than anyone I know."

Clark reports to you that after hearing the news from his anticipated fiancée, he had spent substantial time compiling a list of "things we had talked about" that might be challenging in a potential marriage between them, and that "it was probably not a good match because our genetic factors would have been risky in having children together."

Clark arrives at the session immediately following his break up, stating to you, "This is a perfect opportunity to go over what I can heal from past experiences, so that I can handle romance from now on."

---

*Correct answer: Clark tells you over the next several sessions that he is "moving on" and he is certain "after doing a lot of research on people like her," that he "would've hated her eventually, anyways, and if I had been forced to break up with her, she might have ended up in an institution or whatever."*

*Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Intellectualization is a defense mechanism in which the individual ignores feelings and analyzes problems as objectively as possible.*

*In this question, the choice that least depicts intellectualization, despite Clark's use of an intellectual term like "research," is more of an example of reaction formation, where Clark indicates that the break up is (presumed by the information in the*

*question to be undesirable to him) actually desirable and implies that the difficulty was really hers and not his.*

---

73.

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

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

**Encounter**

Internalization and Commitment

Immersion-Emersion

---

*Correct answer: Encounter*

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

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

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

---

74.

You are seeing a family for therapy in your office. These parents set firm boundaries with their children, allow them to ask questions, and have discussions about house/family rules. The parents listen to their children with attention and, when mistakes are made, forgiveness is used often instead of a punishment of some sort.

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

**Authoritative parenting**

Authoritarian parenting

Permissive parenting

Uninvolved parenting

---

*Correct answer: Authoritative parenting*

*The parents in this question are described as enacting the parenting style known as authoritative. In contrast to many other styles, these parents are very involved, but democratic, with their children. Instead of providing strict rules and punishment with no explanation, kindness and forgiveness are used. The communication between parent and child is open and genuine. The children that are raised with this parenting style tend to be happy and successful children.*

*While the other answer options are parenting styles, they do not match the description of the behavior in this question.*

---

75.

Quinn is a happily married, middle-aged woman who works full-time with two preteen sons at home. Her father passed away four years ago, but her mother is still alive and beginning to need assistance with small, but daily, tasks. Quinn's children and husband still expect her to prepare dinner, help with homework, and still be present for the boys' sporting events and extracurricular activities, all while Quinn attends to her mother's needs, too. Quinn is feeling overwhelmed and stressed out due to her multiple obligations.

It would be **MOST** accurate to make the statement that Quinn is experiencing:

Role overload

A midlife crisis

Burnout

Consequences of the parental imperative theory

*Correct answer: Role overload*

*Role overload is common for individuals in middle adulthood as they are charged with raising preteens, teenagers or young adults while caring for their aging parents. In this question, based on the information provided, Quinn is currently experiencing role overload, as there is conflict between her responsibilities to her in-home family, as well as her mother. Individuals who are in the same situation as Quinn often experience exhaustion, depression, and anxiety due to juggling multiple obligations.*

*A midlife crisis is a time in an individual's life where they begin to question and regret the decisions they have made thus far in life, and this crisis and questioning is often marked by a drastic change. Burnout usually refers to job stress, and there is no information in this question that leads us to believe that Quinn's problems in her life are from her career. The parental imperative theory refers to the belief that identification with traditional gender roles during active parenting years is maintained to ensure the survival of children. In this question, though it does state that Quinn is expected to prepare dinner, which is traditionally a feminine role, this is not the best answer.*

---

76.

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

**Anxiety is transformed into overt physical manifestations**

Ignoring feelings and objectively analyzing problems

Overestimating another person's abilities or attributes

Faulting another for one's own unacceptable characteristics

---

*Correct answer: Anxiety is transformed into overt physical manifestations*

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

*Intellectualization is a defense mechanism in which the individual ignores feelings and analyzes problems as objectively as possible. Idealization is a defense mechanism in which a client overestimates another person's abilities or attributes. Projection occurs when a person has uncomfortable thoughts or feelings, they may project these onto other people, assigning the thoughts or feelings that they need to repress to an alternative target.*

---



77.

You are employed by an agency providing child welfare services and parenting support services. There, you are assigned the case of Ruthie, a 60-year-old grandmother, who has recently assumed custody of her daughter's two preteen children when her daughter, a single mother, died after a lengthy period of illness.

Which of the following is **LEAST** likely to be a significant factor to consider in this case?

**Potential difficulties in finding community-based resources to provide Ruthie with an appropriate and adequate support network to assist with the immediate transition and long-term changes in responsibilities**

The grandmother's need to modify her previous role/relationship with the children now in her custody, and the possibility that she may need to adjust the degree to which she focuses on primary parenting tasks such as limit setting and setting/enforcing standards and disciplinary practices with the children

The need to assess and work therapeutically with the element of grief and loss that may be present both in the grandmother and in the children, especially regarding the ways in which grief may impact their acceptance of and adjustment to taking on changed roles with one another

---

*Correct answer: Potential difficulties in finding community-based resources to provide Ruthie with an appropriate and adequate support network to assist with the immediate transition and long-term changes in responsibilities*

*With the increased rate at which such situations are occurring in the United States, there are a number of readily available support systems for this population, including those associated with local child welfare, elder care and community-based organizations.*

*As primary caregivers, grandparents must learn to set limits and establish control. Resuming the role of primary caregiver can evoke feelings including grief, anger, loss, resentment, and guilt. These transitions can be stressful, and emotional, social, and financial burdens significant. Grandparent headed households have a significantly higher poverty rate than other family units. Caring for grandchildren can also be very positive and rewarding, and grandparents bring experience and perspective while still providing stability and predictability for their grandchildren.*

---

78.

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

**Subconsciously trying to make up for undesirable characteristics**

Consciously removing threatening thoughts from awareness

Acting in a manner that is the opposite of the unconscious trait

When anxiety is transformed into overt physical manifestations

---

*Correct answer: Subconsciously trying to make up for undesirable characteristics*

*Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Compensation is a defense mechanism in which a client would subconsciously try to make up for undesirable characteristics.*

*Suppression is a defense mechanism that occurs when a client consciously removes threatening thoughts from their awareness. Reaction formation is a defense mechanism in which a client acts in a manner that is the opposite of their unconscious trait. Conversion is a defense mechanism in which anxiety is transformed into overt physical manifestations.*

---

79.

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

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

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

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

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

An increased sense of responsibility and duty to protect his family

---

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

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

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

---

80.

Which of the following **MOST** accurately represents the role of social workers in the criminal justice field?

**They must balance their commitment to the community with their commitment to offenders.**

They are concerned only with their commitments to offenders, who are clients.

They are concerned only with community well-being.

They are not involved in criminal justice work, because they believe punishment is the best form of prevention for crime.

---

*Correct answer: They must balance their commitment to the community with their commitment to offenders.*

*Social workers intervene at multiple system levels. In the case of criminal justice work, social workers have obligations to clients, or individuals, representing intervention at the micro level. Social workers also engage at the community/organization level and have obligations to keep communities safe from crime. So, they must balance their commitment to community safety with their commitment to treat offenders who may be suffering from mental health problems or other social problems linked to crime.*

*Social workers would not be committed to clients alone, or to communities alone. As discussed above, they must balance commitments to both.*

*It would be erroneous to say that social workers are not involved in criminal justice work. The social work perspective typically falls in line with the positivist view that crime can be prevented through treatment of mental illness and other issues, rather than in line with the view that punishment is the best crime prevention.*

---

81.

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

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

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

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

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

---

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

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

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

---

82.

The following **BEST** represents age related effects of experiencing hearing loss for a young adult age of onset, and those whose hearing loss occurs during later (elderly) adult years:

**Those in the younger age group are likely to adapt much more easily, with fewer social and/or psychological problems, as well as greater and more rapidly initiated efforts to seek remedial help such as hearing aids.**

Elderly individuals are much more likely to adapt well to hearing loss, which is fairly widely accepted as an expected/normal effect of aging, whereas young adults are likely to have more catastrophic perceptions and/or grief reactions.

Responses to hearing loss are strictly on an individualized basis and may largely be affected by the level of social support and understanding provided by others present in the individual's daily life.

Those in both age groups are very likely to experience significant adjustment reactions, depression, and increased social isolation. Younger people with hearing loss are likely to experience more severe/prolonged emotional reactions and, overall, poorer acceptance of the condition, than is the case with elderly people.

---

*Correct answer: Those in the younger age group are likely to adapt much more easily, with fewer social and/or psychological problems, as well as greater and more rapidly initiated efforts to seek remedial help such as hearing aids.*

*Hearing loss, although to some degree an expected effect of aging, has gained recognition for its potentially disabling impact on the elderly population. Adults with early onset hearing loss, while they report negative aspects of hearing loss, also report that, over time, these aspects are incorporated into their personalities. However, they develop methods to manage the conditions in daily life.*

*Older adults with hearing loss at a later stage have a more "set" personality with which they have functioned for many years that does not easily accommodate hearing loss. Being accustomed to life as a hearing individual, elderly hearing loss may trigger an identity crisis and a significant sense of loss/grief, even potentially leading to depression. This may also be compounded by a variety of social responses of others, who may avoid/reduce interaction or express frustration at failing to communicate.*

---

83.

You have been working with a client, Sam, over the course of a few sessions now, and he has an anger problem. Before he started coming to you and he was angry, Sam would get into fights. Since he has started seeing you, to avoid hurting others, Sam now chops wood when he feels angry.

What type of defense mechanism is Sam **MOST** likely using?

**Sublimation**

Compensation

Regression

Displacement

---

*Correct answer: Sublimation*

*Psychological Defense Mechanisms are unconscious, involuntary techniques that reduce anxiety. Sublimation occurs when a person has feelings and behaviors that are not socially acceptable and channels them into socially acceptable actions.*

*Compensation is when one makes up for deficiencies. Regression is when an individual returns to more infantile patterns. Displacement is directing negative feelings toward a person or thing that is not the real cause for the negative feelings. For example, a man being angry about work and his boss will yell at his dog.*

---

**84.**

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

**Solution-focused**

Cognitive behavioral

Psychodynamic

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*Correct answer: Solution-focused*

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

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

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

---



85.

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

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

A diagnosis of depression

Peter's peer group at school

Peter's innate temperament

---

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

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

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

---

86.

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

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

Focus on sexuality and romantic/sexual relationships with peers

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

---

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

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

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

---

87.

A commune is an example of this type of group:

**Intimate structured**

Intimate

Structured

Collective

---

*Correct answer: Intimate structured*

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

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

---

88.

The following **MOST** closely describes gender identity:

**An individual's personal sense of gender**

Social or cultural expectations and beliefs of male/female behavior

A pattern of physical behavior and attraction to others

An individual's desire to be part of a committed relationship

---

*Correct answer: An individual's personal sense of gender*

*Gender identity, which typically forms in most children by age 3, is defined as an individual's personal sense of gender, and there are many conversations that revolve around one's gender identity nowadays.*

*Sex roles are the social or cultural expectations and beliefs of male/female behavior. Sexual orientation is a pattern of physical behavior and attraction to others.*

*An individual's desire to be part of a committed relationship does not describe any one term, but can apply to individuals, no matter their sexual orientation or gender identity.*

---

89.

James, a four-year-old boy, talks almost constantly with anyone in his immediate environment with whom he can engage in a conversation. He speaks fluently and in full sentences, but often inserts made-up words. Sometimes, he is observed by his parents "talking to himself" while alone. In many of the above interactions, he sometimes repeats words used by others, and/or asks questions over and over, especially focusing on "why?" and "how?" sometimes to a point at which the involved adults become annoyed.

The above scenario would **BEST** be described by which of the following?

**James is exhibiting age and developmentally appropriate behavior that evidences the type of language development and patterns that are characteristic of children during the toddler and preschool years.**

James' behavior is typical of the early childhood signs of autism spectrum disorder: incessant talking, persistent/incessant questions like those quoted here, and with unawareness of others' feelings/reactions to his behavior.

James may be exhibiting a certain form of attachment disorder, in which he inappropriately and indiscriminately approaches and engages with people in his environment, regardless of whether he has an established relationship with them.

---

*Correct answer: James is exhibiting age and developmentally appropriate behavior that evidences the type of language development and patterns that are characteristic of children during the toddler and preschool years.*

*It is extremely likely a four-year-old child will be able to express complete thoughts. Thought and comprehension are generally more highly developed than speech until the child is about four. Preschool children will use and repeat new words, even if they do not understand their meaning. They also creatively make up words, and almost "nonstop talking" is common at this age. They enjoy using language to communicate, and often seem to talk just to engage in talking, try to involve themselves in other people's conversations, and frequently talk to themselves and/or to imaginary friends. They are skilled at asking questions, particularly "Why?" and often do this more to perpetuate interaction than out of interest in the answer.*

*The other options are incorrect because none of the behaviors described by James, the four-year-old, indicate that he might have autism spectrum disorder or an attachment disorder.*

---

90.

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

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

**Negative body image**

Major depression

Dissociative identity disorder

Adjustment disorder

---

*Correct answer: Negative body image*

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

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

---

91.

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

**Initiate the use of resources**

Define their problem

Set goals and action plans

---

*Correct answer: Initiate the use of resources*

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

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

---

92.

Becka is a 23-year-old mother of a young child who has been referred to you for cocaine usage. What is required in order for Becka to maintain **LONG-TERM** control of her substance dependence?

**Becka must be extremely motivated and open to a range of interventions, both medical and psychosocial.**

Becka must have a high level of support from her family.

Becka must attend therapy regularly and be ready to change.

You must find the appropriate medical detoxification services for Becka.

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*Correct answer: Becka must be extremely motivated and open to a range of interventions, both medical and psychosocial.*

*If you expect Becka to achieve long-term success in her substance abuse treatment, she must receive a wide range of medical and psychosocial interventions, such as individual and group counseling. She may also receive vocational rehabilitation, housing assistance, and medical treatment. Becka also must be extremely motivated to engage in treatment and refrain from using substances, if given the opportunity.*

*It would be helpful for Becka to have the support of her family and attend therapy regularly, but without a wide range of interventions, she is likely to relapse. Detoxification services are also equally important but, again, without additional support and a high level of motivation from Becka, she is not likely to be successful.*

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93.

The following is an example of a universal institutional program:

**Education**

Food stamps

Social security

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*Correct answer: Education*

*Education is an example of a universal institutional program because it is a prevention-focused program that provides benefits to all members of society. It is important to understand how such a program is part of a policy perspective on social work service delivery.*

*Food stamps are an example of a selective residual program, as they are part of a short-term program that is provided to a restricted group that demonstrates need. Social security, on the other hand, is an example of a selective institutional program because it is a prevention-focused program that is provided to a restricted group that demonstrates need.*

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94.

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

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

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

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

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

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

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

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

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95.

You recommend the parents of Garland, a seven-year-old child, start using a bedwetting alarm to stop nighttime accidents. You explain that after several times of activating the alarm, Garland will learn to avoid the alarm altogether by using the toilet instead of wetting his bed.

This is an example of:

**Operant conditioning**

Social learning theory

Positive reinforcement

Child maltreatment

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*Correct answer: Operant conditioning*

*Operant conditioning is a behavioral principle in which an individual learns to avoid an undesired stimulus by creating an avoidance response. In this question, Garland will learn to avoid the alarm by refraining from wetting his bed.*

*Social learning theory occurs when an individual learns by modeling others, which is not the principle described in the question. Positive reinforcement occurs when an individual engages in a certain behavior to achieve a desired response, but the behavior (bedwetting) is not being encouraged in this question. Bedwetting alarms are not an example of child maltreatment because they are a simple, helpful tool to assist the child in learning.*

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96.

Borderline personalities typically use the defense mechanisms of:

**Splitting and projection**

Distortion and repression

Externalization and acting out

Repression and denial

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*Correct answer: Splitting and projection*

*Borderline personalities are marked by impulsivity and instability in the realms of relationships, behaviors, and when it comes to self-image. Splitting is a defense mechanism in which the individual is unable to bring the positive and negative qualities of self and others into a realistic whole, whereas projection is a defense mechanism in which the individual denies certain undesirable characteristics in self and attributes them to others instead. Both of these defense mechanisms are very common in individuals with borderline personalities.*

*The defense mechanisms, distortion and repression, are typically common in individuals with schizotypal personalities. Antisocial personalities typically use the defense mechanisms of externalization and acting out, and passive-aggressive personalities use repression and denial.*

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