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Question: 1

You are working with a client when he heads to the vending machine to buy a soda. As he reaches the door, he asks if you would like one.
What is the BEST response?

- A. Buy sodas for yourself and your client
- B. Give the client money for your soda
- C. Kindly decline the client's offer
- D. Accept the offer

Answer: C

Explanation:

Correct answer: Kindly decline the client's offer

Social workers should always maintain boundaries with clients.

Even though it is only a soda, you do not know how the client will comprehend the meaning of the purchase; therefore, you should avoid the situation altogether by simply declining.

Do not give the client money to buy a soda, as it is trusting the client with your belongings and creates a boundary violation. Do not buy the client a soda, as this would be unethical.

Question: 2

Which of the following describes the cognitive level of judging and forming opinions?

- A. Comprehension
- B. Synthesis
- C. Evaluation
- D. Analysis

Answer: C

Explanation:

Correct answer: Evaluation

Evaluation is the cognitive level associated with judging and the forming of opinions.

The other answers are incorrect. Synthesis addresses the bringing together of various kinds of data.

Analysis describes breaking down information into useful components. Comprehension is the understanding of data.

Question: 3

Which of the following terms describes the "extra" feelings a therapist brings into the helping relationship?

- A. Countertransference
- B. Transference
- C. Hypertransference
- D. Hypotransference

Answer: A

Explanation:

Correct answer: Countertransference

Countertransference describes the "extra" feelings a therapist brings into the helping relationship.

The other options are incorrect. Transference refers to the "extra" feelings a client brings to the therapeutic relationship. "Hypotransference" and "hypertransference" are fabricated terms.

Question: 4

A client has extreme anger issues and finds himself getting in physical altercations multiple times per week. He decides to start boxing as a way to relieve his anger.

What type of defense mechanism is this client MOST likely using?

- A. Sublimation
- B. Intellectualization
- C. Projection
- D. Rationalization

Answer: A

Explanation:

Correct answer: Sublimation

Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.

When someone rationalizes something, they try to explain it away. People often use rationalization to distance their insecurities or remorse after doing something they regret. To make themselves feel better, they shift the blame.

Projection is a defense mechanism used by clients who choose to reject the unacceptable aspects of their personality. Projection occurs when someone assigns their insecurities to others and, in the process, alienates themselves.

In intellectualization, people think away an emotion or reaction that they do not want to feel. Although they are not denying that an emotional event occurred, they are not thinking about its emotional consequences.

Question: 5

What should a social worker's written and oral communication about a client avoid?

- A. Defamation
- B. Honesty
- C. Directness
- D. Integrity

Answer: A

Explanation:

Correct answer: Defamation

Defamatory comments are statements that are not true and could potentially do harm to the client. A social worker should avoid defamatory comments, regardless of whether they are written or oral.

The remaining options are incorrect, as social workers should always keep honest records, be direct in their documentation, and treat clients with integrity.

Question: 6

Which of the following is the right time to terminate services with a client?

- A. When services are no longer required
- B. When the client is resistant
- C. When payer sources are terminated
- D. When the client feels it is the right time

Answer: A

Explanation:

Correct answer: When services are no longer required

According to the NASW Code of Ethics, the right time to terminate services with a client is when, in the social worker's judgment, services are no longer required.

Clients are often resistant, particularly in the initial stages of challenging treatment; this is not a reason for termination. Payer sources may or may not be terminated during the course of a client's treatment; the social worker is ethically bound to attempt a continuity of service of some kind under these conditions. The client may want to continue services even after they are no longer clinically necessary for a variety of reasons; it is the social worker's clinical judgment that should be the final word on whether to terminate.

Question: 7

An engaged couple is undergoing premarital counseling with a social worker. The social worker asks the couple if there are any problems that they can foresee. The woman states that the man's family does not accept her because she comes from a lower social class. The man agrees with the woman on this issue with his family and explains feeling some tension between his fiancé and his parents.

What is the FIRST thing the social worker should do?

- A. Explore methods the couple can use to help parents accept their marriage
- B. Suggest individual sessions in order to deal with these feelings privately
- C. Focus on how the couple will handle their financial differences after marriage
- D. Investigate the influence that the matter has on the couple's relationship

Answer: D

Explanation:

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

Since this matter has the most immediate, direct importance to the couple, the social worker should address it first.

Strategies for gaining parental approval and the handling of financial differences are both important, but they can be discussed at a later time. No information suggests the couple needed individual sessions.

Question: 8

A client informs a social worker that he has just been diagnosed with liver cancer and that he has decided that he does not want to spend his last few months going back and forth to the clinic for treatments that would only make him sick. The social worker disagrees with the client's course of action, as she feels the treatments could prolong his life.

What is the FIRST thing the social worker should do?

- A. Speak to the client's physician to see if treatment could cure the client's condition
- B. Determine what the client's plans are for his last few months of life
- C. Understand the self-determination rights of the client
- D. Persuade the client to seek treatment for this condition

Answer: C

Explanation:

Correct answer: Understand the self-determination rights of the client

The social worker should understand the client's right to self-determination, regardless of whether the social worker agrees.

The social worker should not persuade the client to do something that he does not want to do, nor should the social worker speak to the client's physician without his consent. The social worker may

eventually want to determine the client's plans for his last few months of life, but this is not the first action.

Question: 9

Clients use various defense mechanisms in order to protect themselves during treatment sessions. Which of the following BEST describes the defense mechanism of compensation?

- A. Acting in a manner that opposes an unconscious trait
- B. Unconsciously trying to make up for undesirable characteristics
- C. Unconsciously removing threatening thoughts from their awareness
- D. Transforming emotional conflict into physical manifestations

Answer: B

Explanation:

Correct answer: Unconsciously trying to make up for undesirable characteristics

Compensation is a defense mechanism in which a client unconsciously tries to make up for undesirable characteristics.

Suppression is a defense mechanism in which a client unconsciously removes threatening thoughts from their awareness.

Reaction formation is a defense mechanism used by clients who behave in ways that oppose an original unconscious trait.

Conversion is a defense mechanism in which a client transforms their emotional conflict into physical manifestations.

Question: 10

Which of the following is FALSE about Sigmund Freud's early model of psychoanalysis?

- A. It was conducted individually
- B. It dealt with psychodynamic conflict
- C. It was a long-term approach
- D. It was a short-term approach

Answer: C

Explanation:

Correct answer: It was a long-term approach

Sigmund Freud's early working psychoanalytic model was not long-term, as it later became. At present, psychoanalysis (which is still practiced) takes at least three to five years of regular sessions, and patients must qualify for it through a screening process.

The other answers are incorrect. Freud's early psychoanalytic model was short-term, conducted individually, and dealt primarily with psychodynamic conflict. Whether short- or long-term, Freud's

general idea is to make unconscious drives and motivations clear to the conscious mind. This insight is seen as helping a person overcome repressed conflict.

Question: 11

Which of the following therapeutic approaches focuses on the elimination of a maladaptive behavior by associating the behavior with an aversion stimulus?

- A. Cognitive-behavioral
- B. Solution-focused
- C. Aversion
- D. Action

Answer: C

Explanation:

Correct answer: Aversion

Aversion therapy focuses on the elimination of a maladaptive behavior by associating the behavior with an aversion stimulus.

Cognitive-behavioral therapy focuses on the client's present problem. Action therapies focus on strategies to alter behaviors directly. Solution-focused therapy focuses on dealing with the positive outcomes the client seeks instead of their problems.

Question: 12

Which of the following is the MOST accurate statement regarding the impact of ongoing stress or crisis on the family life cycle?

- A. Ongoing stress or crisis can delay progress to the next stage
- B. Ongoing stress or crisis prevents progress to the next stage
- C. Ongoing stress or crisis tends to accelerate progress to the next stage
- D. Ongoing stress or crisis does not meaningfully affect progress to the next stage

Answer: A

Explanation:

Correct answer: Ongoing stress or crisis can delay progress to the next stage

The family life cycle is a multi-stage, iterative process similar to that of Erikson's psychosocial stages of development. It is characterized by tasks that are either accomplished or not to indicate progress. Ongoing stress or crisis within a family can delay progress to the next stage.

As all families are somewhat different, these factors do not necessarily prevent progress to the next stage, and these factors are highly likely to have some effect that does not accelerate the progress through stages.

Question: 13

Clients use various defense mechanisms in order to protect themselves during treatment sessions. Which of the following BEST describes the defense mechanism sublimation?

- A. Replacing an unattainable goal with an attainable goal
- B. Justifying an unacceptable action in order to make it acceptable
- C. Diverting unacceptable impulses into a more acceptable form
- D. Ignoring unacceptable feelings

Answer: C

Explanation:

Correct answer: Diverting unacceptable impulses into a more acceptable form

Sublimation is a defense mechanism that allows an individual to act out unacceptable impulses or desires by converting these behaviors into a more acceptable form. Sublimation develops over a long period.

Denial can be considered a "generic" defense mechanism because it underlies many of the other defense mechanisms. When someone uses denial, they simply refuse to accept the truth or reality of a fact or experience. An example of denial is saying, "I'm just a social drinker."

Substitution is a defense mechanism in which a client replaces an unattainable goal with an attainable goal.

When someone rationalizes something, they try to explain it away. People often use rationalization to push away their insecurities or remorse after doing something they regret. To make themselves feel better, they shift the blame.

Question: 14

Which of the following occurs in humans from 24 to 38 months of age?

- A. Object practicing
- B. Object rapport
- C. Object separation
- D. Object constancy

Answer: D

Explanation:

Correct answer: Object constancy

Object constancy, a stage in Margaret Mahler's work on object relations theory, occurs between 24 and 38 months.

The other answers are incorrect. "Object practicing," "object rapport," and "object separation" are all fabricated terms.

Question: 15

A client is telling a social worker about an incident that happened at her place of employment. The social worker notices that the client has an intense reaction to the incident, so she asks the client to specify how the incident makes her feel and what she is currently thinking.

Which of the following BEST describes the social worker's actions?

- A. Reflecting
- B. Clarifying
- C. Confronting
- D. Interpreting

Answer: B

Explanation:

Correct answer: Clarifying

Clarifying is the process wherein a social worker asks a client to specify what they are thinking, feeling, or experiencing.

Confronting is the process wherein a social worker brings together opposing ideas, impulses, or groups to compare them. Interpreting is the process whereby a social worker enhances a client's understanding by making connections and facilitating the development of insight. Reflecting is the process whereby a social worker clarifies and shows a client what their current feelings are and encourages the client to further express and understand those feelings.

Question: 16

Which of the following IS a function of the social institution of religion?

- A. To control and regulate sexual behavior
- B. To support the normative structure of society
- C. To provide for primary socialization of children
- D. To transmit functional skills

Answer: B

Explanation:

Correct answer: To support the normative structure of society

Social institutions bear responsibilities and tasks for a larger culture. One of the functions of the social institution of religion is to support the normative structure of society.

The other answers are incorrect. The control and regulation of sexual behavior and the primary socialization of children are functions of the family. The transmission of functional skills is one of the functions of the institution of education.

Question: 17

Which of the following is the MOST likely outcome of discrimination?

- A. Premature aging
- B. Anxiety and depression
- C. Personality disorders
- D. Eating/feeding disorders

Answer: B

Explanation:

Correct answer: Anxiety and depression

Although the research is relatively new, exposure to discrimination is linked to anxiety and depression. It is not known to be linked to personality disorders, eating/feeding disorders, or premature aging.

Question: 18

Which of the following refers to an evaluation of how work gets done in an organization?

- A. Summative evaluation
- B. Formative evaluation
- C. Structural evaluation
- D. Process evaluation

Answer: B

Explanation:

Correct answer: Formative evaluation

A formative evaluation studies the way work gets done in an organization.

The other answers are incorrect. A summative evaluation looks at outcomes. "Structural evaluation" and "process evaluation" are fabricated terms.

Question: 19

Which of the following is FALSE regarding paraphilic disorders in the DSM-5?

- A. Negative consequences must be present for a diagnosis
- B. Qualitative diagnostic criteria are not enough for a diagnosis
- C. There is no diagnostic distinction between behavior and disorder
- D. Sexual sadism disorder and sexual masochism disorder are differentiated

Answer: C

Explanation:

Correct answer: There is no diagnostic distinction between behavior and disorder

The diagnosis of paraphilic disorders in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) is somewhat different from other diagnoses. In order to be diagnosed with paraphilia, qualitative diagnostic criteria are not sufficient; negative consequences must also be present. The DSM-5 distinguishes between behavior and disorder in this category; simply put, there is a broad range of unusual or subdiagnostically paraphiliac sexual behavior that does not qualify as a disorder.

There are many different types of paraphilia. Sexual sadism disorder is not the same as sexual masochism disorder.

Question: 20

Which of the following is NOT a traditional disease and moral model?

- A. Civil and penal codes
- B. ICD
- C. DSM
- D. PIE

Answer: D

Explanation:

Correct answer: PIE

The Person-in-Environment system was conceived as an alternative to more traditional models such as the DSM series, the International Statistical Classification of Diseases and Related Health Issues (ICD), and civil or penal codes.

The other options are the more traditional systems noted above.

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