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## Question: 1

The Diagnostic and Statistical Manual of Mental Disorders Text-revised, 5th Edition (DSM-5) is utilized by professionals to diagnose psychiatric disorders. Unlike previous versions of the DSM, it does not use a multi-axis model for diagnosis. Which DSM-IV-TR axis had its criteria modified and included in the DSM-5, but not in the list of disorders?

- A. Axis I
- B. Axis III
- C. Axis IV
- D. Axis V

**Answer: C**

Explanation: The criteria of Axis IV were modified and included in the DSM-5 as psychosocial and other contextual issues with significant bearing on the well-being of the patient. Axes I and III were folded in with Axis II in the list of disorders. Axis V was dropped completely.

## Question: 2

The American Foundation for Suicide Prevention states that up to 50% of all people who commit suicide have had failed past attempts. Traumatic life events that cause a significant amount of stress and clinical depression are known to be major risk factors behind for suicide. Which of the following is not likely to be a risk factor for suicide?

- A. Family history of mental disorder
- B. Incarceration
- C. Chronic physical illness
- D. Family diversity

**Answer: D**

Explanation: Research shows that 90% of all suicides were by individuals suffering from clinical depression or other mental disorders. Substance abuse is usually an additional factor to an already unstable diagnosis. Warning signs that someone is contemplating suicide may include: risk-taking behavior, talking about death, changing a will, and losing interest in things one cares about. Family diversity has not been shown to be a significant issue related to suicide.

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### Question: 3

Alyson was recently given a promotion at work that has increased the caseload of clients she sees on a daily basis. Long hours have led to conflicts with her family life at home. Alyson feels frustrated and pressured, but needs the extra money. Also, if she asks for a demotion, this would reduce her social status within the employment agency. Alyson is currently dealing with what kind of stress?

- A. Conflict resolution
- B. Developmental
- C. Biopsychosocial
- D. Homeostasis

**Answer: C**

Explanation: The biopsychosocial model of stress involves events within the environment that lead to the recognition of stress. Common stressors in this model fall within four main topics: work, social/family, personal and the environment. Biopsychosocial stress affects self-esteem, social status, and self-worth.

### Question: 4

A clinical social worker is providing services to a woman diagnosed with bipolar disorder. She experiences frequent manic episodes that include motor hyperactivity, elation, poor judgment, pressured speech and hostility. To try and bring about normalization of symptoms, what is the best choice for medication?

- A. Effexor
- B. Citalopram
- C. Adderall
- D. Lithium

**Answer: D**

Explanation: Lithium is used as an anti-mania medication for individuals suffering from Affective Disorder, Bipolar, and Mania. Studies have demonstrated that lithium alters sodium transport in muscle and nerve

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cells. Patients given this medication will feel relief of symptoms and demonstrate normalcy within 1 to 3 weeks. A drug more commonly prescribed is Depakote, due to the need for ongoing blood level tests with Lithium. Antidepressants can trigger mania and do not work very well.

### Question: 5

Clinical social workers use assessment as an ongoing process with client participation. The purpose is to understand people in relation to their environment through planning, improving and changing. Professionals learn to develop an understanding of particular social problems, kinds of solutions and possible consequences. Most social workers define assessment in relation to the five stages of framework. Which of the following demonstrates this theory?

- A. Data collection, utilizing the data, environmental behavior, outcome, and consequence
- B. Planning, weighing the data, utilizing the analysis, emotional outcome, and consequence
- C. Preparation, data collection, weighing the data, analyzing the data, and utilizing the analysis
- D. Constructing data analysis, planning, analyzing the data, behavior modification, and empowerment

**Answer: C**

Explanation: The five stages of assessment framework include preparation, data collection, weighing the data, analyzing the data, and utilizing the data. The first stage is important for determining what data will be relevant and what the limits are on task. As the data is collected, weighed and analyzed, it comes down to the final stage of judgment by the clinical social worker.

### Question: 6

The goal in therapy is to build ego strength and ensure a stable identity within the client. Ego strength is defined as the capacity to cope despite adversity. Examples include: impulse control, affect-tolerant, frustration-tolerance, and resistance to aggression. What common test is utilized to determine characteristics and emotional functioning of clients?

- A. Neuropsychological
- B. Rorschach
- C. Aptitude
- D. Intelligence

**Answer: B**

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Explanation: The Rorschach Test is utilized in diagnosing underlying thought disorders and psychotic thinking. There are 10 official inkblot cards that a client describes. Results are based on what is observed, contents of the response, client comments, and how much time is spent on each card. The results are interpreted using research data on personality characteristics.

### Question: 7

One test stands out as the most widely used personality assessment. It was developed in the late 1930s and mental health professionals find it quite accurate for diagnosing mental illness. The test is often used in court cases that include custody disputes and criminal offenses. Treatment programs will test their clients with this tool to determine effectiveness. Which exam is being described?

- A. MMPI-2
- B. Psychodynamic assessment
- C. DSM-5
- D. Rorschach

**Answer: A**

Explanation: The Minnesota Multiphasic Personality Inventory is composed of 567 test questions. Professionals with specific training administer, score and interpret the results. The MMPI-2 can be given individually or in groups, designed for individuals over the age of 18. It is the most researched psychological test in existence.

### Question: 8

Geriatrics focuses on the promotion of health and prevention of disease or disability in older adults. To assess the needed level of care, a team approach is often utilized. Trained professionals skilled in caring for the elderly work together in preparing an evaluation. These often include: nurses, social workers, nutritionists, and physical therapists. What is the team not considering in their assessment?

- A. Medical history
- B. Activities of daily living
- C. Support systems
- D. Individual problems

**Answer: D**

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Explanation: The team approach to geriatrics looks at the individual holistically. Many aspects are taken into account that may overlap into one another. Each member of the team is a skilled health professional that each plays an important role in assessing the care of older individuals.

### Question: 9

A clinical social worker meets with a family to gather information that will help identify patterns of parental behavior, both positive and negative, over time. The family's strengths are distinguished to determine protective factors that aid in identifying resources helpful to meeting the household's needs. Overall requirements are addressed that affect the permanency and safety of the children. Information gathered through other assessments is also used to help develop a service plan or plan for intervention. What kind of evaluation is being described?

- A. Initial assessment
- B. Safety assessment
- C. Environmental assessment
- D. Comprehensive family assessment

**Answer: D**

Explanation: The comprehensive family assessment gathers all background information on its members and evaluates the home environment. Contributing factors are discussed, such as domestic violence, lack of employment, alcohol/drug usage, and educational background. A clinical social worker will also collect information on who lives in the home and the parent's culture, health and finances.

### Question: 10

Phillip is a 24-year-old male who has been in prison on four different occasions. His criminal record includes domestic assault on a girlfriend, stealing a car, setting fire to an abandoned warehouse and drug use. Phillip's acts were not premeditated, and he claims to have little control over his actions. What disorder might a clinical social worker set out to treat?

- A. Anger management
- B. Destructive personality disorder
- C. Impulse control disorder
- D. Lack of self-esteem

**Answer: C**

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Explanation: Phillip suffers from impulse control disorder. This problem is defined as a failure to resist spontaneous acts or behaviors that may be detrimental to self or others. The actions are not considered in advance and may include gambling, violence, sexual misconduct, stealing and self-abusive behavior.

### Question: 11

The nation's leading medical problem is not cancer, lung or heart disease. The problem has definite causes and effects on one in five adult Americans. Research suggests genetic, neurological, biochemical, psychological and environmental origins. What condition is being described?

- A. Hearing loss
- B. Vision loss
- C. Mental illness
- D. Physical disability

**Answer: C**

Explanation: More than 57 million Americans, or about one in four adults, suffer from a diagnosable mental disorder in a given year. The sooner symptoms are recognized the better. Individuals in fear of losing control of their lives require help. Symptoms to look for include: depression, excessive sleeping, deterioration of relationships, unusual behavior, social withdrawal and the inability to express feelings.

### Question: 12

Persistent unhappiness, loss of appetite, changes in sleep patterns, withdrawal and a decrease in energy are all symptoms of what mental illness?

- A. Chronic fatigue syndrome
- B. Depression
- C. Bi-polar disorder
- D. Alter-ego

**Answer: B**

Explanation: Depression is a mood disorder in which feelings of sadness, frustration, loss and anger

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interfere with day-to-day life for an extended period of time. Low self-esteem and anger are common. The degree of depression may be mild, moderate or severe, determining the amount of treatment required by a professional.

### Question: 13

Once a clinical social worker has assessed a client, they together formulate a document to address issues that the assessment has identified. This document is called a

- A. Contract
- B. Collaboration
- C. Treatment Plan
- D. Leading Guide

**Answer: C**

Explanation: A treatment plan identifies in a concrete way what goals the client and social worker will work in what order, using what methods, and by what target dates. It is also the document most insurance companies, courts, agencies, and anyone else require who might have interest in the outcome of treatment for the client.

### Question: 14

When developing a functioning service plan to maintain safety and permanence within a family structure, what type of assessment should be utilized?

- A. Individual assessment
- B. Group assessment
- C. Family-centered assessment
- D. Child welfare assessment

**Answer: C**

Explanation: Family-centered assessment helps identify needs, strengths and resources to determine the best possible assistance for a family. The family unit is seen as a whole and full participation is expected.

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### Question: 15

A clinical social worker meets with the Robertson family to determine parental behavior by completing a comprehensive family assessment. Information will be collected on who lives in the home, health history, employment and stability. Which of the following possible contributing factors should the social worker consider?

- A. Social Skills
- B. Bank Account
- C. Education
- D. Sibling Status

**Answer: C**

Explanation: When completing a comprehensive family assessment, the clinical social worker should consider possible contributing factors, including domestic violence, alcohol/drug usage, educational background, and employment status. All of these concerns are addressed to ensure the permanency and safety of the children. A clinical social worker cannot determine a working service plan without this information.

### Question: 16

A clinical social worker needs to be cautious when completing an assessment for oppositional defiant disorder. The problem should be observed at home and school with behaviors occurring in a manner that affects family, social and academic life. Which of the following symptoms need to be displayed in order to correctly diagnose oppositional defiant disorder?

- A. Swears frequently
- B. Won't sit still when it is required
- C. Frequent temper tantrums
- D. Give inappropriate negative comments

**Answer: C**

Explanation: In order to correctly diagnose oppositional defiant disorder, a clinical social worker must observe a specific set of behaviors, including frequent temper tantrums, hateful language directed at others, and annoyance when interacting with other people. Oppositional defiant disorder affects school-aged children and adolescents. Currently, there are no known causes for this problem.

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### Question: 17

There is a wide range of symptoms and severity across the autistic spectrum disorders. Given this fact, which observation is most crucial in establishing a diagnosis of autism?

- A. Impairment in social interaction and communication
- B. Impairment in memory and thinking
- C. Impairment in physical abilities
- D. Impairment with directives from authority figures

**Answer: A**

Explanation: Autism is a spectrum of disorders that describe a set of behaviors that children and adults display in various ways. There is normally little interest in most activities and noticeable delays in spoken language. Nonverbal behaviors such as body posture and facial expressions can become a problem with autism. One third of patients with this diagnosis have an IQ within the normal range.

### Question: 18

Sabrina has managed to alienate all of her co-workers with bizarre behaviors. She is constantly stealing other people's food from the refrigerator in the lunchroom, arguing with fellow employees over unimportant issues and most recently showing up for work intoxicated. Sabrina is quick-tempered and has even thrown a stapler at a coworker's computer. She has been ordered to seek help for observable problems. A full assessment will more than likely display what findings?

- A. Judgment disorder
- B. Affect regulation disorder
- C. Attention Deficit Disorder
- D. Impulse control disorder

**Answer: D**

Explanation: A full assessment for Sabrina will likely have the finding of impulse control disorder. Individuals with impulse control disorder are unable to manage aggressive desires without immediate action. Other symptoms of this disorder include sexual promiscuity and excessive drug use. This is ego function problem is quite common.

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### Question: 19

Scott has been in and out of traditional therapy with little effect on his problems. He feels the main focus is on the issue rather than the solution, and this tends to place him in a passive, helpless role. He already knows what is wrong but wants to move towards what is right. What goal would a clinical social worker aim for with this in mind?

- A. Empowerment
- B. Positive attitude
- C. Cognition
- D. Structured therapy

**Answer: A**

Explanation: Solution building should be the main goal when working with Scott. In solution building, a clinical social worker would attempt to change how an individual thinks about a solution and educate them on how to achieve happiness.

### Question: 20

As it relates to human behavior in the social environment, the aging process is marked by loss. Older adults lose many things as they age, including their ability to drive, eat or bathe on their own. Which of the following factors influence the extent to which an elderly person will interact with others?

- A. Support services
- B. Abundant relatives
- C. Health and mobility
- D. Friends of the same age

**Answer: C**

Explanation: As the elderly lose the ability to be mobile within society, their large network of social circles start to grow smaller. Eventually, the only people within an older individual's life tend to be a few close relatives. An assessment will see this withdrawal as beneficial to the community and elderly.