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Question: 1

Which of the following represents the best definition of "translational research" relevant to social work practice?

- A. It is a research area that concentrates on the mechanisms by which genetic influence on behavior are manifested, and how critical genetic influences (e.g. for risk of disorders such as schizophrenia, alcoholism, etc.) are transmitted in the population
- B. It is social science research that specifically focuses on the mechanisms and dynamics underlying the intermingling of cultural elements established/originated in different settings or locations
- C. It is linguistic research that studies the way in which language, vocabulary, common terms, and word-usage moves from one ethnicity, nationality, or culture into another
- D. It is the adaptation of findings of basic empirical research performed according to rigorous scientific methods, so that knowledge acquired in those settings can be extended into practical application and naturalistic field research settings

Answer: D

Explanation:

Correct answer: It is the adaptation of findings of basic empirical research performed according to rigorous scientific methods, so that knowledge acquired in those settings can be extended into practical application and naturalistic field research settings

Translational research is a set of methods that essentially focuses on moving research findings from laboratory or "basic" studies into practical use. The "translational" aspect of this type of work comes from the emphasis on utilizing findings from highly-controlled, rigorous studies in ways that directly impact populations in need of improved/modified models. From the Center for Clinical and Translational Sciences: "Translational research includes two areas of translation. One is the process of applying discoveries generated during research in the laboratory, and in preclinical studies, to the development of trials and studies in humans. The second area of translation concerns research aimed at enhancing the adoption of best practices in the community."

Despite its name, translational research does not have anything to do with culture, language, or genetic influence.

Question: 2

Which theory is a social worker using if they are focused on a client's behavior that is influenced by their social position and expectations of that position?

- A. Role theory
- B. Adlerian theory
- C. Cognitive theory
- D. Object relations theory

Answer: A

Explanation:

Correct answer: Role theory

If a social worker is focused on a client's behavior that is influenced by their social position and expectations of that position, then the social worker is using the role theory.

If a social worker is focused on a client's relationship with others based on early parent-child interactions and the internalized self-images that are focused on these interactions, then they are using the object relations theory. If a social worker is focused on a client's intellectual capacity for receiving, processing, and acting on information, then they are using cognitive theory. If a social worker is focused on a client's inherent need for power from feelings of inferiority, then they are using the Adlerian theory.

Question: 3

A social worker at a psychiatric facility works with adolescent girls. One of the patients, age 15, recently disclosed to the social worker that she has a crush on another staff member. The patient shows the social worker letters the staff member has written her declaring his love for her and states that she and the staff member have had some sexual contact when other people weren't around. Which of the following should the social worker do first?

- A. Contact the patient advocate to make a report, as there is a strong suspicion that the staff member has had inappropriate relations with the patient
- B. Contact administrative staff to inform them of the violation of boundaries
- C. Confront the staff member about his actions to find out if the patient was being honest
- D. Ask the patient more questions about her relationship with the staff member to gather as much information as possible

Answer: A

Explanation:

Correct answer: Contact the patient advocate to make a report, as there is a strong suspicion that the staff member has had inappropriate relations with the patient

In this situation, the social worker should be concerned that the staff member seems to be taking advantage of the client. Though it is possible the client may be fabricating her sexual relationship with the staff member, the fact that she has letters that seem to be written by the staff member is concerning. The social worker should err on the side of caution and report the situation to the patient advocate to prevent further harm being done to the patient.

All of the remaining answers are feasible options, but the best choice is for the social worker to make an advocacy report. The social worker could ask the staff member about the patient's allegations, but it is possible the staff member would become defensive. Administrative staff would be notified by the patient advocate if the allegations were to be substantiated. The social worker could also ask the patient more information about her claims, but this should not deter the social worker from making a report to advocacy.

Question: 4

"Confabulation" can be best characterized by:

- A. A symptom manifested by filling in gaps of a client's memory with material that is created during the course of a narrative about history or personal experience, without client intent to deceive, and without recognition or concern when erroneous information is challenged
- B. Confabulation is a type of pathological lying in which the person delivering the deceitful information becomes convinced of its truthfulness and can often create additional material to support the premises or details about which they are lying
- C. It is a behavior present in verbal reports of individuals with various delusional conditions, in which material presented becomes progressively more fantastic and incredible to the listener
- D. Confabulation is common among young children who are in the midst of developing play activities that involve imagination and fantasy, most often including creation and/or elaboration of imaginary friends; it is a normal phase of development and usually lasts only briefly, quickly replaced by more conventional reality-testing principles

Answer: A

Explanation:

Correct answer: A symptom manifested by filling in gaps of a client's memory with material that is created during the course of a narrative about history or personal experience, without client intent to deceive, and without recognition or concern when erroneous information is challenged

Confabulation is a symptom found in certain types of severe memory disorders, most notably Korsakoff's Syndrome secondary to chronic alcoholism, as well as dementias such as Alzheimer's disease.

There are a number of theories regarding the mechanisms by which confabulation occurs; however, it is not considered to be intentionally deceptive behavior, nor a normal developmental feature of imaginative play. The contents of confabulatory speech may or may not seem unusual or implausible to the listener; thus sometimes making them difficult to detect readily. Forced confabulation is also possible with normal/non-clinical populations and is mostly used in research paradigms.

Question: 5

A social worker employed by a pediatric cancer clinic in a hospital is meeting with a 4-year-old boy recently diagnosed with leukemia and his parents. During this meeting, the mother is tearful and expresses her fears that she will not be able to sufficiently care for her child when he returns home. What should the social worker do first?

- A. Acknowledge the mother's feelings of helplessness
- B. Shift the focus of the meeting onto the child
- C. Provide education to both parents about the things they are able to do for their child when he returns home

D. Prompt the father to provide some emotional or physical support for the mother

Answer: A

Explanation:

Correct answer: Acknowledge the mother's feelings of helplessness

The social worker's task in the first meeting is to begin to develop a therapeutic rapport with the parents and child. The most important thing the social worker can do first in this situation is to acknowledge the mother's feelings, as the mother is probably feeling very strong emotions due to the circumstances, and validate her emotions.

After connecting with the mother in this way, the social worker could also ask the father and the child if they can identify with the mother to create a supportive atmosphere. Depending on her role, the social worker may provide some education to the parents about caring for their child after his discharge and what to expect in the near future. It is not necessary to shift the focus of the meeting onto the child yet, as the social worker's main task is to develop a therapeutic relationship with all three family members.

Question: 6

If a client states that they are experiencing mild euphoria, intensified sensory impressions, and drowsiness, what substance is most likely causing the client's condition?

- A. Alcohol
- B. Marijuana
- C. Cocaine
- D. Opioids

Answer: B

Explanation:

Correct answer: Marijuana

Mild euphoria, intensified sensory impressions, and drowsiness are all symptoms of marijuana use. Marijuana is a plant that contains tetrahydrocannabinol as the active ingredient.

Cocaine, opioids, and alcohol typically do not create drowsiness, mild euphoria, and intensified sensory experiences together.

Question: 7

A social worker in an adolescent psychiatric program communicates consistently with clients/families with a light, lilting tone of voice and positive, smiling facial expressions. Which of the following is the least accurate statement about her communication style?

- A. Adolescents, especially, may come to perceive the social worker as insincere, fake, and/or lacking understanding of their problems/feelings

- B. It will have the effect of communicating hope and optimism to recipients, and promotes a sense of confidence in the social worker's focus on positive outcomes
- C. The social worker may be unaware of this behavior, and could benefit from feedback regarding the fact that she uses this communication style
- D. In situations that include discussion of negative emotional content, this communication style may evoke confusion in recipients

Answer: B

Explanation:

Correct answer: It will have the effect of communicating hope and optimism to recipients, and promotes a sense of confidence in the social worker's focus on positive outcomes

The communication behaviors described are examples of incongruity in communication between words and the manner in which they are expressed. Congruence - a good match between verbal/nonverbal expression - is a key factor in establishing/maintaining a sense of empathy and common understanding, especially in situations that are critical or difficult for clients.

Because of the incongruence between content and verbal presentation/facial expression, the social worker's communication style may create confusion in recipients. It is possible that the social worker is unaware of how her behavior may affect others, or that her clients may perceive her as fake or insincere.

Question: 8

A social worker at a residential program for adolescent girls with eating disorders meets with a 14-year-old client who was recently admitted. The client has not been eating well and has made statements to the social worker that she wants to die. The client's parents call the social worker and ask how their daughter is doing in treatment. Which of the following is the best option when the social worker is deciding how to respond?

- A. Tell the parents that the social worker cannot reveal any information about their daughter's treatment
- B. Encourage the parents to discuss the ramifications of their daughter's eating disordered behaviors
- C. Inform the client that her parents want to know how treatment is going, and ask her how she would like the social worker to respond
- D. Suggest that the client would be doing better if she were able to eat regularly

Answer: C

Explanation:

Correct answer: Inform the client that her parents want to know how treatment is going, and ask her how she would like the social worker to respond

Due to confidentiality issues, the social worker cannot disclose detailed information to the client's parents. However, in this situation the parents clearly are aware that the client is receiving treatment and are concerned about her progress. Letting the adolescent know of her parents' interest and allowing her to think about a response lets her set the boundaries of what is and is not shared.

By simply telling the parents that the social worker cannot release any information may alienate the parents from the treatment process. Encouraging the parents to discuss the ramifications of their daughter's eating disordered behaviors is premature and may be overwhelming for the client. Suggesting that the client would be doing better if she were able to eat regularly is not a helpful answer and is incorrect.

Question: 9

Charles is an 18-year-old senior in high school who was recently referred to a social worker for poor performance in school and deviant behavior such as staying out all night. During his session with the social worker, Charles refers to using "bath salts" several times a week to help him with his stress levels. The social worker should first:

- A. Ask if Charles knows the implications of his poor academic performance
- B. Contact Charles's parents to let them know about their meeting
- C. Clarify what Charles means when he talks about "bath salts", as this could indicate a substance abuse problem
- D. Give Charles a mental status exam

Answer: C

Explanation:

Correct answer: Clarify what Charles means when he talks about "bath salts", as this could indicate a substance abuse problem

"Bath salts" is a term that refers to synthetic cathinones, drugs with mood-altering and stimulant properties. Because these substances are fairly new, the severity of side effects are not yet known. Some users have reported delirium, agitation, and paranoia, as well as violent behavior, making these drugs a serious public health issue, and the social worker should ask for more information from Charles to find out if he is using these substances.

Because Charles is 18, his parents do not have any additional legal rights over him and the social worker should not contact his parents unless Charles gives consent. The social worker should make sure Charles knows the consequences of his behaviors, but not before finding out more information about potentially dangerous drugs he is using. The social worker may also decide to give Charles a mental status exam before the end of the session, but not before they find out the extent of Charles' drug use.

Question: 10

Which theory is a social worker using if they are focused on a client's relationship with others based on early parent-child interactions and the internalized self-images that are focused on these interactions?

- A. Role theory
- B. Adlerian theory
- C. Cognitive theory
- D. Object relations theory

Answer: D

Explanation:

Correct answer: Object relations theory

If a social worker is focused on a client's relationship with others based on early parent-child interactions and the internalized self-images that are focused on these interactions, then they are using object relations theory.

If a social worker is focused on a client's intellectual capacity for receiving, processing, and acting on information, then they are using cognitive theory. If a social worker is focused on a client's inherent need for power from feelings of inferiority, then they are using Adlerian theory. If a social worker is focused on a client's behavior that is influenced by their social position and expectations of that position, then the social worker is using role theory.

Question: 11

Which is the most important reason for employee performance evaluations?

- A. They contribute to employee development
- B. They are meant to improve service delivery
- C. They facilitate sound administrative decisions
- D. They ensure adherence to agency policy

Answer: B

Explanation:

Correct answer: They are meant to improve service delivery

The main purpose of performance evaluations is to improve service delivery; all other benefits are secondary.

The other reasons are important as well but are not the most important reason for performance evaluations.

Question: 12

A gay client is seeing a social worker because he is frustrated and feeling depressed. He and his partner would like to adopt a child, but the local adoption agency has refused their application because of their same-gender relationship. The client feels as if he is being discriminated against, but feels he would not be successful in fighting the adoption agency.

How should the social worker assist the client with formulating his treatment goals?

- A. By helping the client confront the adoption agency's discriminatory policies
- B. By referring the client to his physician for depression medication
- C. By evaluating how the client feels about his own sexuality
- D. By exploring the reasons why the client would like to adopt a child

Answer: A

Explanation:

Correct answer: By helping the client confront the adoption agency's discriminatory policies

The client is feeling frustrated and depressed because the adoption agency is discriminating against his same-gender relationship; therefore, the only way that the social worker will be able to assist the client is to help him confront the adoption agency's discriminatory policies.

It may become necessary for the social worker to refer the client to his physician for depression medication, but the social worker should try to address the actual issue that is causing the depression first. The social worker should not explore the reasons why the client wants to adopt because this demonstrates a bias against same-gender parents. There is not a need for the social worker to evaluate how the client feels about his sexuality because he is open about his sexuality.

Question: 13

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

- A. The idea that humans strive for a sense of significance in their environment, which is a primary motivator of behavior
- B. 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
- C. The idea that birth-order and position in the structure of one's nuclear family are significant influences on personality development
- D. That individuals' functioning is primarily determined by the means by which id impulses are mediated or controlled by ego and superego interaction

Answer: D

Explanation:

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. Adler proposed that birth-order/family position had significant influences on functioning.

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

Question: 14

Which of the following refers to when a social worker violates the code of ethics willfully or negligently?

- A. Conflict of interest
- B. Malpractice
- C. Confidentiality
- D. Informed consent

Answer: B

Explanation:

Correct answer: Malpractice

Malpractice is when a social worker violates the code of ethics willfully or negligently.

Confidentiality is an ethical principle in which a social worker should not disclose a client's information without their consent. Conflict of interest is when a social worker's obligations to others subordinate their own private interests. Informed consent is when a client consents to interventions with the full knowledge of their diagnosis, treatment, and follow-up.

Question: 15

Which of the following types of validity in social work research is most concerned with the way different parts of a test might produce different results?

- A. Parallel forms reliability
- B. Test-retest reliability
- C. Interobserver reliability
- D. Internal consistency reliability

Answer: D

Explanation:

Correct answer: Internal consistency reliability

Internal consistency reliability deals with the consistency across items within a test.

Interobserver reliability addresses the different experiences of different testers or evaluators. Test-retest reliability addresses the consistency of the test's results across time. Parallel forms reliability deals with the consistency of different inventories taken from the same content.

Question: 16

Which of the following assessment tools is used to measure the risk of childhood suicide?

- A. Child and Parent Report of Posttraumatic Symptoms
- B. Eyberg Child Behavior Checklist
- C. Multi-Attitude Suicide Tendency Scale
- D. Adolescent Concerns Evaluation

Answer: C

Explanation:

Correct answer: Multi-Attitude Suicide Tendency Scale

The Multi-Attitude Suicide Tendency Scale is used to measure the risk of childhood suicide.

Adolescent Concerns Evaluation is used to measure the risk of a child running away. Child and Parent Report of Posttraumatic Symptoms is used to measure post-traumatic symptoms. Eyberg Child Behavior Checklist is used to measure children's conduct-problem behaviors.

Question: 17

Which of the following is not included in the DSM-5 as mental disorder?

- A. Pica
- B. Avoidant/restrictive food intake disorder
- C. Obesity
- D. Rumination disorder

Answer: C

Explanation:

Correct answer: Obesity

Obesity is a medical condition and is not included in the DSM-5 as a mental disorder. A range of genetic, physiological, behavioral, and environmental factors that vary across individuals contributes to this condition.

The remaining answer options are all mental disorders included in the DSM-5. Pica is the eating of non-nutritive substances outside the context of a socially normative practice. Rumination disorder is the repeated regurgitation of food that is not attributed to a medical condition. Avoidant/restrictive food intake disorder is an eating disorder resulting in significant weight loss, nutritional deficiency, dependence on nutritional supplements, or marked interference with psychosocial functioning.

Question: 18

Hannah is seeing her client, Zeke, for therapy. Zeke is eight years old and has certain behavioral problems in class related to poking and annoying other students. Hannah proposes that the affected children poke back when Zeke does this. Which sort of therapy for Zeke would this be?

- A. Modeling
- B. Shaping
- C. Aversion therapy
- D. Extinction

Answer: C

Explanation:

Correct answer: Aversion therapy

Though probably unconventional, Hannah's approach would be most similar to Aversion therapy. Aversion therapy pairs an unwanted behavior (poking) with an unwanted stimulus (being poked back), the idea being that the desirability of a behavior will decrease.

The other terms relate to behavioral modification but are not the kind of thing Hannah is attempting.

Question: 19

Which of the following is least likely to be a focus in working with a family using the transformational systemic therapy model developed by Virginia Satir?

- A. Emphasis on communication patterns and skills within the family system such that each member learns to communicate directly and congruently with others
- B. The idea that the family members initially identified as the main focus of treatment are most likely to be expressing conflicts or imbalances within the family system through developing defined problems
- C. Recognition and acceptance of the pathology of each family member and how each contributes to pathological patterns of the system, as well as obtaining a commitment from each to work toward acknowledging and changing their role
- D. The therapist and use of self in guiding the family in the therapeutic process, with relatively greater direct therapist involvement in family interactions during therapeutic work

Answer: C

Explanation:

Correct answer: Recognition and acceptance of the pathology of each family member and how each contributes to pathological patterns of the system, as well as obtaining a commitment from each to work toward acknowledging and changing their role

Satir's systemic model does not emphasize or focus on "pathology" within the family unit, but instead on the functional/communicative role(s) served by identified problems.

Central to the transformational systemic theory model is that the therapist can serve as a role model and should use a number of techniques (e.g., family sculpting exercises) that assume a relatively great degree of therapist-driven activity. One of the central ideas in Satir's approach is that of congruency in communication, modeled by the therapist and ultimately learned by all parts of the family system. Satir was one of the early proponents of the systemic model of family interaction/dynamics, including her incorporation of the concept of an identified patient or identified problems often thought to be taken on as a role by one or more family members in response to larger or more pervasive systemic issues.

Question: 20

During a family treatment session, a social worker notices that the youngest son is very attached to his mother and is aggressive towards his father. Which of the following complexes best describes the youngest son's actions?

- A. Authority complex
- B. Oedipus complex
- C. Electra complex
- D. Inferiority complex

Answer: B

Explanation:

Correct answer: Oedipus complex

Oedipus complex is when a young child develops an erotic interest and attachment for the parent of the opposite sex and feelings of rivalry for the parent of the same sex.

Electra complex is when a young female child develops an unconscious sexual attraction to her father.

Inferiority complex is when an individual acquires persistent feelings of inadequacy. Authority complex is when an individual has repressed concepts of authority in which they satisfy by projecting power onto certain individuals.