

Behavioral Health

ASWB-LCSW

Association of Social Work Boards: Licensed Clinical Social Worker

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Question: 1

If a client is diagnosed with obsessive-compulsive behavior, which medication will they most likely be taking?

- A. Citalopram (Celexa)
- B. Lorazepam (Ativan)
- C. Buspirone (BuSpar)
- D. Diazepam (Valium)

Answer: A

Explanation:

Correct answer: Citalopram (Celexa)

Citalopram is a selective serotonin reuptake inhibitor, which is used to treat obsessive-compulsive behavior, major depression, and anxiety.

Diazepam, Lorazepam, and Buspirone are all antianxiety agents used to treat anxiety and panic disorders, but not obsessive-compulsive disorder.

Question: 2

Which level of society is focused on groups and families?

- A. Micro
- B. Mezzo
- C. Macro
- D. Mini

Answer: B

Explanation:

Correct answer: Mezzo

Social work practice is often divided into three practice categories: micro, mezzo, and macro. Mezzo levels of society focus on groups and families.

Micro levels of society focus on one individual at a time. Macro levels of society focus on whole communities. There is not a "mini" level of society.

Question: 3

The NASW Code of Ethics states that social workers should participate in continuing education in order to enhance their professional knowledge and skills. This is an example of which of the following values?

- A. Empathy
- B. Competence
- C. Social justice
- D. Integrity

Answer: B

Explanation:

Correct answer: Competence

Competence is when a social worker increases their knowledge base so they can adequately serve clients.

Integrity is when a social worker acts in a trustworthy manner. Empathy is when a social worker responds to another's emotional state. Social justice is when a social worker confronts discrimination.

Question: 4

Which of the following would be the least effective method to motivate clients toward change?

- A. Advocating for specific change
- B. Providing good advice
- C. Explaining the reason for change
- D. Setting goals

Answer: B

Explanation:

Correct answer: Providing good advice

Of the methods for motivating clients toward change listed, the least effective would be providing good advice. In fact, providing advice is usually considered outside the realm of social work, as it is highly directive and robs the client of their right to solve problems on their own.

The other methods listed are ways the client and social worker can collaborate to provide motivation and change orientation.

Question: 5

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

- A. Premenstrual Dysphoric Disorder
- B. Persistent Depressive Disorder
- C. Disruptive Mood Dysregulation Disorder
- D. Childhood Bipolar Disorder

Answer: D

Explanation:

Correct answer: Childhood Bipolar Disorder

There is no diagnosis of Childhood Bipolar Disorder in the DSM-5. Disruptive Mood Dysregulation Disorder, or DMDD, is diagnosed in children up to 18 years who exhibit symptoms of extreme, out of control behavior.

Premenstrual Dysphoric Disorder and Persistent Depressive Disorder are both real disorders listed under the section called Depressive Disorders in the DSM-5.

Question: 6

If a client is diagnosed with anxiety, which medication will they most likely be taking?

- A. Atorvastatin (Lipitor)
- B. Haloperidol (Haldol)
- C. Alprazolam (Xanax)
- D. Oxycodone (Oxycontin)

Answer: C

Explanation:

Correct answer: Alprazolam (Xanax)

Alprazolam is used to treat anxiety.

Social workers should be knowledgeable about different types of drugs that their patients may be taking and what might be required during the course of their treatment. Haloperidol is an antipsychotic. Atorvastatin is used to treat cholesterol and oxycodone is used for pain.

Question: 7

Which of the following best describes the source of most reports of abuse and/or neglect?

- A. Legal authorities
- B. Professionals
- C. Perpetrators
- D. Victims

Answer: B

Explanation:

Correct answer: Professionals

Though legal authorities often report issues of abuse and/or neglect in the course of their duties, a wide range of professionals are mandated reporters with an equal obligation to report such cases. Doctors, social workers, teachers, and many others bear this ethical responsibility.

Question: 8

A social worker asks a client, "How many days can you go without having an alcoholic beverage?" What is the social worker assessing?

- A. Conscience
- B. Dependency
- C. Self-concept
- D. Reality testing

Answer: B

Explanation:

Correct answer: Dependency

Dependency is when an individual has a reliance on other people or things for their existence or support. In this question, the social worker is asking the client about their dependency on alcoholic beverages.

Conscience is an individual's sense of right and wrong. Self-concept is how one sees themselves. Reality testing is a client's ability to judge the external world objectively and to distinguish between it and what is in their own mind.

Question: 9

In which of the following disorders does one attempt to re-chew food that has already been swallowed?

- A. Pica
- B. Anorexia Nervosa
- C. Bulimia Nervosa
- D. Rumination Disorder

Answer: D

Explanation:

Correct answer: Rumination Disorder

Rumination Disorder is characterized by the re-chewing of food that has already been swallowed and then regurgitated.

Anorexia Nervosa and Bulimia Nervosa do not usually involve re-chewing, and Pica is the digestion of non-food objects.

Question: 10

A married couple is seeking marital counseling. The wife states that the husband is overbearing and places unreasonable demands on her. The husband is a low-level employee at a customer service call center and is subjected to the demands of others all day.

Which of the following complexes best describes the client's actions?

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

Answer: A

Explanation:

Correct answer: Authority complex

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

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.

Question: 11

A social worker provides a variety of services in an organization dedicated to working with cancer survivors. Which of the following is most likely to be a key factor in long-term psychosocial adjustment and perceptions of well-being, which might help the social worker understand the range of reactions and outcomes likely to be found in the individuals being served?

- A. The age of the cancer survivor, with those who are older generally predicted to show more resilience than younger survivors
- B. Socioeconomic status of survivors, as individuals with greater assets generally suffer less severe problems with psychosocial adjustment as cancer survivors
- C. Educational factors, as survivors with greater knowledge of cancer-related information and/or more highly developed intellectual/academic capacities have more available resources to learn about and understand the adjustment process
- D. Psychosocial/psychiatric history of each individual, as premorbid functioning determines how well the survivor will adjust/cope; those who had previous problems are much more likely to have more negative reactions/adjustments as cancer survivors

Answer: A

Explanation:

Correct answer: The age of the cancer survivor, with those who are older generally predicted to show more resilience than younger survivors

Overall, cancer survivors report poorer functioning on psychosocial distress measures, but significant decrements are primarily found among younger survivors. Older cancer survivors have been found to function as well as non-diagnosed peers, suggesting that older age itself appears to be an important resilience factor in contending with cancer. While underlying causes of this important age-related finding are not documented, it has been speculated that younger survivors may have greater long-term psychosocial sequelae due to the disruptive effects of the episode of illness/treatment on life-stage-related social, occupational, and economic areas.

Research indicates that many cancer survivors are resilient not only in spite of their cancer, but also in the face of greater mood disturbance and psychiatric symptoms compared to non-cancer-diagnosed peers. There is no evidence to suggest that cancer survivors of a higher socioeconomic status or survivors with higher levels of education are more resilient than those of low socioeconomic status or less education.

Reference: Costanzo, Ryff, and Singer (2009). Psychosocial adjustment among cancer survivors: Findings from a national survey of health and well-being. *Health Psychology* Vol. 28, No. 2, 147-156.

Question: 12

Which of the following types of validity assesses whether a test is representative of all aspects of the construct?

- A. Construct validity
- B. Content validity
- C. Criterion validity
- D. Face validity

Answer: B

Explanation:

Correct answer: Content validity

In quantitative research, you have to consider the reliability and validity of your methods and measurements. Validity tells you how accurately a method measures something. If a method measures what it claims to measure, and the results closely correspond to real-world values, then it can be considered valid. There are four main types of validity:

Construct validity: Does the test measure the concept that it's intended to measure? Construct validity evaluates whether a measurement tool really represents the thing we are interested in measuring. It's central to establishing the overall validity of a method.

Content validity: Is the test fully representative of what it aims to measure? Content validity assesses whether a test is representative of all aspects of the construct. To produce valid results, the content of a test, survey or measurement method must cover all relevant parts of the subject it aims to measure. If some aspects are missing from the measurement (or if irrelevant aspects are included), the validity is threatened.

Face validity: Does the content of the test appear to be suitable to its aims? Face validity considers how suitable the content of a test seems to be on the surface. It's similar to content validity, but face validity is a more informal and subjective assessment. As face validity is a subjective measure, it's often

considered the weakest form of validity. However, it can be useful in the initial stages of developing a method.

Criterion validity: Do the results correspond to a different test of the same thing? Criterion validity evaluates how closely the results of your test correspond to the results of a different test. To evaluate criterion validity, you calculate the correlation between the results of your measurement and the results of the criterion measurement. If there is a high correlation, this gives a good indication that your test is measuring what it intends to measure.

Question: 13

Of the following drugs prescribed by a psychiatrist, which would be most likely prescribed for a diagnosis which included schizophrenic psychosis?

- A. Wellbutrin (Bupropion)
- B. Prozac (Fluoxetine Hydrochloride)
- C. Risperdal (Risperidone)
- D. Lithobid (Lithium Carbonate)

Answer: C

Explanation:

Correct answer: Risperdal (Risperidone)

Risperdal (Risperidone) is used to treat the symptoms of schizophrenia in adults and teenagers 13 years of age and older. It is also used to treat episodes of mania in adults and in teenagers and children 10 years of age and older with bipolar disorder. Risperidone is also used to treat behavior problems such as aggression, self-injury, and sudden mood changes in teenagers and children 5-16 years of age who have autism. Risperidone is in a class of medications called atypical antipsychotics. It works by changing the activity of certain natural substances in the brain.

Wellbutrin (Bupropion) is used to treat depression. Prozac (Fluoxetine Hydrochloride) is used to treat depression, obsessive-compulsive disorder, some eating disorders, and panic attacks. Lithobid (Lithium Carbonate) is used to treat and prevent episodes of mania in people with bipolar disorder.

Question: 14

A group of MSW field placement students regularly goes to lunch at a restaurant near the field site. Their supervisor occasionally joins them. During one such instance, just as the group is preparing to return to the office, a student notices one of his clients sitting with friends at a table near the exit. He voices a dilemma regarding how to handle exiting the restaurant having to walk directly past the client, whether to speak, ignore the client, etc. What is the most productive action for the supervisor to take?

- A. Advise the student to neutrally acknowledge the client's presence when the group exits in order to prevent the possibility that the client might feel disregarded by being ignored

- B. The supervisor should speak to restaurant staff to find an alternative exit (such as a back/kitchen door) to assist the student in completely avoiding having to pass through the area in which the client is seated
- C. Ask the remainder of the students to return to the placement and resume their work and contrive an opportunity for the student in question to linger at the restaurant so that the client and friends can exit first
- D. Create an opportunity for a teachable moment with the group of students regarding clinical and ethical implications of such situations; advise the student in question to avoid direct contact with the client but to acknowledge/discuss the situation with the client at the next opportunity

Answer: D

Explanation:

Correct answer: Create an opportunity for a teachable moment with the group of students regarding clinical and ethical implications of such situations; advise the student in question to avoid direct contact with the client but to acknowledge and discuss the situation with the client at the next opportunity

Such situations involving inadvertent public contact with clients are not uncommon, and erring on the side of caution in protecting the client's right to privacy/confidentiality is almost always preferable to other options; this indeed is a "teachable" opportunity as well as setting a future practice lesson for the student in advising him to bring up/discuss the event with the client in an appropriate setting.

Teaching or modeling avoidant behavior sets a practice example that endorses elaborate and frequently impractical strategies which may imply greater stigma in such situations than is warranted. It is rarely advisable to approach clients in such situations unless there has been previous explicit discussion/mutual agreement between clinician and client about the topic.

Question: 15

Which theorist is affiliated with the extended family systems theory?

- A. Bowen
- B. Erikson
- C. McGregor
- D. Linehan

Answer: A

Explanation:

Correct answer: Bowen

Murray Bowen is a family therapist known for his contributions to extended family systems theory, which regards the family system as a unit being treated rather than isolated one family member as the identified patient.

Erik Erikson developed the psychosocial development model. Marsha Linehan is known for her extensive contributions to the treatment of borderline personality disorder. Douglas McGregor is known for the development of the Theory Y approach.

Question: 16

Clients use a number of defense mechanisms in order to protect themselves during treatment sessions. Which of the following best describes the defense mechanism "displacement"?

- A. Replacing an unattainable goal with an attainable goal
- B. Diverting intolerable desires into creative activities
- C. Unconsciously forgetting certain unacceptable memories
- D. Taking emotion intended for one person and displacing it into another

Answer: D

Explanation:

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

Defense mechanisms are coping techniques that reduce anxiety resulting from undesired impulses. All defense mechanisms share two common properties:

1. They often appear unconsciously
2. They tend to distort, transform, or otherwise falsify reality

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. An example is a woman, rejected by her boyfriend, goes out with another man.

Repression involves placing uncomfortable thoughts in relatively inaccessible areas of the subconscious mind. Thus, when things occur that we are unable to cope with now, we push them away, either planning to deal with them at another time or hoping that they will fade away on their own accord. An example is an adult who was abused by a parent during childhood who now has no recollection of the events, but has trouble forming relationships.

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

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. An example is a person who has an obsessive need for control and order becomes a successful business entrepreneur.

Question: 17

Xanax and Klonopin are categorized as:

- A. Inhalants
- B. Depressants
- C. Opioids
- D. Stimulants

Answer: B

Explanation:

Correct answer: Depressants

Depressants are also called "downers" and are substances that slow brain function and can cause dizziness, fatigue, sluggishness, and disorientation. Xanax and Klonopin are two prescription depressant medications often overused and can cause serious complications if an overdose occurs.

Stimulants are medications, such as Ritalin and dextedrine, that cause temporary bouts of increased energy and alertness. Opioids are substances that act on the nervous system to relieve pain and include codeine and Demerol. Inhalants are toxic substances that can be inhaled such as gasoline, glue, or paint thinner.

Question: 18

All of the following are goals of play therapy except:

- A. Implement strategies to modify behavior
- B. Assist the child in expressing their feelings, conflicts, and thoughts
- C. Fix symptoms of mental disorders
- D. Help the child gain mastery

Answer: C

Explanation:

Correct answer: Fix symptoms of mental disorders

Play therapy is a commonly used approach by clinical social workers when working with children. While children are often referred for play therapy, the purpose is not to "fix" symptoms of mental disorders. Rather, the purposes of play therapy are to help the child gain mastery, such as learning rules and regulations of games and activities, assist the child in expressing their feelings, conflicts, and thoughts, and sometimes to implement strategies to modify behavior.

Question: 19

A client states that she likes it when her partner submits to her because she experiences erotic pleasure when she inflicts pain on him. Which of the following diagnostic categories best describes the client?

- A. Sexual sadism
- B. Exhibitionism
- C. Sexual masochism
- D. Transvestism

Answer: A

Explanation:

Correct answer: Sexual sadism

Sexual sadism is when an individual experiences erotic pleasure by inflicting pain on others. Transvestism is when an individual experiences erotic pleasure by wearing clothing designed for the opposite sex. Exhibitionism is when an individual experiences a sexual arousal by exposing genitals to those who do not wish to see them. Sexual masochism is when an individual experiences erotic pleasure by being subjected to pain or suffering, such as being beaten or bound.

Question: 20

A court subpoenas a client's case record; the client is unavailable to provide consent. What is the first thing the social worker should do?

- A. Release the records as requested
- B. Make an effort to locate the client and inform the court of this delay
- C. Inform the court that the client is unavailable
- D. Respond to the court and claim privilege

Answer: D

Explanation:

Correct answer: Respond to the court and claim privilege

The standard procedure for subpoena is to respond to the court claiming privilege, even in cases where a client is unavailable. A court order may then follow, after which the information given should be the minimum possible to comply.

Informing the court that the client is unavailable will not be a suitable response to the subpoena. The court will require a response in a timely manner no matter what effort is made to locate the client. The records should not be released immediately, particularly as the client is not available to provide consent.

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