

Licensed Clinical Social Worker (LCSW)

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(s): C

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(s): D

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(s): C

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(s): D

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(s): C

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(s): B

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(s): A

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(s): D

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(s): D

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(s): C

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(s): C

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(s): B

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(s): C

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(s): C

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(s): C

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(s): C

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(s): A

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(s): D

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(s): A

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(s): C
