

Behavioral Health

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Question: 1

All of the following can reduce the incidence of sudden infant death syndrome (SIDS) except:

- A. Placing infants on their stomachs for sleeping
- B. Removing blankets and excessive bedclothes from the baby's crib
- C. Quitting smoking
- D. Giving babies pacifiers

Answer: A

Explanation:

Correct answer: Placing infants on their stomachs for sleeping

Sudden infant death syndrome (SIDS) is a tragic occurrence that results in the unexpected death of a baby younger than one year of age. SIDS usually occurs during sleep, and one possible trigger is sleeping on the stomach. Therefore, new parents are advised to place infants on their backs, not their stomachs, during sleep times to reduce the chances of suffocating during sleep.

Quitting smoking and removing blankets and excessive bed clothes from the baby's crib are relatively simple interventions linked to fewer incidents of SIDS. Recent research has also shown that giving babies pacifiers to use during sleep also decreases chances of SIDS, though the exact reason for this is unknown.

Question: 2

Kathy is meeting with her teen client, Jim. Jim is alluding to the fact that he may have used illicit drugs recently. He appears for the session in a disheveled way, and Kathy suspects from various cues that he may be intoxicated. Kathy asks Jim if he has used illicit drugs that day. Which of the following techniques is Kathy using?

- A. Reflecting
- B. Positive regard
- C. Confrontation
- D. Active listening

Answer: C

Explanation:

Correct answer: Confrontation

Confrontation involves calling a client's attention to something directly. This is often used when a client seems to be dishonest about an important issue that may have real short-term consequences, like substance abuse.

Active listening is a physically-expressed technique of demonstrating attention to a client. Positive regard affirms a client's worth as a human being worthy of attention and with potential. Reflecting is more interactive and gives back empathic understanding to a client.

Question: 3

According to psychodynamic theory, when does personality form?

- A. Before age three
- B. Before age five
- C. Throughout the lifespan
- D. Before age 21

Answer: B

Explanation:

Correct answer: Before age five

According to psychodynamic theory, personality forms before age five as a result of interactions with the caregiving environment and awareness of one's own body.

Though change is possible throughout life according to this theory, personality is solidified before age five.

Question: 4

Rose is working with her client Nicola, who has a paralyzing social anxiety problem. Even going into public places is something of an issue for Nicola, who struggles completing everyday tasks due to her fear. Rose shows Nicola videos of people engaging in normal interaction and suggests that Nicola can learn to do the same.

Which type of role modeling is this?

- A. Covert modeling
- B. Symbolic modeling
- C. Live modeling
- D. Participant modeling

Answer: B

Explanation:

Correct answer: Symbolic modeling

Symbolic modeling uses media such as film to show the desired behavior.

Participant modeling is a two-step process in which there is a demonstration with the expectation that the behavior will be demonstrated by the participant. Covert modeling draws upon imagination and visualization to help the client "see" themselves doing the desired behavior. Live modeling refers to watching a person perform a desired behavior.

Question: 5

Which of the following types of social work research uses the multiple baseline design?

- A. Quasi-experimental
- B. Experimental
- C. Single-subject research
- D. Pre-experimental

Answer: C

Explanation:

Correct answer: Single-subject research

A multiple baseline design, which attempts to draw inferences about the effectiveness of pre-and post-treatment status, makes the most sense in single subject design where there are no experimental groups to use.

The other research methods listed all depend on some degree of experimental group and random assignment, and do not depend on single subjects for data. Pre-experimental research uses only intervention groups and does not have observation groups or random design. Quasi-experimental groups use intervention and comparison groups, but do not use random assignment of participants. Experimental groups do use both random assignment and intervention/comparison groups.

Question: 6

The CultureGram, ecomap, and genogram are all examples of what?

- A. Standardized intellectual tests
- B. Group therapy techniques
- C. Methods of conducting a mental status exam
- D. Family assessment tools

Answer: D

Explanation:

Correct answer: Family assessment tools

When conducting family assessments, social workers can use a variety of instruments to further their understanding of family dynamics. Family assessment tools include the CultureGram, the ecomap, the genogram, and several other models developed by researchers.

The remaining answer options are incorrect. Standardized intellectual tests must often be administered by trained psychologists, not social workers. Social workers should conduct a mental status exam when meeting individually with a client, but this is not quite as important when meeting for a family assessment. These are family therapy, not group therapy, techniques.

Question: 7

All of the following are reasons that victims of domestic violence stay with their partners except:

- A. Financial dependence
- B. Embarrassment about going to the police
- C. The fear of more extreme assaults
- D. Severe phobia about leaving the home

Answer: D

Explanation:

Correct answer: Severe phobia about leaving the home

Domestic violence is unfortunately widespread in the United States and other nations. Though many victims of domestic violence suffer from anxiety, depression, and frequent panic attacks, there is no research that indicates that victims tend to have a severe phobia about leaving the home.

There are many reasons why victims of domestic violence do not simply leave their abusive partners. Victims may be unemployed and rely on their partners for financial needs. Victims may fear what their partners will do if they leave and may think they will be subject to even more severe forms of violence. Victims may also be embarrassed about their situations and may wish to keep details of their lives private rather than sharing them with the police or others in the community.

Question: 8

Which of the following most accurately describes endogenous depression?

- A. Depression brought about by inner circumstances or process
- B. Depression brought about by aging
- C. Depression brought about by external circumstances
- D. Depression brought about by relational issues

Answer: A

Explanation:

Correct answer: Depression brought about by inner circumstances or process

Endogenous depression refers to depression brought about by inner circumstances or processes, such as chemical imbalances. It is distinguished in this way from exogenous depression, or that which is brought about by external circumstances such as relational issues.

Aging could be related to either exogenous depression or endogenous depression, or both.

Question: 9

With which of the following is the social work role of counselor most associated?

- A. Diagnosing mental illness
- B. Improving social functioning
- C. Assessing trauma
- D. Treating substance abuse

Answer: B

Explanation:

Correct answer: Improving social functioning

In the arena of social work problem solving, when social workers function as counselors, they are acting to help a client improve their social functioning.

This role is not primarily associated with assessing trauma, diagnosing mental illness, or treating substance abuse.

Question: 10

What is the most appropriate use of self-disclosure in social work?

- A. To help establish the give-and-take necessary to rapport
- B. Only when no other therapeutic avenue will suit the purpose
- C. It is specifically prohibited in most circumstances
- D. When therapeutically useful in the circumstances

Answer: B

Explanation:

Correct answer: Only when no other therapeutic avenue will suit the purpose

Though there is no specific direction not to use self-disclosure in social work practice, it is a risky choice that must be carefully thought through before being utilized. The consensus seems to be that it should only be used under circumstances when no other therapeutic avenue will suit the purpose, and not casually.

There may be some value in the use of self-disclosure in the establishment of rapport, but there are probably other ways to accomplish this goal.

Question: 11

In solution-focused therapy, what is the purpose of the assessment stage?

- A. To focus on creating a solution to the client's problem, which then can be put into action during intervention
- B. To determine how the client coped with challenges in the past
- C. To establish the role of the social worker as an authority figure before intervention

D. To determine who the main authority figure is in a family by having them act out a typical evening at home

Answer: B

Explanation:

Correct answer: To determine how the client coped with challenges in the past

By assessing how the client handled stressful situations in the past, the social worker is allowing the client to recognize that they already have the skills necessary to cope with their current problems.

The purpose of the assessment stage is not to create a solution to the client's problems, to establish the role of the social worker as an authority figure, or to determine roles within the family.

Question: 12

According to Erikson, which stage of psychosocial development is known as generativity versus stagnation?

- A. Middle adulthood
- B. Childhood
- C. Early adulthood
- D. Late adulthood

Answer: A

Explanation:

Correct answer: Middle adulthood

Middle adulthood is characterized by a stage Erikson called generativity versus stagnation, in which individuals must navigate the difficulties associated with caring for the next generation and helping to improve society.

In late adulthood, individuals struggle with ego integrity versus despair as they are faced with the realities of aging.

Early adulthood is characterized by intimacy versus isolation. During this stage, a young adult must reflect on his or her thoughts and feelings about making a permanent commitment to an intimate partner.

Erikson listed five stages of development during childhood, including trust versus mistrust, autonomy versus shame and doubt, initiative versus guilt, industry versus inferiority, and identity versus role confusion.

Question: 13

Which of the following is untrue about batterers in abusive relationships?

- A. They learn abusive behavior
- B. They view victims as possessions

- C. They are highly self-centered
- D. They lose control over their impulses

Answer: D

Explanation:

Correct answer: They lose control over their impulses

One of the key misunderstandings about batterers in abusive relationships is that they somehow lose control over their impulses. The implication is that they, therefore, are not responsible for battering behavior, and this is not the case. Batterers have control over their impulses; however, they feel entitled to abusive and violent behavior.

Batterers do view their victims as their possessions rather than independent entities. They learn to abuse from a variety of sources; family, media, culture, and others. Batterers are by nature highly self-centered and do not consider the rights of others.

Question: 14

As a social worker providing mental health services, why should you make sure to conduct a medical history?

- A. To determine whether the client is physically able to undergo psychotherapy
- B. To show the client that you are equally concerned about his or her physical health
- C. For insurance purposes
- D. To ensure that psychological disturbances are not a result of organic or medical problems

Answer: D

Explanation:

Correct answer: To ensure that psychological disturbances are not a result of organic or medical problems

There are many medical disorders that can significantly affect an individual's mental health. Social workers should always make sure to conduct a thorough medical history to rule out any possible organic or medical problems contributing to a client's psychological difficulties.

Most insurance companies do not require social workers to conduct medical histories; it is simply best practice. Social workers should be concerned with clients' physical, emotional, and psychological health, but the purpose of administering a medical history is not to show or prove to the client that you are concerned about his or her physical health. Psychotherapy is not necessarily a physically demanding activity, and even clients with health problems should be able to participate in psychotherapy without their physical health being compromised.

Question: 15

Which of the following statements is true regarding the creation of a service plan?

- A. Social workers should involve clients in the development of the service plan
- B. Social workers should develop a service plan that will fit all of their clients
- C. The service plan should be open-ended with no timelines
- D. The social worker should keep the only copy of the service plan and follow up with the client during each session

Answer: A

Explanation:

Correct answer: Social workers should involve clients in the development of the service plan

When developing a service plan, social workers should integrate the client's input as to what goals the client wants to reach and what interventions he or she feels comfortable with.

Social workers should develop a personalized service plan for each individual client, not a service plan that fits all clients. The service plan should have set goals and timelines; it should not be open-ended. The social worker should provide the client with a copy of the service plan so that both the social worker and the client can use it as a guide for implementation and evaluation.

Question: 16

Richard is working with a family using the Bowenian model. In interviews with the family, he discovers that certain issues have been passed down through the family from generation to generation, in particular, the behavior of negating the hopes and wishes of children.

Which aspect of the Bowenian model is Richard exploring?

- A. Societal regression
- B. Emotional fusion
- C. Differentiation
- D. Family projection process

Answer: D

Explanation:

Correct answer: Family projection process

In Bowenian family therapy, which addresses intergenerational dynamics rather than immediate symptoms per se, there are many concepts which are useful to understand. Emotional fusion refers to the way in which family members tend to share an emotional response. Differentiation refers to the phenomenon by which people are more healthy within the family unit with a higher degree of individuality.

The family projection process is a focus of this technique, which examines the way in which issues and problems are transmitted across generations. Societal regression refers to the pressure on families through traumatic changes in the environment at large that reflect on society as a whole.

Question: 17

Penny knows the importance of nonverbal communication with her clients. What can she do to make her clients more comfortable when she meets with them?

- A. Keep a relatively straight face so that the client doesn't feel like the social worker is making judgments
- B. Maintain a distance of roughly three to five feet, depending on cultural norms
- C. Look away from the client if he or she shows intense emotion, to avoid embarrassment
- D. Try not to move around in her seat, because it may distract the client

Answer: B

Explanation:

Correct answer: Maintain a distance of roughly three to five feet, depending on cultural norms

Maintaining a comfortable distance is an important example of nonverbal communication. Penny should try to keep a distance of three to five feet between herself and the client to ensure the client feels comfortable. However, the distance can vary based on cultural preferences, so these are important to be aware of.

Social workers need to look at their clients, show expression, and move forward in their seats to show that they are actively listening and are showing an interest in what their clients are saying.

Question: 18

Which of the following describes a technique by which a person is encouraged toward closer and closer approximations of a desired behavior?

- A. Shaping
- B. Systematic desensitization
- C. Extinction
- D. Time out

Answer: A

Explanation:

Correct answer: Shaping

Shaping is a technique by which a person is encouraged toward closer and closer approximations of a desired behavior through the use of reinforcers.

Time out is the removal of a desirable item. Systematic desensitization is a method by which stress is reduced through measured exposure to a feared stimuli as well as a soothing stimuli. Extinction is the attempt to modify behavior by the removal of a reinforcer.

Question: 19

Which of the following Sexual Dysfunctions was deleted in the DSM-5?

- A. Delayed Ejaculation
- B. Male Hypoactive Sexual Desire Disorder
- C. Sexual Aversion Disorder
- D. Female Orgasmic Disorder

Answer: C

Explanation:

Correct answer: Sexual Aversion Disorder

Sexual Aversion Disorder is no longer a diagnosis in the DSM-5. The revision included sex-specific sexual dysfunctions, and in most cases, this diagnostic group requires a duration of symptoms of six months or greater.

The other Sexual Dysfunctions listed are in the DSM-5.

Question: 20

Which of the following is one way prenatal malnutrition can contribute to deficits in the central nervous system?

- A. It can increase the chance of physical malformations
- B. It can increase the chance of respiratory illnesses in newborns
- C. It can distort the kidney and liver
- D. It can lead to loss in brain weight

Answer: D

Explanation:

Correct answer: It can lead to loss in brain weight

Prenatal malnutrition can have devastating consequences, which is why it is important for expecting mothers to seek and receive adequate prenatal care and counseling. One of the effects of severe malnutrition during pregnancy is a loss in the infant's brain weight, which can lead to problems during development.

Though poor prenatal nutrition can result in problems with the kidney and liver, these organs are not part of the central nervous system. Prenatal malnutrition can increase the chances of respiratory illnesses in newborns, but this is also not a central nervous system problem but rather a problem with immunity. There is no strong research at this point indicating that prenatal malnutrition results in physical malformations.

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