

ASWB BSW Exam

Volume: 567 Questions

Question No: 1

An unstable family relationship has caused Linda to have feelings of low self-esteem. The client feels that coping with problems and managing stress requires her to take control of something. With this in mind, Linda places a focus on her body. She feels to master her emotions and find happiness, she must achieve the ideal thinness. What kind of disorder would an assessment identify?

- A. Genetic predisposition disorder
- B. Family dynamic disorder
- C. Chronic fatigue syndrome
- D. Eating disorder

Answer: D

Explanation:

Eating disorders are caused by psychological, emotional, or social factors and family dynamics. Symptoms include a dramatic weight gain or loss, obsessive exercising, feelings of isolation, and a preoccupation with body image. Media through television, magazines, and movies promotes being thin as a way to be recognized or liked.

Question No: 2

Chronic fatigue syndrome is a complicated disorder that doctors have just recently characterized as a psychological problem. The symptoms interfere with job-related functions, socialization, and family life. It appears to worsen with physical or mental activity and most times will not improve with rest. What signs would an assessment identify?

- A. Swollen lymph nodes
- B. Swollen toes
- C. Back aches
- D. None of the above

Answer: A

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Explanation:

This disorder was a mystery for years and not classified as a disorder until recently. Doctors have realized the severity of the problem and recommend therapy that will eliminate the problem. Symptoms of headaches, sore throats, swollen lymph nodes, muscle pain, memory loss, and extreme exhaustion are quite common with this disorder.

Question No: 3

Oppositional defiant disorder is an ongoing pattern of uncooperative, hostile, and defiant behavior towards authority figures. The symptoms are mostly noticed at home and school, with 16% of students suffering from this disorder. Talking back, questioning rules, and resentment are just a few of the demonstrated signs. What would be the first thing a social worker may do to start an assessment of a disruptive 8-year-old?

- A. Contact the child's teacher
- B. Contact a friend of the child
- C. See if he has a police record
- D. Rule out ADHD

Answer: A

Explanation:

The social worker should contact the child's teacher to see what his behaviors have been like at school. Compare the results to what the parents describe at home. If there are similarities, the child should be referred for professional services dealing with oppositional defiant disorder.

Question No: 4

Oppositional defiant disorder affects 16% of school-aged children and adolescents. There are no known causes for ODD, but parents report their child with this problem being more demanding as a youngster. What symptoms should appear before a social worker completes a full assessment?

- A. Excessive arguing
- B. Active defiance with adult requests
- C. Both A and B
- D. None of the above

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Answer: C

Explanation:

Symptoms of oppositional defiant disorder include excessive arguing, easily annoyed by others, hateful when talking, active defiance with adult requests, and frequent temper tantrums. Oppositional defiant disorder describes children with serious behaviors that are uncooperative and hostile towards authority figures. The problem is often observed at home and school, affecting a child's family, social, and academic life.

Question No: 5

Once an assessment has been completed, there are psychotherapeutic approaches aimed at solving problems concerning dysfunctional emotions. These may include post traumatic stress disorder, obsessive compulsive disorder, and clinical depression. Technique-driven and direct treatments are given for specific psychological disorders. Therapy can be given individually or in a group setting with self-help methods. What is this treatment program called?

- A. Evidence-based treatment
- B. Exposure therapy
- C. Cognitive restructuring treatment
- D. Cognitive behavioral therapy

Answer: D

Explanation:

Cognitive behavioral therapy was developed through a merging of behavior therapy and cognitive therapy. Both traditions are commonly utilized for focusing on present issues and ways for alleviating symptoms of a specific disorder. Cognitive behavioral therapy has been evaluated for efficacy and is the treatment of choice for many mental health difficulties.

Question No: 6

Melody's mother has never had a great memory when it comes to intricate details, but lately she is noticing more of a loss. Five years ago, her mother was diagnosed with a slight case of dementia. Lately, she is demonstrating confusion and other major changes in her way of thinking. Testing from the mother's doctor confirms that brain cells are failing and an assessment by a clinical social worker clarifies what disorder?

- A. Cognitive delay syndrome

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- B. Autism syndrome
- C. Social identity disorder
- D. Alzheimer's disease

Answer: D

Explanation:

Alzheimer's disease causes memory loss and problems with thinking that interfere with work, hobbies, and social life. The disorder gets worse over time, with no known cure. Treatment helps individuals cope and live life better while scientists continue to find a way to prevent the problem. Currently, it affects 5.3 million Americans with fatal outcomes.

Question No: 7

Stephanie has always been an active child, but prefers to play by herself. She enjoys taking things apart and putting them back together. She lacks social and emotional reciprocity that causes a failure in peer relationship development. There is a noticeable delay in spoken language and Stephanie would rather point or mime. With these symptoms in mind, what probable diagnosis would Stephanie more than likely be given?

- A. Autism disorder
- B. Tourette syndrome
- C. Social conduct disorder
- D. Narcissistic disorder

Answer: A

Explanation:

Autism is a spectrum disorder that varies according to one's development and chronological age. There is impairment in social interaction and communication, with restricted interest in most activities. Most children with this disorder have a problem in the use of multiple nonverbal behaviors such as facial expressions and body postures.

Question No: 8

Autism is a spectrum disorder defined by a certain set of behaviors that children and adults exhibit in varying ways. The main symptom of autism is the abnormal or impaired development of communication and social interaction. Two people with the same diagnosis may display any

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combination of behaviors in any degree of severity. What criteria are needed on an assessment for an autism diagnosis?

- A. Failure to develop peer relationships
- B. Delay in the spoken language
- C. Lack of social or emotional reciprocity
- D. All of the above

Answer: D

Explanation:

Autism manifestations vary according to developmental level and chronological age. Approximately one-third of patients with an autism disorder have a normal IQ. Other names for this disorder include Early Infantile Autism, Childhood Autism, or Kanner's Autism. Researchers report individuals with this problem have abnormalities in many areas of the brain.

Question No: 9

Calvin is an 8-year-old who has difficulty with involuntary movements and vocalizations. He will stamp his feet while echoing what others say. Calvin has very little control over his behaviors and symptoms appear to be increasing with age. The child needs to complete a series of foot stampings before he seems to calm down and relax. These symptoms mimic what kind of disorder?

- A. Narcissistic disorder
- B. Anti-social disorder
- C. Obsessive compulsive disorder
- D. Tourette syndrome

Answer: D

Explanation:

Tourette syndrome affects men three times more than women and behaviors are at their worst during adolescent years. One third of individuals with this disorder have family members with the same diagnosis. Involuntary body movements called tics increase with excitement or anxiety and appear to calm during relaxing activities. Certain triggers may induce symptoms such as hearing another person sniff or clear their throat.

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Question No: 10

One of the key factors in achieving safety, permanence, and the well-being of a child is the creation of an effective assessment. This should engage the family and child as partners in planning. Face-to-face family team meetings are useful for assessing needs and recognizing strengths. Community and informal support systems may also be involved. What type of assessment is being described?

- A. Behavior analysis assessment
- B. Oppositional defiant assessment
- C. Functional assessment
- D. Behavior management assessment

Answer: C

Explanation:

Evidence of a good functional assessment of a child and family will be present when it flows naturally into service planning. The family is engaged in the entire process that is strengths-based, needs-based, and team-based. Functional assessments make use of family systems as relationships and interactions between members.

Question No: 11

Reality testing distinguishes what is occurring in the external world from what is occurring in one's mind. Individuals have a necessity to perceive and understand stimuli accurately. When assessing the problem, one should be aware of what characteristics?

- A. Short-term hallucinations and delusions
- B. Fantasy and reality
- C. Object relations and delusions
- D. None of the above

Answer: A

Explanation:

Reality testing is one of the most important ego functions. It is necessary for negotiating with the outside world. Reality testing is often subject to temporary deterioration or mild distortion under stressful conditions.

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Question No: 12

Benjamin has had difficulty managing aggressive behaviors his whole life. He has been married three times and has two children who do not want to see him. Benjamin spent two years in jail for critically injuring a neighbor after their dog would not stop barking. What assessment would a social worker give this client?

- A. Affect regulation
- B. Judgment
- C. Impulse control
- D. Defensive functioning

Answer: C

Explanation:

Impulse control is the ability to manage aggressive wishes without immediate action through behavior. Problems with this ego function are common. Many individuals who suffer with this problem display sexual promiscuity, binge eating, and excessive drug or alcohol use.

Question No: 13

Roger plays football on the varsity team of his high school. He has always thought very highly of his coach and respects his input on various topics. When Roger's grades start slipping and a mid-term demonstrates an "F" in one of his classes, the coach suspends him for two games. Although Roger really likes his coach, he will not speak with him and has negative feelings towards their relationship. When assessing this problem, a social worker may recognize signs of what?

- A. Synthesis
- B. Object relations
- C. Thought processes
- D. Defensive functioning

Answer: A

Explanation:

The synthetic function within the ego has the capability to unify and organize other functions within a personality. The individual is able to feel, think, and act in a coherent manner. Pivotal

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development is achieved when one has the ability to synthesize these feelings.

Question No: 14

In direct practice, social workers may utilize cognitive therapy to help a client overcome difficulty by identifying and changing emotional responses, behaviors, and dysfunctional thinking. When these thoughts are questioned, one's feelings about the subject matter are apt to what?

- A. Diminish
- B. Change
- C. Become stronger
- D. Get aggressive

Answer: B

Explanation:

Cognitive therapy is a form of direct practice that involves helping clients develop skills in identifying distorted thinking, modifying beliefs, changing behaviors, and relating to others in different ways. This consists of testing assumptions the client makes and locating thoughts that become distorted, unhelpful, and unrealistic.

Question No: 15

Cognitive therapy involves helping clients develop skills for modifying beliefs, relating to others in different ways, identifying distorted thinking, and changing behaviors. If a client escapes the negative thought patterns and dysfunctional behaviors, the feelings may be relieved over time. Success is derived by developing more flexible ways to think and respond. An assessment would look at ways to reduce what?

- A. Avoiding passive behaviors
- B. Avoiding conflict
- C. Avoiding others beliefs
- D. Avoidance of activities

Answer: C

Explanation:

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Adaptive responses and further constructive consequences become unlikely when the client avoids any type of activity. This reinforces the belief of being “no good at it.” Strongly believing this tends to increase the negativity. Cognitive therapy addresses the way a client thinks and behaves in response to similar situations.

Question No: 16

Disqualifying the positive is a pattern recognized in cognitive therapy that treats positive events like they do not really count. All-or-nothing thinking fails to recognize there may be a middle ground. Characteristics include terms like always, forever, and never. Clients who take an isolated case and assume that all others are the same may be what?

- A. Manic depressive
- B. Over generalizing
- C. Distinguishing the positives
- D. Making assumptions

Answer: B

Explanation:

Social workers who practice cognitive therapy learn to recognize 10 common patterns of faulty thinking, which are known as cognitive distortions. Disqualifying the positive and all-or-nothing thinking are the most common. Others include emotional reasoning, mental filtering, jumping to conclusions, magnification, and minimization. Blaming oneself for things that are out of individual's control is an example of personalization.

Question No: 17

Direct practice often utilizes behavior therapy to treat depression, ADHD, addiction, insomnia, chronic fatigue, and phobias. Treatments may include assertiveness training, desensitization, and relaxation training. The length of therapeutic treatment varies with each individual client. What is the first thing a therapist must do when assessing the problem?

- A. Modify the environment
- B. Estimate the client's quality of life
- C. Analyze the behaviors
- D. Remove undesirable behaviors

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Answer: C

Explanation:

Behavior therapy begins with the analysis of a trained therapist. The therapist analyzes the behaviors of a patient that cause stress, reduce the client's quality of life, or have a negative impact. Once this analysis is complete, the therapist chooses an appropriate treatment technique.

Question No: 18

Systematic desensitization teaches an individual to overcome an avoidance pattern by gradually exposing them to the object in question until it can be tolerated. There are steps within the hierarchy that will lead to this outcome. What is the first thing a social worker should assess?

- A. Stress levels
- B. Phobia or anxiety
- C. Mental processing
- D. Mental development

Answer: B

Explanation:

This form of behavior therapy helps people effectively overcome phobias and anxiety disorders. The goal of the process is to have the individual overcome their fears in steps. Discussion about the object will move to pictures of the object and then to seeing the object. Lastly, touching the object will demonstrate success. Gradual exposure helps eliminate the need for a client to avoid certain situations in an effort to reduce anxiety.

Question No: 19

Operant behavior therapy looks at the antecedent and consequence that causes a negative behavior. Reinforcement and punishment are the core tools that are either positive or negative. During the assessment, a therapist would need to determine what?

- A. Modifications
- B. Positive reinforcement
- C. Negative reinforcement

D. Punishment

Answer: A

Explanation:

Operant behavior operates on the environment and is maintained by its consequences. The therapy deals with modifications of voluntary behavior in regards to environmental influences. There are four basic consequences known as positive reinforcement, negative reinforcement, positive punishment, and negative punishment.

Question No: 20

Operant behavior functions on the environment and is maintained by its consequences, while classical conditioning deals with the conditioning of reflexive behaviors which are elicited by antecedent conditions. Operant conditioning is distinguished from classical conditioning in that it deals with the modification of voluntary behaviors. When making an assessment, which of the following is not a basic consequence of operant conditioning?

- A. Reinforcement
- B. Punishment
- C. Conditioning
- D. Reward

Answer: C

Explanation:

The four basic consequences of operant conditioning are positive reinforcement, negative reinforcement, positive punishment, and negative punishment. A fifth component is extinction where there is no change following a response.

Question No: 21

A behavior or response that is followed by a negative stimulus will often decrease the frequency of that behavior. A young boy will not do his homework. When the homework is not completed, he loses his video game system for the night. What consequence of operant conditioning does this describe?

- A. Aversive stimulus
- B. Negative reinforcement

C. Positive punishment

D. Punishment

Answer: D

Explanation:

A punishment is a consequence that causes a behavior to occur with less frequency. If an individual will not get the response needed or reward wanted, they will decrease inappropriate behaviors.

Question No: 22

Covert conditioning is often seen with self-help methods and has not reached the popularity of other therapies. Some clinicians report a mind has the ability to spontaneously generate imagery that can provide intuitive solutions or even improve an individual's typical reaction to situations. Assessing this condition, what kind of reward would be most beneficial?

A. Tangible

B. Imaginary

C. Money

D. None of the above

Answer: B

Explanation:

This form of conditioning is an approach to mental health treatment that uses the principles of behavior modification in making improvements to behavior or inner experience. The method relies on a person's ability to use imagery for purposes such as mental rehearsal. In some populations, it has been found that an imaginary reward can be as effective as a real one.

Question No: 23

Effective conditioning is said to rely upon careful application of behavioral treatment principles such as a thorough behavioral analysis. Clinical studies continue to find imagery to be effective with some generalization. As part of a behavior modification package, conditioning has been shown to be effective with sex offenders. When assessing the situation, what conditioning approach will be utilized?

A. Cognitive

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- B. Behavior
- C. Covert
- D. Individual

Answer: C

Explanation:

The covert conditioning approach is based on an individual's capacity to use imagery. In some populations, it has been found that an imaginary reward can be as effective as a real one. Clinicians report the mind's ability to spontaneously generate imagery can provide intuitive solutions that may improve typical reactions to situations.

Question No: 24

Person-centered therapy should take place in a supportive environment created by a close personal relationship between therapist and client. The general direction of the therapy is determined by the client, while the therapist seeks to increase the client's insight and self-understanding through what?

- A. Positive reaction
- B. Coerciveness
- C. Compliments
- D. Informal questions

Answer: D

Explanation:

Empathy is the appreciation of a client's situation from the client's point of view. The therapist will demonstrate emotional understanding and sensitivity to the client's feelings. One way to convey empathy is by actively listening and paying attention to what the client is saying. Three attitudes on the part of the therapist are central to the productivity of person-centered therapy. They are congruence, unconditional positive regard, and positive reaction.

Question No: 25

Structural family therapy views the family unit as a system that lives and functions within a larger system such as the community, organizations, and culture. Through its transactions, a family establishes a set of rules for its daily functioning and these rules form its structure. When

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assessing the situation, a social worker must first focus on the family's what?

- A. Interactions
- B. Relationship
- C. Dysfunction
- D. Income

Answer: A

Explanation:

Structural family therapy focuses on the family, the presenting problem, and the process of change. A therapist must first assess the family's interactions, figuring out the family's hierarchy and alliances within. The therapist then composes a flow chart describing the process that a family unconsciously follows.

Question No: 26

Traditional therapy has not been effective due to only focusing on the cause of the problem. This places the client in a passive and helpless role. A better approach is solution focused therapy where clients move from what's wrong to what's right. After assessing the problem, what should be the therapist's first goal?

- A. Solution building
- B. Happiness
- C. Appropriate family structure
- D. Positive attitude

Answer: A

Explanation:

Solution building is the main goal of solution focused therapy. Changing the language that shapes how you think about the problem changes the language that shapes how you think about the solution. The client becomes the expert in determining how to achieve happiness.

Question No: 27

Humanistic Therapy overlaps considerably with existential approaches and emphasizes the

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growth and fulfillment of the self through self-mastery, self-examination, and creative expression. Although the influences of the unconscious and society are taken into account, when making an assessment, what is at the core of humanistic therapy?

- A. Freedom of choice
- B. Self-perception
- C. Behavior
- D. Trust

Answer: A

Explanation:

The humanist movement in general focuses on the idea that people are innately good and tend toward goodness. In a humanistic therapy context, there is presumption that the true nature of the human is to want to improve and reach high levels of self-perception.

Question No: 28

Social workers attempt to help clients focus on freedom of choice in shaping their lives. The method of existential therapy operates on the belief that inner conflict within a person is due to that individual's confrontation with existence. The therapist tries to help the client see they are free to choose the possibilities for their own what?

- A. Existence
- B. Attitude
- C. Future
- D. None of the above

Answer: C

Explanation:

Existential therapy focuses on the present and future. They will challenge the client to recognize the responsibility for the events in their own life. The four themes behind this theory include death, freedom, isolation, and meaninglessness. This type of therapy is well suited in helping the client to make good choices or in dealing with life.

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Question No: 29

The main goal of Gestalt therapy is the integration of behavior, feelings, and thinking. The therapist may use confrontation, dream analysis, dialogue with polarities, or role playing. Clients are viewed as having the ability to recognize how earlier influences may have changed their lives. A social worker making an assessment may seek treatment that includes:

- A. Crisis intervention
- B. Childhood behaviors
- C. Psychosomatic disorders
- D. All of the above

Answer: D

Explanation:

Gestalt therapy combines body and mind factors by stressing awareness. Gestalt therapy makes the client aware of how to avoid problems while taking care of unfinished matters and experience things in a positive light. This method is also important for the training of mental health professionals.

Question No: 30

Direct practice promotes professionalism with a diverse community. This practice by social workers is very common. Once an assessment is made, therapy sessions may involve cognitive therapy, multicultural perspectives and what else?

- A. Positive reinforcement
- B. Ego psychology
- C. Professionalism
- D. Diversity

Answer: B

Explanation:

Direct practice is described as advancing the social conditions of a community. This normally includes disadvantaged individuals. Psychological counseling, assistance, and guidance are the main procedures in the social work field.

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Question No: 31

Ego functions include judgment, object relations, thought processes, defensive functioning, reality testing, impulse control, affect regulation, and synthesis. Proponents of this practice focus on the ego's normal and pathological development, management of aggressive impulses and its adaptation to reality. It is part of what school?

- A. Gestalt therapy
- B. Assessment
- C. Reality therapy
- D. Psychoanalysis

Answer: D

Explanation:

Ego psychology is rooted in Sigmund Freud's structural id-ego-superego model of the mind. It is the study of how an individual interacts with the external world, as well as the responses to internal forces. Proponents of this practice focus on the ego's normal and pathological development, management of aggressive impulses, and its adaptation to reality.

Question No: 32

Fred is a 16-year-old who has been in a lot of trouble. He is currently on juvenile probation for stealing property from neighbors. The adolescent will pick fights with other kids at school and within the community. Fred shows disregard for his safety and demonstrates violent behaviors. What disorder appropriately defines this teen?

- A. Anti-social personality disorder
- B. Manic depressive disorder
- C. ADHD
- D. Compulsive behavior disorder

Answer: A

Explanation:

Anti-social personality disorder is a pattern of disregard for and violations of the rights of others. It begins in childhood and progresses on until adulthood. Individuals with this disorder display poor behavioral controls such as annoyance, aggression, irritability, and verbal abuse.

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Question No: 33

The Atkinson family's children have been displaying difficulty at school recently. Both parents were in a vehicle accident that has left them temporarily disabled. Bills are piling up and sometimes the children only eat meals at school. When assessing this situation, what support is most beneficial at this time?

- A. Tangible support
- B. Informational support
- C. Emotional support
- D. All of the above

Answer: D

Explanation:

All three social supports are beneficial in this situation. Informational support is provided through advice given by friends and relatives. Tangible supports may include the donation of goods such as clothing. Emotional support is the reassurance that people are there to help through this detrimental time.

Question No: 34

There are several theories on the aging process of older adults. Interaction with other people largely depends upon their health and mobility. What was once a large network of social circles slowly dwindles down to a few precious relatives. What process should be considered within an assessment that views this withdrawal as beneficial to the aging individual and their community?

- A. The activity theory
- B. Life review
- C. Disengagement theory
- D. Ego integrity theory

Answer: C

Explanation:

The disengagement theory views aging as a mutual withdrawal from support circles, family, and friends. This often happens as older adults lose their freedom to drive, bathe, and eat on their

own. Societies agree that elders should voluntarily slow down and retire.

Question No: 35

Basic needs for love and esteem that are given on a consistent basis nourish a happy child. When these needs are not met, children suffer emotionally. Maslow's hierarchy of needs states children's needs consist of: 1) self-actualization, 2) esteem, 3) love and belonging, 4) safety, and 5) physiological growth. A social worker making an assessment of a child may consider this hierarchy better known as:

- A. Psychological
- B. Emotional dependency
- C. Hierarchy of needs
- D. External need fulfillment

Answer: B

Explanation:

Maslow refers to the basic needs for love and esteem as emotional dependency needs. A child whose needs are not met consistently suffer to an extent proportional to their lack of fulfillment.

Question No: 36

When a child is able to get away with anything, their impulses increase to an uncontrollable problem. They will seek out attention on purpose, hoping someone will take notice. An assessment of the behavior may demonstrate what disorder?

- A. Only-child syndrome
- B. Abuse and neglect
- C. Attention deficit disorder
- D. Spoiled-child syndrome

Answer: D

Explanation:

Spoiled-child syndrome is the result of parents and relatives not setting forth disciplinary boundaries. Inappropriate behaviors occur due to the child seeking discipline. They are

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subconsciously compelled to make someone step in due to a need for help in controlling impulses.

Question No: 37

Polarization is the conscious want of something one is incapable of having. An example may be an individual who does not have the ability to express love. He or she will seek out someone that can compensate in this area for them. This is a sign of disowning parts of neural networks, causing internal conflicts between what?

- A. Temperament and personality
- B. Consciousness and unconsciousness
- C. Love and hate
- D. Separation and relationship

Answer: B

Explanation:

Individuals will disown that part of them that controls the ability to have a specific emotion. A person with anger issues may seek out a mate who rarely gets upset or raises their voice. The theory of opposites attract originated from polarization.

Question No: 38

Externalizers tend to have problems with anger, self-centeredness, intrusiveness, and being blameless. This is overcompensation for fear of the opposite and may also result in shameless behavior such as physical, sexual, and emotional abuse. All of these traits tend to submerge from the subconscious defense mechanism known as what?

- A. Reaction formation
- B. Self-centered thinking
- C. Passive aggressive behaviors
- D. Phobias

Answer: A

Explanation: