

## ASWB MSW Exam

### Volume: 261 Questions

#### Question No: 1

Lisa is a social worker who has received a case referred for possible child abuse. She realizes keeping the children safe is her top priority. The household consists of two parents and three children. There are steps to determine if abuse may have occurred or if the family is at-risk. Which kind of assessment should she use to determine the best possible assistance for this referral?

- A. Financial assessment
- B. Child welfare assessment
- C. Parent assessment
- D. Family-centered assessment

Answer: D

Explanation: The family-centered assessment focuses on the family as a whole with full participation. All cultures and ethnicities are considered throughout. Families will identify their strengths, needs and resources in an effort to develop a functioning service plan to maintain safety and permanency.

#### Question No: 2

Cassandra works as a case manager for Child Protective Services. A new family she has been helping has a parent that is starting to raise red flags. The mother is the sole caretaker for the children but is demonstrating some peculiar behaviors. She has not kept consecutive doctor's appointments, has difficulty utilizing public transportation and fails to follow through with basic directions. This parent is always accompanied by another adult when she leaves the home on an errand. When Cassandra starts questioning the mother on her background, it is discovered that she attended special education classes and did not graduate from high school. These factors should arouse concern in what area?

- A. Child neglect
- B. Child abuse
- C. Intellectual limitations
- D. Financial distress

Answer: C

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Explanation: Parents with intellectual limitations often demonstrate less positive child-rearing practices. They fail to recognize their children's needs and lack the skills to advocate for them. A social worker should help the parents become aware of eligible community resources and make referrals as deemed appropriate.

Question No: 3

A 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 to help the household meet its 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: D

Explanation: The comprehensive family assessment gathers all background information on its members and evaluates the home environment. Contributing factors are discussed, such as domestic violence, lack of employment, alcohol/drug usage, and educational background. A social worker will also collect information on who lives in the home and the parent's culture, health and finances.

Question No: 4

A referral comes into the local Children's Protective Services in regards to a female infant. The concerns raised by the informant include a lack of nutrition and improper supervision. Neighbors hear the baby cry at all hours of the night for long lengths of time. The parents leave the home before dark and do not seem to reappear until dawn the next day. Groceries brought into the home are noticeably snack foods and alcohol. The social worker responding will need to complete what kind of assessment?

- A. Comprehensive family assessment
- B. Functional assessment
- C. Economic assessment

D. Initial assessment

Answer: D

Explanation: The initial assessment is the first priority with a new referral that may indicate a child's needs are not being met. This is brief and determines whether there are concerns of significant harm, neglect, abuse, and whether services are required. If a child is found to be in need, further assessments will be completed.

Question No: 5

All initial assessments should be conducted by an experienced and qualified social worker. Before confronting the family, there should be a plan about who is doing what and when information can be shared with the parents. Which of the following should be part of an initial assessment?

- A. Verifying Medicaid coverage
- B. Observing the child with both parents present
- C. Seeing and speaking to family members as appropriate
- D. Allowing the referent to sit in on all interviews

Answer: C

Explanation: The social worker should speak to family members as appropriate in their ideal language. Children should be interviewed alone with the consent of the parent or caretaker. If consent is not given, other means should be utilized. The referent should be involved as far as obtaining relevant information.

Question No: 6

A social worker visits a home after a referral comes in about inappropriate disciplinary techniques being utilized by a mother of a nine-year-old boy. The child is described as out of control, and the parent spansks him five or six times a day. The mother has been heard screaming at the boy, and this has not helped the situation. Shortly into the initial assessment, it is discovered the child has been referred for ADHD testing by a counselor at school. The mother feels her son is simply defiant and angry because his father left the family two years ago. Should the social worker be concerned?

- A. Yes, the mother has unrealistic expectations of her child's possible disability.
- B. No, the mother is handling the situation and understands her son's emotional problems.
- C. Yes, the child should be referred to juvenile services for aggressive behaviors.

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D. No, the neighbors are just trying to start trouble for the family.

Answer: A

Explanation: There are issues of concern that should be further investigated by the social worker. The child is not receiving adequate care for his disability. A child with ADHD may demonstrate behaviors of defiance, aggressiveness and temper tantrums. The nine year-old may be displaying behaviors related to his disability and the mother has unrealistic expectations.

Question No: 7

Sexual abuse, physical abuse, emotional abuse and neglect are attributable to a lack of appropriate parental care. When one of these problem is serious enough to adversely affect the progress and enjoyment of a child's life it is defined as what?

A. Emergency removal

B. Significant harm

C. Poor parenting

D. Medical neglect

Answer: B

Explanation: Significant harm is the main component that justifies intervention in the best interest of a child. There are no absolute criteria to rely on when judging the extent. A single violent episode may constitute significant harm, but usually it is the accumulation of events that leads to damage in a child's development.

Question No: 8

A social worker is confirming that an assessment plan flows naturally from child and family to service planning. To assess needs and recognizing positive strengths, she conducts face-to-face meetings. Other agencies may be involved including teachers, therapists, and other community support systems. What type of assessment encompasses all of the above?

A. Cognitive behavioral assessment

B. Family fundamentals assessment

C. Community relations assessment

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D. Functional assessment

Answer: D

Explanation: A functional assessment is one of the key factors in achieving the well-being, safety and permanence of a child. The family and child are engaged as partners in the entire process. Family assessments are needs-based, team-based and strengths-based. They make use of family systems relationships.

Question No: 9

Of the following types of studies, which are concerned with the effects of drugs on behavior, thought, perception, or mood?

A. Pharmaceutical studies

B. Psychopharmacological studies

C. Psychoactive studies

D. Chemical reactions

Answer: B

Explanation: Psychopharmacology refers to the study of drug-induced changes in thinking, mood and behavior. The most widely studied drugs are those available for treatment of mental disorders. Psychopharmacology is primarily focused on chemical interactions with the brain.

Question No: 10

Citalopram or Celexa is often used to treat depression. It comes in tablet form and should be taken by mouth one time per day. This drug is in a class of antidepressants called selective serotonin reuptake inhibitors (SSRIs). How does citalopram work?

A. It reduces anxiety.

B. It speeds up circuits in the brain.

C. It increases the amount of serotonin in the brain.

D. It decreases the amount of serotonin in the brain.

Answer: C

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Explanation: Citalopram increases the amount of serotonin in the brain. Increasing the amount of serotonin helps maintain mental balance for people suffering from depression. Other common uses for Citalopram include treating eating disorders, panic disorders, premenstrual dysphoric disorder and social phobias. Many doctors will start their patients out on a low dose and slowly increase it over a series of weeks.

Question No: 11

What is the first step in a psychological assessment?

- A. Family medical history
- B. Biographical history
- C. Bio psychosocial history
- D. Mental evaluation

Answer: C

Explanation: The first step in a psychological assessment is a bio psychosocial history, which involves identifying chief complaint, past psychological history, present illnesses, and current mental status. Sometimes this information is difficult to obtain if the patient is unwilling to aid in disclosure. Once this information is obtained, neurological and psychological testing can take place. When all information is collected, the patient is informed of the results and treatment begins.

Question No: 12

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. None of Phillip's acts were premeditated, and he claims to have little control over his actions. What disorder might a social worker set out to treat?

- A. Anger management
- B. Destructive personality disorder
- C. Impulse control disorder
- D. Lack of self esteem

Answer: C

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Explanation: Phillip suffers from impulse control disorder. This problem is defined as the failure to resist a spontaneous act or behavior that may be detrimental to self or others. The actions are not considered in advance and may include gambling, violence, sexual misconduct, stealing and self-abusive behavior.

Question No: 13

Impulse control disorder is an umbrella term for a set of psychological disorders. Which of the following is not part of this set?

- A. Insomnia
- B. Intermittent explosive disorder
- C. Kleptomania
- D. Pyromania

Answer: A

Explanation: Individuals who suffer from impulse control disorder generally display actions pertaining to stealing, fire starting and violence, but not necessarily insomnia. It is important to distinguish between the diagnosis of impulse control disorder and actions of people with impulse control disorder. The diagnosis itself is a psychiatric issue, while the actions may be considered criminal. Causes of impulse control disorder may be drug abuse and traumatic brain injury, and many people with impulse control disorder have multiple psychiatric diagnoses that will need to be treated simultaneously.

Question No: 14

The nation's leading medical problem is not cancer, lung or heart disease. It has definite causes and affects 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: C

Explanation: Over 23 million Americans receive some form of mental health treatment in a year's time.

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The sooner symptoms are recognized the better. Individuals in fear of losing control of their lives require help. Symptoms to look for include: depression, excessive sleeping, deterioration of relationships, unusual behavior, social withdrawal and the inability to express feelings.

Question No: 15

Persistent unhappiness, loss of appetite, changes in sleep patterns, withdrawal and decreased energy are all symptoms of what mental illness?

- A. Chronic fatigue syndrome
- B. Depression
- C. Bi-polar disorder
- D. Alter-ego

Answer: B

Explanation: Depression is a mood disorder in which feelings of sadness, frustration, loss and anger interfere with day-to-day life for an extended period of time. Low self-esteem and anger are common. The degree of depression may be mild, moderate or severe. This determines the amount of treatment required by a professional.

Question No: 16

Depression has been called by different names, such as the blues, sadness, gloom and just being melancholy. Which of the following is a common symptom of depression?

- A. Fatigue
- B. Difficulty with concentration
- C. Irritability
- D. All of the above

Answer: D

Explanation: Fatigue, difficulty with concentration, and irritability are all common symptoms of depression. Depression is a mood disorder that affects everyday life for an extended period of time. Other symptoms may include dramatic changes in appetite, trouble sleeping, withdrawal from usual activities and recurring thoughts of suicide.



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Question No: 17

After a social worker has identified the target behavior of a client, it is time to start collaborative problem solving, including examining the problem situation and developing a hypothesis. There are three parts to this particular type of problem solving: identifying the antecedent, identifying the function of the behavior and:

- A. Identifying a positive replacement behavior.
- B. Identifying the people involved in the behavior.
- C. Identifying the reason for the behavior.
- D. Identifying other secondary behaviors.

Answer: A

Explanation: Identifying a positive replacement behavior will be a process of give and take. An example is a child taking a time-out on his/her own when anger issues arise. Giving that person some freedom to think about their behaviors will help decrease the incidents. The social worker should state what the ultimate outcome is and help the client work towards that goal.

Question No: 18

When applying behavior analysis, assessment guides the recognition of target behaviors and the development of an intervention. What are the four methods utilized to obtain a complete understanding of a person's behavior?

- A. Direct observation, focus groups, testing and checklists
- B. Indirect observation, interviews, tests and medical records
- C. Interviews, checklists, problem identifying and observation
- D. Direct observation, interviews, checklists and tests

Answer: D

Explanation: The four major methods of obtaining assessment information are direct observation, interviews, checklists and tests. These methods allow a social worker to identify target behaviors, which must be observable and measurable. Typically there are multiple behaviors identified and the social worker must prioritize for intervention.

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Question No: 19

When multiple behaviors are identified, a social worker must prioritize according to significance. Factors in determining the significance of a problem include the effect of the behavior on a person's environmental access and its social importance and whether intervention is age-appropriate. What is the term for the priority or most significant behavior?

- A. Direct behavior
- B. Target behavior
- C. Interpreted behavior
- D. None of the above

Answer: B

Explanation: The most significant behavior is called the target behavior. Behaviors are rated according to key questions dealing with relative danger, long-standing existence, frequency, relevance for skill development, potential for reinforcement, likelihood of success and cost. Determining the significant behavior is a critical step in the assessment process.

Question No: 20

The Madisons are meeting with their social worker, who is helping them with daily functioning. They are called into one room and shown a flow chart describing the processes the family unconsciously follows. There are distinguishing hierarchies and alliances within. What type of therapy is the social worker utilizing?

- A. Relational therapy
- B. Dysfunctional therapy
- C. Interactive therapy
- D. Structural family therapy

Answer: D

Explanation: Structural family therapy places most of the focus on the members' interactions. The family is viewed as a system that functions within a larger classification such as culture or community. Rules of interaction are established, and these form the family's structure. Therapy should always focus on the presenting problem and the process of change.

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Question No: 21

Social workers take on many roles when assessing and providing intervention to their clients. For example, the mediator role involves resolving conflicts in various subsystems without taking sides. Which of the following is another role social workers play?

- A. Parent
- B. Medical provider
- C. Psychologist
- D. Integrator

Answer: D

Explanation: The integrator or coordinator brings components together in an organized manner. This may include advocacy and identification of coordination opportunities. Another avenue would be providing technical assistance in the development and implementation of service linkages.

Question No: 22

In an effort to keep his job and family, George has decided to seek therapy for his substance abuse problem. Since this type of psychological problem is viewed as an inability to make meaningful and self-directed choices on how to live, intervention should be directed at increasing George's self-awareness and understanding, with a focus on acceptance and growth. Which kind of therapy is this a description of?

- A. Humanistic therapy
- B. Behavioral therapy
- C. Biomedical therapy
- D. Cognitive therapy

Answer: A

Explanation: Acceptance and growth are major themes of humanistic therapy. The humanistic approach to therapy holds a belief that individuals have the capacity for self-understanding and choice. Human nature is basically good with a potential to maintain healthy relationships and responsible decisions. Humanistic therapy focuses on freeing people from disabling attitudes and enabling them to thrive.

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Question No: 23

Existential therapy focuses on helping clients find meaning amidst anxiety by making choices to act and think responsibly and focusing on individual problems such as loneliness, despair, isolation and death. Existential therapy believes that clients' problems come from not sufficiently exercising choice to bring meaning into their lives. What are the main themes for this type of therapy?

- A. Self and determination
- B. Responsibility and freedom
- C. Choices and self
- D. Authenticity and free will

Answer: B

Explanation: The idea that responsibility and freedom enable people to live meaningful lives, even amidst uncertainty, is a major theme of existential therapy. The existential therapist believes that the human experience is influenced by biology, culture and luck. Each individual is responsible for making meaning out of their lives. Therapy helps with the confrontation of negative internal forces.

Question No: 24

When developing a functioning service plan to maintain safety and permanence within a family, what type of assessment should be utilized?

- A. Individual assessment
- B. Group assessment
- C. Family-centered assessment
- D. Child welfare assessment

Answer: C

Explanation: Family-centered assessment helps identify needs, strengths and resources to determine the best possible assistance for a family. The family unit is seen as a whole and full participation is expected.

Question No: 25

A social worker meets with the Robertson family to complete a comprehensive family assessment to help recognize parental behavior. Information will be collected on who lives in the home, health history,

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employment and stability. Which of the following possible contributing factors should the social worker consider?

- A. Domestic violence
- B. Alcohol/drug usage
- C. Educational background
- D. All of the above

Answer: D

Explanation: When completing a comprehensive family assessment, the social worker should consider possible contributing factors, including domestic violence, alcohol/drug usage, and educational background, and employment status. All of these concerns are addressed to ensure the permanency and safety of the children. A social worker cannot determine a working service plan without this information.

Question No: 26

A family has asked for help with their son. Adrian is an active nine year old who is always on the go. His past behaviors have been blamed on high energy levels and the need to be expressive. Lately, these behaviors have become a problem for Adrian's teachers. There have been three conferences between parents and school staff in the last three months pertaining to the child questioning rules and talking back inappropriately. When he is confronted, Adrian displays resentment towards the authority figure. What might the child be assessed for by the social worker?

- A. ADHD
- B. Oppositional defiant disorder
- C. Anti-social disorder
- D. Mood disorder

Answer: B

Explanation: Oppositional defiant disorder affects approximately 16% of school students. It is often recognized as an ongoing pattern of hostile, uncooperative and defiant behaviors displayed towards authority figures. Symptoms must be observed at home and school to be correctly diagnosis.

Question No: 27

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A social worker needs to be cautious when completing an assessment for oppositional defiant disorder. The problem should be observed at home and school. Behaviors must occur in a manner that affects family, social life and academic life. Which of the following symptoms need to be displayed in order to correctly diagnose oppositional defiant disorder?

- A. Annoyed by others
- B. Talking in a hateful manner
- C. Frequent temper tantrums
- D. All of the above

Answer: D

Explanation: In order to correctly diagnose oppositional defiant disorder, a social worker must observe a specific set of behaviors, including frequent temper tantrums, hateful language directed at others, and annoyance at interacting with other people. Oppositional defiant disorder affects school-aged children and adolescents. Currently, there are no known causes for this problem.

Question No: 28

Sandra's grandmother has been diagnosed with dementia, but recently she has been demonstrating more severe symptoms. She has problems thinking, and the memory loss is beginning to interfere with hobbies, family and social life. What problem may be occurring that affects 5.3 million Americans?

- A. Social identity disorder
- B. Cognitive delay disorder
- C. Chronic fatigue syndrome
- D. Alzheimer disorder

Answer: D

Explanation: Alzheimer disorder causes an individual to demonstrate confusion and major changes in thinking. The disorder worsens over time and there is currently no known cure. Brain cells will begin to fail, and the outcome is always fatal.

Question No: 29

There is a wide range of symptoms and severity across the autism spectrum. Given this fact, which

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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: A

Explanation: Autism is a spectrum disorder described as a set of behaviors that children and adults display in various ways. There is normally little interest in most activities and noticeable delays in spoken language. Nonverbal behaviors such as body posture and facial expressions can become a problem with autism. One third of patients with this diagnosis have a normal IQ.

Question No: 30

Ashley's family has sought out the services of a social worker to determine what kind of problems the child is having. She tends to display involuntary movements such as repeatedly blinking her eyes and saying things at inappropriate times. These issues have worsened with age. Her father states that there is an uncle in the family who demonstrates the same behaviors. What might be the findings of the social worker's assessment?

- A. Obsessive compulsive behavior
- B. Narcissistic disorder
- C. Tourette syndrome
- D. Alter-ego disorder

Answer: C

Explanation: People with Tourette syndrome display behaviors that they think need to be performed before they can relax or calm down. Tics, or involuntary body movements, will increase with anxiety and excitement. Family members with the same disorder can be found in one third of all cases.

Question No: 31

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

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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. Bi-polar disorder
- D. Impulse control disorder

Answer: D

Explanation: A full assessment for Sabrina will likely have the finding of impulse control disorder. Individuals with impulse control disorder are unable to manage aggressive desires without immediate action. Other symptoms of this disorder include sexual promiscuity and excessive drug use. This is an ego function problem that is quite common.

Question No: 32

When utilizing cognitive therapy as a form of direct practice, a social worker's main goal is to bring about which of the following changes in behavior?

- A. Diminishing anger
- B. Becoming more aggressive
- C. Controlling mood swings
- D. Controlling emotional responses

Answer: D

Explanation: Cognitive therapy helps one overcome difficulty by identifying and making changes to behaviors, emotional responses and dysfunctional thinking.

Question No: 33

A social worker is helping a client named Beth with anxiety issues that surface when she is in dark places. The problem has occurred since the client was young, and she sleeps with every light on in her home. Most nights, Beth dozes on the couch, and the lack of sleep is interfering with her home and social life. Which of the following types of therapy would be most effective in combating Beth's anxiety issues?



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- A. Behavior modification
- B. Systematic desensitization
- C. Cognitive behavioral
- D. Psychosomatic disorder

Answer: B

Explanation: Systematic desensitization educates a person to overcome an avoidance pattern. It helps effectively with phobias and anxiety by exposing the client to the fear gradually until it can be tolerated.

Question No: 34

Many social workers utilize a therapy-not to be confused with classical conditioning.-that deals with modifications of voluntary behaviors caused by environmental influences. This kind of therapy includes four basic consequences: positive reinforcement, negative reinforcement, positive punishment and negative punishment.

Which of the following therapies is described above?

- A. Covert behavior therapy
- B. Positive reaction therapy
- C. Operant conditioning therapy
- D. None of the above

Answer: C

Explanation: Operant conditioning therapy looks at the antecedent and consequences that cause negative behaviors. Reinforcement and punishment are the main tools of this therapy.

Question No: 35

Person-centered therapy demonstrates emotional understanding and sensitivity towards the client's point of view. The social worker's job is to listen and give complete attention to what the client is verbalizing. Which three attitudes on the part of the therapist make this therapy productive?

- A. Empathy, compassion, and coerciveness
- B. Formality, positive reaction, and covert behavior

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- C. Instruction, congruence and empathy
- D. Positive reaction, positive regard and congruence

Answer: D

Explanation: Positive reaction, positive regard and congruence are important facets of person-centered therapy. In person-centered therapy, the direction of the therapy should be determined by the client. Therapy seeks to increase the individual's self-understanding and insight.

Question No: 36

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 social worker aim for with this in mind?

- A. Solution building
- B. Positive attitude
- C. Cognition
- D. Structured therapy

Answer: A

Explanation: Solution building should be the main goal when working with Scott. In solution building, a social worker will attempt to change how an individual thinks about a solution and educate a client on how to achieve happiness.

Question No: 37

Social workers will often utilize a therapy that is similar to the existential approach. An emphasis is on fulfillment and growth through self-perception. The presumption is that everyone's true nature is good. Which of the following therapies is described above?

- A. Self-centered therapy
- B. Gestalt therapy
- C. Realty therapy

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D. Humanistic therapy

Answer: D

Explanation: Humanistic therapy is based on self-mastery and self-examination. It focuses on the belief that humans want to improve and reach high levels of success. A social worker will still consider the influences of society and the unconscious.

Question No: 38

Sabrina sees a social worker once a week due to an internal conflict that has hindered her everyday functioning in society. The therapy focuses on freedom of choice for issues that are present and those in the possible future. Sabrina will work on four themes, including isolation, freedom, meaninglessness and death. What method is being utilized?

A. Psychosomatic therapy

B. Gestalt therapy

C. Covert therapy

D. Existential therapy

Answer: D

Explanation: Existential therapy helps clients become open to the idea they are free to choose possibilities for their themselves.

Question No: 39

A social worker is asked to help a family struggling after the recent loss of their home. A fire consumed the entire structure and all contents within. Tangible supports such as food and clothing have been donated. What other care would be most beneficial at this time?

A. Informational and emotional

B. Medical and social

C. Independence and money

D. Psychological and medical

Answer: A

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Explanation: Informational support can be provided by advice from friends and family. A social worker can also make referrals to agencies that provide information on housing. Emotional support helps reassure individuals that others can help them through this traumatizing time.

Question No: 40

The disengagement theory views aging as a mutual withdrawal from family, support circles and friends. Societies around the world appear to endorse the idea of elders voluntarily slowing down. Sometimes this occurs when older adults lose their ability to drive, eat or bathe on their own. Which of the following factor most influences 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: C

Explanation: As the elderly lose the ability to be mobile within society, their large network of social circles start to grow smaller. Eventually, the only people within an older individual's life tend to be a few close relatives. An assessment will see this withdrawal as beneficial to the community and elderly.

Question No: 41

In Maslow's hierarchy of needs, the need for love and esteem is referred to as emotional dependency. There are five levels of emotional dependency, all necessary for children to grow into happy individuals. These levels are self-actualization, esteem, love, belonging, and:

- A. External fulfillment
- B. Emotional reciprocity
- C. Physiological dependence
- D. Psychological growth

Answer: C

Explanation: The five levels of emotional dependency are: self-actualization, esteem, love, belonging, and psychological growth. All five needs have to be met consistently, or an individual will suffer from a lack of