SUMMIT
STUDY GUIDES

LCSW

Diagnostic Assessment

Week 4 Checkpoint

40 Questions • 80 Minutes

Scored across six study areas • Original practice questions

Find your weak areas, then study the chapters that matter most

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How to Use This Material

Take this assessment in one sitting with an 80-minute timer, choosing the single BEST answer for each question. It has 40 questions spread across six study areas in proportion to the ASWB Clinical exam. Then score it with the separate answer key and fill in the Weakness Map at the end of the key. The interactive version on the Diagnostic page of the LCSW bonus site scores your Weakness Map automatically.

LCSW Week 4 Checkpoint

40 questions • Answer key and Weakness Map in the separate Answer Key file
Choose the single BEST answer for each question. Allow 80 minutes.

1. Empowerment-oriented social work practice PRIMARILY aims to:

- **A.** help clients adjust to existing conditions they are unable to change
- **B.** provide expert solutions to the problems that clients bring to the worker for help
- **C.** increase clients' personal, interpersonal, and political power over their lives

2. A school social worker wants to track anxiety for Lucia, 11, whose parents speak Spanish and want to complete a parent-report measure. The agency's chosen measure has a published, validated Spanish version. What is the BEST approach?

- **A.** Have Lucia translate the English form for her parents at home
- **B.** Have a bilingual staff member translate the items aloud as needed
- **C.** Use the validated Spanish version of the parent-report measure
- **D.** Use the English version so scores match the published norms

3. Teresa, 45, has cerebral palsy that affects her speech, and her personal care attendant drives her to an intake at a mental health clinic. When the social worker asks Teresa what brings her in, the attendant begins answering. Teresa's speech takes longer to understand, and she carries a communication device. What should the social worker do NEXT?

- **A.** Turn back to Teresa, allow extra time, and ask her to repeat or use her device when needed
- **B.** Let the attendant finish answering, then confirm the important details with Teresa afterward
- **C.** Ask the attendant to step out so Teresa can speak for herself

4. Teresa, 40, has PTSD after a home invasion. She attends appointments reliably, has never been hospitalized, and needs both trauma-focused counseling and help applying for a housing transfer. She says, 'I can't keep telling my story to new people. I want one person.' Which approach BEST fits?

- **A.** Brokerage case management with referrals to a therapist and to a housing advocate
- **B.** Strengths-based case management focused on community resources
- **C.** Clinical case management, with one worker providing counseling and coordination
- **D.** Assertive community treatment through a multidisciplinary team

5. Under HIPAA, the minimum necessary standard does NOT apply to which disclosure?

- **A.** A disclosure to the client's health plan to obtain payment for her sessions
- **B.** A disclosure to another health care provider for the client's treatment
- **C.** A disclosure to the agency's quality improvement committee

6. A social worker at an outpatient clinic and her client Hana, 26, have agreed that Hana needs an intensive outpatient program for her eating disorder. The program has a three-week waitlist. Hana's physician examined her last week and found her medically stable. What should the social worker do while Hana waits?

- **A.** Enroll Hana in a second program with a shorter wait without asking her first
- **B.** Close the case, since Hana is now on the program's waitlist
- **C.** Keep seeing Hana and coordinate with her physician until the transfer is complete
- **D.** Reduce sessions to monthly so that Hana can focus on preparing for the new program

7. Keira, 27, has been ordered by family court to complete a parenting assessment with a child welfare agency social worker before her two children can return home. She sits down at the first meeting and says, 'Fine. What do you need from me?' What should the social worker do FIRST?

- **A.** Begin the parenting assessment with questions about her daily routine
- **B.** Tell Keira that what she shares in their meetings will stay private between the two of them
- **C.** Ask Keira what she believes led the court to order the assessment and what she hopes will change
- **D.** Explain what information will be shared with the court and caseworker, and what choices Keira has

8. Shauna, 36, sues her former employer, claiming that harassment at work caused her severe anxiety and depression. Her social worker has treated her for both conditions for a year. How does the lawsuit MOST likely affect privilege for those treatment records?

- **A.** By claiming emotional harm, Shauna has likely waived privilege for related records
- **B.** It has no effect, because privilege cannot be waived by a client in a civil lawsuit
- **C.** Privilege shifts to her attorney for the length of the lawsuit

9. Two days before her nursing board exam, Thandiwe learns her mother's biopsy results will not come back until next week. She tells her social worker, "I'm choosing to set that worry aside until Friday afternoon so I can study, and then I'll let myself deal with it." Which defense mechanism does this describe?

- **A.** Repression of the worry
- **B.** Suppression
- **C.** Denial

10. A social worker is assessing acculturation with Ricardo, 40, who moved from Brazil 15 years ago and works as a contractor. Which approach is BEST?

- **A.** Ask about his language, relationships, values and practices across areas of his life
- **B.** Estimate his acculturation from his number of years in the country and his English fluency
- **C.** Ask him to choose whether he identifies more as Brazilian or as American

11. Lucas, 36, stays home with his twin toddlers while his wife works as a surgeon. He tells his social worker that other parents at playgroups ignore him or ask when he will "go back to work," and he feels isolated. What is the BEST response?

- **A.** Name the gender-role pressure he faces and help him connect with other at-home dads
- **B.** Explore whether he resents his wife's career and the arrangement the family has chosen
- **C.** Encourage him to consider part-time work as a way to rebuild his own sense of identity

12. Ellen, a hospital social worker, tells her supervisor that she is being treated for depression and that her concentration has been poor for the past month. Her supervisor has noticed two missed discharge deadlines. What is the BEST supervisory response?

- **A.** Ask about her medication and therapy to judge whether her treatment is adequate
- **B.** Discuss how the symptoms are affecting her work and explore temporary adjustments such as a lighter caseload
- **C.** Place Ellen on leave until her depression has fully resolved
- **D.** Overlook the missed deadlines because she is already in treatment

13. Mei, 47, has cared for her mother with dementia for five years while working full time, rarely sleeping more than five hours. In counseling she says, 'I used to think a good daughter gives up everything. Now I see that wearing myself down doesn't help her either. The caring choice includes me, so I'm going to use respite care.' In Gilligan's model, which level does her current reasoning reflect?

- **A.** Morality of nonviolence
- **B.** Goodness as self-sacrifice
- **C.** Orientation to individual survival

14. In Bandura's model of reciprocal determinism, which three elements continually influence one another?

- **A.** Personal factors, behavior, and environment
- **B.** Id, ego, and superego
- **C.** Stimulus, response, and reinforcement

15. Abena, 45, has severe depression. She has stopped going to church choir, spends most of the day in bed, and says she cannot focus long enough to read a page. Her psychiatrist has started medication, and she denies suicidal thoughts. Which CBT intervention is BEST to begin with?

- **A.** Behavioral activation with a simple activity schedule
- **B.** Daily thought records to identify her automatic thoughts
- **C.** Reading assignments that teach the cognitive model
- **D.** Core belief work on her sense of being worthless

16. Harper, 14, is in a first telehealth session for social anxiety arranged by her mother. She gives one-word answers and stares at the corner of the screen. The social worker has tried several open questions and a long pause; Harper's breathing quickens and she says, "I don't know what you want me to say." Which response is BEST?

- **A.** Wait in silence so she has room to decide what to share
- **B.** Ask her mother to rejoin the call so Harper feels at ease with someone familiar
- **C.** Offer a short choice, such as talking about school or a show she likes
- **D.** Explain that therapy works best when clients share openly

17. A detective presents a clinic social worker with a search warrant, signed by a judge, for a client's records relating to his treatment during March. The client cannot be reached. What should the worker do?

- **A.** Provide the client's entire chart so that the detective has complete information for the case
- **B.** Comply with the warrant, providing records within its scope, and notify agency counsel
- **C.** Refuse to release the records until the client consents

18. Which practice does the Multiethnic Placement Act, as amended, prohibit for child welfare agencies that receive federal funds?

- **A.** Recruiting foster families who reflect the racial and ethnic makeup of children in care
- **B.** Considering a child's specific needs when choosing among available homes
- **C.** Placing an Indian child according to ICWA's placement preferences
- **D.** Delaying or denying a placement on the basis of the race or ethnicity of the child or family

19. A primary care team wants a brief, validated screen for hazardous and harmful drinking in adults. Which tool BEST fits this purpose?

- **A.** AUDIT
- **B.** DAST-10
- **C.** CRAFFT
- **D.** PHQ-9

20. When 15-year-old Bea cries in a family session about feeling left out, her father responds in an even tone with research on adolescent mood swings and suggests a weekly schedule to improve family time. He shows no emotion, even when Bea leaves the room. In Satir's model, the father is BEST described as:

- **A.** blaming
- **B.** super-reasonable
- **C.** congruent

21. Devon, 16, tells a school social worker, "My mom checks my grades online every single day. It's so annoying." Which response is a complex reflection?

- **A.** "Do you think she checks because she's worried?"
- **B.** "Your mom checks your grades online daily."
- **C.** "You'd like her to trust you to handle school yourself."

22. A training clinic asks clients to allow sessions to be recorded for student supervision. Mrs. Halvorsen, 60, says she is uncomfortable being recorded but wants to begin counseling. What should the social worker do?

- **A.** Refer her to a clinic that does not use recordings
- **B.** Explain that recording is a condition of services at a training clinic
- **C.** Provide counseling without recording

23. After Kalani, 19, attempts suicide, a social worker's supervisor reviews her chart. The worker discussed a safety plan with Kalani last month but did not write it in the signed note. The supervisor asks her to "go back and add the safety plan to last month's note." What is the BEST response?

- **A.** Write a dated addendum describing the safety planning
- **B.** Edit last month's note so that it reflects what actually happened
- **C.** Decline to add anything, since the note was already signed
- **D.** Add the safety plan to today's note as if it were new

24. A social worker reports suspected neglect in good faith. Child protective services does not substantiate the report, and the parents threaten to sue her. What protection applies in most states?

- **A.** No protection, since unsubstantiated reports expose reporters to civil damages
- **B.** Immunity from civil and criminal liability for reports made in good faith
- **C.** Protection that applies if the report is later substantiated

25. At his first session in a community clinic, Mr. Ferreira, 60, who moved from Brazil last year, greets his male social worker with a warm embrace. The worker is mildly uncomfortable but sees it as a customary greeting. What is the BEST response?

- **A.** Step back and explain that clinical relationships do not include hugs
- **B.** Accept the greeting, then later discuss greetings comfortable for both
- **C.** Accept the greeting and make no comment, since it is customary for him
- **D.** Ask a colleague who shares his culture whether the greeting is appropriate

26. Mr. Adeyemi, 70, was readmitted to the hospital for heart failure after skipping his diuretic. He tells the social worker, "I know I'm supposed to take it, but I hate running to the bathroom all day when I'm out." Which approach is BEST?

- **A.** Motivational interviewing to explore both sides of his ambivalence
- **B.** A psychoeducation session on the risks of skipping heart medication
- **C.** Cognitive behavioral therapy to correct his beliefs about the medication

27. Lamar, 45, tells his social worker, "I know my drinking is out of control, and it's because I'm self-medicating my anxiety." Later in the session he mentions he drove home from a bar on Saturday after eight drinks because "it was just a few miles." How should the social worker describe his insight and judgment?

- **A.** Poor insight and poor judgment
- **B.** Fair to good insight and poor judgment
- **C.** Poor insight and good judgment
- **D.** Good insight and good judgment, with impaired impulse control

28. A social worker at a memory clinic wants a brief cognitive screen that is more sensitive than the MMSE to mild cognitive impairment, including problems with executive function. Which tool BEST fits?

- **A.** The Geriatric Depression Scale
- **B.** The Mini-Cog three-word recall and clock test
- **C.** The Montreal Cognitive Assessment (MoCA)
- **D.** The NICHQ Vanderbilt Assessment Scale

29. Kwabena, 23, born in the United States to Ghanaian parents, had a first episode of psychosis and is now stable enough to talk at length. His mother, who brought him in, believes the episode has a spiritual cause, and Kwabena agrees she can take part in his care. The team wants cultural information to guide the treatment plan. What is the BEST approach?

- **A.** Interview his mother with the informant version, since she holds the cultural explanation
- **B.** Interview Kwabena with the core CFI and his mother with the informant version
- **C.** Skip the CFI, since Kwabena was raised in the United States and speaks English

30. Lucia, 10, reads slowly and makes many errors sounding out words, though she understands stories read aloud to her. Her school has given her small-group reading intervention three times a week for eight months with little change. Vision and hearing screens are normal, her intellectual testing is average, and she has attended the same school since kindergarten. Her math skills and attention are age-appropriate. What is the MOST likely diagnosis?

- **A.** Specific learning disorder, with impairment in reading
- **B.** ADHD, predominantly inattentive presentation
- **C.** Intellectual developmental disorder, mild
- **D.** Language disorder affecting expressive and receptive skills

31. Mr. Díaz, 75, has COPD and uses oxygen at night. His pulmonologist estimates he has two to three years to live. His family asks the social worker to enroll him in hospice now so he can get extra help at home. What should the social worker do?

- **A.** Explain that hospice benefits are designed mainly for people with cancer
- **B.** Explain hospice's six-month prognosis guideline and explore palliative care
- **C.** Help the family begin hospice enrollment, since he has a progressive illness

32. Kayla, 11, is in TF-CBT after a dog attack. She has completed psychoeducation, relaxation skills, and affect modulation, and she can now use cognitive coping to challenge unhelpful thoughts. Her mother attends parallel sessions. Which component comes NEXT?

- **A.** Enhancing safety and future development
- **B.** Developing the trauma narrative
- **C.** Conjoint child-caregiver sessions

33. A university study of family communication involves a one-hour recorded interview and offers no direct benefit to participants. Jonah, 12, is the child of a client at a family agency. His mother signs permission, but when the researcher explains the study, Jonah says he does not want to be recorded. What should happen?

- **A.** Respect Jonah's refusal and do not enroll him in the study
- **B.** Enroll Jonah, since his mother has legal authority to consent for him
- **C.** Enroll Jonah but turn off the recorder for the parts he finds hard
- **D.** Ask his mother to talk with Jonah and try again next week

34. Wendell, 33, lives alone and works night shifts stocking shelves. He tells a community clinic social worker that he can sometimes sense what strangers are thinking and that wearing his lucky green jacket keeps bad events away. He dresses unusually, speaks in vague and roundabout ways, and says his discomfort around people has not eased even with coworkers he has known for years. He denies hearing voices, and these patterns go back to his teens. What is the MOST likely diagnosis?

- **A.** Schizophrenia
- **B.** Schizotypal personality disorder
- **C.** Schizoid personality disorder
- **D.** Avoidant personality disorder

35. Lorna, 47, sees a social worker licensed in Minnesota for video sessions. She mentions that next week she will be staying at her sister's home in Wisconsin and will join from there. The social worker is not licensed in Wisconsin. What should the social worker do FIRST?

- **A.** Switch next week's session to a phone call, which avoids the video licensure question altogether
- **B.** Hold the session as scheduled, since Lorna is a Minnesota resident
- **C.** Check whether Wisconsin's rules permit sessions with a client located there before next week

36. At a syringe services program, a social worker finds Dmitri, 30, slumped in a bathroom stall. He does not respond to his name or a firm shake, his breathing is slow and shallow, his lips look bluish, and his pupils are pinpoint. The program keeps naloxone on site, and staff are trained to use it. What should the social worker do FIRST?

- **A.** Stay with him and watch his breathing until he begins to wake
- **B.** Ask his friend in the lobby what he used and how much he took
- **C.** Place him on his side and recheck his breathing in five minutes
- **D.** Call 911 and give naloxone following the program's protocol

37. A client satisfaction survey asks clients to rate "My counselor listened to me" as strongly disagree, disagree, neutral, agree, or strongly agree. What level of measurement is this single item?

- **A.** Nominal
- **B.** Interval
- **C.** Ratio
- **D.** Ordinal

38. Jolene, 35, is ordered by a drug court to attend a federally assisted outpatient substance use program, and the court asks the program to confirm her attendance. At intake she says she will not sign a release for the court because she does not trust it. What should the social worker do?

- **A.** Ask the judge to issue an order requiring release of her program records
- **B.** Explain that without her consent attendance cannot be confirmed, and discuss the consequences
- **C.** Discharge Jolene from the program for not meeting the court's conditions
- **D.** Send her attendance records to the court, since the court's order already requires her to attend

39. Helene, 50, tells her outpatient social worker she has no suicidal thoughts and wants to reduce sessions to monthly. An hour later her husband calls; Helene's signed release allowing the social worker to talk with him is on file. He says she sent goodbye texts to her sisters last night and has been searching for her sleeping pills, which he hid. What is the BEST way for the social worker to respond?

- **A.** Ask the husband to call back after Helene has agreed to talk with the social worker about his concerns
- **B.** Wait to see whether Helene raises the texts at her next session
- **C.** Give priority to Helene's own report, since she is the client
- **D.** Treat his report as warning signs and reassess her today

40. At a WIC office, a mother tells the social worker that her 11-month-old, Luis, has never crawled. He scoots on his bottom, pulls up to stand at the couch, waves bye-bye, and says 'dada.' His well-child visits are up to date. What is the BEST response?

- **A.** Help her request an early intervention evaluation, because crawling is a key motor milestone
- **B.** Suggest daily crawling practice on the floor so he catches up before his first birthday
- **C.** Explain that crawling is not on the CDC checklists and his skills look on track