

# LMSW Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

- 1. What should the social worker do first when Joan reports that her husband Mike is verbally and physically aggressive after drinking?**
  - A. Ask Mike to come in for treatment and work with him around his alcohol problem.**
  - B. Suggest a medical examination for Joan and the children.**
  - C. Suggest family treatment to encourage Mike to seek help.**
  - D. Work with Joan to help her protect herself and the children, either through the child protective agency, a shelter or through a court order of protection.**
  
- 2. How should a director engage staff effectively when canceling August vacations due to an unexpected upsurge of migrant workers?**
  - A. Discuss the issue with subordinates and allow for questions, alternate possibilities and objections**
  - B. Discourage dissent within the informal structure by asking the supervisors and informal leaders to meet with the director**
  - C. Hold a general staff meeting where the issue is noted as an item**
  - D. Send a memorandum to the staff describing the change and the reason**
  
- 3. When a social worker is dealing with a family in crisis, what is the first aim of the intervention?**
  - A. Get the family to acknowledge their specific issues**
  - B. Help the family understand their dynamics**
  - C. Resolve the family's immediate crisis**
  - D. Refer the family to community resources**
  
- 4. What is the family system concept that best describes the difficulties faced by parents in poor urban neighborhoods when trying to maintain an emotional connection with delinquent children?**
  - A. Boundaries.**
  - B. Disengagement.**
  - C. Sibling subsystems.**
  - D. Triangulation.**

- 5. What is the optimal size group for a therapy group?**
- A. 3-6**
  - B. 4-7**
  - C. 6-14**
  - D. 8-10**
- 6. A researcher seeking to identify a measure of central tendency that is calculated by identifying the score below which 1/2 of all scores fall would calculate which statistic?**
- A. Average.**
  - B. Median.**
  - C. Mode.**
  - D. Standard deviation.**
- 7. What is the primary goal in the treatment of clients with alcohol dependency for most clinicians?**
- A. Controlled drinking**
  - B. Gradually lengthening periods of sobriety**
  - C. Substituting benign medications for alcohol**
  - D. Total abstinence**
- 8. What must be clarified to clients about confidentiality at the start of treatment?**
- A. Clients have a right to confidentiality that is limited by the need to report or act upon child and elder abuse and serious threats of harm to self or others.**
  - B. There are numerous risks to treatment that the client should accept.**
  - C. The agency may arbitrarily terminate treatment.**
  - D. Fees may rise during the course of treatment.**
- 9. For effective social group work, which of the following group sizes is most often recommended?**
- A. 3-6**
  - B. 4-7**
  - C. 6-14**
  - D. 8-10**



**10. In counseling battered women involved in lengthy marriages, the social worker should keep in mind that many believe**

- A. they can stop the violence by learning new techniques to control the behavior of their mate**
- B. do not care for the batterer and find it easy to decide to leave**
- C. do not experience ambivalence toward the batterer or the relationship**
- D. trust the confidentiality and protection of the agency**

## **Answers**

SAMPLE

1. D
2. A
3. A
4. A
5. D
6. A
7. A
8. A
9. D
10. A

SAMPLE

## **Explanations**

SAMPLE

- 1. What should the social worker do first when Joan reports that her husband Mike is verbally and physically aggressive after drinking?**
  - A. Ask Mike to come in for treatment and work with him around his alcohol problem.**
  - B. Suggest a medical examination for Joan and the children.**
  - C. Suggest family treatment to encourage Mike to seek help.**
  - D. Work with Joan to help her protect herself and the children, either through the child protective agency, a shelter or through a court order of protection.**

The appropriate initial response in this situation is to work with Joan to ensure her safety and that of her children, which justifies choosing the option focused on protective measures. When a client reports instances of verbal and physical aggression, especially in the context of substance abuse, the priority must be the immediate safety and well-being of all involved. Taking this first step allows the social worker to address potential risks directly and develop strategies to protect Joan and the children from further harm. This may involve referring them to a shelter, assisting with a court order of protection, or contacting child protective services, depending on the severity of the situation. Addressing immediate safety concerns is vital before considering interventions for Mike, like treatment for his alcohol problem, as he poses a threat to both Joan and the children. In contrast, suggesting Mike attend treatment or exploring family treatment would not address the immediate danger posed by his aggressive behavior. Prioritizing the safety of the victim and the children is essential in cases involving domestic violence.

- 2. How should a director engage staff effectively when canceling August vacations due to an unexpected upsurge of migrant workers?**
  - A. Discuss the issue with subordinates and allow for questions, alternate possibilities and objections**
  - B. Discourage dissent within the informal structure by asking the supervisors and informal leaders to meet with the director**
  - C. Hold a general staff meeting where the issue is noted as an item**
  - D. Send a memorandum to the staff describing the change and the reason**

Engaging staff effectively during a challenging situation, such as canceling vacations, requires open communication and collaboration. The best approach involves discussing the issue with subordinates, which encourages a two-way dialogue. This allows team members to voice their concerns, ask questions, and explore alternate options or express objections they might have. When staff are able to participate in the conversation, it fosters a sense of inclusion and respect, which can alleviate frustration or resentment about the decision. This approach also promotes transparency, showing that the director values the input of the staff and is willing to consider their perspectives. Such engagement can enhance team morale and support, making it more likely that employees will understand the rationale behind the difficult decision and support the organization's needs during a high-pressure situation. Other methods, such as holding a general staff meeting without promoting discussion or sending a memorandum, do not provide the same level of engagement. They can come across as top-down communication, lacking opportunities for meaningful input from the staff. Additionally, discouraging dissent by relying on supervisors and informal leaders to communicate the decision can create a divide between management and staff, undermining trust and morale.

**3. When a social worker is dealing with a family in crisis, what is the first aim of the intervention?**

- A. Get the family to acknowledge their specific issues**
- B. Help the family understand their dynamics**
- C. Resolve the family's immediate crisis**
- D. Refer the family to community resources**

The primary aim of intervention when a social worker is dealing with a family in crisis is to resolve the family's immediate crisis. In crisis situations, families often face acute stress and may be in a state of turmoil. The first step in these cases is to stabilize the situation, ensuring the safety and well-being of all family members. This might involve addressing urgent needs such as safety from harm, accessing emergency resources, or providing immediate emotional support. While acknowledging specific issues, understanding family dynamics, and referring to community resources are important components of effective intervention, they typically come after the immediate crisis has been addressed. Once the immediate needs of the family are tended to, the social worker can then help the family explore underlying issues and dynamics, which may contribute to their crisis. Following that, a referral to community resources can aid in long-term support and resilience-building.

**4. What is the family system concept that best describes the difficulties faced by parents in poor urban neighborhoods when trying to maintain an emotional connection with delinquent children?**

- A. Boundaries.**
- B. Disengagement.**
- C. Sibling subsystems.**
- D. Triangulation.**

The concept of boundaries is integral to understanding the dynamics within family systems, particularly in the context of parents trying to maintain emotional connections with delinquent children in challenging environments such as poor urban neighborhoods. Boundaries refer to the emotional and physical barriers that define the parameters of relationships within a family. Healthy boundaries facilitate open communication, emotional connections, and appropriate levels of involvement among family members. In situations where parents are struggling with the behavior of delinquent children, boundary issues often arise. For instance, overly rigid boundaries may limit parents' ability to engage with their children meaningfully, resulting in emotional disconnects. Conversely, overly permeable boundaries can lead to enmeshment, where the parents may struggle to maintain authority and boundaries, further complicating the relationship. The difficulties faced by these parents are often exacerbated by external stressors such as socioeconomic challenges, which can strain family dynamics and make it harder to establish and maintain healing emotional connections. By understanding how boundaries function within the family unit, social workers can provide effective interventions aimed at reinforcing healthy relationships, enabling parents to navigate the complexities of their children's behavior. This concept of boundaries illustrates why the families in this scenario face emotional challenges in their relationships, particularly with delinquent children.

**5. What is the optimal size group for a therapy group?**

- A. 3-6
- B. 4-7
- C. 6-14
- D. 8-10**

The optimal size for a therapy group can vary depending on the needs and dynamics of the group. However, a group size of 8-10 is generally considered optimal because it allows for a diverse range of perspectives and experiences while still maintaining a manageable and intimate group dynamic. Group sizes that are too small may not allow for enough diversity and input, while group sizes that are too large may feel overwhelming and make it difficult for all members to participate effectively. Therefore, options A, B, and C may not be optimal for a therapy group.

**6. A researcher seeking to identify a measure of central tendency that is calculated by identifying the score below which 1/2 of all scores fall would calculate which statistic?**

- A. Average.**
- B. Median.
- C. Mode.
- D. Standard deviation.

The correct statistic to identify a measure of central tendency where half of all scores fall below a certain value is the median. The median is specifically defined as the middle value in a sorted list of numbers, ensuring that 50% of the data points are below it and 50% are above it. This makes it particularly useful in understanding the central point of a dataset, especially when there are outliers that could skew the average. The average, or mean, while a common measure of central tendency, can be significantly influenced by extremely high or low values in the dataset, which is not the case with the median. The mode, which refers to the most frequently occurring score in a dataset, does not provide a central position in the same way as the median. Standard deviation, on the other hand, measures the dispersion or spread of scores around the mean and does not serve as a measure of central tendency.

**7. What is the primary goal in the treatment of clients with alcohol dependency for most clinicians?**

- A. Controlled drinking**
- B. Gradually lengthening periods of sobriety**
- C. Substituting benign medications for alcohol**
- D. Total abstinence**

The primary goal in the treatment of clients with alcohol dependency often revolves around achieving total abstinence. This approach prioritizes the complete elimination of alcohol from the individual's life, as it is considered crucial for promoting long-term recovery and preventing relapse. Total abstinence serves as a foundational target, aligning with evidence-based practices that indicate a higher success rate in sustaining recovery when individuals completely refrain from alcohol use. While controlled drinking may be an acceptable aim for some clients in certain therapeutic frameworks, it's generally not the main objective for many clinicians. This is because the complexity of alcohol dependency can make it difficult for some individuals to maintain controlled drinking without slipping back into patterns of excessive use. Gradually lengthening periods of sobriety and substituting benign medications may be strategies utilized in the broader context of treatment, but they generally work best as part of the overall goal of achieving total abstinence. Medications can support recovery but are typically seen as adjuncts rather than primary goals in treatment planning for alcohol dependency.

**8. What must be clarified to clients about confidentiality at the start of treatment?**

- A. Clients have a right to confidentiality that is limited by the need to report or act upon child and elder abuse and serious threats of harm to self or others.**
- B. There are numerous risks to treatment that the client should accept.**
- C. The agency may arbitrarily terminate treatment.**
- D. Fees may rise during the course of treatment.**

Clients must be informed about the framework of confidentiality at the beginning of treatment, particularly the circumstances that may necessitate breaching that confidentiality. The correct answer emphasizes that clients have a right to confidentiality, but this right is not absolute. It is essential for clients to understand that confidentiality may be limited in specific situations, such as instances of child or elder abuse, or if there are serious threats of harm to themselves or others. This clarification is crucial for fostering an environment of trust while ensuring that the client is fully aware of the legal and ethical responsibilities of the therapist to protect vulnerable individuals and prevent harm. This understanding helps establish a clear boundary within the therapeutic relationship, allowing clients to engage more openly in treatment while also being aware of the necessary legal obligations that practitioners must uphold. Thus, clear communication about these limitations not only helps to manage clients' expectations but also serves to reinforce the professional responsibilities of the social worker.



**9. For effective social group work, which of the following group sizes is most often recommended?**

- A. 3-6**
- B. 4-7**
- C. 6-14**
- D. 8-10**

The recommendation of a group size of approximately 8-10 members for effective social group work is grounded in the belief that this size allows for a balance of personal interaction and group dynamics. Within this range, individuals have the opportunity to engage meaningfully with one another, share diverse perspectives, and create a supportive environment while still ensuring that everyone can participate actively. Research in social work highlights that smaller groups may limit the diversity of ideas and experiences, while larger groups can lead to difficulties in managing discussions and participation. Therefore, the 8-10 member size allows facilitators to maintain control over group processes while also fostering a sense of community and connection among members, which is essential for achieving the goals of social group work, including enhancing social skills, building relationships, and providing support.

**10. In counseling battered women involved in lengthy marriages, the social worker should keep in mind that many believe**

- A. they can stop the violence by learning new techniques to control the behavior of their mate**
- B. do not care for the batterer and find it easy to decide to leave**
- C. do not experience ambivalence toward the batterer or the relationship**
- D. trust the confidentiality and protection of the agency**

The belief that many battered women think they can stop the violence by learning new techniques to control their partner's behavior highlights the dynamics of abusive relationships. Women may feel a sense of responsibility for their partner's actions and think that by altering their own behavior or by implementing specific strategies, they can influence their partner to change. This perspective often stems from the psychological and emotional impact of being in a violent relationship, where the victim might seek to regain a sense of control by believing they can modify the abuser's behavior through their own actions. This often reflects a broader phenomenon where individuals in abusive relationships may internalize the issue, believing that if they just acted differently, the violence would cease. This scenario underscores the complexity and challenges faced by social workers when counseling these women, as it is essential to address these beliefs while also empowering them to recognize their right to safety and autonomy. In contrast, the other viewpoints may not accurately depict the psychological state of many women in such situations. For instance, the belief that women do not care for the batterer simplifies a complex emotional issue where many feel a sense of attachment despite the abuse. Similarly, the notion that they do not experience ambivalence overlooks the conflict they often feel, torn between love for their partner and the

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://lmsw.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**