

LMSW Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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

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- 1. A senior manager discovers security lapses in the computerized system that compromise client confidentiality. What is the first action the manager should take?**
 - A. Find out who has been accessing files and fire those who have violated that agency policy.**
 - B. Notify clients of the problems.**
 - C. Notify the agency attorneys.**
 - D. Shut down the system and implement temporary procedures to assure that only authorized staff have access to confidential files.**

- 2. In situations involving crisis intervention, what type of therapy group is generally not suitable?**
 - A. An activity group**
 - B. A supportive group**
 - C. A behavioral group**
 - D. Short-term crisis-oriented group therapy**

- 3. Why is an 8-10 person group size thought to optimize therapy outcomes?**
 - A. Helps with individual therapy customization**
 - B. Maintains an intimate and personal setting**
 - C. Minimizes the impact of client absences**
 - D. Reduces overall therapy costs**

- 4. The habitual ingestion of non-nutritive substances such as clay, soil, or leaves is most commonly associated with:**
 - A. Major Depressive Disorder**
 - B. Mental Retardation**
 - C. Schizophrenia**
 - D. An Amnestic Disorder**

- 5. What should a social worker help a family understand when their infant is assessed as low-functioning?**
- A. The causes of mental retardation are found in the parent's genetic characteristics**
 - B. The child should probably be placed in a specialized facility**
 - C. The parents should consider specialized foster care**
 - D. They can be helped to meet the child's needs and that community services are available**
- 6. A drug-addicted client believes that his anger and thoughts of revenge concerning a former girlfriend led her to becoming HIV positive. The client is demonstrating**
- A. a psychotic delusion**
 - B. brain damage**
 - C. magical thinking**
 - D. primary ego damage**
- 7. One psychological mechanism that tends to obstruct identification and treatment of alcoholism is?**
- A. denial**
 - B. magical thinking**
 - C. projection**
 - D. sublimation**
- 8. A worker believes that her supervisor is regularly abusing alcohol and is sometimes incapacitated at work. During one supervisory meeting, the supervisor is clearly intoxicated. Her speech is slurred and she is unable to respond adequately to questions. The odor of alcohol is on her breath. The social worker's best first step is to?**
- A. discuss the problem with the supervisor and ask her to seek assistance**
 - B. discuss the supervisor's problem at the next staff unit meeting and urge the supervisor to seek help**
 - C. refuse to meet with the supervisor if she appears intoxicated at subsequent meetings**
 - D. report the problem to the administration**

- 9. What is the best action for a social worker to take if they feel they are not qualified to handle a client's treatment?**
- A. Arrange an appropriate referral to a qualified social worker**
 - B. Quickly terminate the client**
 - C. Suggest that the client find another therapist with greater skill**
 - D. Find a pretext for discontinuing treatment**
- 10. In working with Fred, age 35, who drinks excessively, what should the social worker suggest?**
- A. Help Norma adjust to Fred's habits as his drinking is not excessive.**
 - B. Ignore the drinking as the problem is Norma's lack of acceptance.**
 - C. Suggest that Fred confront his excessive drinking as it seriously affects his health, work and family life.**
 - D. Suggest that Fred take Norma out more often to soften the tension between them.**

Answers

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

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Explanations

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1. A senior manager discovers security lapses in the computerized system that compromise client confidentiality. What is the first action the manager should take?
- A. Find out who has been accessing files and fire those who have violated that agency policy.
 - B. Notify clients of the problems.
 - C. Notify the agency attorneys.
 - D. Shut down the system and implement temporary procedures to assure that only authorized staff have access to confidential files.**

The most appropriate first action for the senior manager in this situation is to shut down the system and implement temporary procedures to ensure that only authorized staff have access to confidential files. Taking immediate action to secure the system is crucial in order to prevent any further breaches of confidentiality. Shutting down the system temporarily stops any ongoing unauthorized access, which is vital in protecting client information and maintaining trust. Implementing procedures helps to create a controlled environment where access can be regulated and monitored until the security lapses are fully addressed. This proactive measure demonstrates a commitment to client confidentiality and the integrity of the organization's operations. It also allows for a thorough investigation to be conducted without the risk of further violations occurring during that process. This step is foundational and necessary to restore security before any other actions, such as notifying clients or attorneys, can be appropriately and effectively handled without further risk to client information.

2. In situations involving crisis intervention, what type of therapy group is generally not suitable?
- A. An activity group**
 - B. A supportive group
 - C. A behavioral group
 - D. Short-term crisis-oriented group therapy

An activity group is generally not suitable for crisis intervention because its primary focus is on engaging participants in specific activities rather than addressing urgent psychological needs or providing immediate emotional support. During a crisis, individuals require a structured environment that emphasizes therapeutic support and intervention to manage their distress and promote coping strategies. In contrast, supportive groups and behavioral groups are designed to provide emotional support and focus on modifying behaviors, making them more appropriate for helping individuals navigate crises. Short-term crisis-oriented group therapy is explicitly tailored for crisis situations, providing immediate strategies and interventions, making it the most suitable option for such circumstances. Therefore, an activity group's lack of a focused therapeutic framework makes it less effective in delivering the critical support needed during crises.

3. Why is an 8-10 person group size thought to optimize therapy outcomes?

- A. Helps with individual therapy customization**
- B. Maintains an intimate and personal setting**
- C. Minimizes the impact of client absences**
- D. Reduces overall therapy costs**

An 8-10 person group size is considered optimal for therapy outcomes largely because it strikes a balance between providing a supportive environment and allowing for effective interaction among participants. This group size ensures diversity in perspectives and experiences, which enhances the richness of discussions and learning. When thinking about minimizing the impact of client absences, this group size allows the remaining members to still engage in meaningful therapeutic interactions and support one another. A smaller group might struggle to maintain the same depth of engagement and connection when one or more members are absent, while a larger group could dilute the experience, making individual contributions less impactful. In a group size of 8-10, the dynamics are such that even with some absences, the therapy can continue effectively, and the overall group's cohesion can be maintained. Additionally, the group size allows for a safe and manageable environment where clients can share their experiences without feeling overwhelmed. The diverse interactions that come from having multiple members sharing their perspectives contribute to a more enriching therapeutic process, ultimately leading to better outcomes.

4. The habitual ingestion of non-nutritive substances such as clay, soil, or leaves is most commonly associated with:

- A. Major Depressive Disorder**
- B. Mental Retardation**
- C. Schizophrenia**
- D. An Amnestic Disorder**

People with mental retardation are at increased risk for consuming non-nutritive substances due to the link between mental retardation and pica, a disorder characterized by the persistent ingestion of non-food items. This behavior is not commonly associated with the other listed disorders. While individuals with major depressive disorder may experience changes in appetite and weight, this does not necessarily result in the ingestion of non-nutritive substances. Schizophrenia is associated with cognitive impairments and delusions, but not specifically with pica. An amnestic disorder primarily affects memory function and would not typically be associated with pica.

5. What should a social worker help a family understand when their infant is assessed as low-functioning?

A. The causes of mental retardation are found in the parent's genetic characteristics

B. The child should probably be placed in a specialized facility

C. The parents should consider specialized foster care

D. They can be helped to meet the child's needs and that community services are available

In this scenario, helping the family understand that they can be supported to meet their child's needs and that community services are available is crucial. This approach empowers families and emphasizes the potential for growth and improvement, rather than focusing solely on the limitations of the child or the family's capacity to cope. Families often need guidance in accessing resources, services, and support that can provide interventions and help develop skills that lead to better outcomes for their child. This understanding fosters a sense of hope and encourages collaboration with social workers and services available in the community. It reinforces the importance of resilience, adaptation, and the belief that families can effectively support their child's development with the right resources. This supportive framework contrasts with options that suggest more permanent solutions, such as placement in a specialized facility or foster care, which may not be immediately necessary and can be distressing for families to consider.

6. A drug-addicted client believes that his anger and thoughts of revenge concerning a former girlfriend led her to becoming HIV positive. The client is demonstrating

A. a psychotic delusion

B. brain damage

C. magical thinking

D. primary ego damage

The correct answer reflects the concept of magical thinking, which is a cognitive distortion commonly associated with certain psychological conditions. In this scenario, the client believes that his personal feelings of anger and thoughts of revenge have the power to influence events outside of his control, specifically the former girlfriend's health status. This kind of thinking often involves the superstition that one's thoughts or feelings can directly cause or change reality, which does not follow logical cause-and-effect reasoning. Magical thinking can manifest in various ways, such as believing that thoughts can affect the physical world or that one has control over outcomes that are governed by chance or the actions of others. This perspective is particularly significant in the context of addiction and mental health, where clients might attempt to rationalize their feelings and behaviors to alleviate guilt or regain a sense of control. The other answer choices involve different psychological concepts that do not accurately describe the client's behavior. The idea of a psychotic delusion refers to a fixed false belief that is held with strong conviction, typically found in more severe mental illnesses. Brain damage suggests a physiological impairment affecting cognitive functions rather than the thought process demonstrated in the scenario. Primary ego damage implies more deep-seated issues related to the structure of the self and personality functioning, which is not

7. One psychological mechanism that tends to obstruct identification and treatment of alcoholism is?

A. denial

B. magical thinking

C. projection

D. sublimation

Denial is a common psychological mechanism that obstructs the identification and treatment of alcoholism. Individuals struggling with alcoholism may refuse to acknowledge the extent of their drinking problem. They might rationalize their behavior, minimize the consequences of their alcohol use, or even believe that they do not have an issue despite clear evidence to the contrary. This denial makes it difficult for them to seek help, admit they have a problem, or engage in the treatment process. Recognizing denial as a significant barrier is essential for social workers and other professionals in developing effective treatment plans and interventions that can help clients face their addiction. Other mechanisms, such as magical thinking, projection, and sublimation, play different roles in psychological functioning but are less central to the specific challenge of recognizing and addressing alcoholism. Magical thinking involves believing that one's thoughts can influence reality, projection entails attributing one's own undesirable traits to others, and sublimation is a defense mechanism that channels unacceptable impulses into socially acceptable actions. While these mechanisms can affect behavior and relationships, denial remains the primary obstacle to acknowledging and treating alcohol dependency.

8. A worker believes that her supervisor is regularly abusing alcohol and is sometimes incapacitated at work. During one supervisory meeting, the supervisor is clearly intoxicated. Her speech is slurred and she is unable to respond adequately to questions. The odor of alcohol is on her breath. The social worker's best first step is to?

A. discuss the problem with the supervisor and ask her to seek assistance

B. discuss the supervisor's problem at the next staff unit meeting and urge the supervisor to seek help

C. refuse to meet with the supervisor if she appears intoxicated at subsequent meetings

D. report the problem to the administration

The best option in this scenario is to discuss the problem with the supervisor and ask her to seek assistance. This approach promotes direct communication and can be seen as a supportive gesture rather than confrontational. Engaging the supervisor in a private conversation allows the worker to express concern compassionately, potentially leading to the supervisor's acknowledgment of her issue and taking necessary steps toward recovery. Addressing the problem directly with the supervisor helps maintain a respectful and professional relationship and encourages accountability. It also allows the supervisor to explain any circumstances that may be unrelated to substance use, offering her a chance to seek help in a confidential manner. Conversely, discussing the problem at a staff meeting might not only embarrass the supervisor but also be counterproductive, as it could lead to a hostile environment rather than a constructive one. Refusing to meet with the supervisor may prevent necessary communication and support, while reporting the issue to administration could escalate the situation prematurely, leading to disciplinary action without first allowing the supervisor the opportunity to address her issue herself.

9. What is the best action for a social worker to take if they feel they are not qualified to handle a client's treatment?

- A. Arrange an appropriate referral to a qualified social worker**
- B. Quickly terminate the client**
- C. Suggest that the client find another therapist with greater skill**
- D. Find a pretext for discontinuing treatment**

The best action for a social worker who feels unqualified to handle a client's treatment is to arrange an appropriate referral to a qualified social worker. This approach prioritizes the client's well-being and ensures they receive the necessary care from someone with the appropriate skills and expertise. Referrals maintain continuity of care, demonstrate professional integrity, and promote the client's best interest by connecting them with resources capable of meeting their needs effectively. The other options do not align with the ethical responsibility and professional standards social workers are expected to uphold. Quickly terminating the client can leave them without necessary support, while suggesting that the client find another therapist places the burden on the client to navigate the referral process alone. Finding a pretext for discontinuing treatment is unethical as it lacks transparency and honesty, essential values in social work practice.

10. In working with Fred, age 35, who drinks excessively, what should the social worker suggest?

- A. Help Norma adjust to Fred's habits as his drinking is not excessive.**
- B. Ignore the drinking as the problem is Norma's lack of acceptance.**
- C. Suggest that Fred confront his excessive drinking as it seriously affects his health, work and family life.**
- D. Suggest that Fred take Norma out more often to soften the tension between them.**

The suggestion for Fred to confront his excessive drinking is the most appropriate response for several reasons. Excessive drinking can have serious implications for one's physical health, mental well-being, and overall quality of life. Addressing the issue directly allows Fred to recognize the impact his behavior has not only on himself but also on his health, work, and family dynamics. This acknowledgment is a crucial step towards seeking help, whether through self-help groups, counseling, or professional treatment. Confronting the drinking behavior empowers Fred to take responsibility for his actions and consider making healthier choices. It also opens the door for discussions about support systems and constructive coping strategies, which are essential when dealing with substance use issues. This approach aligns with the principles of social work, which emphasize empowerment, client self-determination, and the need for individuals to recognize and work on their challenges. The other suggestions do not tackle the real concern of Fred's excessive drinking, thereby failing to promote his health and well-being effectively. Addressing the issue directly is fundamental in a social work context, making the choice to confront his drinking not just beneficial but necessary for making positive changes.

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.

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

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

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