

LMSW PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 diagnosis of enuresis is appropriate when the condition occurs at least twice weekly and the patient is at least how old?**
 - A. Chronologically or mentally five years old
 - B. Seven years old
 - C. Three years old
 - D. Six months old

- 2. A 38-year-old client with a history of chronic alcoholism develops short-term memory loss, compensates by inventing stories, and seems confused and disoriented. The most likely diagnosis is**
 - A. Alzheimer's Disease
 - B. Korsakoff's Syndrome
 - C. psychogenic amnesia
 - D. Tardive's Dyskinesia

- 3. Using the technique of "modifying the environment" helps to diminish**
 - A. anticipatory anxiety
 - B. instinct anxiety
 - C. objective anxiety
 - D. superego anxiety

- 4. In reacting to a client's presentation of material in a psychotherapeutic or clinical situation, the social worker should primarily**
 - A. abstract the basic theme of the communication and reflect it in a broader perspective
 - B. deal solely with the concrete data presented
 - C. expand the data by interpreting on a deeper level
 - D. reflect back to the client using the same language and words where possible

- 5. Mrs. K., age 35, feels inferior and worthless, avoids close relationships, and has mood shifts. Her condition could be diagnosed as**
 - A. borderline personality disorder
 - B. narcissistic personality disorder
 - C. overanxious reaction to adulthood
 - D. reactive depression

- 6. When encountering enmeshment in a married couple therapy session, what technique should a therapist use?**
- A. Direct the husband to speak individually and honestly
 - B. Encourage both parties to speak without interference
 - C. Assign tasks that require independent thinking
 - D. Refer to marriage counseling
- 7. What is the defining feature of Trichotillomania?**
- A. Chronic hair pulling
 - B. Frequent bed wetting
 - C. Grandiosity and self-absorption
 - D. Urine voiding
- 8. If a client is using safe sex techniques but does not disclose her HIV status, the best intervention for the social worker is to:**
- A. Contact her partners directly
 - B. Refer her to the Department of Public Health
 - C. Explain the potential risks of her behavior
 - D. Respect her confidentiality and support her self-determination
- 9. How long prior to leaving should a social worker tell the clients she is leaving the agency?**
- A. About one month before the termination date
 - B. About three months before the termination date
 - C. About two weeks before the termination date
 - D. When the client seems ready to accept the social worker's departure
- 10. In working with a client over time, a social worker should communicate an attitude of**
- A. accepting the client unconditionally
 - B. acceptance for the client with positive though conditional regard
 - C. concern about the client's moral responsibility for his behavior
 - D. openness, affection and permissiveness

Answers

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

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Explanations

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1. A diagnosis of enuresis is appropriate when the condition occurs at least twice weekly and the patient is at least how old?

- A. Chronologically or mentally five years old**
- B. Seven years old
- C. Three years old
- D. Six months old

A diagnosis of enuresis is typically considered appropriate when the condition occurs at least twice weekly and the patient is at least chronologically or mentally five years old. This age requirement is important because enuresis is more commonly expected in younger children and may be considered developmentally appropriate up to a certain age. By the age of five, most children have gained adequate bladder control, and persistent bedwetting beyond this age may warrant evaluation and potential intervention. Therefore, option A is the correct answer in this case.

2. A 38-year-old client with a history of chronic alcoholism develops short-term memory loss, compensates by inventing stories, and seems confused and disoriented. The most likely diagnosis is

- A. Alzheimer's Disease**
- B. Korsakoff's Syndrome
- C. psychogenic amnesia
- D. Tardive's Dyskinesia

The most likely diagnosis for the client described is Korsakoff's Syndrome. This condition is a neurological disorder caused by a deficiency in thiamine (vitamin B1), often associated with chronic alcoholism. The symptoms of short-term memory loss and the tendency to fill in memory gaps with invented stories, known as confabulation, are classic presentations of Korsakoff's Syndrome. Additionally, individuals with this syndrome may experience confusion and disorientation. While Alzheimer's Disease does lead to memory impairment, it typically presents with a gradual decline in cognitive function, starting with recent memory loss and progressing to more severe cognitive deficits. In contrast, Korsakoff's Syndrome is characterized by its acute onset related to alcohol use and nutritional deficiencies. Psychogenic amnesia involves memory loss typically linked to psychological stress or trauma, rather than a neurological condition stemming from nutritional deficiencies. Tardive Dyskinesia is a movement disorder related to long-term use of antipsychotic medications and does not correlate with the memory issues and confabulation described. Understanding the context and characteristics of Korsakoff's Syndrome helps clarify why it is the most appropriate diagnosis in this situation.

3. Using the technique of "modifying the environment" helps to diminish

- A. anticipatory anxiety**
- B. instinct anxiety
- C. objective anxiety
- D. superego anxiety

Using the technique of "modifying the environment" is particularly effective in diminishing anticipatory anxiety, which refers to the fear or apprehension that a person feels about a future event or situation. By modifying the environment, a social worker can create a more predictable, safe, and supportive setting for clients, thereby reducing the uncertainty and fear associated with what is to come. This strategy can be especially beneficial for clients who struggle with anxiety related to upcoming social interactions, performance situations, or any new experiences that may provoke worry. By altering factors in their surroundings, such as ensuring a comfortable atmosphere, providing supportive resources, and removing potential stressors, individuals can experience a decrease in their anticipatory anxiety and feel more equipped to face future challenges.

4. In reacting to a client's presentation of material in a psychotherapeutic or clinical situation, the social worker should primarily

A. abstract the basic theme of the communication and reflect it in a broader perspective

B. deal solely with the concrete data presented

C. expand the data by interpreting on a deeper level

D. reflect back to the client using the same language and words where possible

The correct answer centers on the importance of synthesizing and contextualizing the client's communication in therapy. By abstracting the basic theme and reflecting it from a broader perspective, the social worker facilitates a deeper understanding for the client, encouraging exploration beyond the immediate details they present. This approach allows the client to gain insight into patterns and underlying issues, promoting therapeutic growth and awareness. In contrast, solely dealing with concrete data may lead to a limited engagement without addressing the emotional or thematic context of what the client is expressing. Interpreting on a deeper level can be beneficial in certain contexts, but it risks overshadowing the client's voice and understanding if not carefully balanced with their self-exploration. Reflecting back using the same language can be useful for validation, yet it may confine the discussion to the specific words used, limiting the opportunity for broader exploration and thematic understanding. The best approach involves taking the client's content and elevating it to a level that invites further dialogue and introspection.

5. Mrs. K., age 35, feels inferior and worthless, avoids close relationships, and has mood shifts. Her condition could be diagnosed as

A. borderline personality disorder

B. narcissistic personality disorder

C. overanxious reaction to adulthood

D. reactive depression

The characterization of Mrs. K.'s behaviors aligns closely with borderline personality disorder. This condition is marked by difficulties in interpersonal relationships, a distorted self-image, and emotional instability. Individuals with borderline personality disorder often struggle with feelings of inferiority and worthlessness, which Mrs. K. experiences. The avoidance of close relationships can also be a reflection of the intense fear of abandonment commonly seen in this disorder. Additionally, frequent mood shifts are a hallmark symptom, where emotions can change rapidly, often as a result of interpersonal stresses or perceived rejections. In contrast, the other options do not encapsulate the full range of symptoms presented in Mrs. K.'s case. For instance, narcissistic personality disorder primarily involves a grandiose sense of self-importance and a lack of empathy for others rather than feelings of worthlessness or avoidance. An overanxious reaction to adulthood would typically include excessive worry about performance and social situations, but it does not capture the emotional intensity or relational issues that borderline personality disorder does. Lastly, reactive depression is usually a transient state in response to identifiable stressors, rather than the enduring pattern of behavior and self-image concerns seen in borderline personality disorder. Thus, the diagnosis of borderline personality disorder accurately captures the complexity and specific

6. When encountering enmeshment in a married couple therapy session, what technique should a therapist use?

- A. Direct the husband to speak individually and honestly
- B. Encourage both parties to speak without interference**
- C. Assign tasks that require independent thinking
- D. Refer to marriage counseling

The most effective technique to address enmeshment in a married couple therapy session is to encourage both parties to speak without interference. This approach promotes healthy communication and allows each individual to express their thoughts and feelings openly, which is crucial in situations of enmeshment where boundaries may be blurred. By facilitating an environment where each partner can speak freely, the therapist helps them recognize their own perspectives, fostering individuality and clarity in the relationship. Encouraging open dialogue also helps to identify unhealthy dynamics and promotes the development of personal boundaries. It allows both individuals to distinguish their needs and desires from those of their partner, which is essential for moving towards a healthier relationship balance. While the other options may have their own merits, they do not address the immediate need for open communication as effectively. Directing one partner to speak without involving the other could reinforce the enmeshment dynamic rather than address it collectively. Assigning tasks for independent thinking might be beneficial in the long run but does not directly facilitate immediate communication between the couple. Referring them to marriage counseling might be a valid consideration but doesn't provide a solution within the context of the current therapy session. Thus, encouraging both partners to express themselves without interference is key to mitigating enmeshment.

7. What is the defining feature of Trichotillomania?

- A. Chronic hair pulling**
- B. Frequent bed wetting
- C. Grandiosity and self-absorption
- D. Urine voiding

The defining feature of Trichotillomania is indeed chronic hair pulling. This psychological condition is characterized by an irresistible urge to pull out one's hair, which can lead to noticeable hair loss and significant distress or impairment in functioning. Individuals may pull hair from various parts of their body, including the scalp, eyebrows, and eyelashes, and often engage in this behavior as a way to cope with anxiety, stress, or negative emotions. The other choices describe conditions or behaviors that are not related to Trichotillomania. Frequent bed wetting pertains to enuresis, grandiosity and self-absorption are characteristics commonly associated with narcissistic personality disorder, and urine voiding does not provide any relevant context for understanding hair pulling disorders. Thus, chronic hair pulling distinctly identifies Trichotillomania as a unique mental health issue.

8. If a client is using safe sex techniques but does not disclose her HIV status, the best intervention for the social worker is to:

- A. Contact her partners directly**
- B. Refer her to the Department of Public Health
- C. Explain the potential risks of her behavior
- D. Respect her confidentiality and support her self-determination

The most appropriate intervention for the social worker in this scenario is to respect the client's confidentiality and support her self-determination. Confidentiality is a fundamental principle in social work that helps build trust between the client and the social worker. By supporting the client's rights to make her own decisions regarding her health and how she chooses to disclose her HIV status, the social worker fosters a safe environment for the client to explore her feelings and concerns. While it's important to educate the client about the implications of non-disclosure, including the risks to her partners, it is also crucial to empower her to take charge of her situation. Encouraging open communication about health is essential, but imposing actions such as contacting her partners directly may breach confidentiality and undermine the client's autonomy. Referral to public health services could be helpful, but might not align with immediate supportive intervention focused on the client's self-determination and privacy. Ultimately, prioritizing the ethical principles of confidentiality and client empowerment is vital in this context.

9. How long prior to leaving should a social worker tell the clients she is leaving the agency?

- A. About one month before the termination date**
- B. About three months before the termination date
- C. About two weeks before the termination date
- D. When the client seems ready to accept the social worker's departure

Informing clients about a social worker's impending departure about one month prior to the termination date allows for a thoughtful transition process. This timeframe provides clients with adequate notice to process the change, express their feelings about the departure, and prepare for the transition to a new provider if needed. It also gives the social worker an opportunity to discuss any lingering issues, reinforce the client's progress, and help them feel supported as they prepare for this change. In practice, this duration aligns with professional standards advocating for ethical and responsible case management, ensuring clients are not abruptly left without guidance. The other timeframes, such as two weeks or three months, do not capture the balance needed; two weeks may be too short for effective closure, while three months might extend the period unnecessarily, impacting both the social worker's and client's ability to focus on their ongoing needs and addressing the transition. The approach of discussing the departure only when the client seems ready is too open-ended and does not establish a clear timeframe, which can lead to confusion and a lack of closure for the client.

10. In working with a client over time, a social worker should communicate an attitude of

- A. accepting the client unconditionally**
- B. acceptance for the client with positive though conditional regard
- C. concern about the client's moral responsibility for his behavior
- D. openness, affection and permissiveness

Without indicating the letter or number, option A is the correct choice as it aligns with the core principle of social work - acceptance of the client unconditionally. Option B may seem similar, but the inclusion of "positive though conditional regard" suggests that there are expectations or conditions attached to the acceptance, which goes against the unconditional acceptance that social workers should strive for. Option C implies a judgement of the client's behavior, while social workers should remain non-judgmental and focus on helping the client. Option D suggests a more casual and laissez-faire approach, which may not be appropriate for all clients. Therefore, A is the most suitable attitude for social workers to communicate to their clients over time.

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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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