Board Exam Desk

Social Workers Reviewer

Social Workers Licensure Examination | PRC | 120 original questions

2026 Edition | Updated November 2026

Original board-style practice questions with an answer key.

Practice questions

Human Behavior and Social Environment

1. A two-year-old in a day care center keeps saying "No!" and insists on feeding and dressing himself even when he makes a mess. In Erikson's theory, which psychosocial task is he working on?

A. Autonomy versus shame and doubt
B. Trust versus mistrust
C. Initiative versus guilt
D. Industry versus inferiority

2. A 15-year-old in a youth center keeps changing peer groups, clothing styles, and career plans from month to month. According to Erikson, this is most typical of which stage?

A. Intimacy versus isolation
B. Identity versus role confusion
C. Industry versus inferiority
D. Generativity versus stagnation

3. A 74-year-old retired fisherman in a home for the aged often talks about his life, says he has few regrets, and speaks calmly about dying. Which Erikson stage outcome does this reflect?

A. Generativity in the generativity versus stagnation stage
B. Intimacy in the intimacy versus isolation stage
C. Ego integrity in the integrity versus despair stage
D. Identity in the identity versus role confusion stage

4. A four-year-old insists that a tall, narrow glass holds more juice than a short, wide glass, even after watching the same amount poured into each. In Piaget's terms, the child is:

A. In the sensorimotor stage and lacks object permanence
B. In the concrete operational stage and is using reversibility
C. In the formal operational stage and is reasoning hypothetically
D. In the preoperational stage and has not yet mastered conservation

5. A mother's employer suddenly requires daily overtime, and her eight-year-old now spends evenings alone and is falling behind in school. In Bronfenbrenner's ecological model, the workplace is part of the child's:

A. Microsystem
B. Mesosystem
C. Exosystem
D. Chronosystem

6. A school social worker arranges a meeting between a pupil's grandmother and his adviser to align how home and school handle his tardiness. In ecological terms, the worker is strengthening the child's:

A. Mesosystem
B. Exosystem
C. Macrosystem
D. Chronosystem

7. A father evicted two days ago, with no food for his children, shows no interest when the worker raises long-term career planning. Using Maslow's hierarchy, the best explanation is that:

A. His need for esteem is currently dominating his motivation
B. He is blocked from self-actualization by fear of failure
C. His need for belonging has been fully gratified already
D. His basic physiological and safety needs remain unmet

8. After being scolded by his supervisor, a jeepney dispatcher goes home and shouts at his children over minor things. Which defense mechanism is he using?

A. Projection
B. Displacement
C. Sublimation
D. Reaction formation

9. A woman who privately resents her mother-in-law becomes unusually sweet and praising toward her whenever they meet. This is best described as:

A. Reaction formation
B. Displacement
C. Rationalization
D. Regression

10. Shortly after a new baby sister arrives, a six-year-old who had been toilet-trained for years begins wetting the bed and asking to be spoon-fed. This illustrates:

A. Repression
B. Regression
C. Denial
D. Identification

11. A 13-year-old says she follows house rules mainly because she wants her parents and teachers to see her as a good daughter and student. In Kohlberg's theory, her reasoning is at the:

A. Preconventional level, oriented to avoiding punishment
B. Postconventional level, oriented to social contract
C. Conventional level, oriented to approval and good relations
D. Postconventional level, oriented to universal principles

12. During an observation, an infant cries when the mother leaves the room, then quickly calms and resumes play when she returns and comforts him. This attachment pattern is:

A. Avoidant
B. Ambivalent-resistant
C. Disorganized
D. Secure

13. After the father stops drinking, the family begins quarrelling more, and relatives subtly encourage him to "relax and have a drink." In systems terms, the family is showing a tendency toward:

A. Entropy
B. Equifinality
C. Homeostasis
D. Synergy

14. Two families with very different histories, one affected by migration and the other by illness, both reach stable reunification with their children through different routes. Which systems concept does this illustrate?

A. Equifinality
B. Multifinality
C. Homeostasis
D. Differentiation

15. A patient with a terminal illness tells the hospital social worker, "If God lets me see my son graduate in March, I will be ready to go." According to Kubler-Ross, this reflects:

A. Denial
B. Anger
C. Acceptance
D. Bargaining

16. During a heated family meeting, the eldest daughter calmly states her own view, listens to others, and does not get pulled into the shouting. In Bowen's family systems theory, she shows:

A. A pattern of emotional cutoff from her family
B. A high level of differentiation of self
C. Involvement in a family triangle
D. Enmeshment with her parents' emotions

17. Parents in constant conflict each confide their complaints about the other to their 12-year-old son and ask him to take sides. In Bowen's theory, this pattern is called:

A. Triangulation
B. Differentiation
C. Boundary clarity
D. Complementarity

18. A client avoids telling the worker that her family has been skipping meals, fearing she will lose face and embarrass her household. Which Filipino value most directly explains her reluctance?

A. Utang na loob
B. Hiya
C. Bahala na
D. Pakikisama

19. An overseas worker sends almost all her salary to the aunt who paid for her schooling, even neglecting her own needs, because she feels she can never fully repay her. This reflects:

A. Hiya
B. Amor propio
C. Utang na loob
D. Bayanihan

20. A five-year-old starts hitting playmates after repeatedly seeing his older brother gain toys and attention by bullying others. Which theoretical explanation fits best?

A. Classical conditioning in Pavlov's learning theory
B. Fixation at the anal stage in Freud's theory
C. Cognitive dissonance in Festinger's theory
D. Observational learning in Bandura's social learning theory

Social Case Work

21. Which activity belongs primarily to the intake phase of the casework helping process?

A. Evaluating whether the agreed goals were attained
B. Carrying out the tasks in the intervention plan
C. Explaining agency services and determining the client's eligibility
D. Reviewing gains and preparing for termination

22. A client admits during an interview that he stole from his employer. The worker shows respect for him as a person while not approving of the act. Which casework principle is the worker applying?

A. Acceptance
B. Controlled emotional involvement
C. Client self-determination
D. Purposeful expression of feelings

23. A mentally competent 80-year-old widow decides to keep living alone in her house near her neighbors instead of moving into a residential facility the worker recommended. The worker should:

A. Arrange the transfer anyway because it is objectively safer
B. Ask her relatives to pressure her until she agrees
C. Close the case because she did not follow the plan
D. Respect her decision and help arrange supports for living at home

24. During a counseling session, a 16-year-old reveals that his stepfather has been sexually abusing his 10-year-old sister. What is the most appropriate action of the social worker?

A. Keep the disclosure confidential since the client did not consent
B. Explain the limits of confidentiality and report the abuse to proper authorities
C. Wait several months to gather more evidence before acting
D. Visit the home alone to confront the stepfather directly

25. A worker feels deep sadness while a mother describes losing her child in a flood, yet keeps her own emotions in check and stays focused on the mother's needs. This illustrates:

A. Controlled emotional involvement
B. Individualization
C. Nonjudgmental attitude
D. Confidentiality

26. While a case is still open, a client offers the worker a share in her sari-sari store business in gratitude for the help. The most ethical response is to:

A. Accept since the offer came freely from the client
B. Decline politely because it would create a dual relationship
C. Accept but keep the arrangement secret from the agency
D. Accept only after the client's goals are partly met

27. A worker tells a client, "It sounds like you feel trapped between what your husband wants and what your parents expect of you." This technique is:

A. Confrontation
B. Interpretation
C. Reflection of feeling
D. Universalization

28. A worker says to parents of a newly diagnosed child with autism, "Many parents who receive this news feel the same anger and confusion you are describing." The worker is using:

A. Reassurance
B. Advice giving
C. Reframing
D. Universalization

29. A client insists he has completely stopped drinking, but he smells strongly of alcohol at the session. The worker gently points out the mismatch between his words and what she observes. This technique is:

A. Clarification
B. Summarization
C. Confrontation
D. Partialization

30. A mother facing eviction, a sick child, debts, and a husband's job loss says she does not know where to start. The worker helps her break these concerns into smaller parts and pick one to work on first. This is:

A. Partialization
B. Ventilation
C. Generalization
D. Sublimation

31. In casework, the assessment (or diagnostic) statement is best described as:

A. A verbatim record of everything the client said in the interview
B. A list of all the agency's services and eligibility rules
C. A final report summarizing the closing of the case
D. A professional judgment on the problem and the factors contributing to it

32. A woman whose house burned down yesterday arrives at the municipal social welfare office shaking and unable to decide what to do next. The most fitting approach is:

A. Long-term therapy exploring her childhood experiences
B. Brief, focused help to restore her immediate coping capacity
C. Referral to a support group to start in six months
D. Postponing help until she becomes calmer on her own

33. A worker and a client agree on a specific problem, set a limit of eight sessions, and list concrete actions the client will carry out between sessions. This most closely follows the:

A. Task-centered model
B. Psychodynamic model
C. Narrative model
D. Crisis intervention model

34. A worker asks a client, "Suppose that tonight a miracle happens and your problem is gone. What would be the first thing you notice tomorrow morning?" This question comes from:

A. Cognitive-behavioral therapy
B. Solution-focused brief therapy
C. The psychosocial approach
D. Behavior modification

35. Meeting a street-dwelling family, the worker asks how they have managed to keep their children together through years of hardship. This reflects the:

A. Medical model
B. Pathology-focused diagnostic approach
C. Strengths perspective
D. Functional school

36. As the planned end of service approaches, a client who has made good progress becomes anxious and reports new problems. The worker should:

A. End the sessions earlier to avoid further dependence
B. Extend services indefinitely to keep her comfortable
C. Avoid mentioning the ending so she will not worry
D. Review gains with her and talk through her feelings about ending

37. A client begins reacting to the worker as she once reacted to her strict and critical father, becoming defensive at any suggestion. This phenomenon is called:

A. Countertransference
B. Resistance
C. Transference
D. Rapport

38. A young worker notices strong irritation toward an elderly client who reminds him of a grandfather who neglected him. What should he do first?

A. Recognize it as countertransference and discuss it in supervision
B. Transfer the case at once without telling his supervisor
C. Ignore the feelings since they are his private matter
D. Tell the client about his own grandfather to build rapport

39. Which tool shows a family's relationships with outside systems such as school, church, health center, and employers, including the strength of each connection?

A. Genogram
B. Sociogram
C. Timeline
D. Ecomap

40. A worker draws a diagram covering three generations of a client's family, noting marriages, deaths, and a recurring pattern of alcohol problems. This tool is a:

A. Ecomap
B. Genogram
C. Sociogram
D. Force field diagram

Social Group Work

41. In the fourth session of a youth group, members argue about who should lead, challenge the rules, and question the worker's authority. In Tuckman's model, this is the:

A. Storming stage
B. Forming stage
C. Norming stage
D. Adjourning stage

42. At the first meeting of a support group, members are cautious, alternately drawn in and holding back, and depend heavily on the worker. In the Garland, Jones and Kolodny model, this is the stage of:

A. Power and control
B. Preaffiliation
C. Intimacy
D. Differentiation

43. Which is a key task of the worker during the beginning phase of a group?

A. Interpreting the deep unconscious conflicts of each member
B. Stepping back completely so the group directs itself
C. Clarifying the group's purpose and helping members agree on norms
D. Removing members who remain quiet in the early sessions

44. On a sociogram of a classroom, one pupil is not chosen by any classmate as someone they want to work with. This pupil is described as:

A. A star
B. A mutual choice
C. A clique member
D. An isolate

45. Former gamblers meet weekly, share their struggles, and are led by one of their own members without a professional facilitator. This type of group is a:

A. Task group
B. Educational group
C. Self-help group
D. Treatment group

46. A committee of barangay officials, health workers, and parents is formed to plan a supplementary feeding program. This is best classified as a:

A. Task group
B. Socialization group
C. Support group
D. Therapy group

47. A hospital runs a support group that admits new members any week. The main drawback of this open-ended format is that:

A. The group can no longer accept new referrals from staff
B. The group must end after a fixed number of sessions
C. The members' problems will be too similar to each other
D. Cohesion and continuity are harder to build as members change

48. Members of a solo-parent group look forward to each meeting, rarely miss sessions, and speak proudly of "our group." This shows a high level of:

A. Group dependency
B. Cohesion
C. Role differentiation
D. Subgroup formation

49. In a parenting group, members repeatedly blame one quiet mother whenever discussion goes poorly. The worker's best response is to:

A. Help the group examine its pattern of blaming one member
B. Remove the mother from the group for her own protection
C. Ignore it because groups naturally settle such issues
D. Agree with the group to keep the members cohesive

50. One member of a women's group talks most of each session, leaving little time for others. The most appropriate worker response is to:

A. Ask her privately to stop attending the group sessions
B. Acknowledge her input and invite others to share their views
C. Allow her to continue since she is the most active
D. Criticize her in front of the group for talking too much

51. In group work, games, crafts, and role plays used by the worker as program media are intended mainly to:

A. Fill time when members have nothing to discuss
B. Entertain members so they keep attending regularly
C. Help achieve group and individual goals through shared activity
D. Replace verbal discussion entirely in all sessions

52. In composing a treatment group for adolescents with anger problems, which guideline is most sound?

A. Include one member much older than all the rest
B. Select only the most aggressive youth for the group
C. Mix youth who share no common concern at all
D. Members share the main concern but vary somewhat in coping styles

53. In the final sessions of a group, some members express sadness and a few slip back into old behaviors. The worker should focus on:

A. Setting brand-new goals to keep the group going longer
B. Adding new members to replace those who are leaving
C. Reviewing progress and helping members use their gains outside
D. Avoiding talk of the ending to keep the mood light

54. In William Schwartz's mediating or reciprocal view of group work, the group is seen primarily as:

A. A system of mutual aid among members
B. An audience for the worker's lectures
C. A set of individual therapy clients
D. A tool for enforcing agency control

55. Out-of-school youth are organized into a group that campaigns for a cleaner river while building their sense of civic responsibility. This best fits the:

A. Reciprocal model
B. Remedial model
C. Behavioral group model
D. Social goals model

56. Which group work model treats the group mainly as a means of changing the dysfunctional behavior of individual members, with the worker acting as change agent?

A. Social goals model
B. Remedial model
C. Reciprocal model
D. Developmental model

57. A worker asks a youth council to decide its meeting rules and activities together, offering input but letting members make the final choices. This leadership style is:

A. Democratic
B. Autocratic
C. Laissez-faire
D. Paternalistic

58. Members of a group come to expect that everyone arrives on time and nobody interrupts a person who is sharing. These shared expectations are called:

A. Roles
B. Norms
C. Status
D. Goals

59. When contracting with a new therapy group, how should the worker handle confidentiality?

A. Promise members that nothing said will ever be repeated by anyone
B. Leave the subject out so that members are not made anxious
C. Set it as a norm while explaining that members' compliance cannot be guaranteed
D. Require each member to swear an oath enforceable in court

60. The main purpose of a pre-group screening interview with a prospective member is to:

A. Give individual therapy before the group even starts
B. Collect payment and sign the agency's legal waivers
C. Decide who will be appointed the group's leader
D. Assess fit with the group and prepare the person for it

Community Organization

61. Residents from all sectors of a barangay meet to identify common needs and agree, through consensus and self-help, on how to address them. In Rothman's typology, this approach is:

A. Social planning
B. Social action
C. Locality development
D. Program development

62. Provincial planners use morbidity data and expert consultants to design a more efficient referral network among rural health units. This most closely fits Rothman's model of:

A. Social planning
B. Locality development
C. Social action
D. Coalition building

63. An urban poor association holds a rally and pickets the city hall to demand an in-city relocation site before any demolition. This approach is best described as:

A. Locality development
B. Social planning
C. Community education
D. Social action

64. Before organizing anything, a community organizer lives in the sitio, joins residents in daily chores, and builds trust with them. This phase is called:

A. Mobilization
B. Integration
C. Core group formation
D. Evaluation

65. An organizer systematically gathers information on a fishing village's economy, problems, leaders, and power relations to understand its situation. This is:

A. Social investigation
B. Groundwork
C. Role play
D. Reflection

66. Before a general assembly, an organizer goes house to house, discussing the water problem with families and motivating them to attend. This step is known as:

A. Role play
B. Groundwork
C. Reflection
D. Mobilization

67. Leaders of a people's organization rehearse their upcoming dialogue with the municipal mayor, with some members playing the mayor's part. This activity is called:

A. Groundwork
B. Social investigation
C. Role play
D. Integration

68. The organizer identifies residents who show commitment and leadership potential and forms them into a nucleus that will later lead the organization. This step is:

A. Social investigation
B. Mobilization
C. Phase-out
D. Core group formation

69. The ultimate indicator of success in community organizing is that:

A. The organizer is elected as head of the organization
B. Many projects are funded by outside donors each year
C. Residents can sustain their organization without the organizer
D. The local government takes over all of its activities

70. Residents of a sitio draw their households, water sources, and flood-prone areas on manila paper to discuss local risks. This participatory tool is:

A. Community mapping
B. Delphi technique
C. Logical framework
D. Structured survey

71. To show how fish catch, income, illness, and food shortages vary from month to month over a year, villagers prepare a:

A. Venn diagram
B. Transect walk
C. Problem tree
D. Seasonal calendar

72. An organizer wants to learn who actually makes decisions in a town, whose approval matters, and how influence is exercised. This task is called:

A. Needs ranking
B. Power structure analysis
C. Resource mobilization
D. Leadership training

73. Which issue is most appropriate for the first collective action of a newly formed organization?

A. A specific, widely felt, winnable issue like a broken water pump
B. A campaign to amend the national constitution
C. A general call to end all poverty in the region
D. A private dispute affecting only one household

74. The organizing tradition associated with Saul Alinsky emphasizes:

A. Leaving planning to technical experts and government agencies
B. Building people's power to confront power holders on concrete issues
C. Reaching consensus among all sectors without any conflict
D. Distributing relief goods through religious charities

75. Paulo Freire's idea of conscientization, often applied in community organizing, refers to:

A. Training leaders to follow agency rules faithfully
B. Teaching residents to read through memorization drills
C. Developing critical awareness of social reality through dialogue
D. Collecting accurate census data on the community

76. After a dialogue with the city engineer, members meet to share what they felt, what they learned, and how the experience relates to their wider situation. This process is:

A. Groundwork
B. Role play
C. Social investigation
D. Reflection

77. Residents rank drainage as their most urgent problem, but the organizer believes a livelihood project is more important. Following CO principles, the organizer should:

A. Push the livelihood project because it is more strategic
B. Wait until residents change their mind about priorities
C. Begin with the drainage problem the residents identified
D. Ask the barangay captain to decide for the residents

78. A people's organization relies entirely on one charismatic president. To strengthen sustainability, the organizer should:

A. Develop second-line leaders and share leadership tasks
B. Ask the president to stay in office for life
C. Take over the president's duties when needed
D. Dissolve the group and start a new one

79. Several people's organizations from different barangays form an alliance to jointly push for a single flood-control demand. This strategy is:

A. Core group formation
B. Social investigation
C. Integration
D. Coalition building

80. An organizer is assigned to work with an indigenous community in the uplands. What should she do first?

A. Set up a new elected council to replace the elders
B. Learn and respect its customary leadership and decision-making
C. Introduce projects that worked in lowland barangays
D. Rely only on municipal officials to explain local needs

Social Welfare Policies, Programs and Services

81. The main purpose of Republic Act 4373, as amended, is to:

A. Regulate social work practice and the operation of social work agencies
B. Provide conditional cash grants to poor households
C. Protect women and children from domestic abuse
D. Establish the juvenile justice and welfare system

82. Under RA 4373, as amended, a person who wants to practice as a registered social worker must generally:

A. Complete one year of volunteer work in any agency
B. Pass the licensure examination given by the board
C. Be appointed by a local government unit as staff
D. Obtain a certificate from a local barangay council

83. A 19-year-old with severe intellectual disability who cannot fully take care of himself is being abused by a caregiver. Can he be protected as a "child" under RA 7610?

A. No, because the law covers only persons below 18 years of age
B. No, because cases of disability fall only under RA 7277
C. Yes, because the law covers persons over 18 unable to care for themselves due to disability
D. Yes, but only if the abuse began before he turned 18

84. Which situation is most clearly child abuse under RA 7610?

A. A parent who sets a reasonable curfew for a teenager
B. A parent who requires a child to finish homework daily
C. A parent who takes away a phone for a weekend
D. A parent who regularly humiliates a child with degrading words

85. A husband controls his wife's entire salary and withholds support to make her financially dependent on him. Under RA 9262, this is a form of:

A. Psychological violence
B. Sexual violence
C. Economic abuse
D. Physical violence

86. Under RA 9262, a Barangay Protection Order (BPO) is effective for:

A. 15 days
B. 30 days
C. 60 days
D. One year

87. A woman is repeatedly hit by her boyfriend, whom she has never married or lived with. Is she covered by RA 9262?

A. No, because the law covers only married women and their children
B. No, because only cohabiting partners are covered by the law
C. Yes, but only if they have a common child with the offender
D. Yes, because it covers women in a dating or sexual relationship with the offender

88. How does RA 9262 treat Battered Woman Syndrome?

A. As a ground for annulling the marriage of the woman
B. As a defense that can free the victim from criminal and civil liability
C. As an aggravating circumstance against the woman
D. As a mental disorder requiring commitment to a hospital

89. A 15-year-old commits theft. Under RA 9344, as amended, he is:

A. Exempt from criminal liability but subject to an intervention program
B. Criminally liable and sent to a regular jail facility
C. Prosecuted as an adult because theft is a felony
D. Released without any intervention or follow-up

90. A 17-year-old is found to have acted without discernment when he committed an offense. Under RA 9344, he is:

A. Subjected to diversion and then to prosecution
B. Exempt from criminal liability and undergoes intervention
C. Criminally liable but given a reduced penalty
D. Tried as an adult since he is almost 18 years old

91. The approach to juvenile justice adopted by RA 9344, which seeks to repair harm through the involvement of the victim, the child, and the community, is:

A. Retributive justice
B. General deterrence
C. Restorative justice
D. Incapacitation

92. Under RA 9344, diversion refers to:

A. Transferring the child's case to an adult criminal court
B. Detaining the child in jail while the trial is pending
C. Sending the child to live permanently with relatives abroad
D. Determining a child's responsibility without formal court proceedings

93. A company rejects a fully qualified applicant solely because she uses a wheelchair. Which law most directly prohibits this?

A. RA 9262, the Anti-VAWC Act
B. RA 10868, the Centenarians Act
C. RA 7277, the Magna Carta for Disabled Persons
D. RA 9344, the Juvenile Justice Act

94. Republic Act 10868, the Centenarians Act of 2016, primarily honors:

A. Filipinos who reach the age of 100
B. Senior citizens who reach the age of 60
C. Couples married for at least 50 years
D. Veterans who served in the Second World War

95. The Pantawid Pamilyang Pilipino Program institutionalized by RA 11310 is best described as:

A. An unconditional pension for elderly persons
B. A microfinance loan program for vendors
C. A housing subsidy for informal settlers
D. A conditional cash transfer for poor households

96. Which is a condition that 4Ps household beneficiaries are expected to comply with under RA 11310?

A. Parents must own the land their house stands on
B. Parents attend the monthly family development sessions
C. At least one parent must hold a formal job
D. The family must keep a minimum bank deposit

97. Which national agency is the lead implementing agency of the 4Ps under RA 11310?

A. Department of Social Welfare and Development
B. Department of Education
C. Department of Health
D. Department of Labor and Employment

98. A view of social welfare in which services are a normal, first-line function of modern society, rather than emergency help when family and market fail, is called:

A. Residual
B. Institutional
C. Remedial
D. Selective

99. A program gives benefits only to households that pass a test showing their income is below a set threshold. This program is:

A. Universal
B. Institutional
C. Selective or means-tested
D. Contributory

100. Benefits funded by the contributions of members and employers, and paid out when risks such as sickness, disability, or retirement occur, are classified as:

A. Social assistance
B. Public charity
C. Conditional cash transfer
D. Social insurance

Social Work Research

101. In a study testing whether attending family development sessions improves parenting skills, attendance at the sessions is the:

A. Dependent variable
B. Control variable
C. Independent variable
D. Intervening variable

102. A study finds that pupils in an after-school program have higher grades, but families who enroll their children also have much higher incomes. Family income in this study is best seen as a:

A. Confounding variable
B. Dependent variable
C. Independent variable
D. Constant

103. A researcher numbers all 400 beneficiaries on a list and uses a random number generator to select 80 of them. This sampling method is:

A. Stratified random sampling
B. Cluster sampling
C. Quota sampling
D. Simple random sampling

104. A researcher divides solo parents by municipality and then randomly selects from each municipality in proportion to its size. This is:

A. Simple random sampling
B. Stratified random sampling
C. Systematic sampling
D. Snowball sampling

105. To study recovery from street life, a researcher deliberately chooses former street children known to have completed a shelter program. This is:

A. Purposive sampling
B. Simple random sampling
C. Cluster sampling
D. Accidental sampling

106. Because survivors of trafficking are hard to locate, a researcher asks each participant to refer other survivors they know. This sampling method is:

A. Quota sampling
B. Snowball sampling
C. Systematic sampling
D. Stratified sampling

107. A researcher conducts in-depth interviews to understand the lived experience of mothers raising children with autism. This qualitative design is:

A. Experimental design
B. Correlational survey
C. Phenomenology
D. Content analysis

108. A researcher collects interview data on how barangay health workers cope with burnout and builds a new theory directly from the data. This approach is:

A. Quasi-experiment
B. Phenomenology
C. Historical research
D. Grounded theory

109. A worker records a child's daily tantrums for two weeks, then keeps recording while a behavior plan is applied, to see if the frequency drops. This is a:

A. Cross-sectional survey
B. Randomized controlled trial
C. Single-subject AB design
D. Focus group study

110. A self-esteem scale given to the same group of youth two weeks apart yields very similar scores. This indicates good:

A. Test-retest reliability
B. Content validity
C. Construct validity
D. Face validity

111. A scale intended to measure depression turns out to mostly measure anxiety. The main problem with this instrument is poor:

A. Reliability
B. Sampling
C. Generalizability
D. Validity

112. Respondents' family income is recorded as low, middle, or high. This variable is measured at which level?

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

113. The number of months a client has been unemployed, where zero means no unemployment at all, is measured at which level?

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

114. Midway through an interview, a respondent says she no longer wants to take part in the study. The researcher should:

A. Persuade her to finish since she already signed consent
B. Stop the interview and respect her decision without penalty
C. Continue but leave her answers out of the final report
D. Withhold the agency services she is currently receiving

115. A survey is described as anonymous rather than merely confidential. This means that:

A. The researcher knows who answered but will not tell others
B. Only the agency head is allowed to see respondents' names
C. Not even the researcher can link answers to a specific respondent
D. Respondents' names appear only in the appendix of the report

116. A study aims to present the age, income, number of children, and employment status of solo parents in a city. Its purpose is mainly:

A. Explanatory
B. Exploratory
C. Evaluative
D. Descriptive

117. A researcher studies a newly emerging form of online exploitation of children about which almost nothing has been written. This study is mainly:

A. Descriptive
B. Explanatory
C. Exploratory
D. Correlational

118. An evaluation is done while a livelihood program is still running, so that staff can improve its delivery. This type of evaluation is:

A. Formative
B. Summative
C. Impact
D. Cost-benefit

119. To report the most common religious affiliation among respondents, the researcher should use the:

A. Mean
B. Median
C. Standard deviation
D. Mode

120. Respondents rate statements about their community on a five-point scale from strongly agree to strongly disagree. This type of scale is a:

A. Guttman scale
B. Likert scale
C. Semantic differential
D. Thurstone scale

Answer key

Social Workers

1. A. Autonomy versus shame and doubt

Toddlers assert independence and self-control; supportive caregivers help them gain autonomy rather than shame.

2. B. Identity versus role confusion

Adolescents experiment with roles and values in order to form a coherent sense of who they are.

3. C. Ego integrity in the integrity versus despair stage

Late adulthood involves reviewing one's life; acceptance of it with little regret indicates ego integrity.

4. D. In the preoperational stage and has not yet mastered conservation

Preoperational children focus on one visible dimension (height) and cannot yet conserve quantity.

5. C. Exosystem

The exosystem consists of settings the child is not directly part of but which still affect the child, like a parent's workplace.

6. A. Mesosystem

The mesosystem is the set of links among the child's microsystems, such as the connection between home and school.

7. D. His basic physiological and safety needs remain unmet

Lower-level needs like food and shelter generally take priority before higher-level goals become motivating.

8. B. Displacement

Displacement redirects feelings from a threatening target (the boss) to a safer one (the children).

9. A. Reaction formation

Reaction formation masks an unacceptable impulse by expressing its exaggerated opposite.

10. B. Regression

Regression is a return to behavior typical of an earlier developmental stage under stress.

11. C. Conventional level, oriented to approval and good relations

Seeking approval and being seen as good is a hallmark of the first stage of conventional morality.

12. D. Secure

Securely attached infants are distressed by separation but are readily soothed by the caregiver on reunion.

13. C. Homeostasis

Systems resist change to maintain a familiar balance, even when the old pattern was dysfunctional.

14. A. Equifinality

Equifinality means that different starting conditions and paths can lead to the same end state.

15. D. Bargaining

Bargaining involves attempts to negotiate for more time or a delay, often with a higher power.

16. B. A high level of differentiation of self

Differentiation of self is the ability to keep one's own thinking and emotional balance amid family anxiety.

17. A. Triangulation

Triangulation draws a third person into a two-person conflict to reduce tension between the original pair.

18. B. Hiya

Hiya refers to a sense of shame or propriety that can discourage disclosure of problems seen as embarrassing.

19. C. Utang na loob

Utang na loob is a deep sense of indebtedness that obliges a person to reciprocate a favor.

20. D. Observational learning in Bandura's social learning theory

Children learn behaviors by watching models, especially when the model is seen being rewarded.

21. C. Explaining agency services and determining the client's eligibility

Intake is the first contact where the agency's function is explained and fit with the client's request is established.

22. A. Acceptance

Acceptance means valuing the client's inherent worth without condoning the behavior.

23. D. Respect her decision and help arrange supports for living at home

Client self-determination requires honoring a competent client's informed choices and supporting them.

24. B. Explain the limits of confidentiality and report the abuse to proper authorities

Confidentiality is not absolute; suspected child abuse must be reported to protect the child at risk.

25. A. Controlled emotional involvement

The worker is sensitive to the client's feelings and responds purposefully without being overwhelmed by her own.

26. B. Decline politely because it would create a dual relationship

Business ties with a current client create a conflict of interest that can harm the client and the helping relationship.

27. C. Reflection of feeling

Reflection mirrors the emotional content of the client's message to show understanding and invite elaboration.

28. D. Universalization

Universalization normalizes the client's reactions by showing that others in similar situations feel the same.

29. C. Confrontation

Confrontation draws the client's attention to inconsistencies between statements and behavior.

30. A. Partialization

Partialization divides an overwhelming situation into manageable pieces so action can begin.

31. D. A professional judgment on the problem and the factors contributing to it

Assessment synthesizes the collected facts into an understanding of the problem that guides the intervention plan.

32. B. Brief, focused help to restore her immediate coping capacity

Crisis intervention is short-term, active, and aimed at restoring functioning during a period of acute disequilibrium.

33. A. Task-centered model

The task-centered model is brief and time-limited, built around clearly defined client tasks.

34. B. Solution-focused brief therapy

The miracle question is a signature solution-focused technique for picturing goals and exceptions to the problem.

35. C. Strengths perspective

The strengths perspective looks for client capacities and resources that can be built upon.

36. D. Review gains with her and talk through her feelings about ending

Termination should be planned and processed, consolidating gains and addressing feelings about separation.

37. C. Transference

Transference is the client's redirection onto the worker of feelings from earlier significant relationships.

38. A. Recognize it as countertransference and discuss it in supervision

Countertransference should be identified and worked through, usually with a supervisor, so it does not harm the service.

39. D. Ecomap

An ecomap diagrams the family in its environment and the flow of support or stress to and from external systems.

40. B. Genogram

A genogram maps family structure across generations and highlights patterns such as illness or addiction.

41. A. Storming stage

Storming is marked by conflict over control, roles, and norms as members assert themselves.

42. B. Preaffiliation

Preaffiliation involves approach-avoidance behavior as members decide whether the group is safe.

43. C. Clarifying the group's purpose and helping members agree on norms

Early on the worker sets a clear contract, purpose, and ground rules to build safety and direction.

44. D. An isolate

An isolate receives no choices from other members on a sociometric test.

45. C. Self-help group

Self-help groups are peer-led and organized around a shared problem, with members helping one another.

46. A. Task group

Task groups exist to accomplish an objective or produce a product, not primarily to meet members' own emotional needs.

47. D. Cohesion and continuity are harder to build as members change

Changing membership makes it difficult for trust and group development to deepen over time.

48. B. Cohesion

Cohesion is the sum of forces attracting members to the group and keeping them committed to it.

49. A. Help the group examine its pattern of blaming one member

Scapegoating should be addressed openly so the group takes shared responsibility rather than isolating one member.

50. B. Acknowledge her input and invite others to share their views

Respectfully redirecting a monopolizer protects participation of all members without shaming her.

51. C. Help achieve group and individual goals through shared activity

Program activities are chosen purposefully to serve the group's objectives and members' development.

52. D. Members share the main concern but vary somewhat in coping styles

Homogeneity of purpose aids cohesion, while some diversity in coping gives members something to learn from each other.

53. C. Reviewing progress and helping members use their gains outside

Termination work consolidates learning, addresses feelings about ending, and prepares members to transfer gains.

54. A. A system of mutual aid among members

The reciprocal model emphasizes members helping one another, with the worker mediating between members and the group.

55. D. Social goals model

The social goals model uses group experience to develop social consciousness and collective action.

56. B. Remedial model

In the remedial model, the worker diagnoses members and structures the group to treat individual problems.

57. A. Democratic

Democratic leadership shares decision-making with members while still providing guidance.

58. B. Norms

Norms are shared standards of behavior that regulate how members act in the group.

59. C. Set it as a norm while explaining that members' compliance cannot be guaranteed

The worker is bound by confidentiality but cannot fully control what other members share, so this limit should be explained.

60. D. Assess fit with the group and prepare the person for it

Screening checks whether the group suits the person and orients them to its purpose and expectations.

61. C. Locality development

Locality development emphasizes broad participation, cooperation, and building community competence.

62. A. Social planning

Social planning is a technical, data-driven process led largely by experts to solve substantive problems.

63. D. Social action

Social action organizes disadvantaged groups to confront power holders and shift resources or decisions.

64. B. Integration

Integration involves immersing in the community to understand residents and gain their acceptance.

65. A. Social investigation

Social investigation is the systematic study of community conditions that guides later organizing steps.

66. B. Groundwork

Groundwork is one-on-one or small-group motivation of residents around an issue before a larger meeting.

67. C. Role play

Role play prepares members for actual negotiation or confrontation by simulating it in advance.

68. D. Core group formation

The core group is the initial body of leaders who will steer the emerging organization.

69. C. Residents can sustain their organization without the organizer

CO aims at people's self-reliance, so the organizer works toward a planned phase-out.

70. A. Community mapping

Community or resource mapping is a participatory tool that lets residents show their own understanding of local space.

71. D. Seasonal calendar

A seasonal calendar plots changes in conditions and activities across the months of the year.

72. B. Power structure analysis

Power structure analysis identifies formal and informal decision-makers and their relationships.

73. A. A specific, widely felt, winnable issue like a broken water pump

An early concrete victory builds members' confidence and the organization's credibility.

74. B. Building people's power to confront power holders on concrete issues

Alinsky-style organizing builds mass-based power and uses pressure tactics to win demands.

75. C. Developing critical awareness of social reality through dialogue

Conscientization helps people analyze the roots of their situation and act to transform it.

76. D. Reflection

Reflection helps members draw lessons and deepen their understanding after an action.

77. C. Begin with the drainage problem the residents identified

Starting where the people are, with felt needs, builds ownership and participation.

78. A. Develop second-line leaders and share leadership tasks

Shared and developing leadership prevents dependence on one person and supports continuity.

79. D. Coalition building

Coalitions unite separate organizations around a shared issue to increase their collective influence.

80. B. Learn and respect its customary leadership and decision-making

Culturally sensitive organizing works through, not around, the community's own leadership structures.

81. A. Regulate social work practice and the operation of social work agencies

RA 4373 is the law regulating the practice of social work and social work agencies in the Philippines.

82. B. Pass the licensure examination given by the board

The law requires registration through the board examination for those practicing social work professionally.

83. C. Yes, because the law covers persons over 18 unable to care for themselves due to disability

RA 7610 defines children as persons below 18, or over 18 but unable to fully care for or protect themselves because of a physical or mental disability or condition.

84. D. A parent who regularly humiliates a child with degrading words

RA 7610 includes psychological abuse and acts that debase or demean a child's intrinsic worth and dignity.

85. C. Economic abuse

RA 9262 recognizes economic abuse, including controlling the victim's money and withdrawing financial support.

86. A. 15 days

The law provides that a BPO issued by the Punong Barangay or a kagawad is effective for fifteen days.

87. D. Yes, because it covers women in a dating or sexual relationship with the offender

RA 9262 covers violence by a person with whom the woman has or had a sexual or dating relationship.

88. B. As a defense that can free the victim from criminal and civil liability

Under RA 9262, a woman found by the court to suffer from Battered Woman Syndrome incurs no criminal and civil liability even without all elements of self-defense.

89. A. Exempt from criminal liability but subject to an intervention program

Children 15 or below at the time of the offense are exempt from criminal liability and undergo intervention.

90. B. Exempt from criminal liability and undergoes intervention

Children above 15 but below 18 are exempt unless they acted with discernment; without discernment they undergo intervention.

91. C. Restorative justice

RA 9344 promotes restorative justice, focusing on repairing harm and reintegrating the child.

92. D. Determining a child's responsibility without formal court proceedings

Diversion is an alternative, child-appropriate process that avoids formal court proceedings where appropriate.

93. C. RA 7277, the Magna Carta for Disabled Persons

RA 7277 prohibits discrimination against qualified persons with disability in employment.

94. A. Filipinos who reach the age of 100

RA 10868 grants recognition and benefits to Filipinos who reach 100 years of age.

95. D. A conditional cash transfer for poor households

4Ps gives cash grants to poor households on condition that they invest in their children's health and education.

96. B. Parents attend the monthly family development sessions

Attendance at family development sessions is one of the program's conditions, together with health and education requirements.

97. A. Department of Social Welfare and Development

RA 11310 designates the DSWD as the lead agency for implementing the program.

98. B. Institutional

The institutional conception treats welfare as an accepted, ongoing part of society's structure.

99. C. Selective or means-tested

Selective programs target benefits based on demonstrated need, typically through a means test.

100. D. Social insurance

Social insurance pools contributions to protect members against defined life risks.

101. C. Independent variable

The independent variable is the presumed cause that the researcher manipulates or compares.

102. A. Confounding variable

A confounding variable is related to both the presumed cause and effect and can distort the observed relationship.

103. D. Simple random sampling

Each beneficiary has an equal and independent chance of selection in simple random sampling.

104. B. Stratified random sampling

Stratified sampling divides the population into subgroups and randomly samples within each one.

105. A. Purposive sampling

Purposive sampling selects participants because they have specific characteristics relevant to the study.

106. B. Snowball sampling

Snowball sampling uses referrals from participants to reach hidden or hard-to-reach populations.

107. C. Phenomenology

Phenomenology seeks to describe the essence of people's lived experience of a phenomenon.

108. D. Grounded theory

Grounded theory develops theory inductively from systematically analyzed qualitative data.

109. C. Single-subject AB design

Single-subject designs compare a baseline phase (A) with an intervention phase (B) for one client.

110. A. Test-retest reliability

Consistent results over repeated administrations show test-retest reliability.

111. D. Validity

Validity is the degree to which an instrument measures what it is intended to measure.

112. B. Ordinal

Ordinal categories have a meaningful rank order but unequal or unknown intervals between them.

113. A. Ratio

Ratio data have equal intervals and a true zero point, so meaningful ratios can be computed.

114. B. Stop the interview and respect her decision without penalty

Informed consent includes the right to withdraw at any time without any negative consequences.

115. C. Not even the researcher can link answers to a specific respondent

Anonymity means identities cannot be linked to responses by anyone, including the researcher.

116. D. Descriptive

Descriptive research documents the characteristics of a population or phenomenon accurately.

117. C. Exploratory

Exploratory studies investigate little-understood phenomena to gain initial insight and generate questions.

118. A. Formative

Formative evaluation provides feedback during implementation to improve a program.

119. D. Mode

For nominal data such as religion, the mode is the appropriate measure of central tendency.

120. B. Likert scale

A Likert scale asks for degrees of agreement with a set of statements, usually on five or seven points.

Topics to review

• Human behavior and the social environment

- Social casework, group work and community organizing
- Social welfare policy and service delivery
- Assessment, documentation and professional ethics

Online question banks and study resources

Social Workers - Pass Harbor (Question bank)

Official PRC board information

Current PRC exam programs

Independent study material prepared by Board Exam Desk.