

# Quizzes for Continuing Social Work Education and Continuing Medical Education\*

## Children's Stress Levels: An Evaluation Tool to Determine Program Quality

### Continuing Education Quiz

1. What are two critiques of longitudinal studies of long-term effects of events occurring in childhood?
2. What type of study on child stress levels do the authors conduct?
3. What is the function of cortisol in the body?
4. The authors claim that, as with adults, it is expected that infants will establish a "diurnal rhythm" in cortisol levels, where cortisol levels with fluctuate throughout the day and when experiencing certain emotions. What are some potential implications for children who have not appropriately developed this rhythm?
5. Hypocortisolism is characterized by chronically low levels of \_\_\_\_\_ and/or the inability to \_\_\_\_\_ despite being triggered by stress-provoking stimuli.
6. What causes cortisol levels to respond differently in different settings?
  - a) biology
  - b) nothing, it's completely random
  - c) it is unknown
  - d) triggers such as fear, uncertainty, and anxiety
7. What do the authors posit is the relationship between a child's stress level and the caregiving they received as an infant?
8. According to this article, children in what kinds of situations are considered at risk?
9. How might day care increase the risk of stress for children?

\* For instructions on how to submit quizzes for evaluation and awarding of Continuing Social Work and Continuing Medical Education credits, please see the first pages of this issue.

10. Children who receive sensitive and responsive caregiving are more likely to demonstrate lower levels of cortisol than children who are left on their own to manage stress-inducing situations. *True or False.*
11. According to the 2002 Australian Bureau of Statistics, what percent of Australian children under the age of one are in some form of regular, non-parental day care?
- 20%
  - 33%
  - 60%
  - 88%
12. What is the purpose of the authors' study?
13. In the study, \_\_\_\_\_ is used as an indicator of children's stress levels.
14. What were some of the performance indicators chosen to measure differences in day care quality?
15. In Quality Area 1 (Relationships with children) the researchers found significant differences between children's cortisol patterns and the quality of day care center. *True or False.*
16. In the quality area having to do with continuity of care, the researchers found significant differences in children stress levels between day care centers that had been rated satisfactory and those considered high quality centers. What concerns did they raise about the centers that had been rated satisfactory?
17. The researchers positioned continuity of care as a management quality. However, they recognize that in reality continuity of care affects relationship development. How does maintaining a stable work force impact their findings?
18. What long-term outcomes can be inferred from this study?
19. Studies evaluating the Perry High/Scope and the Abecedarian programs demonstrated the link between children's early experiences and long-term outcomes. These programs are regarded internationally as providing the best evidence for the effectiveness of \_\_\_\_\_.
20. In the conclusion the authors identified the next steps in their research on children's stress. Briefly explain what they plan to do next.

# Parents' Perspectives on Social Exclusion and the Development of Psychological Autonomy in Children with Disabilities

## Continuing Education Quiz

1. The author states that in order to understand the situation of disabled children, it is important to understand the problem of social exclusion: why?
2. Explain the paradoxical situation that children with disabilities are forced to live with.
3. Recognizing "children's culture":
  - a) appeases a child's need for attention
  - b) creates a neutral space where a child can enjoy developing and being oneself
  - c) confirms a false sense of imaginary reality
  - d) shows awareness that a child knows what's best for him or herself
4. How does offering children respect as social participants affect adult responsibilities?
5. The development of autonomy is important to consider from the perspective of family experience. *True or False.*
6. In what ways can family members of a disabled person be discriminated against?
7. Social exclusion is an intrinsic part of a disability or impairment. *True or False.*
8. What does the research provide as an alternative view of how to perceive a child's self-determination capabilities?
9. If social exclusion can happen, but doesn't necessarily happen to individuals living with a combination of circumstances such as low income, poor housing, restricted participation within mainstream services, bad health, family breakdown, etc., then what does the author say is the key component to the exclusion phenomenon?

10. What is the support that the author provides for the answer you gave above?
11. What is the concept of “social participation”?
12. What evidence does the author give that substantiates her theory as more suitable to disabled children being less socially excluded than the social participation theory?
13. What is the main difference between the old and new concepts of “autonomy” that makes the new theory much more accurate?
14. It is important to consider autonomy as:
  - a) linked with societal and value-based considerations
  - b) biological immaturity
  - c) physical independence
  - d) none of the above
15. What type of method was used to gather data?
16. What limitations did the researchers face when conducting their study?
17. The results of the research show that parents’ construction of autonomy is based on a view of \_\_\_\_\_.
18. In this study’s findings, parents strongly connect a child’s independence with the child’s health; what does this mean for disabled children and their development of an autonomous self-perception?
19. Explain one or more steps provided by the author that people can take to increase the sense of autonomy felt by the disabled.
20. What might be an implication of increasing the development of the disabled’s sense of autonomy that the author didn’t present?

# Cyber Bullying: What Teachers, Social Workers, and Administrators Should Know

## Continuing Education Quiz

1. Characteristics of bullied children include:
  - a) loneliness
  - b) peer anxiety
  - c) depression
  - d) none of the above
  - e) all of the above
2. What is the cause of the current prevalence of cyber bullying?
3. Why do the authors feel that cyber bullying is more prevalent in affluent suburbs?
4. Explain the authors' supposition that cyber bullies can be created by an attraction to power.
5. "Cyber bullies are also more likely to engage in problem behaviors (P.5)"; briefly explain the authors' argument for the aforementioned statement.
6. Cyber bullying appears to be instigated by more boys than girls. *True or False*
7. Name two of the four types of cyber bullies.
8. What framework provides a way to understand adolescent cyber-bullying?
9. Research that used an ecological framework to understand bullying identified six factors that suggest starting points for intervention. Name two of these factors.

10. Give two characteristics of effective anti-bullying programs within schools.
11. Identify some of the ways in which schools might build a “climate of acceptance.”
12. Research examining the relationships between bullying, parental discord and children’s self-concept found that children living with parents who fight often have lower self-concepts, and that self-concept is a powerful predictor of bullying in childhood. *True or False*
13. According to this article, in what way(s) might “positive parenting” ward off cyber bullying?
14. Character education and social skills programs are an integral part of effective anti-bullying programs in schools. What steps can teachers take in addition to teaching appropriate social skills?
15. Internet safety experts recommend the drafting of clear computer use policies to address cyber bullying. *True or False*
16. What are some of the potential consequential outcomes of being a recipient of cyber bullying or other kinds of bullying?
17. Explain the function of a “webisode” in combating cyber bullying.
18. Which of the following should a teacher do first if they encounter an instance of cyber bullying?
  - a) Notify parents of both known and suspected cyber bullying.
  - b) Notify police if there is a threat involved
  - c) Do nothing and wait to see if there is a second occurrence
  - d) Refer students directly to a counselor for evaluation
  - e) Both b and d
  - f) Both a and b
19. Why do the authors suggest an alternative to a “zero-tolerance” policy when it comes to addressing cyber bullying?
20. The authors recommend creating an ethic of care as a foundation for responding to both cyber bullying and conventional bullying. What do they mean when they use the term “ethic of care”?

# Citizens Speak About the Meaning of Genuine Community Governance

## Continuing Education Quiz

1. What was the purpose of the *Core Services Review* in British Columbia?
  - c) enabling communities to develop and deliver services within a consolidated, coherent, community-based service delivery system
  - d) None of the above
  - e) All of the above
2. What was wrong with the old British Columbian social service delivery system, according to this article?
3. What was the Minister's suggestion for an alternative approach to social service delivery?
4. What did survey respondents identify as a major barrier to shifting to regional governance?
  - a) lack of funding, services and staff
  - b) lack of communication
  - c) lack of community involvement
  - d) all of the above
  - e) none of the above
5. The intent of relying on the community is to move to regional community-based governance by:
  - a) acknowledging and reinforcing the capacity of communities to support and enhance the resilience of children and families
  - b) promoting choice, innovation and shared responsibility
6. According to the authors, what does community-based research attempt to do?
7. Community-based research is well suited for research with \_\_\_\_\_ and \_\_\_\_\_ populations.
8. What do the authors mean by "mediating structure"?
9. Referring to mediating structures, how is this notion helpful to community-based participatory research?
10. How did the authors apply mediating structures to their participant selection process?

11. One purpose of conducting a survey in Phase 1 of the research was to understand the meaning of 'community' and 'partnership' from the community's perspective. *True or False*
12. For the focus group phase of data collection, what was the purpose of the "CAN YOU HEAR ME NOW?" catch phrase?
13. What percentage of community respondents reported having no role at all in the MCFD change process?
  - a) 86.5%
  - b) 56%
  - c) 85.6%
  - d) 15%
14. What were the three factors that respondents felt were necessary in defining the "meaning" of community?
15. What critical issue was raised by the majority of focus group members regarding the nature of the relationship between the Ministry and the community within the context of regional community-based governance?
16. Focus group participants offered many ideas to address the suspicion about the MCFD's willingness to contribute to meaningful community change. Briefly state any one of the group participants' ideas.
17. According to the key informant interviews, what must a community governance model have in order to promote change?
  - a) financing
  - b) political muscle
  - c) membership
  - d) all of the above
18. What do the authors think is a most important and innovative component of the community governance approach?
19. The authors describe some of the problems with the bureaucratic model: generalizing from a part to the whole, homogenization of outlook, competition, and reactivity. Briefly explain any of these terms as presented in the article.
20. Explain one of the three changes proposed by the authors:



# Parental Support and Development of Peer Social Status among Female Children

## Continuing Education Quiz

1. In situations where adolescent children may be prone to engage in conflict, how might parents aid in de-escalating the conflict?
2. Parental support may involve a degree of parental control when children need help regulating their behavior. *True or False*
3. According to the author, what are the three types of disciplinary techniques adopted by parents to control children's negative behavior?
4. Within the social nest of the family, children learn certain social skills and behaviors that transfer to their interactions with peers. *True or False*
5. Boys categorized in the \_\_\_\_\_ group experience their parents as more supportive than boys in either of the other two groups.
6. The authors believe that parental support plays a key role in the development of children's social competence and self esteem. *True or False*
7. According to the author, what is one essential characteristic for healthy personality development?
8. According to the article, parents who provide support through induction (discussion) encourage children to express their opinions without fear of reprisal. *True or False*
9. According to the author, what three things contribute to girls' feelings of inadequacy in Indian society?
10. Gender differences in levels of parental support are derived from:
  - a) Culturally distinct ways of viewing boys' and girls' family and social roles.
  - b) The "favorite-child" syndrome
  - c) The effects of un- or underemployed parents
  - d) No reason, gender differences in levels of parental support are natural

11. The author identifies a few of the ways in which boys and girls are treated differently in Indian society. Name one of them.
12. What suggestions are made to address the gender disparities found in parental support?
13. Key findings from the data from this study are:
  - a) parental support is essential for children's physical and psychological growth and development.
  - b) boys receive better parental support than girls in their sample
  - c) parents of girls in their sample were highly qualified and held higher societal positions
  - d) all of the above
  - e) none of the above
14. Love-oriented parenting techniques are not unilaterally positive. *True or False*
15. Power-oriented parenting techniques are not unilaterally harsh. *True or False*
16. Briefly explain how permissive discipline differs from ultra permissive discipline.
17. The author defines parental power assertion as the use of direct commands, threats, and physical force. *True or False*
18. Briefly state the author's definition of parental love withdrawal.
19. In the study, how did the author evaluate the children's peer social status?
20. According to the article, parents encourage sons to develop their inner strengths because they will have an important family role after the death of their parents. *True or False*

# Intergenerational Addiction and Child Abuse: Treatment and Policy Approaches

## Continuing Education Quiz

1. What percent of abuse cases are associated with the use of alcohol and other drugs?
  - a) 50%
  - b) 75%
  - c) 80%
  - d) 99%
2. According to the article, the child welfare system and the substance abuse treatment system have been criticized for what?
3. The author claims that the child welfare and substance abuse systems provide separate and conflicting services. How might this be true?
4. How might this conflict impact families with children in the child welfare system?
5. Azzi-Lessing and Olsen (1996) identified needs for a system to effectively deliver services to women in the child welfare system, which include:
  - a) housing assistance
  - b) job skills
  - c) child care
  - d) all of the above
  - e) none of the above
6. What approach does the author view as more effective for treating mothers with addictions?
7. \_\_\_\_\_ rather than increased self-object differentiation and separateness is the goal in women's development.
8. The author claims that "the ASFA negatively affects reunification possibilities when addiction treatment is necessary." What support does she provide to substantiate that claim?
9. The author identifies several factors that contribute to the development of alcoholism and substance abuse? Name two of them.

10. Wegscheider (1981) identified adaptive roles of the child of an alcoholic, and Black (1981) identified adaptive rules that help the child survive in substance abusing families. How are these coping strategies used as children of alcoholics mature into adulthood?
11. Briefly state one of the negative consequences to the parent-child relationship when parental responses are impaired by substance abuse.
12. The author states that for women, Step One of the Alcoholics Anonymous 12 Step program is paradoxical. Briefly explain what she means.
13. What is the focal point of women's psychological development?
  - a) power
  - b) money
  - c) relationships
  - d) education
14. Briefly state how traditional developmental theories differ from relational models of development.
15. Explain the meaning of "condemned isolation" and its implications for substance use among women:
16. Trauma and addictions are highly connected. *True or False*
17. The DCFS court process involves confronting the parent. Briefly state why the author views confrontation as counterproductive for these mothers.
18. The author points out that the nature of the connection between the client and the DCFS system will have an impact on the client's recovery. Briefly describe the nature of the treatment relationship that will be most helpful to the client.
19. In her policy implications the author identifies several problems with the current approach to intervening with this population. State any one of the problems she identifies.
20. The author feels strongly that unless we address the parent's trauma we will not be successful in preventing abuse and neglect in the next generation. *True or False*

# Successful Family Reunification: The Contribution of Social Work Theory in the Provision of Services and Decision-Making

## Continuing Education Quiz

1. The health and safety of children takes precedence over parents' rights to regain custody when children have been removed for abuse or neglect.  
*True or False*
2. One outcome resulting from the enactment of the Adoption and Safe Families Act has been a decrease in the number of children adopted out of substitute care.  
*True or False*
3. According to the article what is the operational definition of successful family reunification?
4. Briefly state the difference between the operational definition of family reunification and the *expanded* definition of family reunification.
5. The author found three factors present in all of the research cases before caseworkers recommended reunification. State one of the three factors.
6. In cases where families had been reunified successfully, the author identified many characteristics of parents that caseworkers believed contributed to reunification. State two characteristics of parents who successfully reunified with children.
7. The author also identified characteristics of children in cases of successful reunification. State two characteristics of children in families that reunified successfully.
8. Why was it important for caseworkers to be aware of their countertransference reactions?
9. The author mentions the role of fear in the reunification process. What is meant by "the second stage of fear"?
10. The author suggests that fear on the part of parents and children should not necessarily be seen as an indication that reunification is not safe. Briefly restate her suggestion for how workers can best respond to the family's fear in the reunification process.

11. The researcher identifies several ways that social workers used theory to further the process of reunification. State one of the ways that theory was used by caseworkers in the study.

rates of family reunification may be artificially high and that the actual rate at which families reunify successfully is lower than outcome studies suggest. What causes the reunification rate to be artificially high?
12. According to the article, the rate of family reunification in Illinois for fiscal year 1999 was:
  - a. 15%
  - b. 10%
  - c. 25%
  - d. 19%
  - e. 29%
13. According to the article, the failure rate (the rate at which children reentered the system within twelve months of returning home) was:
  - a. 22.5%
  - b. 19.9%
  - c. 29.9%
  - d. 16.5%
14. Briefly state the *narrow* definition of family reunification as defined in the article.
15. The author states that statistics showing rates of family reunification may be artificially high and that the actual rate at which families reunify successfully is lower than outcome studies suggest. What causes the reunification rate to be artificially high?
16. The author identified several barriers to successful family reunification. One barrier is workers' anxiety around misjudging the degree of risk to the child. *True or False*
17. Briefly state one of the other barriers to reunification identified by the author.
18. Caseworkers in the study described many elements of casework practice that they believed led to successful family reunification. State one of the variables pertaining to the caseworker's inner experience that contributes to successful reunification.
19. State one of the interventions in the initial phase of working with the family that contributes to successful reunification.
20. State one of the ongoing interventions that contributes to successful family reunification.

# Attracting African-Americans to Adoption Programs

## Continuing Education Quiz

1. What are some of the variables that the authors found in the literature on the topic of African-American adoption that influenced the low rate of adoptions of African-American babies and children by African American couples and families?
2. What is the percentage of children in foster care that are of African-American descent?
3. In regards to adoptive parent screening, what do the authors posit is a significant factor in the exclusion of many African-American's from adopting?
4. The authors identified several steps that adoption agencies might take to attract African-American clients. State two of the steps mentioned in the article.
5. Agency clients interviewed for the study felt that part of the reason for low rates of African-American participation was due to the agency's lack of cultural competence. State two factors that led interviewees to feel that the agency lacked cultural competence.
6. Briefly explain why attempts to be color blind contributed to the perception that that the agency lacked cultural competence:
7. The researcher compared the views of an African-American adoption worker to those of a Caucasian adoption worker. Unlike agency clients, the two adoption workers who were interviewed agreed that the adoption programs demonstrate cultural competence. *True or False*
8. The adoption workers agreed on two important points. Briefly state the areas of agreement.
9. After reviewing the results of the study the adoption agency developed a recruitment strategy with three main parts. Briefly state the three parts of the recruitment strategy.
10. According to the article, what are the benefits of networking within the African-American community as it pertains to increasing adoption rates, and why is it especially necessary with this population?

11. How do the authors propose to create a culturally competent practice?
  - a. provide extensive diversity education
  - b. incorporate staff diversity
  - c. create an atmosphere that is sensitive to all cultures
  - d. All of the above
  - e. None of the above
  
12. Some interviewees offered good ideas about how to open lines of communication with community organizations. Briefly state two of these ideas.
  
13. Some interviewees offered ideas for good marketing strategies. State one of the marketing strategies suggested by the interviewees.
  
14. Identify two marketing strategies suggested by the Administration for Children and Families (ACF) for the purpose of reaching out to the African-American community.
  
15. Why is it important for adoption agencies seeking African-American clients to employ African-American staff?
  
16. The authors make specific recommendations as to how the agency should educate its workers on issues of diversity. State two of the stated recommendations.
  
17. Why is it important to pay particular attention to the agency atmosphere? What ideas were offered to make the agency atmosphere more welcoming to African-Americans?
  
18. What reasons do the authors give to explain the National Association of Black Social Workers (NABSW) position that transracial adoptions should cease?
  
19. How does the model at the Iowa School of Social Work propose to increase organizational cultural competence?
  
20. The authors propose ideas for future research that may help the foster care/adoption systems and agencies to be better, more culturally competent service providers. One such research topic is to conduct comparative research on foster care conversion adoption to domestic adoption, asking why people choose one or the other and cultural variables that influenced that choice. According to the article what are some of the reasons that African-American families participate in foster care adoption rather than domestic or international adoption?



# Understanding the Healing Nurture in Foster Parents' Psychological Availability: An Annotated Bibliography

## Continuing Education Quiz

1. Children in foster care are as likely as children in the general population to have unmet physical and mental health needs. *True or False*
2. What do you infer might be the connection between a child's being ill-served by foster care, whether or not they come from an abusive family environment, and the rate of placement disruption the child experiences once in the foster care system?
3. What are some of the characteristics found in adults who, as children, have been through the child welfare system and sustained unmet psychosocial and physical needs?
4. What is the rationale for "permanency planning"?
5. According to the article, children in foster care need more than a permanent placement in order to develop optimally. They also need caregivers who are mentally and emotionally available. Identify two of the theories thought to be fundamental to understanding parental availability.
6. What does the parental acceptance-rejection (PAR) theory assume?
7. The \_\_\_\_\_ is believed by theorists to have unparalleled influence on children's long-term psychological adjustment.
8. In attachment theory, the actual presence of the caregiver is critical at what point in a child's life?
9. How does a child use the relationship to develop an internal working model (during the time frame given in your answer to question 8)?

10. According to the attachment theorists cited in the article, what determines parental availability?
11. According to studies conducted by Dozier, Stovall, Albus, and Bates (2001) and Bates and Dozier (2002), babies in foster care can organize their attachment behavior around the availability of their new caregivers despite having a flawed attachment with the birth parent. *True or False*
12. What are the theories that outline the meaning of “symbolic interactionism and event schemas”?
13. According to the theories mentioned in question 12, which of the following is correct?
  - a. meaning can develop both inside and outside of social context
  - b. meaning is developed on an internal, personal level
  - c. meaning cannot develop outside of social context
  - d. there is no evidence to support any theories of how children learn to assign meaning
14. How does the symbolic interactionist model fit into the theory of parental availability?
15. Researchers testing the symbolic interactionist model identified what unexpected finding?
16. Why is it important to consider the content of the parent’s beliefs as an important factor in a child’s self-development?
17. Researchers who have conducted extensive clinical studies on how beliefs affect both the experience and outcomes of illness in families are convinced that beliefs not only have an impact on cognition and behavior, but also that the influence of beliefs can be felt right down to the level of \_\_\_\_\_.
18. What is the importance of “reflective function” in the psychological development of the child?
19. The theory of intersubjectivity states that a child’s mind can only develop \_\_\_\_\_.
20. Briefly summarize four central features of parent availability as applied to foster parenting.