

# Test Bank

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## Chapter 2: Family Systems Theory

### Multiple Choice

1. The theory based on family members' impact on one another in a bidirectional way in order to strive and maintain equilibrium is \_\_\_\_\_.

- a. family member theory
- b. family systems theory
- c. divergent family theory
- d. systems theory

Ans: B

Learning Objective: Define the major principles of family systems theory: subsystems, boundaries, communication, adaptability/flexibility, cohesion, and circular causality.

Cognitive Domain: Knowledge

Answer Location: What Is Family Systems Theory?

Difficulty Level: Medium

2. What are the two components of human identity?

- a. separateness and belonging
- b. uniqueness and difference
- c. happiness and sadness
- d. independence and helplessness

Ans: A

Learning Objective: Define the major principles of family systems theory: subsystems, boundaries, communication, adaptability/flexibility, cohesion, and circular causality;

Apply principles of family systems theory to working with children with disabilities.

Cognitive Domain: Knowledge

Answer Location: The Family Identity

Difficulty Level: Medium

3. What are some themes that describe family subsystems?

- a. marriage, gender, disability, grandparents
- b. marriage, gender, disability, siblings
- c. gender, partners, grandparents, siblings
- d. gender, grandparents, marriage, siblings

Ans: B

Learning Objective: Define the major principles of family systems theory: subsystems, boundaries, communication, adaptability/flexibility, cohesion, and circular causality.

Cognitive Domain: Knowledge

Answer Location: Family Subsystems

Difficulty Level: Medium

4. Why do rules and boundaries exist in a family?

- a. to set structure
- b. to maintain equilibrium for the family unit
- c. to avoid negative punishment
- d. to have a happy household

Ans: B

Learning Objective: Define the major principles of family systems theory: subsystems, boundaries, communication, adaptability/flexibility, cohesion, and circular causality; Apply principles of family systems theory to working with children with disabilities.

Cognitive Domain: Comprehension

Answer Location: Boundaries

Difficulty Level: Medium

5. What is a “healthy” family described as?

- a. happy
- b. not argumentative
- c. rule-abiding and flexible
- d. organized and able to respond to change positively

Ans: D

Learning Objective: Define the major principles of family systems theory: subsystems, boundaries, communication, adaptability/flexibility, cohesion, and circular causality; Apply principles of family systems theory to working with children with disabilities.

Cognitive Domain: Comprehension

Answer Location: Boundaries

Difficulty Level: Medium

6. A survival tool to maintain homeostasis within the family system is \_\_\_\_\_.

- a. communication
- b. flexibility
- c. survival skills
- d. rigidity

Ans: A

Learning Objective: Define the major principles of family systems theory: subsystems, boundaries, communication, adaptability/flexibility, cohesion, and circular causality; Apply principles of family systems theory to working with children with disabilities.

Cognitive Domain: Knowledge

Answer Location: Communication

Difficulty Level: Medium

7. What is the form of communication in which one conversation often leads to another conversation within and without subsystems and in which subsystems may control or monitor the flow of information from other subsystems?

- a. circular communication
- b. complex communication
- c. dyadic communication
- d. reciprocal communication

Ans: A

Learning Objective: Define the major principles of family systems theory: subsystems, boundaries, communication, adaptability/flexibility, cohesion, and circular causality; Apply principles of family systems theory to working with children with disabilities.

Cognitive Domain: Knowledge

Answer Location: Communication

Difficulty Level: Medium

8. Some form of \_\_\_\_\_ and \_\_\_\_\_ help family members feel connected, respected, and supported, which is the goal of family systems work.

- a. sustainability, adaptability
- b. adaptability; flexibility
- c. flexibility; sustainability
- d. communication; adaptability

Ans: B

Learning Objective: Define the major principles of family systems theory: subsystems, boundaries, communication, adaptability/flexibility, cohesion, and circular causality; Apply principles of family systems theory to working with children with disabilities; Discuss the role of culture in applying family systems theory

Cognitive Domain: Comprehension

Answer Location: Adaptability/Flexibility

Difficulty Level: Medium

9. The physical and emotional environment of the family is referred to as \_\_\_\_\_.

- a. house functioning
- b. house variables
- c. space
- d. climate

Ans: D

Learning Objective: Define the major principles of family systems theory: subsystems, boundaries, communication, adaptability/flexibility, cohesion, and circular causality.

Cognitive Domain: Knowledge

Answer Location: Climate

Difficulty Level: Easy

## True/False

1. The formation of a family and how the family changes throughout and across time represents the climate cycle.

Ans: F

Learning Objective: Define the major principles of family systems theory: subsystems, boundaries, communication, adaptability/flexibility, cohesion, and circular causality.

Cognitive Domain: Comprehension

Answer Location: The Family Life Cycle

Difficulty Level: Medium

2. Positively addressing these changes will strengthen the family unit and help the family survive to endure future changes

Ans: T

Learning Objective: Apply principles of family systems theory to working with children with disabilities; Discuss the role of culture in applying family systems theory.

Cognitive Domain: Application

Answer Location: Factors Impacting Family Systems

Difficulty Level: Medium

3. External systems influence families in multi-directional ways.

Ans: F

Learning Objective: Define the major principles of family systems theory: subsystems, boundaries, communication, adaptability/flexibility, cohesion, and circular causality;

Apply principles of family systems theory to working with children with disabilities;

Discuss the role of culture in applying family systems theory.

Cognitive Domain: Knowledge

Answer Location: External Systems

Difficulty Level: Hard

4. The communication styles and behavior patterns of families never reflect their culture.

Ans: F

Learning Objective: Discuss the role of culture in applying family systems theory.

Cognitive Domain: Comprehension

Answer Location: Culture, Race, and Ethnicity

Difficulty Level: Medium

5. Children with disabilities in foster care do not have longer stays in foster care than children without disabilities.

Ans: F

Learning Objective: Discuss the role of culture in applying family systems theory.

Cognitive Domain: Comprehension

Answer Location: Spotlight on Children in Foster Care

Difficulty Level: Medium

6. The relationships of the primary caregivers/parents influence the family unit.

Ans: T

Learning Objective: Define the major principles of family systems theory: subsystems, boundaries, communication, adaptability/flexibility, cohesion, and circular causality.

Cognitive Domain: Knowledge

Answer Location: Chapter 2

Difficulty Level: Easy