

New for 2020 – 2021

Competitor orientation deleted from ILC.

Event Summary

Behavioral Health provides members with the opportunity to gain knowledge and skills surrounding psychology, the mind, mental health and substance use disorders. This competitive event consists of a written test with a tie-breaker essay question. This event aims to inspire members to learn about and promote mental health resilience as well as learn how to support those in recovery, their families and the health community.

Dress Code Competitors must be in official HOSA uniform or proper business attire. Bonus points will be awarded for [proper dress](#).

- General Rules**
1. Competitors in this event must be active members of HOSA-Future Health Professionals and in good standing.
 2. Secondary and Postsecondary/Collegiate divisions are eligible to compete in this event.
 3. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#)."
 4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor's [photo ID](#) must be presented prior to ALL competition rounds.

Official References

- [Substance Abuse and Mental Health Services Administration website](#)
- [Cacioppo, John and Laura Freberg, Discovering Psychology. Cengage Learning, Latest edition.](#)
- [National Alliance on Mental Illness website](#)
- [CVS Opioid Abuse Prevention](#)

Written Test

5. [Test Instructions](#): The written test will consist of 100 multiple choice items in a maximum of 90 minutes.
6. **Time Remaining Announcements**: There will be a verbal announcement when there are 60 minutes, 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.
7. One essay question will be administered with the original test. In case of a tie, the essay question will be judged and used to break the tie.

8. The test plan and resources for Behavioral Health Test are:
- The Mind25%
 - Biology
 - Sensation
 - Perception
 - Consciousness
 - Motivation
 - Emotion
 - Learning
 - Memory
 - Psychology and Behavioral Health Disorders, Treatments, Therapies & Services25%
 - Autism
 - ADHD
 - Schizophrenia
 - Bipolar
 - Depression
 - Anxiety
 - OCD
 - PTSD
 - Personality Disorders
 - Dissociative Disorders
 - Eating Disorders
 - Prevention, Identification, Recovery and Management of Substance Abuse and Mental Illness25%
 - Wellness, Stress, Coping15%
 - Workforce/Careers and Laws, Regulations and Guidelines5%
 - History and Health Systems Integration5%

9. **Sample Test Questions**

1. What part of the nervous system manages essential functions, such as heart rate and blood pressure?
 - A. Cerebellum
 - B. Pons
 - C. Medulla**
 - D. Cerebellum

Cacioppo pp 114

2. A student is seeking a counselor to work on individual strategies to develop knowledge, attitudes and skills needed to change certain behaviors. Which of the following elements is *not* a component of an effective program?
 - A. Focusing on life and social skills.
 - B. Peer support services.
 - C. Focusing on physical skills.
 - D. Social commitment to not using drugs.**

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3. Which type of psychology explores normal changes in behavior that occur across the life span?
 - A. Cognitive
 - B. Developmental**
 - C. Clinical
 - D. Behavioral

Cacioppo pp 27

Final Scoring

10. The competitor should write his/her answer to the tie-breaker essay question on the tie-breaker page of the test that remains attached to the original test.
11. Final rank is determined by the test score. In case of a tie, the essay question will be used to determine the rank.

Competitor Must Provide:

- Two #2 pencils with erasers
- [Photo ID](#)