

Behavioral Health



New for 2023 – 2024

CVS site has been removed as a resource. Editorial updates have been made. These guidelines are written for ILC. States may modify events or have different event processes and deadlines. Be sure to check with your Local/State Advisor (or state website) to determine how the event is implemented for the regional/area or state conference.

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 tiebreaker 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](#).

Competitor Must Provide:

- ☐ [Photo ID](#)
- ☐ Two #2 lead pencils (not mechanical) with eraser

General Rules

1. Competitors in this event must be active members of HOSA-Future Health Professionals and in good standing.
2. **Eligible Divisions:** 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 \(GRR\)](#).”
 - A. Per the [GRRs](#) and [Appendix H](#), HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read [Appendix H](#). To request accommodation for the International Leadership Conference, [submit the request form here](#) by May 15 at midnight EST.
 - B. To request accommodation for any regional/area or state level conferences, submit the request form [here](#) by your state published deadline. Accommodations must first be done at state to be considered for ILC.

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

5. All official references are used in the development of the written test.
6. [Substance Abuse and Mental Health Services Administration website](#)
7. [Cacioppo, John and Laura Freber. *Discovering Psychology*. Cengage Learning. Latest edition.](#)
8. [National Alliance on Mental Illness website](#)

Written Test

9. [Test Instructions](#): The written test will consist of 100 multiple choice items in a maximum of 90 minutes.
10. **Time Remaining Announcements**: There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center, and competitors are responsible for monitoring their own time.
11. 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.
12. The test plan and resources for Behavioral Health Test are:
 - The Mind..... 25%
 - Biological
 - Sensation
 - Perception
 - Consciousness
 - Motivation
 - Emotion
 - Learning
 - Memory
 - Psychology and Behavioral Health Disorders, Treatments, Therapies & Services.... 25%
 - Autism
 - ADHD
 - Schizophrenia
 - Bipolar
 - Depression
 - Anxiety
 - OCD
 - PTSD
 - Personality Disorders
 - Dissociative Disorders
 - Eating Disorders
 - Prevention, Identification, Recovery and Management of Substance Abuse and Mental Illness 25%
 - Wellness, Stress, Coping 15%
 - Workforce/Careers and Laws, Regulations and Guidelines 5%
 - History and Health Systems Integration 5%

13. Sample Test Questions

1. Which part of the nervous system manages essential functions, such as heart rate, breathing, and blood pressure? (Cacioppo pp 115)
 - A. Parietal
 - B. Pons
 - C. Medulla**
 - D. Cerebellum

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

3. Which type of psychology explores normal changes in behavior that occur across the life span? (Cacioppo pp 24)
 - A. Cognitive
 - B. Developmental**
 - C. Clinical
 - D. Behavioral

Final Scoring

14. The competitor should write their answer to the tiebreaker essay question on the tiebreaker page of the test that remains attached to the original test.

15. Final rank is determined by the test score. In case of a tie, the essay question will be used to determine the rank.