

Behavioral Health

Health Science Event

Eligible Divisions: Secondary & Postsecondary / Collegiate	Round 1: 100 Q test in 90 minutes	Digital Upload: NO
Solo Event: 1 competitor		



New for 2024 – 2025
Editorial updates have been made.

Event Summary

Behavioral Health allows members 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. It aims to inspire members to learn about and promote mental health resilience and how to support those in recovery, their families, and the health community.

Dress Code

Proper business attire or official HOSA uniform. Bonus points will be awarded for [proper dress](#).

Competitors Must Provide:

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

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).

Official References

2. The below references are used in the development of the test questions:
 - a. [Substance Abuse and Mental Health Services Administration website](#)
 - b. [Cacioppo, John and Laura Freber. *Discovering Psychology*. Cengage Learning, Latest edition.](#)
 - c. [National Alliance on Mental Illness website](#)

Written Test

3. [Test Instructions](#): The written test will consist of 100 multiple-choice items in a maximum of 90 minutes.
4. One essay question will be administered with the original test.
5. **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.

6. Test Plan

The test plan for the Behavioral Health Test is:

- 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%

7. 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 regular changes in behavior that occur across the lifespan? (Cacioppo pp 24)
 - A. Cognitive
 - B. Developmental**
 - C. Clinical
 - D. Behavioral

Final Scoring

8. In case of a tie, the essay will be judged and used to break the tie.