

Behavioral Health

Event Category: Health Science.....

Eligible Divisions: Secondary, Postsecondary/ Collegiate	Round One: 50 Q test (60 minutes)	Digital Upload: NO
Solo Event: 1 competitor		



New for 2026-2027

Editorial changes have been made.

TEXAS HOSA

Make sure to read the *Texas General Rules and Regulations* for the updated “**Electronic Device Policy**”

Area Spring Leadership Conference This event only has one round. The online test for Area will be given in December. Make sure to read the “Texas HOSA Handbook- Section G” for online testing procedure. The top 3 individual scores from each Area will advance to the State Leadership Conference.

Texas State Leadership Conference

The State written exam will be given in person in Irving, Tx to those who advanced from each Area. No study materials permitted. The top 3 individual scores from State will advance to ILC.

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. In the event of a tie, the tiebreaker essay will be judged. 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.

General Event Information

General Rules	Competitors must be familiar with and adhere to the General Rules and Regulations .
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 an eraser • Neon colored foam earplugs, NOT earbuds, for noise control (optional) HOSA Conference Staff will provide equipment and supplies listed in Appendix I .
Official References	The references below are used in the development of the test questions: • Substance Abuse and Mental Health Services Administration (SAMHSA) website • Cacioppo, John and Laura Freber. <i>Discovering Psychology</i>. Cengage Learning, Latest edition. • National Alliance on Mental Illness (NAMI) website The following additional resource is available at HOSA Webinars: SAMHSA - Behavioral Health Pathways

ROUND ONE- Test

Test Instructions	All competitors will be given a test and test answer sheet. The written test will consist of 50 multiple choice questions in a maximum of 60 minutes. See test instructions here . An essay tiebreaker question will be administered with the original test. Essay tiebreakers will be completed on the back of the test answer sheet.
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.
Written Test Plan	The test plan for the Behavioral Health Test is: • The Mind - 25% - o Biological - o Sensation - o Perception - o Consciousness - o Motivation - o Emotion - o Learning - o Memory • Psychology and Behavioral Health Disorders, Treatments, Therapies & Services - 25% - o Autism - o ADHD - o Schizophrenia - o Bipolar - o Depression - o Anxiety - o OCD - o PTSD - o Personality Disorders - o Dissociative Disorders - o 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%
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
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Final Scoring

In the event of a tie, the essay will be judged to break the tie.

Future Opportunities

The HOSA Scholarship program has funding available for HOSA members who have an interest in various health careers! The application process begins January 1, 2027, and can be found here: <https://hosa.org/scholarships/>.

Graduating from high school or completing your postsecondary/collegiate program does not mean your HOSA journey has to end. As a HOSA member, you are eligible to become a HOSA Lifetime Alumni Member- a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.