



Last updated: January 20th, 2026

## **Behavioural Health**

**PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S FALL LEADERSHIP CONFERENCE (FLC):**

1. **Written test time kept at 60 minutes for 100 questions at FLC only.** This test includes one essay question, the details of which are specified in the guidelines below.
2. Written test will take place online and be open book at FLC only.

**PLEASE NOTE HOSA CANADA'S SPRING LEADERSHIP CONFERENCE (SLC) WILL BE IN-PERSON AND THIS EVENT WILL BE RUN ACCORDING TO THE GUIDELINES IN THE FOLLOWING PAGES, EXCEPT FOR THE FOLLOWING DIFFERENCE:**

1. There will be a verbal announcement when there are 30 minutes and 5 minutes remaining to complete the written test at SLC.  
*\*Please note that NO verbal announcements will be made at the International Leadership Conference (ILC).*

**PLEASE NOTE THE FOLLOWING DIFFERENCES IN HOW THIS EVENT WILL BE RUN AT HOSA CANADA'S SECONDARY/POST-SECONDARY VIRTUAL CONFERENCE:**

1. Written test time shortened to 40 minutes (still 50 questions). This test includes one essay question, the details of which are specified in the guidelines below.
3. The written test will take place online and be open book.

**\*\*\*DISCLAIMER: virtual secondary competitor participation in any Competitive Event through the virtual membership is not ranked and not eligible to advance to the International Leadership Conference (ILC)\*\*\***

# Behavioral Health

## Health Science Event .....

<b>Eligible Divisions:</b> Secondary & Postsecondary / Collegiate	<b>Round 1:</b> 50 Q test in 60 minutes	<b>Digital Upload:</b> NO
<b>Solo Event:</b> 1 competitor		



### New for 2025-2026

Total number of test questions and test timing have been reduced. 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. 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.

### 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

HOSA Conference Staff will provide equipment and supplies as listed in [Appendix I](#).

### General Rules

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

### Official References

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

### Written Test

3. [Test Instructions](#): The written test will consist of 50 multiple-choice items in a maximum of 60 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%
  - 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%

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

## Future Opportunities:

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](https://hosa.org/alumni).