

# HOSA Behavioral Health Assessment Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

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- 1. What is the main function of the parietal lobes?**
  - A. Processing auditory information**
  - B. Receiving sensory input for touch and body position**
  - C. Regulating emotional responses**
  - D. Controlling voluntary movements**

- 2. What does the autonomic nervous system regulate?**
  - A. Skeletal muscle movement**
  - B. Glands and internal organ muscles**
  - C. Reflexes and spinal cord functions**
  - D. Voluntary actions and sensory input**

- 3. What does the term 'apathy' describe in the context of mental health?**
  - A. Dull emotional tone associated with detachment or indifference**
  - B. A lack of coordination while performing voluntary movements**
  - C. Excessive swallowing of air due to anxiety**
  - D. False belief that is absurd and not based in reality**

- 4. In the context of OCD, rumination refers to:**
  - A. A brief moment of clarity and focus**
  - B. A constant preoccupation with a single idea or theme**
  - C. A sudden burst of creativity and diverse thoughts**
  - D. Consistent withdrawal from social interactions**

- 5. What do dissociative disorders primarily affect in an individual?**
  - A. Physical health and wellness**
  - B. Memory and self-perception**
  - C. Social interactions and relationships**
  - D. Emotional stability and resilience**

**6. What is the main role of neurotransmitters?**

- A. To insulate the nerve cell**
- B. To transmit signals across a synapse**
- C. To generate electrical impulses**
- D. To protect the neuron**

**7. Which of the following is an example of a Selective Serotonin Reuptake Inhibitor (SSRI)?**

- A. Marplan**
- B. Cymbalta**
- C. Zoloft**
- D. Pamelor**

**8. What action should a physician take if approached about a patient by someone not involved in the patient's care?**

- A. Confirm the patient's diagnosis**
- B. Discuss the patient's treatment plan**
- C. No information at all**
- D. Only confirm the patient is being treated**

**9. Which of the following is a way religion may affect health?**

- A. By promoting regular physical exercise**
- B. By prescribing diets to follow**
- C. By influencing types of acceptable medical interventions**
- D. By enforcing strict medication regulations**

**10. What constitutes binge alcohol use?**

- A. 7 or more drinks on one occasion**
- B. 5 or more drinks on one occasion**
- C. 10 or more drinks averaged over a week**
- D. 4 or more drinks daily**

## **Answers**

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- 1. B**
- 2. B**
- 3. A**
- 4. B**
- 5. B**
- 6. B**
- 7. C**
- 8. C**
- 9. C**
- 10. B**

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## **Explanations**

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## 1. What is the main function of the parietal lobes?

- A. Processing auditory information
- B. Receiving sensory input for touch and body position**
- C. Regulating emotional responses
- D. Controlling voluntary movements

The main function of the parietal lobes is to receive sensory input for touch and body position. The parietal lobes, located near the center of the brain, are crucial for processing somatosensory information, which includes sensations such as pressure, pain, temperature, and proprioception (the sense of body position). This area integrates sensory information from different modalities, allowing for a comprehensive understanding of the body's relationship to its environment. In addition, the parietal lobes play a significant role in spatial awareness and navigation, helping individuals understand where they are in relation to other objects. This is essential for coordinating movements and engaging with the surroundings effectively. Understanding this function emphasizes the importance of the parietal lobes in both sensory perception and spatial reasoning, highlighting their vital role in daily activities and interactions with the world.

## 2. What does the autonomic nervous system regulate?

- A. Skeletal muscle movement
- B. Glands and internal organ muscles**
- C. Reflexes and spinal cord functions
- D. Voluntary actions and sensory input

The autonomic nervous system (ANS) primarily regulates the functions of glands and the muscles of internal organs. This system operates involuntarily, meaning it controls bodily functions that do not require conscious thought, such as heart rate, blood pressure, digestion, and respiratory rate. The effectiveness of the autonomic nervous system lies in its two subdivisions: the sympathetic and parasympathetic nervous systems, which work together to maintain homeostasis in the body. The sympathetic system is often associated with the 'fight or flight' response, preparing the body for stressful situations, while the parasympathetic system is linked to 'rest and digest' functions, promoting relaxation and recovery. While the other options mention important aspects of the nervous system, they are outside the scope of what the autonomic nervous system specifically regulates. Skeletal muscle movement refers to the somatic nervous system, reflexes and spinal cord functions pertain to reflex arcs and are under somatic control as well, and voluntary actions relate to actions that we consciously decide to perform, also governed by the somatic nervous system. Thus, the primary role of the autonomic nervous system is best described in relation to the regulation of glands and internal organ muscles.

### 3. What does the term 'apathy' describe in the context of mental health?

- A. Dulled emotional tone associated with detachment or indifference**
- B. A lack of coordination while performing voluntary movements**
- C. Excessive swallowing of air due to anxiety**
- D. False belief that is absurd and not based in reality**

The term 'apathy' in the context of mental health specifically refers to a dulled emotional tone characterized by a lack of interest, enthusiasm, or concern. Individuals experiencing apathy may seem detached or indifferent to their surroundings, emotions, or important events in their lives. This emotional numbness can impact their motivation and engagement in daily activities, leading to a significant decline in emotional well-being. The other options describe different psychological phenomena that are not related to apathy. For example, a lack of coordination in voluntary movements is indicative of motor function issues rather than emotional detachment. The excessive swallowing of air due to anxiety refers to a physiological response to stress, while a false belief disconnected from reality pertains to delusions. Each of these conditions stands apart from the emotional and motivational aspects associated with apathy. Therefore, option A is the accurate representation of what apathy signifies in mental health.

### 4. In the context of OCD, rumination refers to:

- A. A brief moment of clarity and focus**
- B. A constant preoccupation with a single idea or theme**
- C. A sudden burst of creativity and diverse thoughts**
- D. Consistent withdrawal from social interactions**

Rumination in the context of Obsessive-Compulsive Disorder (OCD) refers to a persistent and often distressing preoccupation with certain thoughts or themes. This mental process is not simply about deep thinking or problem-solving; rather, it involves an ongoing cycle of negative or obsessive thoughts that a person finds difficult to control. Individuals experiencing rumination may fixate on specific worries, fears, or doubts, leading to increased anxiety. This constant focus can exacerbate feelings of distress and can contribute to the severity of their obsessive thoughts. Unlike brief moments of clarity or creativity, which might provide mental relief or focus, rumination generally does not allow for such positive cognitive experiences. It is also distinct from social withdrawal, as the individual is deeply engaged in their thought process rather than physically withdrawing from social interactions. Understanding rumination as a key characteristic of OCD helps in recognizing its impact on mental health and guiding appropriate therapeutic approaches.

## 5. What do dissociative disorders primarily affect in an individual?

- A. Physical health and wellness**
- B. Memory and self-perception**
- C. Social interactions and relationships**
- D. Emotional stability and resilience**

Dissociative disorders primarily affect memory and self-perception, which is why this option is the most appropriate choice. Individuals with dissociative disorders often experience disruptions in their consciousness, identity, memory, and sense of self. These disturbances can manifest in various ways, such as gaps in memory (dissociative amnesia) or a feeling of detachment from oneself (derealization or depersonalization). The impact on memory can lead to difficulties in recalling important personal information or events, which can significantly affect a person's identity and self-understanding. Individuals may feel disconnected from their own thoughts or feelings, further complicating their self-perception. While the other options may be affected indirectly as a consequence of the disorder, they do not capture the primary focus of dissociative disorders. For example, physical health and wellness can be influenced by many factors beyond dissociation, social interactions may suffer as a result of the disorder, and emotional stability could be compromised as well, but these aspects are secondary to the core issues of memory and self-perception specifically targeted by dissociative disorders.

## 6. What is the main role of neurotransmitters?

- A. To insulate the nerve cell**
- B. To transmit signals across a synapse**
- C. To generate electrical impulses**
- D. To protect the neuron**

The main role of neurotransmitters is to transmit signals across a synapse. Neurotransmitters are chemical messengers that facilitate communication between neurons. When an electrical impulse reaches the end of a neuron (the presynaptic neuron), neurotransmitters are released into the synaptic cleft, which is the small gap between neurons. These chemicals then bind to specific receptors on the surface of the neighboring neuron (the postsynaptic neuron), leading to various physiological responses or further transmission of the signal. This process is crucial for numerous functions within the nervous system, including mood regulation, motor control, and sensory perception. The effectiveness of neurotransmission can greatly affect overall brain function and mental health. Insulating nerve cells, generating electrical impulses, and protecting neurons are important functions associated with the structure and role of neurons, but they do not capture the core function of neurotransmitters in the process of signal transmission within the nervous system.

**7. Which of the following is an example of a Selective Serotonin Reuptake Inhibitor (SSRI)?**

- A. Marplan**
- B. Cymbalta**
- C. Zoloft**
- D. Pamelor**

Selective Serotonin Reuptake Inhibitors (SSRIs) are a class of medications commonly used to treat depression and anxiety disorders. They work by increasing the levels of serotonin in the brain, which is a neurotransmitter that helps regulate mood. Among the given options, Zoloft is classified as an SSRI, making it the correct choice. Zoloft, or sertraline, specifically targets the reuptake of serotonin, enhancing its availability in the brain and improving mood and emotional regulation. This mechanism is pivotal in treating conditions such as major depressive disorder and obsessive-compulsive disorder. In contrast, the other medications listed do not belong to the SSRI class. Marplan is a monoamine oxidase inhibitor (MAOI), Cymbalta is a serotonin-norepinephrine reuptake inhibitor (SNRI), and Pamelor is a tricyclic antidepressant (TCA). Each of these medications operates via different mechanisms and may target different neurotransmitters or receptors, which is why they do not fit the definition of an SSRI. Understanding the distinct classifications of these medications is important for recognizing their appropriate uses in clinical practice.

**8. What action should a physician take if approached about a patient by someone not involved in the patient's care?**

- A. Confirm the patient's diagnosis**
- B. Discuss the patient's treatment plan**
- C. No information at all**
- D. Only confirm the patient is being treated**

In the context of patient confidentiality and privacy, the correct action for a physician when approached about a patient by someone not involved in the patient's care is to share no information at all. This approach aligns with the principles outlined in laws such as the Health Insurance Portability and Accountability Act (HIPAA), which protects patient information and restricts the disclosure of health-related details to individuals who do not have a legitimate need to know, such as other healthcare providers involved in the patient's treatment. Maintaining patient confidentiality is essential to ensure trust in the healthcare system and to protect patients from potential discrimination or stigma that could arise from unauthorized disclosure of their health information. By refusing to provide any details about the patient, the physician upholds their ethical obligation to safeguard the patient's privacy, regardless of the inquirer's relationship to the patient. This response is necessary even if the inquiry is about basic information, as any exchange can potentially breach confidentiality.

**9. Which of the following is a way religion may affect health?**

- A. By promoting regular physical exercise**
- B. By prescribing diets to follow**
- C. By influencing types of acceptable medical interventions**
- D. By enforcing strict medication regulations**

Religion can significantly influence health by shaping beliefs about acceptable medical interventions. Many religions have specific doctrines or teachings that can affect how adherents view and approach healthcare. This may include preferences for certain types of treatments, a reliance on prayer or spiritual healing, or prohibitions against certain medical practices, such as blood transfusions or the use of certain medications. For instance, some individuals may refuse specific medical treatments based on their religious beliefs, preferring to seek healing through faith-based methods. Others might be guided by religious teachings that prioritize holistic or natural remedies over conventional medicine. Thus, the way religion influences the types of acceptable medical interventions can profoundly affect an individual's health choices and outcomes. In contrast, the other options may be less universally applicable. While religion can encourage a healthy lifestyle that includes physical activity or certain diets, these aspects may not be strictly enforced across all faiths. Enforcing strict medication regulations is not typically a role that religion plays; these regulations are more often established by governments and medical authorities. Therefore, the influence of religion on acceptable medical interventions represents a more profound impact on health behavior and decision-making.

**10. What constitutes binge alcohol use?**

- A. 7 or more drinks on one occasion**
- B. 5 or more drinks on one occasion**
- C. 10 or more drinks averaged over a week**
- D. 4 or more drinks daily**

Binge alcohol use is defined as the consumption of 5 or more drinks on a single occasion for men and 4 or more drinks for women within about a 2-hour period. This pattern of drinking is associated with a risk of negative health and social outcomes, including impaired judgment, accidents, and longer-term issues such as dependence. The threshold of 5 drinks for men is widely recognized based on various health organization guidelines, and therefore, it effectively captures the point at which drinking becomes potentially hazardous and can lead to binge drinking episodes. This concept is crucial for understanding drinking behaviors and implementing effective prevention strategies in behavioral health.