

Unit 3 Part 1: Suicide and Depression Worksheet
Online Assignment (1H)
Due 6/20/2022 by 0800

Directions: Use Chapters 11 and 16 in the textbook to answer the questions below. Place your completed assignment in the “**Unit 3 Part 1: Suicide and Depression Worksheet**” Dropbox by **0800 on 6/12/2023**.

In order to receive full credit (1-hour class time) for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety will result in missed class time.

1. How do age, race, and gender affect suicide risk? - **Age may affect suicide risk because the elderly or mid life people may experience something like a major loss or become sick and feel they need to commit suicide. Gender is likely to affect suicide because I think men are less likely to get help if they are having suicidal thoughts. Race can affect suicide risk because of social considerations and pressures for certain ethnicities. The highest suicide rate in America in 2019 was white and second American Indian/Alaska natives. White Americans may feel pressured to live up to societies expectations and the native population may feel that they have nowhere to go since a lot native populations are very poor.**

2. Your neighbor tells you he is going to visit his sister-in-law in the hospital. The sister-in-law has been hospitalized after attempting suicide. Your neighbor asks, “What should I say when I go to visit Jane?” What suggestions might you give him? – **I would let them know they have support from you and that there are people there to help when they leave the hospital. I would stress that you are not angry or disappointed in them and want them to be safe.**

3. John’s father committed suicide when John was a teenager. John’s wife, Mary, tells the mental health nurse that she is afraid John “inherited” that predisposition from his father. How should the nurse respond to Mary? – **I would reassure Mary that suicide is not necessarily genetic but mental illness can be and if she is worried then possibly looking for signs of mental illness and getting her husband help if he is experiencing depression or substance abuse.**

4. The nurse notes that the mood of a patient being treated for depression and suicidal ideation suddenly brightens and the patient states, “I feel fine now. I don’t feel depressed anymore.” Why would this statement alert the nurse of a potential problem?” – **The patient may be saying that to get released and carry out a plan for suicide, I think that the nurse would need to continue monitoring the patient more and do some mental evaluations sometime after the patient states this.**

5. Alterations in which of the neurotransmitters are most closely associated with depression? What are the functions of each? (Refer to chapter 2 page 19-24) – **Norepinephrine: regulates mood, cognition, perception, attention, memory, and sleep-wake cycles. Serotonin: sleep-wake cycle, sexual behavior, appetite, mood, anxiety, pain perception.**

6. Behaviors of depression often change with the diurnal (of or during the day) variation in the level of neurotransmitters. Describe the difference in this phenomenon between moderate and severe depression. – **Moderate depression is a more chronic disturbance and symptoms may be endured for at least 2 years, severe depression is when the symptoms of moderate depression are intensified, and it begins to cause the body to shut down.**

7. All antidepressants carry a black box warning. What is it? – **Increased risk of suicide in children and adolescents.**