

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?

American Indians and Alaska natives are at higher risk as well as lesbian, gay, bisexual, and transgender individuals. The highest rate are ages 45-54 and second highest is ages over 85.

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?

Suggestions I may give him as a nurse are to be open and listen to what she has to say, show her love and encouragement, remind him to not judge her or show anger towards her, remind her that she is able to overcome this and the feelings are only temporary.

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?

The nurse should respond by saying that suicide is not inherited. Many illnesses like bipolar, depression, and substance abuse run in families and cause an increased risk. Suicide by a close family member does increase the risk but with the right help it is able to be prevented by discussing feelings with professionals.

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?”

This should alert the nurse of increased risk for suicide since the patient feels better and has a sudden lift in mood, they may now have enough energy to go through with a suicide attempt.

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)

- Increased levels of acetylcholine; functions are sleep, arousal, pain perception, movement and memory.

- Decreased levels of norepinephrine; functions are mood, cognition, perception, locomotion, cardiovascular functioning, sleep and arousal.
 - Decreased levels of dopamine; functions are movement and coordination, emotions, voluntary judgement, release of prolactin
 - Decreased levels of serotonin; functions are sleep and arousal, libido, appetite, mood, aggression, pain perception, coordination, judgement.
 - Decreased levels of histamine; functions are wakefulness, pain sensation, inflammatory response.
 - Increased levels of glutamate and aspartate; functions are the relay of sensory information and in the regulation of various motor and spinal reflexes.
 - Increased levels of opioid peptides ; function is regulation of pain
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 where they are feeling best early in the morning and continually get worse at the day progresses. Severe depression is where they have difficulty falling asleep and awakening early in the morning, they tend to feel worse in the morning and get better as the day goes on.
7. All antidepressants carry a black box warning. What is it?
- Increased risk of suicide in children and adolescents.