

Directions: Use Chapters 11 and 16 in the textbook to answer the questions below. Place your completed assignment in the “Unit 3: Suicide Prevention Online Assignment” Dropbox by 0800 on 6/10/2024.

In order to receive full credit (1H 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 by the due date and time will result in missed class time and must be completed by the end of the semester to pass the course.

1. How do age, race, and gender affect suicide risk?

Age- Age and suicide risk are positively correlated. Suicide risk among women remains constant throughout life, while rates among men increase with age. The highest rate of suicide occurs in the 45-54 age group

Race- Regarding to race, statistics show that white people are at highest risk for suicide, followed by American Indians/Alaska Natives, African Americans, Hispanic Americans and Asian Americans.

Gender- More women than men attempt suicide, but men succeed more often (about 70% of men and 30% of women)

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?

Communicate that you care and provide support by saying things like “I understand what you’re going through and how you’re feeling” or “you’re not alone” and stay with her to ensure she feels acknowledged. I would suggest that she reach out to professional help whether that be support groups or therapy and try to accept what she’s feeling and that there are people that want to help her.

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 explain to Mary that even though the family history increases the risk, suicide is not inherited. Suicide is an individual matter than can be prevented, however many mental illnesses like depression, bipolar disorder, and substance abuse run in the family it only increases the potential risk for that individual it is not directly passed down automatically.

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 is a potential problem because this is a presenting symptom of suicide. This is a dramatic mood shift. Often times pts that are depressed do you not commit suicide due to the lack of energy, but once they receive treatment they have enough energy to actual try and commit suicide. Also they could just be playing the system to get what they want at the moment in a time of need whether it be food, shelter, pain meds, and other things that they may see benefit from.

5. Alterations in which of the neurotransmitters are most closely associated with depression?

Serotonin

6. Depression in adolescence is very hard to differentiate from the normal stormy behavior associated with adolescence. What is the best clue for determining a problem with depression in adolescence?

A visible manifestation of behavioral change that lasts for several weeks that involves irritability instead of sadness.

7. Behaviors of depression often change with the diurnal variation in the level of neurotransmitters. Describe the difference in this phenomenon between moderate and severe depression.

Moderate-with moderate depression may not not feel like doing any of their usual activities. Those with moderate depression have a slowed thinking process.

Severe- in severe depression the symptoms are more intense. People with severe depression will have a complete inability to do/make most movements or maintain personal hygiene habits. Those with severe depression have a lot of confused thinking and/or delusions. In severe depression all body systems experience a "slow-down", possibly leading to constipation and urinary retention.

8. All antidepressants carry a black box warning. What is it?

A warning that the drug may increase suicidal thoughts/ideation in patients. Suicide potential often increases as level of depression decreases.