Unit 3: Suicide and Depression Worksheet
Online Assignment (1H)
Due 6/10/2024 by 0800

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?

Adolescents and the elderly are identified as high-risk groups for suicide risk. The 45- to 54-year-old age group as well as children should be assessed for suicide risk also. Males are at higher risk for death by suicide than females, but females attempt suicide more frequently. The highest rates across the life span are occurring among non-Hispanic American Indian/ Alaska native and non-Hispanic white population.

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 suggest that he allows Jane to talk to him about the things she is comfortable with. He should spend time with her and let her know she is not alone. He should ensure he listens to what she says, which will allow her to feel more comfortable.

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?

A family history of suicide increases an individual's risk for suicide. I would explain that John would not inherit the predisposition from his father, but it does put him at higher risk. I would tell Mary to watch for warning signs like threatening to harm or end one's life, seeking or access to means like a weapon or pills, and having dramatic changes in moods. I would explain that if these warning signs occur she should take John to see a health care professional.

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 statement would alert the nurse of a potential problem because the patient's mood drastically changes. The patient may think because they are feeling fine now, they do not need to continue their

medication. This is wrong, the patient should continue taking the medication to continue to improve their mood.

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

Serotonin is the neurotransmitter most associated with depression.

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 is the best clue for determining a problem with depression in adolescents.

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.

Behavioral for moderate depression symptoms are psychomotor retardation, slumped posture, slowed speech, limited verbalizations, possibly consisting of ruminations about life's failures or regrets and social isolation with a focus on the self. Behavioral for severe depression symptoms are psychomotor retardation so severe that physical movement may literally come to a standstill, or psychomotor behavior manifested by rapid, agitated, purposeless movements, slumped posture, and sitting in curled up positions.

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

It states that there is an increased risk of suicidal symptoms for children and adolescents.