

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? Suicide influences all ages, races, and genders in all parts of the country. Factors such as mental illness, substance abuse, painful losses, exposure to violence, and social isolation all increase the risk. Cultural norms and attitudes also influence an individual’s beliefs about suicide.

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? He should be a good listener, express concern, communicate caring and commitment to provide support, acknowledge and accept their feelings, try to give them hope, stay with them, show love and encouragement, and do not judge.

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? Encourage the survivors to talk to each other about the suicide and respond to each other’s viewpoints and reconstructing of events, as well as sharing memories, listening to feelings of guilt and self-persecution, and encourage the family members to discuss individual relationships with the lost loved one. Suicide by a close family member does increase the risk of similar behavior in other family members.

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? Most suicides occur about 3 months after the beginning of “improvement,” when the individual has the energy to carry out suicidal intentions.

5. Alterations in which of the neurotransmitters are most closely associated with depression? It has been hypothesized that depressive illness may be related to a deficiency of the neurotransmitter's norepinephrine, serotonin, and dopamine at functionally important receptor sites in the brain.

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? The best clues for determining a problem with depression in adolescence are expressed anger, aggressiveness, running away, delinquency, social withdrawal, sexual acting out, substance abuse, restlessness, apathy, loss of self-esteem, sleeping and eating disturbances, and psychosomatic complaints are also common.

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. In moderate depression people feel best early in the morning and continually worse as the day progresses. With severe depression, people feel worse early in the morning and somewhat better as the day progresses.

8. All antidepressants carry a black box warning. What is it? Antipsychotics carry a black box warning for risk of sudden death in elderly patient with neurocognitive disorders and a recent population-based cohort study identified that there is a similar increased risk of mortality in middle-aged adults.