

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 can affect those of any age, race, and gender. Factors such as mental illness, substance, abuse, and trauma can increase the risk of suicide. Cultural norms also influence an individual’s attitude towards 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?

I would suggest to my neighbor that he should let his sister-in-law know how important she is in his life. He should list specific incidences where she would be missed. He should also express his concern for her and be a good listener when she states her thoughts and feelings.

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 explain that mental illness can have a genetic factor and that having a family history of suicide can increase the risk of it. The nurse should encourage the couple to seek out help for John if he begins to show signs of depression or hopelessness.

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?”

It is a myth that when there is an improvement in mood the risk of suicide is over. Most suicides occur within 3 months of the improvement due to the individual having the energy to carry out suicidal intentions. In addition, a patient believing that they no longer have mental illness may stop taking their medications.

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

When there are alterations in the neurotransmitters of norepinephrine, serotonin, and dopamine in the brain, there is an increased risk of depressive illness.

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 clue to determine depression in adolescence is behavioral change that lasts for several weeks such as recent decline in grades or new onset withdrawal. Other common symptoms include aggressiveness, delinquency, and apathy.

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.

For moderate depression, individuals normally feel better early in the morning and progressively feel worse during the day. For severe depression, individuals typically feel worse early in the morning and start to feel better during the progression of the day.

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

The black box warning for antidepressants is a warning for increased risk of suicide in children and adolescents.