

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?
 - Age: Women tend to have rate throughout life while men have an increase as they get older, 85-year-olds and older, highest rate in 45–64-year-old age group.
 - Race: highest rates if suicide in Caucasians and second highest in American Indians and Alaska natives.
 - Gender: more women attempt suicide, but more men succeed.

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?
 - Provide support for her, make sure she knows she isn’t alone.
 - Be accepting and acknowledge how she may be feeling.
 - Encourage 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?
 - Family history can increase risk of suicidal behaviors
 - Environmental factors can play a part
 - Lack of access to mental healthcare can play a part

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?
 - Could possibly stop taking meds if they “feel better”
 - Increased risk of suicide
 - More energy = more energy to commit suicide

5. Alterations in which of the neurotransmitters are most closely associated with depression?
 - Serotonin
 - Dopamine
 - Norepinephrine

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?
 - Behavioral changes that last for several weeks rather than short term

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: slower thinking process, may not feel like doing any of their usual activities, pessimistic outlook on life, feel better in the morning then worsens as the day goes on.
 - Severe: confused thinking or delusions, inability to do tasks or maintain hygiene, flat affect, the body systems slow down.

8. All antidepressants carry a black box warning. What is it?
 - Warning that medication may increase suicidal thoughts and/or ideations in patients with major depressive disorder.