

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?
More women than men attempt suicide, but men are more successful, and women are more likely to seek help. The highest rate of suicide occurs between ages 45-55. Whites are at the highest risk for suicide in the adult community, but in the American Indian community young adults have the highest risk for suicide than any other ethnic group.
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 am here for you.” He can help her find a therapist, keep her company, give her love and encouragement
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? It can be inherited from parents, especially from the same gender. It can also be affected by lack of social status, sense of hopelessness, you could suggest he sees a therapist if needed.
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?” because this could cause the patient to want to stop their meds and the patient needs educated that this is a symptom of depression
5. Alterations in which of the neurotransmitters are most closely associated with depression?

Serotonin and 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 change that lasts for several weeks

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.
Severe depression causes a flat affect and moderate depression maintains a negative outlook
8. All antidepressants carry a black box warning. What is it? Increased risk for suicidal thoughts and actions