

**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 plays a large risk on suicide. Several factors put adolescents at a large suicide risk. They are more impulsive, have untreated mood disorders like depression or bipolar, access to lethal means like guns, and substance abuse. Race also plays a part on suicide risk. There is a lot of bullying among adolescents who are of a different ethnic background. Also, Indians are “grieved out” because they are so many misconceptions and racism when it comes to their population. Lastly, gender plays a huge role of suicide risk. Studies show that more women than men attempt suicide, but men are more likely to succeed. This is because women usually use less lethal means than men. Although, women are more likely to seek help than men, they are still usually the first to attempt.**

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 for him to encourage his sister-in-law to talk to him about the suicide and vice versa. Also, to not put any blame on her or others. Also, to listen to her feelings and to provide his sister-in-law with some support groups and numbers to call if she ever feels like committing suicide again.**

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 educate Mary on signs and symptoms of depression. Mary should know what to look for and when to seek help for her husband. The nurse should also give Mary numbers of people to call and people to reach out to if she does see these signs and symptoms with her husband. The nurse should lastly tell Mary that not everyone grieves the same and handles their struggles the same. There for, John is not automatically going to be suicidal just because his father was.**

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 would alert the nurse because this is a behavioral cue on the intent to act on suicidal ideations. Both verbal and behavioral cues should be assessed by the nurse with a suicidal patient.**

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

**Alterations in serotonin are most commonly 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?

**Irritability instead of sadness accompanied by verbal outbursts is the best clue for determining 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.  
**In moderate depression, diurnal variation causes the individual to feel best early in the morning and continually worse as the day progresses. In severe depression, diurnal variation causes the individual to feel worse early in the morning and somewhat better as the day progresses.**

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

**The black box warning on all antidepressants is increased risk of suicidality in children and adolescents.**