

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 succeed more often. Women tend to overdose on drugs; men use more lethal means, such as firearms. Adolescents and the elderly have been generally identified as high-risk groups, but recent statistics demonstrating the highest incidence in the 45-to-54-year-old age-group as well as increasing incidence among children suggests that nurses should assess for suicide risk in all age-groups. The highest suicide rate was in the white population and the second-highest rate was among American Indians and Alaska Natives. Much lower rates were found among black populations, Asians and Pacific Islanders.
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 might tell him to possibly suggest saying, “I’m so glad you’re still here. I’m here for you, you can always talk to me if you need to. Tell me what I can do to support you.”
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? Start by asking Mary if John has any warning signs or anything that makes her concerned. Then explain that research has identified a genetic variation in brain tissue that may be a biomarker for suicide risk when vulnerable individuals are exposed to a significant stressor. Those findings suggest the potential for genetic predisposition toward suicidal behavior, but more research is still 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? This statement would alert the nurse because depression is not something that typical just suddenly goes away. If there is a dramatic mood shift, that indicates they still do have depression and something very serious could potentially happen as in going to harm themselves.

5. Alterations in which of the neurotransmitters are most closely associated with depression? It has been shown that depression 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? There are some clues to determine if there is depression in adolescents and that is an irritable mood, excessive self-reproach, and excessively clinging to parents.
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 individuals who are depressed, the normal system of hormonal inhibition fails, resulting in a hypersecretion of cortisol. This elevated serum cortisol is the basis for the dexamethasone suppression test that is sometimes used to determine whether an individual has moderate or severe depression
8. All antidepressants carry a black box warning. What is it? This warning is about a risk of increased suicidal thinking and behavior.