

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?

Typically, younger people around the age of 45 and younger are at higher risk for suicide. This is not completely proven yet; however, it has shown that it is more prevalent in these individuals. Women are also at a higher risk because they have a higher concentration of monoamine oxidase which is a neurotransmitter that's associated with depression. And lastly, though it is not proven, the suicide rates tend to be higher in cultures where there is not much access to healthcare or the resources to confirm a proper diagnosis which would help to determine the help they would need.

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?

Some suggestions I might give him would be to just be supportive of her. This is a really hard thing she is going through, and having someone there to listen and be supportive, and show that she can trust him is super important. Also, I think I would tell him to try to address her sadness if he feels like she is showing it. This can help her talk through her emotions and what she is feeling, which will help her to maybe relief some of her stress and anxiety about what might happen next.

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?

Suicide itself is not genetic, however, there are different mental health disorders can be which can lead to thoughts of action of suicide. Some of these disorders that can be genetic include depression, bipolar disorder, and schizophrenia. Since this is the case, I would recommend screening to be done to rule out these other disorders that could in turn lead to suicide in the future.

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 of a potential problem for a couple different reasons. The first would be that often times when going through and asking a patient about depression and suicidal ideation, they

tend to just say “no” or deny many of the questions, which can lead to undiagnosed issues. Also, the patient stated that they “feel fine now” and they “don’t feel depressed anymore”, which should send out a red flag to the nurse. The words “now” and “anymore” suggest that the patient has felt depressed and potentially suicidal in the past, and might just be ignoring the fact because they might not want to seek help.

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

Although there are many neurotransmitters that are closely associated with depression, serotonin, dopamine, and norepinephrine are the ones that are most closely associated.

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 for determining a problem with depression in adolescence is a visible manifestation of behavior change that lasts several weeks. An example of this would be maybe a student who was a hard-working athlete that always came to everything, but then something seemed to change and they stop coming to the practices, and when they do come to the practice they seem to not really care and do not do anything.

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 severe depression, the symptoms of moderate depression are intensified. Someone with severe depression may have a flatter appearance, whereas someone with moderate depression may seem to just be more of a pessimist.

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

The black box warning is that antidepressants may cause suicidal thoughts or ideations.