

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?

The risk of suicide was correlated with the male gender, and in young girls ages 10-14. 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. Lower suicide rates were found with African American, Asian, and Pacific Islanders. Suicide became the second-leading cause of death in black children ages 10 to 14, and the third-leading cause of death in black adolescents ages 15 to 19. The highest rate of suicide occurred in the 45-to-64-year-old age group. Several studies have indicated a higher risk for suicide among lesbian, gay, bisexual, and transgender (LGBT) individuals.

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 him to show love and encouragement by allowing his sister-in-law to express her feelings, and to be an active listener. I would suggest using therapeutic touch if appropriate, such as a hug or a handhold. I would suggest my neighbor give hope to his sister-in-law and remind them their feelings are temporary. Specific examples would be “I am here for you no matter what, you are not alone” or “I am here to listen if you want to talk.”

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 is not inherited. Many mental illnesses like depression, bipolar disorder, and substance abuse run in families and confer an increased risk, but suicidal behavior is not inevitable in these populations. Suicide by a close family member does increase the risk of similar behavior in other family members.

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?”

Examples of behavioral clues that may indicate a decision to carry out suicidal intent include giving away prized possessions, getting financial affairs in order, writing suicide notes, and a sudden shift in mood.

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

Serotonin, norepinephrine, and dopamine are in the brain associated with depression. Women have higher concentrations of monoamine oxidase which is a neurotransmitter 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?

A visible manifestation of behavioral change that lasts for several weeks is the best clue for a mood disorder.

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.

The physiological factor in moderate depression is low energy level; fatigue and listlessness; feeling best early in the morning and continually worse as the day progresses. This may be related to the diurnal variation in the level of neurotransmitters that affect mood and activity levels. The physiological factor in severe depression is difficulty falling asleep and awakening very early in the morning; feeling worse early in the morning and somewhat better as the day progresses which reflects the diurnal variation.

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

The black box warning on all antidepressant medications describes this risk and emphasizes the need for close monitoring of adolescents and young adults started on these medications. It warns of the risk of suicidality and encourages prescribers to balance this risk with clinical needs.

Morgan, K. I. (n.d.). Davis Advantage for Townsend's essentials of Psychiatric Mental-Health Nursing, 9th edition 9th edition: 9781719645768, 9781719647564. Retrieved from <https://www.vitalsource.com/products/davis-advantage-for-townsend-39-s-essentials-of-karyn-i-morgan-v9781719647564>