

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, race, and gender all affect the risk of suicide because all of these factors cause stress throughout our lives. For age, it has been shown that the highest rate of suicide occurred between the ages of 45-65. These statistics also lead to the next factor which is gender, and this shows that men are more likely to commit suicide than women are. Not saying that it does not occur in women, but it is more likely to happen in men. For race, there are different standards that each race has and this can affect the rate of suicide in each race. It has been proven that white populations are at the highest level of suicide followed by American Indians and Alaska Natives.

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 tell my neighbor to ask how she is feeling and be accepting of that. I would make sure that she knows you are there for her and that you will help her in any way that she needs. I would also provide her with hope that she will get better and let her know that she is loved and is cared for.

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?

I would ask Mary why she believes this and explain to her that suicide can be related to many different things in someone’s life. I would ask further questions about their home life together and see if there are any factors involved that may have contributed to Mary believing this about John.

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 should alert the nurse of a potential problem now because if the patient says they feel better then that means that they are at risk of not taking the medication

anymore because they feel fine. This also could mean that the patient realizes that if they pretend that they are cured or better, then that means they could be wanting to leave in order to be able to inflict harm upon themselves. Also, just because the patient may state they feel better now, does not mean they still are not at risk because they feel good now, but what about when they no longer feel good?

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

Alterations in serotonin, norepinephrine, and dopamine are most closely 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?

The clue for determining a problem with depression in adolescence is when that adolescent has a change in behavior that lasts for many 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.

In severe depression, these patients have a very flat affect and present with feelings of nothingness and emptiness. They will also mentally slow down and experience basically no communication, they will walk very slow and rigidly, and do not have any effort to perform any type of hygiene. These patients can be confused or delusional leading to self-blame and thoughts of suicide due to misinterpreting what is going on around them. They can also have a slowdown of their entire body leading to issues like constipation and urinary retention.

In moderate depression, these patients experience feelings like sadness, helplessness, hopelessness, and usually are very gloomy. They find it difficult to enjoy activities. These patients will begin to lose interest in hygiene and self-care, they will speak less, socially isolate, and can also increase their substance abuse at this time. They will find it difficult to concentrate, become obsessive over things, and seem very negative about things around them. Finally, they can experience anorexia or overeating, too much sleep or not enough sleep, physical pain such as chest pain, low energy. These patients will typically feel their best in the morning and slowly worsen as the day goes on.

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

A black box warning is the strongest warning related to the serious risks and possible death associated with combining benzodiazepines with opioids or cough medicine.