

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?
 - a. Suicide rates increase in men the older they get. The highest rate of suicide that has occurred was in the age groups of 45-64 years older in 2018. The highest rates overall occur in the age group of 52-59 years old with men being 3.56 times more often than women. Women are more likely to attempt suicide but men are more likely to succeed. Women choose lethal overdose while men are more likely to choose a firearm. The white population had the highest suicide rate in 2019 with American Indians and Alaskan Natives coming in second. The races with the lowest suicide rates were of the black and Pacifica Islander populations.

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?
 - a. The neighbor should let their sister know that they are there for them and that they love them. Providing support is one of the more important things that a family member can do for a family member who is going through a suicide attempt. His sister might feel hopeless and alone and maybe telling her that she is not alone might help her open up and lean on him.

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?
 - a. A family history of suicide does increase an individual’s risk of suicide. She should be aware of warning signs including anxiety, agitation, or abnormal sleep, dramatic changes in mood, or acting recklessly and engaging impulsively in risky behavior. Seek help in her begins seeking pills, weapons, or other means or in he expresses a suicide plan.

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?
 - a. Sudden mood shifts is a presenting symptoms of someone with the risk of suicidal behavior. If the patient was consistently down and closed of then suddenly bright, this could mean that a suicide attempt could be imminent.

5. Alterations in which of the neurotransmitters are most closely associated with depression?
 - a. Serotonin and norepinephrine

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. Inappropriately expressed anger, aggressiveness, running away, delinquency, social withdrawal, sexual acting out, substance abuse, restlessness, and apathy. Low self esteem and eating disturbances are also common.

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.
 - a. Moderate depression shows that the patient will feel best early in that morning and continually worsen throughout the day. In severe depression, the patient will feel worse in the morning and somewhat better as the day progresses.

8. All antidepressants carry a black box warning. What is it?
 - a. Increased risk of suicidality in children and adolescents