

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?
 - *Suicide risk and age are, in general, positively correlated, particularly with men. Although rates among women remain fairly constant throughout life, rates among men increase with age.*
 - *Highest suicide rate is among the White population (15.67), the second-highest rate was among American Indians and Alaska Natives (13.64). Lower rates were found among the Black populations (7.04) and Asians and Pacific Islanders (7.04).*
 - *More women than men attempt suicide, but men succeed more often (about 70% of men who attempt suicide succeed, and 30% of women who attempt it succeed).*

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 that he say something in the realm of “I am happy that you’re still here and offer support by saying something in the realm of you’re not alone.”*

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?
 - *The nurse should respond to Mary by educating her on the Biological Theories when it comes to suicide. She could say “Biological theories attempt to understand the biochemical and genetic influences in the risk for suicidal behavior. Current theories recognize that the complexity of suicide risk and behavior is likely a complex interaction of biological, psychological, interpersonal, and environmental factors.”*

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 because despite depression symptoms can vary from patient to patient, depression typically doesn't sporadically resolve itself within minutes. This could possibly support that the patient has an additional underlying problem (i.e., bipolar disorder) or it could even be an adverse reaction to prescribed medications.*
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?
- *Signs and Symptoms supporting Depression in Adolescents are Irritable Mood, Excessive Clinging/Attachment to Parents, etc.*
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.
- *Depressed individuals suffer from imbalances of hormonal inhibition which results in hypersecretion of cortisol. The elevated cortisol levels are what professionals use to determine the severity of one's depression (i.e., moderate and/or severe).*
8. All antidepressants carry a black box warning. What is it?
- *The Black Box Warning informs one about the potential increase of suicidal ideations and behaviors.*