

**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?

More women than men attempt to commit suicide, but men have higher rate of successful suicide. The most common age group for suicide is age 45-64. The race with the highest suicide rate where white, second 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?

Let his sister in-law know that he is there to support her. Inquire how she feels if she is willing to talk. I would encourage him to be non-judgmental if she is willing to talk about how she is feeling. Be open with the conversation and allow her to voice her feelings and try not to compare yourself. Practice empathy and not sympathy.

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?

There are studies suggesting that there may be a genetic predisposition toward suicide but currently there is no enough research to determine this.

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 could be a concern because sometimes those that are depressed but suicidal are far too tired to attempt suicide. But if an antidepressant is helping to improve mood, a patient may feel more motivation to follow through with suicide.

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

Norepinephrine, serotonin, and dopamine. Acetylcholine, glutamate, and GABA have also been 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 change in behavior that lasts several weeks and does not resolve. Change in grades a child that normally gets good grades is failing. Or a child who is normally very outgoing is not anymore. A very confident teen turning very irritable and angry.

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.

Moderate depression is those with symptoms that have lasted 2 years. Severe depression is building on the symptoms of moderate depression. Severe depression includes all the symptoms of moderate depression with some worsening.

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

Black box warnings meant that taking that medication may be associated with additional risks. For example antidepressants can come with an increased risk of suicidal ideation.