

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-Suicide rates increase for men as they get older while women’s stay mostly consistent as they get older

Race-white people has the highest percentage of suicide at 15.67 and the second highest being American Indians and Alaska natives at 13.64. In 2019 suicide was the second leading cause of death in black children 10-14 And third leading causes in ages 15-19

Gender-Women attempt suicide at a higher rate but with only 30% success rate while men have a lower amount of suicide attempts but with a 70% success rate

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?

-Go in and say hi as normal and just ask how she is doing but don’t ask anything about why she did what she did. If she wants to discuss it let her open up about it in her own time when she is ready. Let her express her thoughts and feelings and sometimes you don’t need to respond, she might just want someone to listen to her. If she does decide to open up don’t be judgmental and ask a lot of why type of questions. Let her know you will always be there for her if she needs a person to talk to and that your willing to listen at any time.

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?

-Suicidal ideations are not something that you inherit from a parent, you can have some mental illness passed hereditary but with proper screening can be easily identified, treated and maintained. Also Johns father had different stressors that occurred in his life and might not as had the same amount of support as John has today to help him day to day. Overall suicidal ideation are not inherited.

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?"

-Their spontaneous happiness could be because they have thought of a plan for suicide and may have plans of following through with it here soon, so they need to be under strict observation.

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

-Serotonin

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?

-changes in mood, academic failure eating or sleeping more or less than usual, withdrawn from friends and family, use of alcohol or drugs

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- Depressed mood, Negative thoughts, low self-esteem, thoughts of self-harm. Changes in appetite, aches and pains as well as sleep issues

Severe-Insomnia, irritability, hopelessness, paranoia or persistent thoughts of something bad is going to happen, inability to perform self-care and psychotic symptoms such as delusions and hallucinations.

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

-Increased risk of suicidal thinking, feeling and behavior in children and adolescents