

**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 affect suicide risk by influencing the person's cultural norms. For example, in the culture of the United States, men are supposed to keep their emotions inside. This causes men an increased risk of suicide because they don't talk to anyone about their stress and depression.

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?

Some suggestions I would give him would be to first express how important she is to him, communicate that he is there to support her and is a listening ear and help her in any way she needs.

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 firstly validating her fears. The nurse should then explain to her that there hasn't been enough research about the genetic link to suicide and the best way to prevent suicide in her son would be to support her son and encourage or get him professional health if needed.

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 for a potential problem because the patient is in denial of their struggles with depression and may be just saying they are fine because they want to be discharged.

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

The neurotransmitters that are most closely associated with depression are alterations in norepinephrine, serotonin, and dopamine.

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 best clue for determining a problem with depression in adolescence would be irritability.

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.

There are some different things that can be used to differentiate from moderate to severe depression. First is if the depression occurs once or is reoccurring multiple times. A second difference would be the severity of symptoms. Finally, the phenomenon would be if a psychotic, catatonic or melancholic episode occur.

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

The black box warning for all antidepressants is the increase in suicidal ideations.