

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 is not discriminate, it can affect every aspect of our lives. Gender shows that men have a higher risk of committing suicide and it only goes up with age. Women are also staying consistent in their numbers, but they are still lower than men’s numbers. The age of 45 to 65 years seem to be the age group with the greatest amount of suicide with 52 to 59 years of age being the highest, and men being 3.56 times higher than women. Young children have also been mentioned as being an age group, that although not significant is truly difficult to swallow the thought of a child committing suicide. Adolescents are an age group that has to be mentioned as well. Anger expression and hopelessness are two of the largest reasons why suicide is an issue with adolescents. White populations is where suicide has the highest rate of suicide among races. This being in the fifty and up age group including the elderly.

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?

Encourage the neighbor to explore and verbalize feelings and perceptions. Acknowledge and accept their feelings and be an active listener. Show love and encouragement. Do not judge them. Take any hint of suicide seriously. Do not keep secrets. Stress that the person’s life is important. Discuss what he/she is thinking. Familiarize with suicide intervention resources. Ensure that firearms or other means of self-harm is restricted. Stay with them, and do not leave them alone. Help them seek professional help.

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 by telling Mary that although history increases risk, suicide is not inherited. Suicide is an individual matter and can be prevented.

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 is a potential problem because this is a presenting symptom of suicide. This is a dramatic mood shift. Often times patients that are depressed do not commit suicide due to the lack of energy.

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

Serotonin is the most extensively studied neurotransmitter in 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?

The best clue for determining a problem with depression in adolescence is a visible manifestation of behavioral change that lasts for several weeks.

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.

The difference in the phenomenon between moderate and severe is that severe depression the symptoms are more intense. Persons with severe depression will have a flat affect whereas those with moderate depression will maintain a pessimistic outlook.

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

A black box warning is a warning that the drug may increase suicidal thoughts/ideation in patients diagnosed with MDD (major depressive disorder). As antidepressants take effect and mood begins to lift, the individual may have increased energy with which to implement a suicide plan. Suicide potential often increases as level of depression decreases. The nurse should be alert to sudden lifts in mood.