

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 are likely to have a suicide risk because women tend to overdose on drugs whereas men tend to use firearms, but women are more likely to seek help rather than men. Ages 45-64 have the highest rates. It states that whites are highest rate of suicide risk followed by 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?
 - **Acknowledge their feelings and be an active listener**
 - **Try to give them hope and remind them what they are feeling is temporary**
 - **Stay with them**
 - **Show love and encouragement, like allow them to cry**
 - **Do not judge them**
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?
 - **I would tell her 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 can be a potential problem because this can be a symptom of suicidal ideation with the sudden mood change. This may be because they are getting their energy back and have enough to actually go through with their plan.**
5. Alterations in which of the neurotransmitters are most closely associated with depression?

- **Alterations to serotonin are most closely 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?
- **The best clue for determining a problem with depression in adolescence is a 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.
- **Moderate: There will be feelings of sadness, hopelessness, low self-esteem. They will have psychomotor retardation, slumped posture and slowed speech. Their thinking processes will be slowed with difficulty concentration and directing attention. They can become anorexic or have a problem with overeating. They will have low energy levels, feeling best early in the morning and getting worse as the day progresses.**
 - **Severe: There will be feelings of total despair, hopelessness, and prevalent feelings of nothingness. They will have physical movement standstill, sitting in a curled up position, walking slowly, and no personal hygiene. They may have confusion, hallucinations, and thoughts of suicide. They can also have constipation, urinary retention, weight loss, and impotence.**
8. All antidepressants carry a black box warning. What is it?
- **Increased risk of suicidality in children and adolescents.**