

**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?

Women suicide rates tend to have a constant rate throughout the lifespan, while men suicide rates tend to increase throughout their lifespan. At an older age, men’s suicide rates are higher. Women attempt more suicides than men; however, men have more successful attempts due to the lethality of the way it is done. In terms of race, the white population had more suicides per 100,000 individuals with the second highest being American Indians and Alaska Natives. Much lower rates were found among the African Americans, Asians, and Pacific Islanders.

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?

Encouragement is important so telling her that the neighbor believes in her.

Expressing concern is important, so asking her how she feels can be good when the neighbor visits.

I know you feel like you cannot go on, but I believe that things can get better for you.

What you are feeling is temporary, it is okay if you don’t see that just now. You matter.

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?

Variations in the gene tryptophan hydroxylase indicate significant association with suicidality. Furthermore, genetic variations in prefrontal cortex tissue have been identified as a biological marker towards suicidal behavior. Overall, there is a potential for genetic predisposition but no confirmation can be made at this point due to more research being 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 could be a potential problem if the patient is not highly educated on the importance of maintaining the dose. If the patient stops their medication(s) under the impression that they are fine, they can experience many side effects with possible suicidal ideations returning.

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

Alterations in neurotransmitters such as serotonin, dopamine, and MAO-A's are closely associated with depression. Serotonin and dopamine are decreased while MAO-A's are increased.

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?

What differentiates in the adolescent group is a visible manifestation of behavioral change that lasts for several weeks; this is the best clue for the mood disorder.

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.

In moderate depression, these variations may occur but are not as dramatic as in the severe depression state. In severe, they are more persistent, fluctuate more dramatically, and lead to more intense feelings than the moderate depressive state.

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

The black box warns that use in children or adolescence may actually increase the risk of suicidality.