

**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?

**The highest rates of suicide occur between the ages of 45 and 64 years with the highest rates among those 52 to 59 years of age, and men 3.56 times more often than women. The second highest rate is for those 85 or older. More women than men attempt suicide, but men succeed more often. The highest rates of suicide occur in white populations with the second-highest rate among American Indians and Alaska Natives. Much lower and roughly similar rates among black populations, 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?

**Acknowledge and accept their feelings and be an active listener. Let them know you are there for them and are willing to help them seek professional help. Try to give them hope and remind them that what they are feeling is temporary. Show love, encouragement, and support. Hold them, hug them, touch them. Allow them to cry and express anger.**

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?

**A family history of suicide increases an individual’s risk for suicide; however, demographics alone do not directly increase a person’s risk. Instead, they provide information as part of a comprehensive assessment of proximal or potentiating risk factors. In other words, history increases risk, but suicide is not inherited. It is an individual matter that 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?”

**The dramatic mood shift is concerning because it is a presenting symptom of suicide. Typically, patients that are depressed do not commit suicide because of the low energy level and slow thought processes but when they receive treatment, they have enough energy to act on it.**

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

**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?

**Inappropriately expressed anger, aggressiveness, running away, delinquency, social withdrawal, sexual acting out, substance abuse, restlessness, and apathy. Loss of self-esteem, sleeping and eating disturbances are also common.**

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 depression is characterized by symptoms that are enduring for at least 2 years. Severe depression is characterized by an intensification of the symptoms described for moderate depression.**

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

**All antidepressants carry a black box warning for increased risk of suicidality in children and adolescents.**