

**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?
  - a. Age
    - i. Correlated particularly with men
    - ii. 45-54 yo men at most risk
  - b. Gender
    - i. More women attempt suicide, but men succeed more often
    - ii. Women tend to OD on drugs
    - iii. Men tend to use firearms
  - c. Race
    - i. Whites are highest risk for suicide
  
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?
  - a. **Provide expressions of hope in a positive low-key manner**
  - b. **Help identify areas of life situation that are under own control**
  - c. **Identify stressors in sister in laws life that participated a suicide attempt**
  - d. **Offer support without being too intrusive**
  
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 may contribute to an increased risk for suicide, but suicidal behavior is not inevitable.**
  
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?”

- a. This statement would alert the nurse because it could indicate bipolar disorder. During my clinical on 1S a similar experience happened with my patient refusing medications because “it was a one time thing” downplaying his suicide attempt that happened the day prior.**
  
5. Alterations in which of the neurotransmitters are most closely associated with depression?
  - a. Alterations in serotonin and norepinephrine have been the most extensively scrutinized neurotransmitters. Medications that increase serotonin and norepinephrine have been showed to improve the emotional and vegetative symptoms of 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?
  - a. The best clues for determining a problem with depression in adolescence are expressed anger, running away, social withdrawal, and substance abuse.**
  
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.
  - a. Moderate depression is commonly associated with sleep disturbances such as hypersomnia or insomnia. Whereas sever depression is associated with feelings of nothingness, and inability to feel pleasure.**
  
8. All antidepressants carry a black box warning. What is it?
  - a. A black box warning is the strongest warning label, for opioid analgesics, a particularly high risk for excessive sleepiness, respiratory depression, coma, and death.**