

**Unit 3: Suicide and Depression Worksheet**  
**Online Assignment (1H)**  
**Due 6/10/2024 by 0800**

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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 risk increases in age due to life changes and ineffective coping skills. Race increases suicide risk due to the hatefulness towards minorities. Gender effects suicide, males have a higher risk due to not being as open as females with mental problems.

**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?**

- Give love and support towards her.
- Ask her how she’s feeling, accept all feelings.
- Help her with getting proper counseling.
- Don’t ignore her, listen to everything she has to say.

**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 explain that family history can influence the rate of suicide in a family member but that doesn’t mean they are going to also commit suicide. Mary should try to be open with John and actively talk about emotions to each other. She should take notes of suicidal ideation such as John being in a depressed mood, John withdrawing from conversation and excluding himself from friends, talking about wanting to harm himself or noticing any marks of self harm (cuts, bruising, burn marks, scars, bandages in odd places), a lack of self-confidence, no interest in intimate or sexual behavior, and note any expression of sense of hopelessness.

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?”**

When someone states they feel better they are at risk of stopping their medications abruptly. This can be very dangerous because if they abruptly stop their medication their illness will come back even worse.

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

Serotonin, dopamine, and norepinephrine neurotransmitters have been 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?**

Stormy behavior will be impulsive and short term. A mental illness such as depression will last over a prolonged period of time and indicate that it is not just a moody behavior.

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.**

Severe depression has more intense symptoms and can show in the physical environment. The body’s metabolism slows down in depression and gets worse in severe depression, it can make someone at a higher risk of constipation, weight gain, and fatigue. People are still able to function mentally and cognitively with moderate depression, but this significantly decreases in severe depression. They can exert greater signs of confusion, brain fog, and lose all hope with severe depression due to the extreme changes in the neurotransmitters.

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

Taking this medication may have adverse reactions and cause suicidal ideation to worsen.