

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?

Age affects which groups are most likely to commit suicide (ages 45 to 54, then 85+ and adolescents), race indicates groups such as Caucasians have higher rates of suicide along with American Indians and Alaska natives, and lastly suicide is more deadly in males but more frequently attempted in females.

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?

Suggestions I might give him include to encourage her to speak about her problems openly and letting her know he is here to listen, communicate that you care for her, and also possibly help her form a plan for professional help.

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 could explain to Mary that it would not hurt to reach out and communicate with John, maybe involving talking through his father’s suicide itself, and exploring feelings openly.

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?”

An improvement in mood that appears sudden and unfounded, especially in a patient with suicidal ideation, may indicate the client has internally solidified their decision to commit suicide.

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

Serotonin and norepinephrine

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 in adolescents would be a significant behavioral change which lasts for at least 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.

In severe depression, a difference in the behavior includes a flat affect instead of one of sadness or visible anguish or distress

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

The black box warning is that they may increase risk of suicide in young people (children and adolescents).