

**Unit 3: Suicide and Depression Worksheet**  
**Online Assignment (1H)**  
**Due 6/9/2025 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 6/9/2025.

*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?

Although demographics are everchanging, statistics have shown that the highest rates of suicide are among the elderly initially. However, the current population at the highest rates are individuals ages 45 to 54 and those over 85 years old. Depending on the time periods, the people most at risk for suicide vary. During the Iraq war, there were more soldiers dying from suicide rather than combat. Mental health is a major healthcare problem.

More women than men attempt suicide, but more men succeed in the action. The risk for suicide increases as men age. Being a widow or widower is also known for causing stress from life changes, which can increase the risk. Statistics show that adolescents have a lower rate, but several factors put that age group at risk: Impulsive and high-risk behaviors, untreated mood disorders, access to lethal means, and substance abuse. The highest rate for suicide is among the white population, with the second highest being American Indians and Alaskan Natives.

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?

I would suggest that my neighbor acknowledges and accepts their feelings, while being an active listener. This is a very vulnerable time for the client who has attempted suicide, and they need support from others. A few other suggestions are to allow them to cry and express anger, show them love and encouragement, and try to give them hope and remind them that what they are feeling is temporary. Make sure that they understand that they are safe where they are right now and receiving the right care.

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 respond to Mary by firstly stating that suicide is not inherited and has no genetic link. Although, the history of John's fathers' way of passing may have an influence on an increased risk. I would also ensure that she knows that suicide can be prevented through receiving assistance from medical professionals if experiencing mental struggles, attending therapy, and developing coping strategies in triggering times.

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?"

After reading the chapter, specifically the section about presenting symptoms, the patient's statement aligns with expressing dramatic mood shifts. The patient may be feeling more at ease after receiving treatment, or they have enough willpower to attempt suicide at this point. It is important to dig deeper into the patient's feelings and recognize if this is a potential problem to provide adequate care.

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

In the mental health disorder, depression, the neurotransmitters closely affected are serotonin and norepinephrine. The medications that clients are prescribed that increase serotonin and/or norepinephrine can 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?

Depression is tough to distinguish in adolescence because the feelings of sadness, loneliness, anxiety, and hopelessness can be perceived as the normal emotional stresses or "normal adjustments" of growing up. A visible manifestation of behavioral change that lasts for several weeks is the best clue for a mood disorder. Examples include a good student who previously received consistently high grades but is now failing and skipping classes. Depression is a common manifestation of the stress and independence conflicts associated with the normal maturation process.

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, also known as persistent depressive disorder, are symptoms that have been occurring for at least two years. Symptoms include feelings of sadness, low self-esteem, gloomy, decreased interest in personal hygiene and grooming, obsessive and repetitive thoughts, behaviors reflecting suicidal ideation, anorexia or overeating, and more.

Severe depression, also called major depressive disorder, is the intensification of symptoms and feelings of total despair, flat (unchanging) affect, feelings of nothingness and emptiness, no personal hygiene or grooming, no inclination of interaction towards others, self-blame, hallucinations reflecting misinterpretations of the environment, and more. I also want to note that because of the low energy level and slow thought processes in this state of depression, the individual may be unable to follow through on suicidal ideas.

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

All antidepressants carry an FDA black box warning for increased risk of suicidality in children and adolescents. It is used to alert consumers about the potentially dangerous side effects that could lead to death or serious injury.