

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?
Gender affects suicide risk with that more women than men attempt suicide, but men succeed more often. This rate reflects the lethality of the means. Women tend to overdose on drugs, men use more lethal means such as firearms. These differences between men and women may also reflect differing societal expectations, women are more likely than men to seek and accept help from friends or professionals. Suicide risk and age are correlated especially in men. Although rates among women remain constant throughout life, rates among men increase with age. The highest rate of suicide occurred in 45 to 65 old age group. Populations such as American Indians active and veteran military members are considered higher risk for suicide. These are from complex interaction of factors, such as mental illness, substance abuse, painful losses, exposure to violence, and social isolation are all influential in increasing these risks.
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 being a good listener and let her know they are not alone, and you are willing to help them seek professional help. Acknowledge and accept their feelings, try to give them hope and remind them that what they are feeling is temporary. Show love and encouragement and stay with them.
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?
I would respond to Mary by validating her feelings. I would provide her with information that there may be a familial risk with suicidal behavior, and it is not directly inherited like a physical trait. I would encourage Mary to talk to John about his feelings and have no secrets.
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?”

This statement would alert the nurse of a potential problem it may indicate a finalized plan. A sudden brightening of mood can signify that the patient has made the decision to attempt suicide

and has a plan in place. This decision even if it is harmful, can bring a sense of relief from the emotional pain and struggle associated with severe depression. Also a shift from inability to act, often depressed patients may lack the energy to carry out suicidal intentions. A sudden improvement in mood and energy level could signal that they now have the motivation to act on suicidal thoughts.

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

Deficiency of the neurotransmitter's norepinephrine, serotonin, and dopamine at functionally important receptor sites in the brain are 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?

The best clues for determining a problem with depression in adolescence is watching for a visible manifestation of behavioral change that lasts for several weeks is the best clue for a mood disorder.

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 also called persistent depression disorder that represents a more chronic disturbance that is characterized by symptoms that are enduring for at least 2 years. Severe depression or major depressive disorder is characterized by an intensification of the symptoms of moderate depression.

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

The black box warning is the most serious type of warning placed on prescription drug packaging by the FDA. The warning highlights the significant risk with the drug. Potential for serious adverse effects, life-threatening reactions, or even death. The warning is placed to ensure it is easily seen and understood. All antidepressants carry a black box warning regarding an increased risk of suicidal thinking and behavior in children, adolescents, and young adults.