

**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?

Age affects suicide risk by the highest rate of suicide occurred in the 45-64 age group, the second highest was for those 85 or older, and for adolescent’s rate of suicide is lower than other groups, but suicide has jumped to be the second leading cause of death in this population. For race, whites are the highest risk that is followed by Native Americans, African Americans, Hispanic Americans, and Asian Americans. Gender affects the risk by it being greater in women than men, but men succeed more often. As well as transgender also are put at high risk.

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?

Some suggestions to give him are to encourage Jane to explore and verbalize feelings and perceptions, acknowledge and accept their feelings and be an active listener, take any hint of suicide seriously, ensure that firearms or other means of self-harm is restricted, and help her seek 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?

I would tell her that although history increases risk, suicide is not inherited, and that suicide is an individual matter and can be prevented.

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 is a potential problem that should alert the nurse because this is a presenting symptom of suicide by showing dramatic mood shift.

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

Alterations in the neurotransmitters of serotonin, norepinephrine, and dopamine are 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?

The best clue for determining a problem with depression in adolescence is a visible manifestation of behavioral change that lasts for 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.  
Moderate depression consists of symptoms of feeling hopelessness, feeling powerless, a slow and slumped physical appearance, difficulty with concentrating and may cause disorders like anorexia, or sleep disturbances. Severe depression consists of symptoms like worthlessness or flat affect, absence of communication, confusion/delusion, suicidal thought and slows down the entire body.
8. All antidepressants carry a black box warning. What is it?

Black box warning antidepressants may increase the risk of suicidal thinking and behavior in some children and adolescents with MDD and is considered the most serious type of warning.