

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?

There are many factors that are involved when considering how age affects the risk of suicide. The 45-64 age group is noted to have the highest rates of suicide and following that is the age group of the elderly population. Adolescents have lower rates however this continues to increase. Adolescents also have higher rates of self-harm which increase their risk of suicide. With age comes the socioeconomic influences that are involved. Triggers can include job troubles, bullying, a change in family dynamics, decline in health, etc. Individuals that are apart of the LGBTQ+ community are also at a higher risk due to the societal response and bullying that unfortunately could occur. These all impact the different age groups and can affect their risk of suicide. Race can have an impact on one’s risk of suicide. The highest rate of suicide is among the white population. However, American Indians and Alaskan have the second highest rates. The factors that play a role in these individuals’ lives include not having proper access to healthcare systems, substance use, financial issues, etc. Age also plays a role here as specific ethnic groups can have harder times within the school system. Struggling with racism and stereotypes, bullying can occur at a young age and increase risks of suicide. Gender affects the risk of suicide in many ways. Women have a higher percentage for attempted suicide; men have a higher percentage for suicide overall. However, men typically have a greater involvement in hobbies that involve access to firearms and weapons. Along with men having a higher percentage of not seeking mental health care when needed.

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 going into the room with calm and positive body language. Ask how she is doing and not ask questions regarding why she did this to herself or what the problems are. As this could come across as judgment and not understanding. Do not focus on the situation as to why she is hospitalized but provide support and be an active listener. Be aware of how you word specific phrases and questions. Respect her and offer support whenever she is ready.

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 by being understanding regarding their situation and concerns. However, the nurse should provide education for Mary regarding her concerns about John's risks. Explaining that mental health difficulties do not get inherited that same compared to some medical illness. Once the nurse has provided Mary with education, she should also offer her support. Explaining if there are concerns regarding John that seeking mental health resources and therapy are an option.

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 because there is a sudden severe change in mood. A sudden change in mood that is now positive could indicate that the patients' suicidal ideation has increased. Deciding to go along with the suicidal thoughts could bring the patient peace and happiness in making the decision that they want. This would be a red flag regarding the patients well-being and could indicate further mental health problems.

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

Alterations of serotonin, dopamine, and norepinephrine neurotransmitters are most 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 regarding depression in adolescence is persistent decline in mood, loss of interests, withdrawing from friends and family, and other psychological factors including decrease in appetite, sleep, and concentration.

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.

With moderate depression an individual's mood can fluctuate. Worse in the morning and then as the day goes on their mood can slowly improve. However, their mood typically decreases at night and can cause insomnia. Another factor that some struggle with is oversleeping. This can occur with mood fluctuations and lack of motivation. This could also lead to further complications regarding mental health problems.

Severe depression causes individuals to have a consistent negative mood that can be worse in the morning. These individuals may struggle with agitation, lack of motivation, inability to focus, persistent mood swing, suicidal ideations, etc. These struggles could lead to life threatening situations or conditions.

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

A black box warning is on the packaging to state the risks that can be associated with taking the medications. These risks for antidepressants include life threatening effects, possibly increasing suicidal ideation and other behavioral changes.