

**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 and gender affect suicide risk in that the risk tends to increase in men as they get older, while the risk remains constant through a woman’s life. According to the book, statistics as of 2021 indicated that suicide risk was high in the 45 to 64 age range and highest occurring between 52-59 year olds, where this happened in men more than women. As for race, it is found that suicide rates are higher in white adults and elderly. Young adults of the American Indian ethnicity are also at high risk for suicide, as well as for black, school aged children.***
- 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 tell him to just be a good listener and let Jane know that he is there for her. I would also tell him to explain to her how important her life is and how devastated he would be if he no longer had her, as well as to encourage her to talk to someone else in case she doesn’t feel comfortable talking with him. He should also show her encouragement and love, allowing her to cry and express anger as needed.***
- 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 explain to Mary that there is not genetic link in suicide related to the father himself, but that if we were to have information about the father having genotypic variation in tryptophan hydroxylase, or genetic variation in prefrontal cortex tissue, then those associations with suicide risk could be passed to John.***
- 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 the patients’ mood seems to have dramatically shifted from being depressed to suddenly being bright and no longer depressed. Therefore, this dramatic mood shift is an important factor for increased risk of suicidal behavior, which is a potential problem.***
- 5. Alterations in which of the neurotransmitters are most closely associated with depression? *Alterations in serotonin, dopamine, and norepinephrine are most closely associated with depression. Also, abnormal glutamate, GABA, and glycine levels 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 clue for determining depression in adolescence is a visible behavioral change lasting for several weeks, such as a usually confident teenager becoming defensive and irritable.**
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. **The diurnal variation in the level of neurotransmitters causes clients with moderate depression to feel best early in the morning and worse as the day moves on. On the other hand, this variation in severe depression presents as feeling worse early in the morning and getting somewhat better as the day progresses.**
8. All antidepressants carry a black box warning. What is it? **The black box warning on all antidepressants is that there is an increased risk for suicidal behaviors and thoughts in adolescents/children treated with antidepressants. Individuals of this age on these medications should be closely monitored.**