

**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?

The suicide risk for men increases with age and the risk for women stays generally about the same at any age. People ages 45 to 64 years old are at the highest risk of suicide and those greater than 85 year of age are in the second highest category. Suicide is the 2<sup>nd</sup> leading cause of death for adolescents. They are at risk of suicide due to impulsive and high-risk behaviors, untreated mood disorders, access to lethal means, and substance abuse. Children younger than 10 are at a higher risk for suicide if they are male, their mother has psychiatric disorder(s), and the child also has psychiatric disorders.

Gender effects suicide risk because women are more likely to reach out for help then men. Women are more likely to attempt suicide. Men are more likely to succeed with suicide because they typically use more lethal means to end their life compared to women.

Those that belong to the white population are at highest risk of suicide followed by American Indians and Alaska Natives. People belonging to the black populations and Asians and Pacific Islanders are at lowest risk for suicide. Age also correlates with the ethnicity risk of suicide. White Americans are at highest risk for suicide as older adults and elderly, whereas people of the American Indian ethnicity are at higher risk of suicide as a young adult.

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 he give Jane hope and that what she is feeling is temporary. He should be caring and give her support by telling her “I am here for you, and you aren’t alone.” He should acknowledge her feelings, be an active listener, a shoulder to cry on, give her a hug if she accepts it, and encourage her to speak to a professional for help. He can tell her that he will stay with her as long as she would like him to. I would tell him that he should not judge her, make her feel guilty, be angry with her, or disregard her feelings by telling her to “snap out of it.”

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?

Suicide is not inherited. John is at higher risk for suicide because his father committed suicide and it can be a learned behavior. Some factors that can contribute to a person's suicide risk include mental illness, substance abuse, painful loss, exposure to violence, and social isolation.

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?"

The patient may stop taking any medications prescribed or other professional help such as counseling and therapy because they think that they are better. They could now be at an increased risk of suicide if they stop all treatment plans.

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

The most common neurotransmitters that are altered when a person has depression are decreased levels of norepinephrine and serotonin. The deficiency of dopamine is also related to 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 "behavioral change that lasts for several weeks." Symptoms of depression in adolescence include inappropriate expressed anger, aggressiveness, running away, delinquency, social withdrawal, sexual acting out, substance abuse, restlessness, apathy, loss of self-esteem, sleeping and eating disorders, and psychosomatic complaints.

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.

A person with moderate depression will feel best early in the morning and will continually feel worse as the day goes on. A person with severe depression will be opposite, feeling worse in the morning and better as the day goes on.

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

Increased risk of suicidality in children and adolescents.