

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?
Women are more likely to attempt suicide, but more men will die because of the greater lethality of their methods. Suicidal rates among men increase with age. Adolescents and the elderly are the high-risk groups, with the highest incidence in age 45-54. Suicide rates are higher among white adults. Within the American Indian community, young adults are higher risk, and within the black community, children and adolescents have the highest rates.

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 my neighbor to be an active listener and acknowledge their feelings. Do not judge or show anger towards them. Show love and encouragement, don’t leave them alone, and try to give them hope.

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?
“There is a higher risk associated with a family history of suicide, especially in same gender parents. However more genetic research is needed and other factors like life stressors can play a role. If you are concerned about his behavior, you could contact a mental health professional.”

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 increased energy may lead the patient to implement a suicide plan; suicide potential increases as level of depression decreases.

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

Deficiency of norepinephrine, serotonin, and dopamine.

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 is a visible manifestation of behavioral change that lasts for several weeks- such as a good student who previously received consistent good grades, is now failing, and skipping class.

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.

In moderate depression the person may feel best in the early morning and continually worsen as the day progresses. In severe depression, the person may feel worse early in the morning and somewhat better as the day progresses.

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

Increased risk for suicidality in children and adolescents.