

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 risk for suicide is higher for men in the age range of 45-64 years old and increases with age, while it remains about the same for women of all ages. More women attempt suicide than men, however more men succeed due to using more lethal methods such as firearms. The white population in the U.S. have the highest rate of committing suicide, with the second highest being American Indians and Alaska Natives.

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 shows understanding and unconditional support while being sure to listen to her if she decides to open up to him.

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 telling Mary that suicide “running in families” is a common myth and while a close family member committing suicide increases the risk for suicide in other family members, it is not inevitable.

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?”

Sudden behavior changes in a person with depression and suicidal ideation is a major concern because after depression symptoms improve, a person may now have the energy to carry out their planned suicide.

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

Serotonin, norepinephrine, 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?

A noticeable behavioral change that lasts for several weeks that is not normal for them.

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 have a slowed thinking process, difficulty concentrating, social isolation, sleep disturbances, feelings of sadness dejection and helplessness. A person with severe depression will have feelings of tot despair, hopeless, and worthlessness, psychomotor retardation so severe that physical movement may come to a standstill, prevalent delusional thinking and confusion.

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

Increases suicidal thoughts/ ideation as they take effect and mood begins to lift, the person may have increased energy to commit suicide.