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 affects suicide rates as it is found that ages 45-64 have the highest prevalence of committing suicide. Specific to men, suicide risk increases with age, as with women it stays steady throughout aging. It is the third leading cause of deaths in adolescents, and younger children (<10) have very low suicide rates as they are not quite able to comprehend the act. When it comes to sex, women have a higher rate of suicide attempts, but men are more often to succeed when trying to commit suicide. This is mainly due to the fact that women often seek professional help over men. Race affects suicide rates as white populations tend to have higher rates of suicide, with American Indians and Alaska natives being the second highest group. Whites tend to have high suicide rates as older adults, American Indians and Alaska natives have higher rates in young adults, and in black communities, children have higher 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 suggest telling them to create an environment where Jane feels safe to open up about her thoughts or feelings. I would tell them to listen to Jane, remind Jane that she can always come to them if she needs support, and that they will always be there. I would also encourage showing love and encouragement by giving hugs, using therapeutic touch, and allowing them to cry.

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 to Mary by informing her that suicide is something that cannot be inherited. Certain mental illnesses may be able to be passed down through genetics, such as depression and bipolar disorders, which could cause an increase risk of suicide, but the risk of suicide is not directly passed down.

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, as this may show increase energy and potential to go through with suicide plans.

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

   Alterations in the neurotransmitters of norepinephrine, serotonin, and dopamine are 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 with depression in adolescence compared to normal stormy behavior is showing behavioral change that lasts for several weeks. For example, a teen who is outgoing may become very withdrawn for weeks at a time.

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, people feel their best in the early morning, and then they start to continuously feel worse as the day progresses. In severe depression, they typically feel worse in the early morning, and continue to get better throughout the day.

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

   A black box warning for antidepressants tell clients that there is an increased risk of suicide in children and adolescents.