

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?
Suicide risk can impact all ages, race, or ethnicities. Anyone can be at risk. Women attempt suicide more often than men, but men succeed more often than women. Also, there is an increased risk of suicide in those that are transgender. The risk also increases more with age, and Caucasians are the highest ethnicity at risk.

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 give him suggestions such as be opening to listening to Jane and to express how much he cares for her and how much she’s worth. I would also suggest showing love and encouragement and not showing any judgment or anger toward her. Try to understand how she feels and acknowledge that to her so that she feels less judged.

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 acknowledge her feelings but reassure her that while family history can influence mental health it does not mean that suicide is inevitable for John. The nurse should tell her that it’s most important that we give John the help and support he needs now. She should also assess how Mary is feeling and if she would like to talk more about how she’s feeling or her worries about 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 because it could be a sign that the patient was made the decision to commit suicide. Their mood might lift not because they are recovering but because they feel relief after making the choose to commit suicide.

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

Alterations in the neurotransmitter Serotonin is most 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?

Some clues that might help determine a problem with depression in adolescence is a sudden drop in grades or withdraw from friends and things that they liked to do in the past. It could also show in changed in sleep or eating patterns.

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 diurnal variation may not be as noticeable as it is in severe depression. It also might be less consistent. In severe depression, this diurnal variation is more predictable for the patient and they may report that they feel worst in the morning and getting better as the day goes on.
8. All antidepressants carry a black box warning. What is it?
It's a warning that says that the risk for suicide, in children and adolescents, increases with the use of antidepressants.