

Suicide and Depression Worksheet

Please read the chapter and answer the following questions:

1. How do age, race, and gender affect suicide risk?
Age- adolescence and elderly have been identified as high risk groups but, recently age 45-64 has increased risk. Race- highest risk is with Caucasian followed by American Indians. Gender-males are at higher risk of successful suicides but, females attempt more.
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?
Be a good listener. Be supportive. Acknowledge and accept their feelings. Try to give them hope and remind them what they feel is temporary. Do not judge suicidal people or show anger.
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?
Identify resources that provide support : religious beliefs and spiritual counselors, friends, relatives, support groups for survivors of suicide. Provide a list of resources that can help.
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?" As antidepressants take effect mood begins to lift. May have increased energy with which to implement suicide plans. Suicide potential increases as depression decreases.

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

Alterations in serotonin, norepinephrine, 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? A visible manifestation of behavioral change that lasts for several weeks.

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. Moderate patients feel best early in morning and continually worse as the day progresses. Severe patients feel worse early in the morning and somewhat better as the day progresses.

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

All antidepressants are warned for increased risk of suicidality in children and adolescence.