

## Health Class Quiz on Teen Suicide and Depression

NAME \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

1. Studies show that at least 90% of those who killed themselves were judged to be suffering from “Major Depression” or some other mental illness in the weeks prior to their death.  
a. true                      b. false
2. Most parents of a child who dies by suicide go into a prolonged state of “Major Depression” after their child’s death and some remain depressed for the rest of their life.  
a. true                      b. false
3. Feelings of loneliness are most common at age:  
a. 12                      c. 21  
b. 16                      d. 65
4. If the person seems to be talking of suicide just to get attention or to see if people care then they probably will not attempt suicide.  
a. true                      b. false
5. If a friend reports thoughts of suicide it is usually best to keep it to yourself if they tell you to.  
a. true                      b. false
6. Choose the least common reason given to explain why a teen kept their dead friend’s suicide plans a secret;  
a. They didn’t think the adults or a professional counselor could help their friend  
b. They thought it wasn’t serious  
c. They were afraid their friend would get mad at them  
d. They didn’t care what their friend might do
7. Many teens who are seriously depressed outwardly show excessive anger instead of sadness.  
a. true                      b. false
8. Anyone will try suicide if they are under extreme stress.  
a. true                      b. false
9. I myself would seriously consider suicide if I had an extremely serious social or emotional problem.  
a. maybe                      b. never
10. Choose the most accurate statement.  
a. suicide is the result of family problems  
b. suicide is the result of certain thinking errors  
c. suicide is the result of extreme stress  
d. suicide is the result of excessive drug usage
11. Choose the thought not usually related to suicide;  
a. “I am the only one who has it this bad”  
b. “I’ll never feel happy again”  
c. “My family would be happier if I were dead and gone”  
d. “I have some of the same problems as a lot of others my age”

12. Choose the feeling that is not usually associated with suicide;
- helplessness
  - chronic boredom
  - worthlessness
  - hopelessness
13. Choose the best response to a person who states: "I hate my life"
- tell another friend what you heard
  - ignore the comment and politely excuse yourself
  - listen to the person calmly
  - smile and then tell the person to try to forget their problems
14. Choose the behavior that usually makes a person feel that they were not listened to;
- being silent and attentive
  - making eye contact
  - changing the subject
  - summarizing what you heard the person say
15. Choose the best response you can take with a person who reports thoughts of suicide;
- offer to solve the problem they complain about
  - joke about it or pretend that you didn't hear anything about suicide
  - act angry or disappointed that they are talking about suicide
  - seek the advice of a trusted adult
16. Choose the symptom not associated with the mental illness called "Major Depression";
- feeling really unhappy or irritable most of the day, nearly every day
  - feeling helpless, hopeless and worthless
  - grandiose ideas
  - frequent thoughts of death or suicide
17. A majority of teens who experience "Major Depression" can be helped by a mental health professional.
- true
  - false
18. Choose the method that is not recommended to treat "Major Depression";
- individual counseling
  - temporary use of anti-depressant medication
  - social withdrawal until the person feels better
  - a and b
19. When a close friend has attempted suicide and returns to school it is best to;
- talk about your friend's problems with other classmates
  - avoid your friend for the first week to show your disapproval
  - tell your friend you think what he/she did was "dumb", "wrong", or "immature" whichever applies
  - be available, and show him/her you still care but help him/her understand that there are other ways to handle bad thoughts and feelings
20. Every student in this class is able to do something to reduce the chance that someone in this school will commit suicide.
- true
  - false

The 20-question quiz is completed by the students at the end of the program. It serves two important functions. First, it provides health teachers the opportunity to reinforce some key discussion points. The teacher reviews the quiz and directs students to the correct answers. Presenting students with correct answers or "facts" about suicide in the form of a quiz helps to heighten the salience of the information presented and establishes an educational, rather than a subjective and emotional tone, for the classes. This tone allows for the teacher to authoritatively address a student's views of suicide as being correct or incorrect.

The SEHS Suicide Prevention Program encourages a student who thinks he/she, or their friend, is suffering from major depression to identify themselves, or their friend, to a school counselor, school nurse, school social worker, teacher or some other trusted adult in or outside school. In addition to this strategy, the quiz itself provides a second important function — to help staff to identify students who may be at-risk for suicide. The program does not utilize a screen/instrument for depression per se. Students who give a specific response in the follow-up quiz are asked to elaborate on this response through a private conversation with their guidance counselor or school social worker. Some students may, during this discussion, reveal past or current thoughts about suicide. It is at this point that an assessment instrument for depression and/or suicide may be used.

Interested readers seeking additional information about how the quiz may be used to identify students who may be at risk for suicide should contact Jerry Ciffone at: [jerryciffone@u-46.org](mailto:jerryciffone@u-46.org)