

Suicide Prevention Test

1. **Depression is a normal part of aging.**
 - a. True
 - b. False

2. **70% of older adults who die by suicide have been seen by a health care provider within what time frame:**
 - a. 1 Week
 - b. 1 Month
 - c. 1 Year
 - d. Declined regularly scheduled visits

3. **What are some of the suicide risk indicators in older adults?**
 - a. Depression
 - b. Isolation
 - c. Expresses feeling of hopelessness
 - d. Increased use of alcohol and drugs
 - e. All of the above

4. **Which of the following is not a sign of depression in older adults?**
 - a. Changes in personal hygiene
 - b. Sleep disturbances
 - c. Social withdrawal
 - d. Increase in social activities

5. **Most people who think about suicide are uncertain (cannot decide, go back and forth) right until the very end.**
 - a. True
 - b. False

6. **1 in 100 younger adults die of attempted suicide. Older adults who attempt suicide die:**
 - a. 1 in 75
 - b. 1 in 4
 - c. 1 in 10
 - d. 1 in 20

7. **The #1 risk factor for death by suicide is?**
 - a. Untreated memory loss
 - b. Untreated depression
 - c. Untreated anxiety
 - d. Untreated substance abuse

8. Protective factors help to decrease risk for suicide. Which of the following is not a protective factor?

- a. Canceling scheduled appointments with healthcare providers
- b. Alcohol abstinence
- c. Supportive, involved family
- d. Religious beliefs and values

9. When speaking to someone who is potentially at risk for suicide it's best to use the QPR strategy. What does QPR stand for?

- a. Quiet, Prioritize, Remind
- b. Question, Persuade, Refer
- c. Quick, Promise, React
- d. Question, Pressure, Reject

10. An example of QPR communication strategy when speaking to someone who is potentially at risk include (circle all that apply):

- a. Be direct and do not make statements that may shame the person
- b. Give the person undivided attention without passing judgement
- c. Reflect back what the person is saying to you
- d. All of the above

11. If someone is talking about suicide or expressing thoughts of wanting to die it is most likely attention-seeking behavior and should not be taken seriously.

- a. True
- b. False

12. Suicide affects all cultural, gender and ethnic groups.

- a. True
- b. False

13. Only trained professionals can prevent suicide.

- a. True
- b. False

Name: _____

Signature: _____

Date: _____