

## Suicide QUIZ

- 1) This suicide toll is higher than the total number of world deaths each year from \_\_\_\_\_ and \_\_\_\_\_ combined.
  - A) accidents; heart attacks
  - B) war; homicide
  - C) overdose; drownings
  - D) cancer; accidents
  
- 2) When counseling a survivor of suicide loss, it is important to understand their \_\_\_\_\_?
  - A) education level
  - B) income
  - C) culture
  - D) physical appearance
  
- 3) Some possible resources for survivors of suicide loss include which of the following?
  - A) books
  - B) internet sites
  - C) counselors
  - D) all of the above
  
- 4) The counselor must have \_\_\_\_\_ and understanding in order to avoid transference.
  - A) self-awareness
  - B) empathy
  - C) listening skills
  - D) high IQ
  
- 5) The counselor must not impose the following on his/her client.
  - A) personal opinion

- B) religious beliefs
- C) healthy coping mechanisms
- D) A & B

6) \_\_\_\_\_ percent of all people who die from suicide have a diagnosable psychiatric disorder at the time of their death.

- A) 70
- B) 80
- C) 90
- D) 100

7) Suicide is the \_\_\_\_\_ leading cause of death among 5-14 year olds.

- A) fifth
- B) fourth
- C) third
- D) second

8) Approximately \_\_\_\_\_ people in the world die by suicide each year.

- A) one hundred
- B) one thousand
- C) one hundred thousand
- D) one million

9) For every suicide there are at least \_\_\_\_\_ suicide attempts.

- A) 10
- B) 20
- C) 30
- D) 40

10) Which of the following are observable signs of serious depression

- A) hopelessness
- B) anxiety
- C) withdrawal
- D) all of the above

11) Giving away prized possessions and the sudden or impulsive purchase of a firearm are signs of \_\_\_\_\_?

- A) depression
- B) making a plan
- C) Increased alcohol or drug use
- D) unexpected rage

12) The SUICIDE HOTLINE is available \_\_\_\_\_ hours a day, \_\_\_\_\_ days a week.

- A) 8 ; 5
- B) 24 ; 5
- C) 8 ; 7
- D) 24 ; 7

13) Sources of emotional support may come from...

- A) parents
- B) teachers
- C) counselors
- D) all of the above

14) An important \_\_\_\_\_ is to educate the client that no ONE person causes another's choice of suicide.

- A) therapeutic intervention
- B) theory

C) question

D) source

15) Behavioral Definitions of Suicide in the Treatment Planner by Kolski, Avriette, & Jongsma include?

A) shock reactions

B) behavioral reactions

C) emotional reactions

D) physical reactions

E) all of the above