

## **Myths About Suicide, Thomas Joiner**

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### **Introduction**

1. Joiner proposes that which human behavior, through history and across cultures, has been most stigmatized?

1. Murder
2. Slavery
3. Suicide
4. Heresy

2. What does Joiner state are his points for Myths About Suicide?

1. Reduce the stigma of suicide.
2. Decrease ignorance of suicide.
3. Emphasize a healthy fear of death by suicide.
4. All of the above.

### **Chapter 1: The Suicidal Mind**

3. According to Joiner, attempting or completing suicide is:

1. Easily committed once an individual has decided to die.
2. Fearsome and intimidating, and not easy to commit.
3. Primarily an act of revenge, committed during a moment of anger or aggression.
4. Selfish, self-masterful, and painless.

4. Which is NOT disputed in Myths About Suicide?

1. Suicide is a result of a combination of factors, including the perception that one is alienated and burdensome.
2. Suicide is often committed as an act of impulsivity.
3. People who choose to die by suicide often do not make plans for the future once the decision has been made.
4. People who are planning to die by suicide show changes in hygiene and dress.

5. In summarizing the suicidal mind, Joiner states that in order for people to be brought back from the point of suicide, they must first:

1. Be diagnosed with a mental condition, most often being major depressive or substance abuse disorders.
2. Be detected, then understood.
3. Realize that they do not want to die, but instead want pain to end.
4. Receive treatment from qualified mental health professionals.

6. Who asked, "Could this be the answer?" before committing suicide and impacting Joiner's work?

1. His brother
2. His sister
3. His father
4. His wife

## **Chapter 2: Suicidal Behavior**

7. What percentage of people who die by suicide leave a note?

1. 65%
2. 50%
3. 45%
4. 25%

8. Asking a client about suicidal thoughts and behaviors will NOT:

1. Help build therapeutic rapport.
2. Encourage the client to express his or her suicidal thoughts.
3. Make the client feel comfortable in the therapeutic setting.
4. Plant thoughts of suicide in the mind of the client.

9. Suicidal behavior or talk should be:

1. Viewed only as an individual's means to controlling negative moods.
2. Accepted as a cry for attention or help.
3. Considered as warning signs for suicide and be taken seriously.
4. Thought of as dangerous only if the individual has been diagnosed with a personality disorder.

10. When his son was three years old, Joiner decided to tell the boy which of the following about suicide?

1. A lie. Children are not prepared to learn that people can and do kill themselves.
2. The truth, because the suicide of Dr. Joiner's father is meaningful to the family.
3. The truth, but gently and honestly.
4. Both 2 and 3.

11. Why, according to Joiner's theory of suicidal behavior, do people die by suicide?

1. They have both the ability and the desire to do so.
2. They wish to make a lover, family member, or coworker feel guilty.
3. They wish to make a statement with their death.
4. They are genetically predisposed to suicidal behavior.

## **Chapter 3: Causes, Consequences, and Subpopulations**

12. According to Joiner, suicidal behavior can be observed:

1. Among humans.
2. In some species of animals.
3. In some species of plants.
4. All of the above.

13. Death by suicide in children aged 14 years and younger in the US:
1. Occurs at approximately the rate of one death every day.
  2. Has a rate of 3 boys for every 1 girl.
  3. Is most often committed by suffocation.
  4. All of the above.
14. In response to “suicidal behavior peaks around the Christmas Holidays,” Joiner states:
1. This is true. Holidays often bring up feelings of isolation, loneliness, and loss.
  2. This is not true. Instead, the rate of deaths by suicides peaks in the late spring, usually around the months of May and June.
  3. This is true, as winter months are colder and tend to foster feelings of depression.
  4. There are no seasonal changes to the rates of suicide deaths; the rate remains constant year-round.

### **Conclusion**

15. In summary, Joiner claims that, in order for the stigma of suicide to be erased, suicide must be viewed as:
1. Partially genetic
  2. Influenced by mental disorders
  3. Preventable
  4. All of the above.