

SUICIDE PREVENTION – IDENTIFY AND TREAT AT RISK PATIENTS PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which of the following indicates that inpatient treatment may be necessary after a suicide attempt?**
 - A. Patient has supportive family
 - B. Attempt was non-lethal
 - C. Attempt was premeditated
 - D. Patient is calm and stable
- 2. Which antidepressant is least likely to cause sedation?**
 - A. Mirtazapine
 - B. Sertraline
 - C. Venlafaxine
 - D. Amitriptyline
- 3. What is effective in treating symptoms such as anxiety and insomnia among patients with suicidal thoughts?**
 - A. Psychotherapy only
 - B. Monitoring and prescribing specific treatments
 - C. Social support networks
 - D. Alternative therapies
- 4. In the context of suicide prevention, what does 'suicidal ideation' refer to?**
 - A. Any thoughts of self-harm
 - B. Plans to carry out a suicide attempt
 - C. Thoughts about wanting to die
 - D. Actions taken towards self-injury
- 5. Which age demographic is often at increased risk for suicide?**
 - A. Children and teenagers
 - B. Young adults
 - C. Middle-aged individuals
 - D. Older adults
- 6. Monoamine oxidase is an enzyme that breaks down neurochemicals such as serotonin, dopamine, and norepinephrine.**
 - A. True
 - B. False

- 7. Which medication is associated with prolongation of the QT interval on an ECG?**
- A. Citalopram
 - B. Sertraline
 - C. Escitalopram
 - D. All of the above
- 8. During a suicide assessment, which aspect is typically deferred until discharge planning?**
- A. Prior medical diagnoses
 - B. Suicidal tendencies
 - C. Substance use history
 - D. Current medications
- 9. What approach is important in the motivational interviewing technique?**
- A. Authoritative direction
 - B. Empathetic engagement
 - C. Casual conversation
 - D. Strict guidelines
- 10. Which of the following BEST indicates the number of clients prescribed antidepressants that we can anticipate will have no response to the medication?**
- A. 2 percent
 - B. 12 percent
 - C. 50 percent
 - D. 38 percent

Answers

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1. C
2. B
3. B
4. C
5. D
6. A
7. D
8. A
9. B
10. D

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Explanations

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1. Which of the following indicates that inpatient treatment may be necessary after a suicide attempt?

- A. Patient has supportive family
- B. Attempt was non-lethal
- C. Attempt was premeditated**
- D. Patient is calm and stable

In the context of assessing the need for inpatient treatment following a suicide attempt, the indication that the attempt was premeditated is significant. Premeditation suggests that the individual may have engaged in careful planning or contemplation of the act, which often correlates with a higher level of intent and a deeper psychological crisis. This level of consideration can indicate a more severe underlying mental health issue, necessitating intensive treatment and monitoring that is typically available in an inpatient setting. Inpatient treatment provides a structured environment where healthcare professionals can closely monitor the patient's mental state, adjust treatments as necessary, and address any underlying conditions such as depression, anxiety, or other mental health disorders. It also allows for a comprehensive evaluation of the patient's risk factors and the development of a targeted treatment plan. Premeditated attempts could suggest a greater risk of future behavior, which further supports the justification for more intensive care. The other factors, such as having a supportive family or the non-lethal nature of the attempt, may provide a context that favors outpatient treatment or less intensive intervention. A calm and stable demeanor in the aftermath might also suggest that the individual is currently in a better emotional state, but does not sufficiently indicate the overall risk for future incidents or the need for more intensive intervention that

2. Which antidepressant is least likely to cause sedation?

- A. Mirtazapine
- B. Sertraline**
- C. Venlafaxine
- D. Amitriptyline

Sertraline is considered the antidepressant least likely to cause sedation due to its selective serotonin reuptake inhibitor (SSRI) classification. SSRIs generally have a favorable side effect profile regarding sedation, making them suitable for patients who may experience fatigue or lethargy from their medications. Unlike some other antidepressants, sertraline typically doesn't have sedative properties, which can be beneficial for individuals who need to maintain daytime alertness. In contrast, mirtazapine can cause sedation, especially at lower doses, due to its antihistaminergic effects. Venlafaxine, while primarily an SNRI, can also lead to sedation, particularly at higher doses when noradrenergic activity is increased. Amitriptyline, a tricyclic antidepressant, is well-known for its sedative effects because of its potent antihistamine activity and its mechanism of action, which can lead to significant drowsiness. The pharmacological profiles of these medications highlight sertraline's relative lack of sedative effects, making it the optimal choice for individuals concerned about sedation as a potential side effect of their treatment.

3. What is effective in treating symptoms such as anxiety and insomnia among patients with suicidal thoughts?

A. Psychotherapy only

B. Monitoring and prescribing specific treatments

C. Social support networks

D. Alternative therapies

Monitoring and prescribing specific treatments is effective in treating symptoms such as anxiety and insomnia among patients experiencing suicidal thoughts because it allows healthcare providers to take a comprehensive and individualized approach to treatment. This method enables clinicians to assess the severity of symptoms and determine the most appropriate pharmacological interventions or therapies tailored to each patient's needs. For individuals with suicidal thoughts, symptoms of anxiety and insomnia can exacerbate their mental health challenges, making it crucial to address these symptoms through appropriate medications, such as antidepressants or anxiolytics, when necessary. Additionally, ongoing monitoring ensures that any side effects or changes in symptoms can be promptly addressed, helping to enhance the overall safety and efficacy of the treatment plan. While psychotherapy, social support networks, and alternative therapies can play a valuable role in a holistic treatment strategy, they may not provide the immediate relief that some patients need for acute symptoms like anxiety and insomnia. Therefore, a combined approach that includes monitoring and specific treatments can significantly improve patient outcomes in this context.

4. In the context of suicide prevention, what does 'suicidal ideation' refer to?

A. Any thoughts of self-harm

B. Plans to carry out a suicide attempt

C. Thoughts about wanting to die

D. Actions taken towards self-injury

The term 'suicidal ideation' specifically refers to thoughts about wanting to die. It encompasses a wide range of thoughts, from fleeting considerations of death to more serious contemplation of suicide. This concept is critical in the field of suicide prevention because recognizing these thoughts can help identify individuals who may be at risk and in need of support or intervention. In contrast, the other options describe related but distinct concepts. For instance, thoughts of self-harm (the first option) can include a variety of actions or ideas that do not necessarily involve suicidal intent. Plans to carry out a suicide attempt (the second option) imply a more definitive action and intention than mere thoughts. Lastly, actions taken towards self-injury (the fourth option) represent behaviors rather than thoughts. Therefore, recognizing and addressing suicidal ideation is a vital step in the process of prevention and treatment.

5. Which age demographic is often at increased risk for suicide?

- A. Children and teenagers
- B. Young adults
- C. Middle-aged individuals
- D. Older adults**

Older adults are often at increased risk for suicide due to a variety of factors that can contribute to this concerning issue. As people age, they may face significant life changes such as the loss of loved ones, social isolation, declining health, or reduced access to supportive networks. These challenges can lead to feelings of hopelessness or depression, which are key risk factors for suicidal thoughts and behaviors. Additionally, older adults may have a higher incidence of physical illnesses or disabilities that can negatively affect their mental well-being. Mental health conditions, including depression, are sometimes underdiagnosed in this population, leading to inadequate treatment and support. Furthermore, older adults may utilize more lethal methods for suicide when they do attempt it, which can contribute to a higher rate of completed suicides in this demographic. Understanding the unique stresses and challenges faced by older adults is essential for effective suicide prevention strategies that seek to engage and support this vulnerable group.

6. Monoamine oxidase is an enzyme that breaks down neurochemicals such as serotonin, dopamine, and norepinephrine.

- A. True**
- B. False

The statement is correct because monoamine oxidase (MAO) is indeed an enzyme responsible for the breakdown of monoamines, which include important neurochemicals such as serotonin, dopamine, and norepinephrine. These neurotransmitters play critical roles in regulating mood, anxiety, and overall emotional state. The action of MAO is vital for maintaining the balance of these neurotransmitters in the brain; when their levels are appropriately regulated, normal mood and behavior can be supported. An overactive form of MAO can lead to decreased levels of these neurotransmitters, which can contribute to mood disorders and anxiety. Thus, understanding the role of monoamine oxidase is essential in the context of mental health and suicide prevention, as alterations in these neurochemical pathways may indicate a higher risk for mood disorders, which can be associated with suicidal ideation and behavior.

7. Which medication is associated with prolongation of the QT interval on an ECG?

- A. Citalopram
- B. Sertraline
- C. Escitalopram
- D. All of the above**

The correct answer highlights that citalopram, sertraline, and escitalopram are all associated with the potential for QT interval prolongation on an electrocardiogram (ECG). QT interval prolongation is a concern because it can lead to serious heart rhythm abnormalities, such as Torsades de Pointes, which can be life-threatening. Citalopram, in particular, has been noted in studies to cause significant QT prolongation, especially at higher doses. Dosing considerations and monitoring are recommended to mitigate this risk. Sertraline and escitalopram also carry a risk for QT interval prolongation but to a lesser extent compared to citalopram. Despite the differences in their associations, the fact remains that all three medications have been reported to have some risk for this cardiological side effect. Understanding these risks is essential for healthcare providers, particularly when prescribing these medications to patients with known cardiac conditions or those who are taking other medications that might further prolong the QT interval.

8. During a suicide assessment, which aspect is typically deferred until discharge planning?

- A. Prior medical diagnoses**
- B. Suicidal tendencies
- C. Substance use history
- D. Current medications

In the context of a suicide assessment, the aspect that is typically deferred until discharge planning is related to prior medical diagnoses. This is because the immediate focus during a suicide assessment is on understanding the current state of the patient, specifically their suicidal tendencies, substance use history, and current medications, all of which provide critical information regarding the immediate risk of harm. Prior medical diagnoses, while important for a comprehensive understanding of the patient's health and history in the long term, may not be as relevant in the acute assessment phase where the primary goal is to ensure the safety and well-being of the patient. The treatment team prioritizes understanding and directly addressing current risk factors and conditions that could influence the patient's immediate mental health and safety. Discharge planning, on the other hand, offers the opportunity to explore prior diagnoses more thoroughly, as this information can inform ongoing treatment and support strategies.

9. What approach is important in the motivational interviewing technique?

- A. Authoritative direction
- B. Empathetic engagement**
- C. Casual conversation
- D. Strict guidelines

In motivational interviewing, empathetic engagement is crucial because it fosters a supportive and nonjudgmental environment where individuals feel safe to explore their thoughts and feelings. This approach encourages open communication, allowing patients to express their emotions and ambivalence regarding change. By actively listening and showing understanding, the healthcare provider builds trust, which is essential in helping individuals articulate their motivations and obstacles related to their mental health or any behavioral changes. This engagement facilitates a collaborative relationship, empowering individuals to find their own reasons for change rather than feeling pressured or directed, ultimately leading to more sustainable outcomes in suicide prevention efforts.

10. Which of the following BEST indicates the number of clients prescribed antidepressants that we can anticipate will have no response to the medication?

- A. 2 percent
- B. 12 percent
- C. 50 percent
- D. 38 percent**

The answer reflects the understanding of the efficacy of antidepressants in the population of individuals being treated for depression. Approximately 38 percent of patients prescribed antidepressants are believed to have little to no response to the medication, based on clinical studies. This percentage highlights the reality that while many patients may experience relief from symptoms, a significant minority may not respond to a particular medication or class of medications. Medical research and clinical experience show variability in individual responses to antidepressants due to numerous factors, including genetics, the nature and severity of depression, comorbidities, and other personal health considerations. This insight is crucial for practitioners as it emphasizes the need for careful monitoring and follow-up with patients who are prescribed antidepressants. It also stresses the importance of being prepared to consider alternative treatment strategies for patients who do not respond to initial pharmacotherapy. Understanding this statistic supports the need for comprehensive treatment plans that may involve psychotherapy, lifestyle changes, and possibly different medications or combinations of interventions as part of a holistic approach to treating depression and preventing suicides in at-risk patients.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://suicidepreventionidentifyandtreat.examzify.com>

We wish you the very best on your exam journey. You've got this!

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