

### The steps to set up the course in Relias:

- 1) Log in as Administrator to the Relias website
- 2) Click "Learning" on the left-hand side then "Modules" then "Module List"
- 3) Click "New Module" in the center of the screen
- 4) Click "Course" on the pop up
- 5) Enter a code for the course
- 6) Enter credit hours (5 for this course)
- 7) Enter title (Suicide Prevention & Interpersonal Theory of Suicide)
- 8) Enter the objectives in the text box (see below in blue)
- 9) Leave instructor blank
- 10) On content tab, click "Add Lesson" then "File"
  - a. Add titles as outlined below for each lesson
  - b. Add corresponding videos to each lesson (linked above exam questions)
  - c. Add an additional lesson after Module 8 that is text only to include the link for the CEU form with text giving instructions to follow the link
- 11) On exams tab, add an exam to each lesson using questions below
  - a. Change "exam type" to "exam" for each until you get to the last lesson
  - b. Add a yes/no single question exam for the lesson with the CEU form instructing to select yes if they have completed the CEU form

This course overviews suicide prevention and Dr. Joiner's Interpersonal Theory of Suicide.

1. Introduction Video (7 minutes)
2. Module 1 - Data about Suicide and American Exceptionalism (33 minutes)
3. Module 1a - Commonalities of the Suicidal Mind (34 Minutes)
4. Module 1b - Understanding the Suicidal Mind (40 minutes)
5. Module 1c - Suicide Prevention (34 minutes)
6. Module 1d - Children and Suicide (15 Minutes)
7. Module 2 - Safety Planning and Means Safety (27 minutes)
8. Module 3 - Means Safety: Overdose Agents (6 minutes)
9. Module 4 - Means Safety: Ligatures (6 minutes)
10. Module 5 - Means Safety: Firearms (8 minutes)
11. Module 6 - Means Safety: Impact Methods (8 minutes)
12. Module 7 - Cognitive Behavioral Therapy for Insomnia (20 minutes)
13. Module 8 - Caring Contacts (11 minutes)

A link to apply for CEUs will be provided upon completing the full course.

### BELOW ARE THE QUESTIONS FOR EACH MODULE/LESSON.

*If the answer to a question is false, the correct information is provided in the right-hand column. The yellow highlighting is there to help exam creators see the differences between each choice.*

[Promo](#)

| Question                                                                                          | True | False                                                                        |
|---------------------------------------------------------------------------------------------------|------|------------------------------------------------------------------------------|
| In 2022, there were more than 60,000 deaths by suicide.                                           |      | The number provided in the video was 49,449.                                 |
| Thomas Joiner is the country's preeminent expert on suicide risk assessment and prevention.       | True |                                                                              |
| Interpersonal Theory of Suicide is no longer being used.                                          |      | It is the basis of this entire training and of the 988 protocol.             |
| Suicide risk involves perceived burdensomeness, thwarted belongingness, and capacity for suicide. | True |                                                                              |
| Humans are wired to fear death, but all those who have suicidal thoughts do not have this fear.   |      | This is only true of some people and is related to the capacity for suicide. |

[Module 1](#)

| Question                                                         | Answer Choices                                                                                                                                                                                                                                                                                                                                                                                                       | Correct Answer                                                                                                       |
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| Which is true regarding the rates of death by suicide in the US? | <p>The rates went up between 2001 and 2018 and became worse after the pandemic in 2019.</p> <p>The rates went up between 2018 and stayed about the same after the pandemic in 2019.</p> <p>The rates stayed the same between 2001 and 2018 and increased after the pandemic in 2019.</p> <p>The rates went up between 2001 and 2018 and have decreased after the pandemic in 2019, but increasing again in 2022.</p> | The rates went up between 2001 and 2018 and have decreased after the pandemic in 2019, but increasing again in 2022. |
| Which are true regarding the pandemic in 2019?                   | <p>It drove up caring about other people on average and drove down suicide rates.</p> <p>It caused an increase in stress and drove up suicide rates.</p> <p>It caused loneliness but did not alter suicide rates.</p> <p>It kept families apart and drove up suicide rates.</p>                                                                                                                                      | It drove up caring about other people on average and drove down suicide rates.                                       |

|                                                         |                                                                                                                                                                                                                                                             |                                                           |
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| <p>In recent years, which is true of suicide rates?</p> | <p>Suicide rates decreased overall equitably.<br/> <b>Suicide rates decreased mostly in white Americans.</b><br/>         Suicide rates have peaked in their late teens/early 20s.<br/> <b>Suicide rates have peaked for women (80% of all deaths).</b></p> | <p>Suicide rates decreased mostly in white Americans.</p> |
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Module 1A

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| <p><b>What is true of the lethally suicidal mindset?</b></p>                                                              | <p>The individual will feel overwhelmed by the number of people around them.<br/> <b>The individual does not have any ambivalence about dying or living.</b><br/>         The individual may have “the thousand-yard stare” indicating they are not mentally present.<br/> <b>The individual will increase their alcohol use the closer they are to acting on thoughts of suicide.</b></p> | <p>The individual may have “the thousand-yard stare” indicating they are not mentally present.</p> |
| <p>In the study of 134 families, what signs did the families report they saw in their loved ones who died by suicide?</p> | <p>Insomnia<br/> <b>Rage or Irritation</b><br/>         Weight Loss<br/> <b>Shut down</b><br/>         Feeling alienated from others</p>                                                                                                                                                                                                                                                   | <p>All</p>                                                                                         |
| <p>What is true of intent to die?</p>                                                                                     | <p><b>People who say they have no intent to die are likely at risk of dying by suicide.</b><br/>         It is the resolve to carry through with dying by suicide.<br/> <b>Asking about people’s intent to die gives little insight into risk.</b><br/>         People who say they have a high intent to die are often over exaggerating.<br/> <b>All</b></p>                             | <p>It is the resolve to carry through with dying by suicide.</p>                                   |

Module 1B

|                                                      |                                                                                                                                                             |                                                            |
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| <p>What is true of suicidal desire and capacity?</p> | <p>Some people want to die, but they cannot act on it.<br/> <b>If someone has a suicidal desire, they have the quality to have the capacity to die.</b></p> | <p>Some people want to die, but they cannot act on it.</p> |
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|                                                                               | When someone has suicidal desire, they will not reach out for help.<br>If someone has the capacity to die by suicide, they will also have the desire.                                                                      |                                           |
| Which statement is a confident, false assertion often made regarding suicide? | It is selfish.<br>It is cowardly.<br>It is the easy way out.<br>It is the result of substance use.                                                                                                                         | All                                       |
| Which occupations show a clustering of suicide?                               | Construction and Agriculture<br>Human Resources and Transportation<br>Mining and Food Service                                                                                                                              | Construction and Agriculture              |
| What is the single most lethal psychiatric condition?                         | Major Depression<br>Anorexia Nervosa<br>Borderline Personality Disorder<br>ADHD                                                                                                                                            | Anorexia Nervosa                          |
| What is the basis of means safety?                                            | Distance between means and at risk person<br>Obstacle between at risk person and the provider<br>Removing weapons permanently from at risk person<br>Discussing means and why those are what the at risk person has picked | Distance between means and at risk person |

[Module 1C](#)

|                                                                                                                    |                                                                                                                                                                                                              |            |
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| What are some techniques to help with working with those experiencing suicidal ideation as discussed in the video? | Behavioral Activation<br>Walking in the morning sunlight<br>Taking regular walks<br>Immersion in nature                                                                                                      | All        |
| CBT for Insomnia includes what components?                                                                         | Removing caffeine intake after noon and activities that activate the body after dinner<br>Associate the bed with sleep<br>Creating a discipline regarding sleep/wake times and no naps<br>De-catastrophizing | All        |
| Imagery Rehearsal Therapy helps with what concern as stated in the video?                                          | Intrusive suicidal thoughts<br>Nightmares<br>Difficulty with social situations<br>Domestic violence                                                                                                          | Nightmares |

[Module 1D](#)

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| <p>At what age did the study in the video indicate an understanding of death at a rate of 7 out of 10 compared to an 8 out of 10 of those just 2 years older?</p> | <p>3 years old<br/>5 years old<br/>7 years old<br/>9 years old</p> | <p>3 years old</p> |
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[Module 2](#)

| Question                                                             | Answer Choices                                                                                                                                                                                                                                                        | Correct Answer                                       |
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| <p>Which of these are essential parts of the safety plan lists?</p>  | <p>Calming Activities<br/>Friends<br/>Favorite foods<br/>Family<br/>A, B, and D</p>                                                                                                                                                                                   | <p>A, B, and D</p>                                   |
| <p>What are means of suicide?</p>                                    | <p>The amount the client wants to die by suicide.<br/>The difference between wanting to live and wanting to die.<br/>The method someone may use to die by suicide.<br/>If the person has enough money to go on living.<br/>B and C</p>                                | <p>The method someone may use to die by suicide.</p> |
| <p>What is distance (physical or psychological) in means safety?</p> | <p>Removing the means completely from the person's home.<br/>Any bit of distance between the person and their method.<br/>Meditating on being in a different place, away from methods.<br/>Planting in the mind that their method could be dangerous.<br/>A and D</p> | <p>A and D</p>                                       |
| <p>What are obstacles in means safety and suicide?</p>               | <p>The person must get through mental blocks to get to the</p>                                                                                                                                                                                                        | <p>C and D</p>                                       |

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|                                                                                                                                               | <p>point that they will act on suicide.</p> <p>The difficulties professionals face in removing means from an at-risk individual.</p> <p>Putting things between an at-risk person and the dangerous thing.</p> <p>Barriers that create difficulty between the at-risk person and their chosen means.</p> <p>C and D</p> |                                                                              |
| Of those who have survived their suicide attempt of jumping off the Golden Gate Bridge, what commonalities were reported in their interviews? | <p>Resolute and unafraid to jump</p> <p>Ambivalence toward death while jumping</p> <p>Annoyance at barriers put in place</p> <p>Gripping terror and deep regret while falling</p>                                                                                                                                      | A and D                                                                      |
| What is true regarding firearms and suicide?                                                                                                  | <p>Gun restriction is necessary to prevent unnecessary deaths</p> <p>More than half of completed suicides in the US are from self-inflicted firearms wounds</p> <p>Odds are 9 out of 10 regarding lethality</p> <p>People are willing to consider gun restrictions over simply trying for safety</p> <p>B and C</p>    | B and C                                                                      |
| What is true regarding ligatures and suicide?                                                                                                 | <p>There is no way to be safe with ligatures due to their prevalence.</p> <p>These include ropes, belts, and other methods of strangulation.</p> <p>These often break during an attempt.</p> <p>These allow for people to change their mind during attempt.</p> <p>A and D</p>                                         | These include ropes, belts, and other methods of strangulation.              |
| What is true of a no suicide contract?                                                                                                        | <p>These are popular with inpatient hospitals.</p> <p>These are effective for those who are at high risk of dying by suicide.</p>                                                                                                                                                                                      | A person signs a contract to not die by suicide within a certain time frame. |

|  |                                                                                                                                                                  |  |
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|  | No suicide contracts include what to do instead of attempting to die by suicide.<br>A person signs a contract to not die by suicide within a certain time frame. |  |
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### Module 3

| Question                                                              | Answer Choices                                                                                                                                                                                                                                                           | Correct Answer                                                     |
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| Which is more lethal?                                                 | Cold medication<br>Prescribed<br>Over the Counter<br>Tylenol                                                                                                                                                                                                             | Prescribed                                                         |
| Which is true of dangerously suicidal individuals?                    | They typically ask for prescribed medication to build a stockpile.<br>They take whatever is on hand because they don't plan specific medication.<br>They get particular about the type of medication.<br>They seek to take all the medication in the home.               | They get particular about the type of medication.                  |
| What is true about psychological distance and overdose agents?        | Having discussions about gaining distance is beneficial.<br>If someone still has access, then psychological distance is ineffective.<br>At risk individuals will not consider distance if they are at high risk.<br>Moving medication to another location is an example. | Having discussions about gaining distance is beneficial.           |
| What is false of over-the-counter (OTC) medication regarding suicide? | There is a lower lethality than prescribed medication.<br>People can buy OTC medication from many stores making it accessible.<br>OCT medication has the same rate of death by suicide as ligatures.<br>Families can inadvertently build a stockpile of OTC medication.  | OCT medication has the same rate of death by suicide as ligatures. |
| It is not feasible to prevent overdose suicide deaths                 | False                                                                                                                                                                                                                                                                    | Dangerously suicidal people are not thinking about the general     |

|                                                                                                                               |       |                                                                                           |
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| because of how accessible medications are for people.                                                                         |       | category, but about a specific medication or container.                                   |
| Putting medications in a safe or behind a locked door is helpful.                                                             | True  |                                                                                           |
| It may be necessary to lock or put away medication for only a short period of time.                                           | True  |                                                                                           |
| For people who refuse to put physical distance between themselves and their medication, distance is not helpful as a barrier. | False | If physical distance is not an option, psychological distance is still an effective tool. |
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#### Module 4

| Question                                                                 | Answer Choices                                                                                                                                                                                   | Correct Answer  |
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| Which are examples of ligatures?                                         | Ropes and Cords<br>Scarves and Knives<br>Knives and Belts<br>Sweatshirt and Hat                                                                                                                  | Ropes and Cords |
| What is true of means reduction with ligatures?                          | It is difficult to remove them from an environment.<br>There is no way to prevent harm with ligatures.<br>Distance can be created between at risk person and ligature.<br>A and C<br>A, B, and C | A and C         |
| A suicidal person's mind typically gets set on a very specific ligature. | True                                                                                                                                                                                             |                 |
| When reducing risk of harm, what can someone do with ligatures?          | Remove the person from their home and hospitalize them.<br>Remove the ligature from the person's line of sight.<br>Discuss removing the ligature with the person.<br>A, B, and C<br>B and C      | B and C         |
| What is the place called where a person may hang a ligature?             | Hanging Mechanism<br>Tie Off Point<br>Ligature Point<br>Point of Hanging                                                                                                                         | Ligature Point  |



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| Hospitals and community mental health centers can remove items where someone may hang a ligature. | True                                                                     |                |
| Hooks, handles, rafters, and poles are examples of what?                                          | Point of Hanging<br>Hanging Mechanism<br>Tie Off Point<br>Ligature Point | Ligature Point |
| The main type of suicide death within hospitals is                                                | Overdose<br>Cutting<br>Ligature<br>A and C<br>A, B, and C                | Ligature       |
|                                                                                                   |                                                                          |                |
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### Module 5

| Question                                                                                                                      | Answer Choices                                                                                                                           | Correct Answer                              |
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| Most suicide deaths in the US are by what means?                                                                              | Ligature<br>Overdose<br>Firearms<br>Opioid                                                                                               | Firearms                                    |
| What percentage of suicide by firearm attempts are lethal?                                                                    | 67%<br>75%<br>82%<br>90%                                                                                                                 | 90%                                         |
| About how much more lethal is a suicide attempt by firearm than other suicide methods?                                        | 20-40% more lethal<br>30-50% more lethal<br>70-80% more lethal<br>90% more lethal                                                        | 70-80% more lethal                          |
| What factors contribute to the ease of using a firearm as a method of suicide?                                                | It is not locked.<br>It is loaded.<br>It is within line of sight.<br>A and B.<br>A, B, and C.                                            | A, B, and C.                                |
| What is a way clinicians can be more helpful to those at risk of using a firearm to die by suicide?                           | Regularly going to firearm ranges<br>Becoming culturally fluent in firearm ownership<br>Becoming a member of the NRA<br>Owning a firearm | Becoming culturally fluent in gun ownership |
| It is important to continue to address firearm ownership and safety even when it is uncomfortable for the at-risk individual. | True                                                                                                                                     |                                             |

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| What are some examples of creating distance between an at-risk individual and a firearm? | Moving the firearm to a new location within the home.<br>Unloading the firearm.<br>Discussing importance of owning a gun.<br>Storing ammunition in a separate location.<br>A, B, and C | A, B, and C |
| Why is moving a firearm even just a few inches away effective?                           | It creates psychological distance.<br>It is not helpful because they can still get it.<br>It breaks a potential routine or automatic action.<br>A and C                                | A and C     |
|                                                                                          |                                                                                                                                                                                        |             |
|                                                                                          |                                                                                                                                                                                        |             |

## Module 6

| Question                                                                                                       | Answer Choices                                                                                                                                                           | Correct Answer                           |
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| What are suicide deaths categorized by 'impact'?                                                               | Stepping in front of a train<br>Jumping from an overpass<br>Car crash<br>Being hit on accident<br>A, B, and C                                                            | A, B, and C                              |
| What are means safety principles for a high bridge or overpass according to the video?                         | Removing benches from these locations<br>Putting up fences or high railings<br>Putting patrol cars at those locations<br>Having signs up about not jumping               | Putting up fences or high railings       |
| Research indicates that if someone's suicide is prevented, they typically won't try another way in the future. | True                                                                                                                                                                     |                                          |
| At what point in a building does a jump typically become about 100% fatal?                                     | Anything above 3 <sup>rd</sup> floor<br>3 <sup>rd</sup> or 4 <sup>th</sup> floor<br>5 <sup>th</sup> or 6 <sup>th</sup> floor<br>6 <sup>th</sup> or 7 <sup>th</sup> floor | 5 <sup>th</sup> or 6 <sup>th</sup> floor |
| How can we help the at-risk individual gain distance between themselves and a high location?                   | Encourage them to stop going near optional high places<br>Write a letter to get them moved to a lower floor immediately                                                  | A and C                                  |

|                                                                                                                             |                                                                                                |                                                                                                               |
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|                                                                                                                             | Encourage them to move to a lower floor in their building<br>A, B, and C<br>A and C            |                                                                                                               |
| Medical examiners are typically unable to declare that a car accident was a death by suicide.                               | False                                                                                          | After examination, forensics and a medical examiner can sometimes discern if the crash was a suicide attempt. |
| What was a suggestion provided to create distance between a person and their car if death by car accident is on their mind? | Take their keys from them<br>Set up public transportation<br>Talk with family about<br>A and B | Take their keys from them                                                                                     |
| Signing up about calling mental health crisis is an effective way to deter suicide.                                         | False                                                                                          | While a good idea, it was not as effective as a physical barrier.                                             |
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### Module 7

| Question                                                                                                        | Answer Choices                                                                                                                           | Correct Answer                                                |
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| Insomnia is a risk factor and warning sign for suicidal crisis.                                                 | True                                                                                                                                     |                                                               |
| What does CBT for Insomnia entail?                                                                              | Sleep restriction and Pragmatics<br>Not eating or drinking before bed<br>Stimulus Control and Cognitive aspect<br>A, B, and C<br>A and C | A and C                                                       |
| People with insomnia do not spend a lot of time in bed.                                                         | False                                                                                                                                    | People with insomnia spend a lot of time in bed not sleeping. |
| The fewest hours someone should be in bed is what?                                                              | 4 hours<br>4.5 hours<br>5.5 hours<br>6.5 hours<br>7.5 hours                                                                              | 5.5 hours                                                     |
| What things should be eliminated during CBT for Insomnia?                                                       | Cooling fans<br>White noise<br>Napping all together<br>Staying in bed when not sleeping<br>C and D                                       | C and D                                                       |
| What is the half-life of coffee leading to the recommendation to not have it within that many hours of bedtime? | 2 hours<br>4 hours<br>6 hours<br>8 hours                                                                                                 | 6 hours                                                       |

|                                                                                        |                                                                                                                                                                                                                                                                      |                                                                                                |
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| What is false about alcohol?                                                           | It helps some people get to sleep.<br>It disrupts sleep during the night.<br>It causes people to pee more in the night.<br>A and B                                                                                                                                   | It causes people to pee more in the night.                                                     |
| What is stimulus control?                                                              | Sleep is the stimulus associated with improved mood.<br>The bed is the stimulus to be associated with sleep and little else.<br>The dark of nighttime is the stimulus to be associated with sleep.<br>Suicidality is a stimulus to be associated with sleep quality. | The bed is the stimulus to be associated with sleep and little else.                           |
| Catastrophizing during insomnia is a common line of thinking that should be addressed. | True                                                                                                                                                                                                                                                                 |                                                                                                |
| CBT for Insomnia is easy to do.                                                        | False                                                                                                                                                                                                                                                                | CBT for Insomnia requires motivation and dedication to stick with the many behavioral changes. |

### Module 8

| Question                                                                 | Answer Choices                                                                                                                                                                                                                                                                                        | Correct Answer                                                             |
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| Social ostracism causes what in a person?                                | Social learning areas of the brain are activated.<br>The brain seeks out social learning opportunities.<br>Specific brain regions for physical pain become activated.<br>The person shuts down and develops anti-social behavior.                                                                     | Specific brain regions for physical pain become activated.                 |
| The study in the video discussing caring contacts found what to be true? | Participants who did not receive caring contacts felt left out and ostracized.<br>Participants rejected non-personalized caring contacts.<br>Participants who received the caring contacts participated better in care.<br>Participants who received the caring contacts had fewer deaths by suicide. | Participants who received the caring contacts had fewer deaths by suicide. |

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| Automated caring contacts were found to be unhelpful.                                                                            | False.                                                                                                                                                                    | The study regarding automated caring contacts found similar results as to the previous versions of the study. |
| What effects can caring contacts have?                                                                                           | Remind people how to contact mental health professionals.<br>Remind people that others care for them.<br>Not much.<br>A and B                                             | A and B                                                                                                       |
| What was something people remembered about the caring contacts post cards?                                                       | The dog picture<br>Their handwritten name<br>The special paper it was on<br>B and C                                                                                       | The dog picture                                                                                               |
| What is a benefit of caring contacts for providers?                                                                              | They can be automated.<br>They serve as a touch point between providers and clients.<br>They take the place of phone call check ins.<br>They serve no benefit.<br>A and B | They can be automated.<br>They serve as a touch point                                                         |
| A caring contact is any type of contact made by a provider to a client and can come in many forms such as post cards or letters. | True.                                                                                                                                                                     |                                                                                                               |
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