



Mental health in aviation



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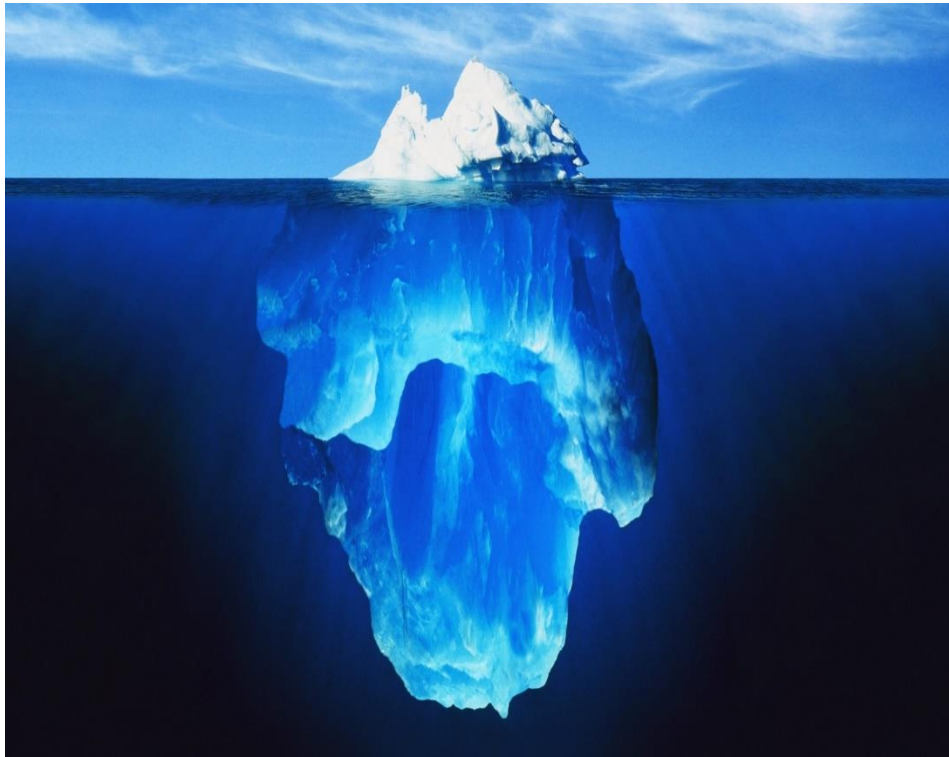
Clinical psychology

Neuropsychology

Aviation psychology



Tip of the ice berg?



Germanwings

The tip of the iceberg



Suicide by pilot cases: **19**

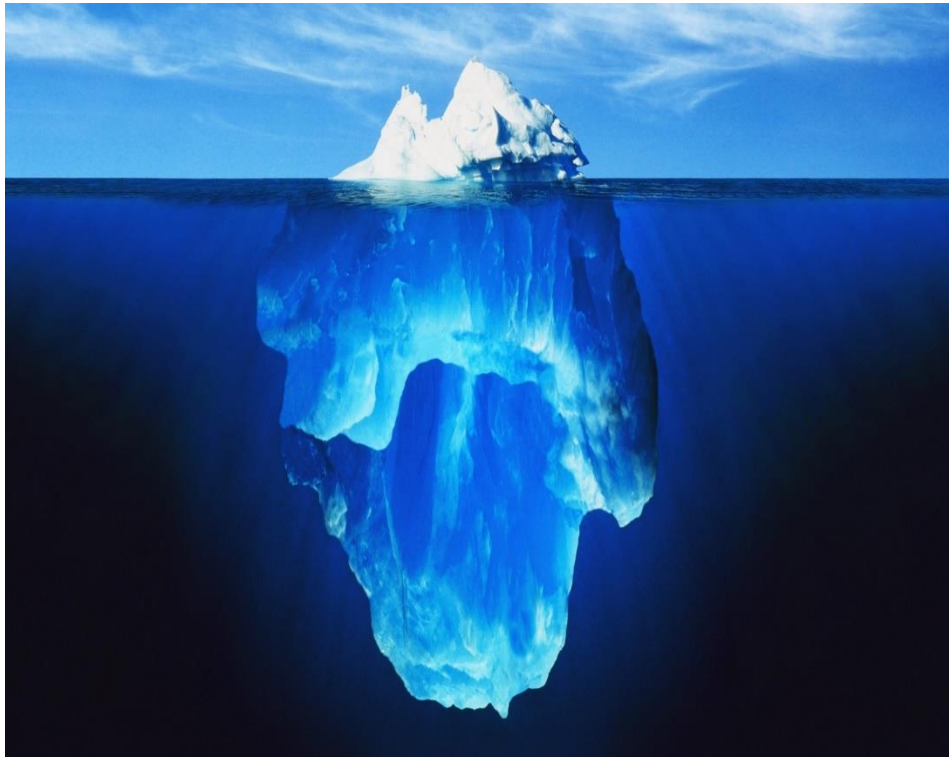
- Only taking own life: 10
- Disgruntled former employees: 4
- Marital problems: 4

Since 1975

But what's below it?



Tip of the ice berg?



Accidents

**Serious
Incidents**

Deeper below the surface

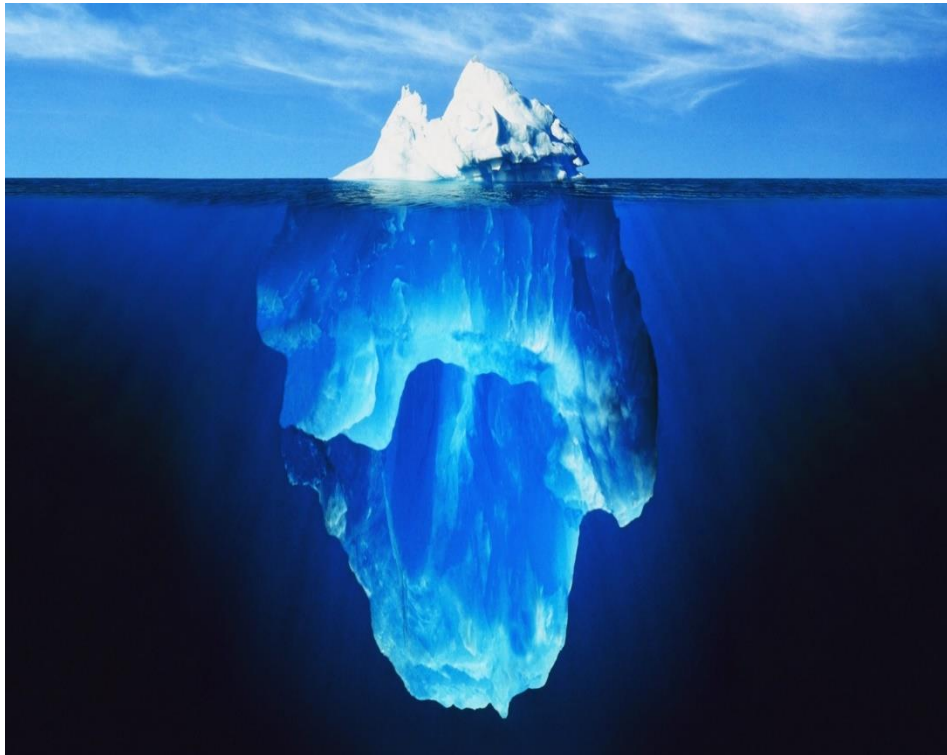


Survey: 1848 pilots globally

- Depression threshold: 12.6%
(233)
- Thoughts of suicide/self-harm: 4.1 %
(75)

Harvard T. H. Chan School of Public Health, 15-12-2016

Tip of the ice berg?



Accidents

Serious
incidents

**Mental
conditions**

The manual



Manual of aviation Medicine:

Psychological testing of aircrew is rarely of value as a screening tool.

Reliability on self-declaration



- Altered mental abilities
- Financial consequences
- Loss of licence



Assistance programmes



- Referral services
- “Safe zone”
- Peers/Peer support

Problem's in the 'safe zone'



- Law
- Rules and regulations
- Ethics

Take home messages



- Mental health problem is underestimated
- Self reporting compliance is overestimated
- Usefulness of psychological testing is underestimated



Questions?

A neurological test



Answers

