

## Appendix A — Comprehensive Mental Health Assessment: Depression

- (1) A Comprehensive Mental Health Assessment **must include**:
  - (a) History of presenting problem;
  - (b) Psychiatric review of symptoms (including any features of depression, anxiety, mania/hypomania, panic attacks, trauma, obsessions/compulsions, suicidal or homicidal thoughts, and psychosis);
  - (c) Past mental health history (including hospitalizations, prior diagnoses, treatments, previous suicidal/homicidal ideation or attempts);
  - (d) Medications (type, dose, frequency, anticipated course of treatment, adverse/side-effects, effectiveness);
  - (e) Substance use history (including alcohol, cannabis, other substances);
  - (f) Contributory family psychiatric history;
  - (g) Contributory social and developmental history;
  - (h) Contributory medical or surgical history;
  - (i) Diagnoses (in accordance with DSM 5). **It is essential to comment on the following possible diagnoses**:
    - (i) Bipolar disorder;
    - (ii) Panic disorder (and any panic attacks in the past 12 months);,
    - (iii) Psychotic disorder or episodes;
    - (iv) Other diagnoses (including Post Traumatic Stress Disorder and Attention Deficit Hyperactivity Disorder).
  - (j) Management plan (including pharmacological and non-pharmacological treatments, follow-up, work limitations);
  - (k) Prognosis. **It is essential to comment on whether the applicant is currently in stable remission**; and,
  - (l) Any other information of relevance and clinician concerns about aviation safety.

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## Appendix B — Medications

- (1) Applicants with depression must be assessed by Civil Aviation Medicine as being **in stable remission** to be considered for aviation medical certification.
- (2) Applicants have been successfully recertified on the following AD medications:
  - (a) Fluoxetine
  - (b) Sertraline
  - (c) Bupropion\*(see para 4(b) below)
  - (d) Citalopram
  - (e) Escitalopram
  - (f) Venlafaxine
  - (g) Desvenlafaxine
  - (h) Vortioxetine
- (3) AD medications that are not generally considered compatible with aviation medical certification include:
  - (a) Mirtazapine,
  - (b) Paroxetine,
  - (c) Trazodone,
  - (d) Doxepin
  - (e) Fluvoxamine
- (4) Recertification is not possible for applicants:
  - (a) When experiencing adverse effects or medication interactions that could affect aviation safety (e.g. sedation);
  - (b) When using more than one antidepressant (AD) medication (\*except for the addition of Bupropion specifically for the management of sexual side effects resulting from treatment with a Selective Serotonin Reuptake Inhibitor); or,
  - (c) When taking other psychoactive substances or medications, including antipsychotic medications, psychostimulants, or ADs not listed in para 2 above.

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