

INTRODUCING

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ALPA-S





PRESENTATION BY CAPT. JEFFERY ANG

PILOT'S MENTAL HEALTH

The Need for Better Attention in the Aviation Industry

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The Need for Better Attention in the Aviation Industry



Why The Need?



Identify and
Discuss



Psychology &
Qualified
Psychologists

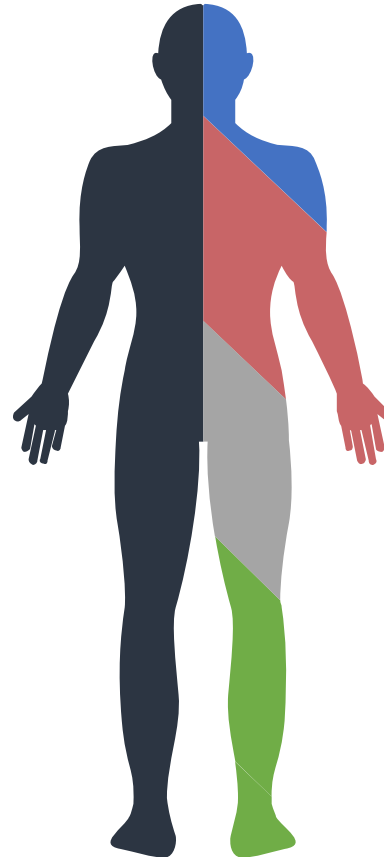
Factors Affecting Pilot's Mental Health

Psychological



PROFESSIONAL IMAGE

01



Working Conditions

01

REGULATORY FRAMEWORK

02

UNIQUE WORK-LIFE

03

JOB NATURE

04

COMPULSIVE, OBSESSIVE, PERFECTIONIST

Effects of Stress Factors

“Pilots who fly the airliners we travel on are just people. They're susceptible to the same maladies that plague us all.”

1

PSYCHOLOGICAL EFFECTS

3

OTHER MENTAL HEALTH ISSUES

Anxiety

Panic

Paranoid

2

INDULGENCE

Binge Drinking

Use of Psychoactive

Substances





Adequacy of Attention on Pilot's Mental Health



Potential Risks

Reduced margin of
Flight Safety

Catastrophic Outcome
- Suicide



Concerns in the Aviation Industry

Loss of Class 1
Medical Status

Loss of Flying License

Deficient Mental Health of Pilots

“We need to change the
culture of this topic and
make it OK to speak about
mental health.”

Recommendations



IFALPA

Open / Honest Discussions



**Airlines / Pilots
Association**

Pilot Assistance Programs



**Aerospace Medical
Association (AsMA)**

Quick & Effective Methods



**Airline Companies /
Families / Friends**

Bridge



**Application of Psychology /
Aviation Psychologists**

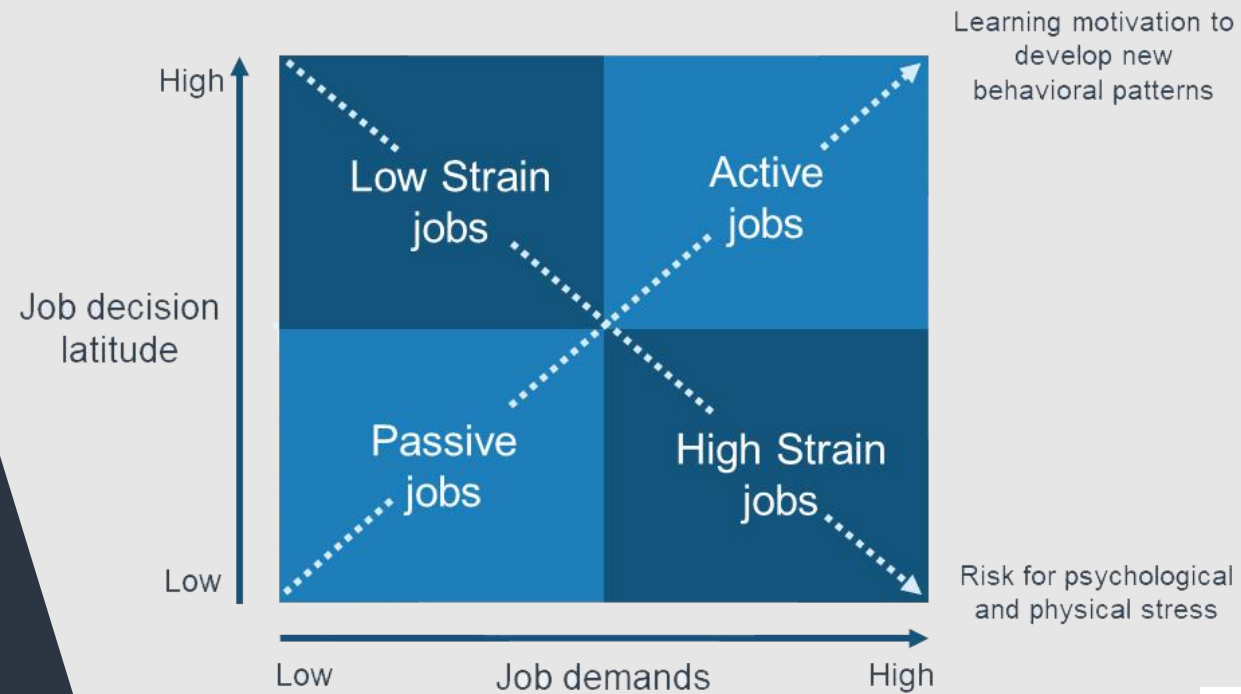
Awareness



Air Line Pilots Association Singapore

Karasek's Job Strain Model

Hospital Anxiety & Depression Scale



PILOT'S MENTAL HEALTH

CONCLUSION



01

Reality of a Pilot's Job

02

Recognize and Treat

03

Inclusion of Psychology &
Qualified Aviation Psychologists

“Airline pilots work in a very ego-heavy atmosphere because the nature of the work requires them to confidently take on some life-threatening situations.”

KARLENE PETIT, AUTHOR

Thus

*Mental
Health
Matters*

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ON BEHALF OF ALPA-S

THANK YOU



Air Line Pilots Association Singapore