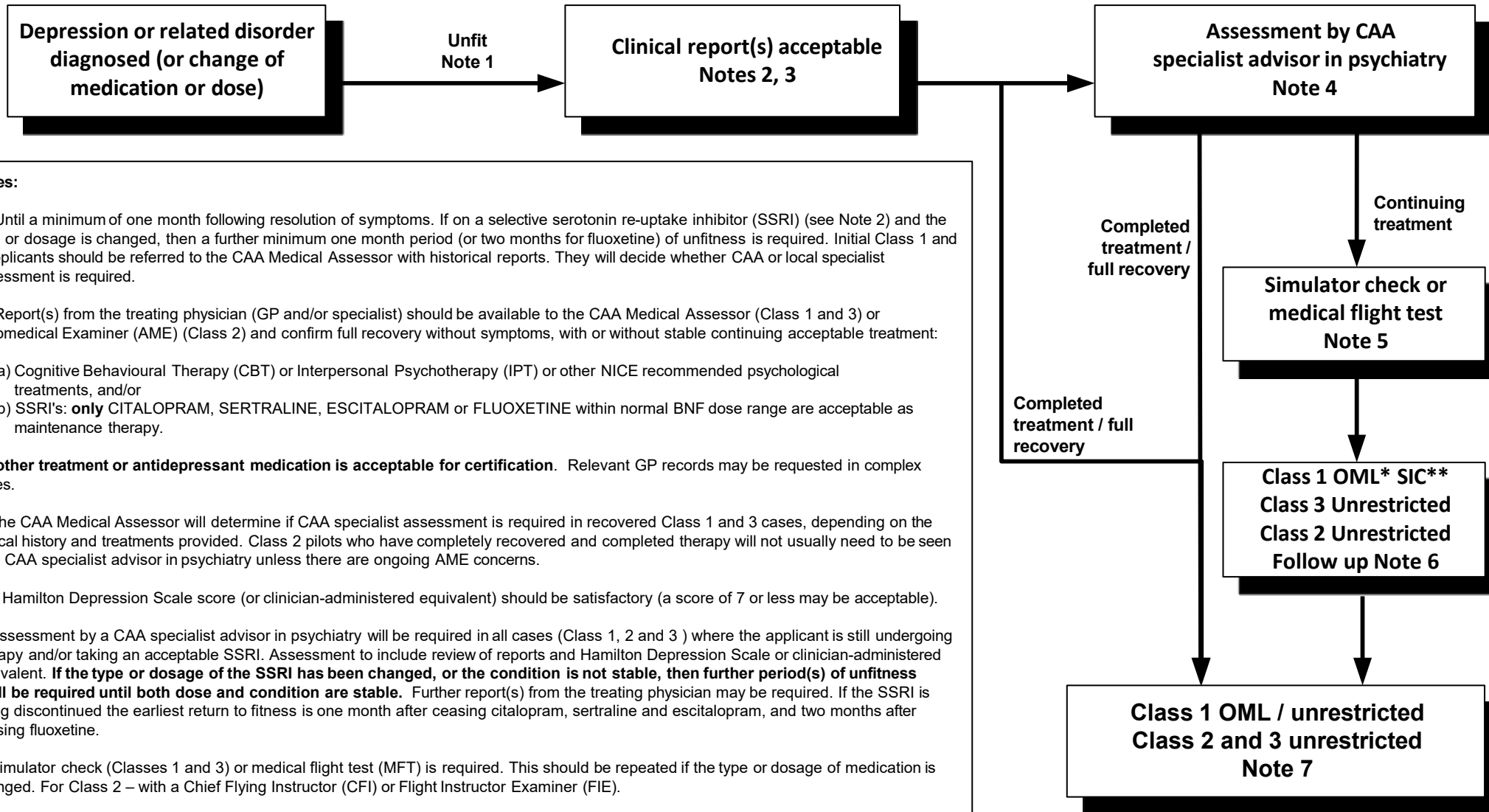


# Class 1, 2 and 3 Certification – Depression & Related Disorders



**Notes:**

1) Until a minimum of one month following resolution of symptoms. If on a selective serotonin re-uptake inhibitor (SSRI) (see Note 2) and the type or dosage is changed, then a further minimum one month period (or two months for fluoxetine) of unfitness is required. Initial Class 1 and 3 applicants should be referred to the CAA Medical Assessor with historical reports. They will decide whether CAA or local specialist assessment is required.

2) Report(s) from the treating physician (GP and/or specialist) should be available to the CAA Medical Assessor (Class 1 and 3) or Aeromedical Examiner (AME) (Class 2) and confirm full recovery without symptoms, with or without stable continuing acceptable treatment:

- a) Cognitive Behavioural Therapy (CBT) or Interpersonal Psychotherapy (IPT) or other NICE recommended psychological treatments, and/or
- b) SSRI's: **only** CITALOPRAM, SERTRALINE, ESCITALOPRAM or FLUOXETINE within normal BNF dose range are acceptable as maintenance therapy.

**No other treatment or antidepressant medication is acceptable for certification.** Relevant GP records may be requested in complex cases.

3) The CAA Medical Assessor will determine if CAA specialist assessment is required in recovered Class 1 and 3 cases, depending on the clinical history and treatments provided. Class 2 pilots who have completely recovered and completed therapy will not usually need to be seen by a CAA specialist advisor in psychiatry unless there are ongoing AME concerns.

The Hamilton Depression Scale score (or clinician-administered equivalent) should be satisfactory (a score of 7 or less may be acceptable).

4) Assessment by a CAA specialist advisor in psychiatry will be required in all cases (Class 1, 2 and 3) where the applicant is still undergoing therapy and/or taking an acceptable SSRI. Assessment to include review of reports and Hamilton Depression Scale or clinician-administered equivalent. **If the type or dosage of the SSRI has been changed, or the condition is not stable, then further period(s) of unfitness shall be required until both dose and condition are stable.** Further report(s) from the treating physician may be required. If the SSRI is being discontinued the earliest return to fitness is one month after ceasing citalopram, sertraline and escitalopram, and two months after ceasing fluoxetine.

5) Simulator check (Classes 1 and 3) or medical flight test (MFT) is required. This should be repeated if the type or dosage of medication is changed. For Class 2 – with a Chief Flying Instructor (CFI) or Flight Instructor Examiner (FIE).

6) Class 1 and 3 follow up to be determined by a CAA specialist advisor in psychiatry in consultation with the CAA Medical Assessor - initially every 3 months whilst being treated. 'Buddy reports' may be requested. Class 1 and 3 review interval may be extended by the CAA Medical Assessor up to annual on clinical indication.

\*OML – Operational Multicrew Limitation

\*\*SIC – Specific regular medical examination(s) – prior to undertaking a revalidation or renewal medical assessment the AME should review the applicant's CAA medical records to ensure they are aware of the relevant medical history. SIC should be applied before a return to flying and follow up and removal will be determined by a CAA Medical Assessor.

7) Follow up: Class 1 to be determined by a CAA specialist advisor in psychiatry. Unrestricted Class 1 is only possible 6 months after cessation of all treatment. Class 2, at the CAA Medical Assessor's discretion, could be followed up by the AME and local psychiatry specialist.

**PLEASE PRINT THIS DOCUMENT & TAKE IT TO YOUR SPECIALIST ADVISOR**

