INTRODUCING

CAPT. JEFFERY ANG

- Commercial Airline Pilot
- Peer Supporter of Pilot’s Advisory Group (PAG)
- Industry Mentor (Aviation)
- Former Branch Chairman of Air Line Pilots Association of Singapore (ALPA-S)
- Former Military Pilot of the Republic of Singapore Air Force (RSAF)
The Need for Better Attention in the Aviation Industry
PILOT’S MENTAL HEALTH & WELLBEING

The Need for Better Attention in the Aviation Industry

1. Adverse Effect on Flight Safety
2. Confluence of Factors
3. Report, Detect & Intervene
4. Scientific & Operational Tool
“Main Casual Factor to Aviation Accidents and Incidents - Human Errors.”

(Bor et al., 2017; Harper, 2021)

(Orlady & Orlady, 1999; Reason, 1990; Kelly & Efthymiou, 2019)
“Pilots continue to be the prelude to absolute safety in flight operations that have averted numerous incidents and accidents.”

(Bor et al., 2017)
12.6% (252) out of 2000 pilots in the US and Europe revealed that they were on the threshold of clinical depression (Wu et al., 2016)

Airline pilots experienced depression at least as frequently as the general population (Pasha & Stokes, 2018)

15 Apr 2016, Mozambique Airlines Flight 470 (Directorate of Aircraft Accident Investigations Namibia)

31 Oct 1999, EgyptAir Flight 990 (NTSB, 2009; Cloudberg, 2019)
Factors Affecting Pilot’s Mental Health

**Working Conditions**

- **REGULATORY FRAMEWORK**
  Competency & Fitness
  (Pasha & Stokes, 2018)

- **UNIQUE WORK-LIFE**
  Obligations & Responsibilities
  (Harris, 2011; Demerouti et al., 2018; Winter & Rice, 2015; Alkov et al., 1982)

- **JOB NATURE**
  Demanding & Stressful
  (Bor et al., 2017; Salas & Maurino, 2010)

- **COMPULSIVE, OBSESSIVE, PERFECTIONIST**
  Excessive Reassurance-Seeking Behaviour
  (Abramowitz & Reuman, 2020; Philomin, 2015; Morse & Bor, 2006)

**Psychological**

“THE RIGHT STUFF!”
(Morse & Bor, 2006)

**Employment Opportunity**

**JOB OPPORTUNITY**
(Halpern, 2020)
Effects of Stress Factors

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

(Bor & Hubbard, 2006; Morse & Bor, 2006)
Pilot’s Mental Health Concerns among Pilots

Potential Risks
- Reduced margin of Flight Safety
- Catastrophic Outcome - Suicide

Concerns among Pilots
- 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.”


Adequacy of Attention
**Recommendations**

**Airlines / Pilots Association**
- Detect & Timely Peer Support
  - (Steptoe & Bostock, 2011; IFALPA, 2015; Demerouti et al., 2018)

**IFALPA**
- Systematic Evaluation
  - (IFALPA, 2015)

**Aerospace Medical Association (AsMA)**
- Quick & Effective Methods
  - (AsMA, 2015)

**Application of Psychology / Aviation Psychologists**
- Awareness
  - (IFALPA, 2015)

**Community & Social Support**
- Identify Signs of Psychological Distress
  - (Cahill, Cullen, & Gaynor, 2018)
Scientifically and Operationally Validated Tools

- Self-Administered to Check for Personal Mental Resilience & WellBeing

Karasek’s Job Strain Model

“Facilitating self-detection and approach to effective treatment strategies can ameliorate any stressful situations or stigma faced by pilots.”

(Steptoe & Bostock, 2011)
CONCLUSION

1. Pilots are well trained Professionals
2. Deficient Mental Health = Catastrophe!
3. Judicious Approach to Detect, Identify, and Treat
4. Social & Peer Support – Psychological First Aid
5. Scientifically Validated Tools – Self-Awareness Aid

Pilot’s Mental Health and Wellbeing
“The Need for Better Attention!”