



Mental Health Assessment

gem. Durchführungsverordnung (EU) 2019/27 zur Änderung der Verordnung (EU) 1178/2011 und den Acceptable Means of Compliance (AMC) und Guidance Material (GM) zu Part-MED

Arbeitshilfe für flugmedizinische Sachverständige
bereitgestellt durch das Luftfahrt – Bundesamt

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Rechtsgrundlagen: MED.B.055 Mentale Gesundheit

- a) Im Rahmen der erstmaligen flugmedizinischen Untersuchung zur Erteilung eines Tauglichkeitszeugnisses der Klasse 1 ist eine umfassende Beurteilung der mentalen Gesundheit vorzunehmen.
- b) Im Rahmen der erstmaligen flugmedizinischen Untersuchung zur Erteilung eines Tauglichkeitszeugnisses der Klasse 1 ist ein Drogen – und Alkoholscreening vorzunehmen.
- c) Bewerber mit psychischen Störungen oder Verhaltensstörungen, die auf den Konsum oder Missbrauch* von Alkohol oder sonstigen psychoaktiven Substanzen zurückzuführen sind, sind bis zur Genesung und Einstellung des Konsums oder Missbrauchs der psychoaktiven Substanzen* und bis zu einer zufriedenstellenden psychiatrischen Beurteilung nach erfolgreicher Behandlung als untauglich zu beurteilen.
- d) Bewerber, bei denen ihrer klinischen Diagnose oder dokumentierten Krankengeschichte* zufolge einer der folgenden psychiatrischen Befunde vorliegt, haben sich einer zufriedenstellenden psychiatrischen Beurteilung zu unterziehen, bevor sie als tauglich beurteilt werden können.
 1. affektive Störung;
 2. neurotische Störung;
 3. Persönlichkeitsstörung;
 4. psychische oder Verhaltensstörung;
 5. Missbrauch einer psychoaktiven Substanz.
- e) Bewerber mit einer singulären oder wiederholten Selbstverletzung oder einem Selbstmordversuch in der Krankengeschichte sind als untauglich zu beurteilen. Nach zufriedenstellender psychiatrischer Beurteilung können sie jedoch als tauglich beurteilt werden.
- f) Flugmedizinische Beurteilung
 1. Bewerber um ein Tauglichkeitszeugnis der Klasse 1, bei denen einer der in den Buchstaben c, d oder e genannten Befunde vorliegt, sind an den medizinischen Sachverständiger der Genehmigungsbehörde zu verweisen.
 2. Die Beurteilung von Bewerbern um ein Tauglichkeitszeugnis der Klasse 2, bei denen einer der in Buchstaben c, d oder e genannten Befunde vorliegt, muss in Konsultation mit dem medizinischen Sachverständigen der Genehmigungsbehörde erfolgen.
- g) Bewerber, die ihrer dokumentierten Krankengeschichte oder klinischen Diagnose zufolge an Schizophrenie erkrankt sind oder schizotype oder wahnhaftige Störungen aufweisen, sind als untauglich zu beurteilen.



Begriffsbestimmungen lt. MED.A.010 DVO(EU) 2019/27

„Missbrauch von Substanzen“ bezeichnet den Konsum einer oder mehrerer psychoaktiver Substanzen durch fliegerisches Personal in der Weise, die

- a) Eine direkte Gefahr für die Person, die die Substanz(en) konsumiert, darstellt oder das Leben, die Gesundheit oder das Wohlergehen Dritter gefährdet und/oder
- b) berufliche, soziale, geistige oder körperliche Probleme oder Störungen verursacht oder verstärkt;

„ Psychoaktive Substanzen“ bezeichnet Alkohol, Opioide, Kannabinoide, Beruhigungsmittel, Schlafmittel, Kokain, sonstige Psychostimulanzien, Halluzinogene und flüchtige Lösungsmittel, jedoch nicht Koffein und Tabak;

„Krankengeschichte“ bezeichnet die Schilderung oder Aufzeichnung früherer Krankheiten, Verletzungen, Behandlungen oder sonstiger medizinischer Sachverhalte, darunter auch Untauglichkeitsbeurteilungen oder Einschränkungen in Tauglichkeitszeugnissen, die für den gegenwärtigen Gesundheitszustand oder die flugmedizinische Tauglichkeit des Bewerbers relevant sind oder sein könnten.

AMC1 MED.B.055 Mental health

(a) Mental health assessment as part of the **initial** class 1 aero-medical examination

- (1) A comprehensive mental health assessment should be conducted and recorded taking into account social, environmental and cultural contexts.
- (2) The applicant’s history and symptoms of disorders that might pose a threat to flight safety should be identified and recorded.
- (3) The mental health assessment should include assessment and documentation of:
 - (i) general attitudes to mental health, including understanding possible indications of reduced mental health in themselves and others;
 - (ii) coping strategies under periods of psychological stress or pressure in the past, including seeking advice from others;
 - (iii) childhood behavioural problems;
 - (iv) interpersonal and relationship issues;
 - (v) current work and life stressors and
 - (vi) overt personal disorders.
- (4) Where there are signs or is established evidence that an applicant may have a psychiatric or psychological disorder, the applicant should be referred for specialist opinion and advice

(b) Mental health assessment as part of **revalidation or renewal** class 1 medical examination

- (1) The assessment should include review and documentation of:
 - (i) current work and life stressors;
 - (ii) coping strategies under periods of psychological stress or pressure in the past, including seeking advice from others;
 - (iii) any difficulties with operational crew resource management;
 - (iv) any difficulties with employer and/or other colleagues and managers, and



- (v) interpersonal and relationship issues, including difficulties with relatives, friends, and work colleagues.
 - (2) Where there are signs or is established evidence that an applicant may have a psychiatric or psychological disorder, the applicant should be referred for specialist opinion and advice.
 - (3) Established evidence should be verifiable information from an identifiable source related to the mental fitness or personality of a particular individual. Sources for this information can be accidents and incidents, problems in training or proficiency checks, behaviour or knowledge relevant to the safe exercise of the privileges of the applicable license(s).
- (c) Assessment of holders of a class 1 medical certificate referenced in MED.B.055(d)
- Assessment of holders of a class 1 medical certificate referenced in MED.B.055(d) may require psychiatric and psychological evaluation as determined by the medical assessor of the licensing authority. A SIC limitation should be imposed in case of a fit assessment. Follow-up and removal of SIC limitation, as necessary, should be determined by the medical assessor of the licensing authority.
- (d) Psychoactive substance testing
- (1) Drug tests should screen for opioids, cannabinoids, amphetamines, cocaine, hallucinogens and sedative hypnotics. Following a risk assessment performed by the competent authority on the target population, screening tests may include additional drugs.
 - (2) For renewal/revalidation, random psychoactive substance screening test may be performed based on the risk assessment by the competent authority on the target population. If random psychoactive substance screening test is considered, it should be performed and reported in accordance with the procedures developed by the competent authority.
 - (3) In the case of a positive psychoactive substance screening result, confirmation should be required in accordance with national standards and procedures for psychoactive substance testing.
 - (4) In case of a positive confirmation test, a psychiatric evaluation should be undertaken before a fit assessment may be considered by the medical assessor of the licensing authority.

GM1 MED.B.055 Mental health

- (a) Symptoms of concern may include but are not limited to:
 - (1) use of alcohol or other psychoactive substances;
 - (2) loss of interest/energy;
 - (3) eating and weight changes
 - (4) sleeping problems;
 - (5) low mood and, if presented, any suicidal thoughts;
 - (6) family history of psychiatric disorders, particularly suicide;
 - (7) anger, agitation or high mood, and
 - (8) depersonalisation or loss of control.
- (b) The following aspects should be taken into consideration when conducting the mental health examination.
 - (1) Appearance;



- (2) Attitude;
- (3) Behaviour;
- (4) Mood;
- (5) Speech;
- (6) Thoughts process and content;
- (7) Perception;
- (8) Cognition;
- (9) Insight; and
- (10) Judgement.

GM2 MED.B.055 Mental health

(a) Drugs and alcohol screening tests used should:

- (1) provide information regarding medium-term consumption;
- (2) be accepted on national level by the competent authority based on the availability and suitability for the scope mentioned in point (a)(1) above.

(b) Statistical data of the screening campaign mentioned in AMC1 MED.B.005(d)(1) should be made available to the Agency on a yearly basis.

AMC2 MED.B.055 mental health

(a) Mental health assessment as part of class 2 aero-medical examination

- (1) A mental health assessment should be conducted and recorded taking into account social, environmental and cultural contexts.
- (2) The applicant's history and symptoms of disorders that might pose a threat to flight safety should be identified and recorded.
- (3) Where there are signs or is established evidence that an applicant may have a psychiatric or psychological disorder, the applicant should be referred for specialist opinion and advice.
- (4) Established evidence should be verifiable information from an identifiable source related to the mental fitness or personality of a particular individual. Sources for this information can be accidents and incidents, problems in training or proficiency checks, behaviour or knowledge relevant to the safe exercise of the privileges of the applicable license(s).

(b) Assessment of holders of a class 2 medical certificate referenced in MED.B.055(d)

Assessment of holders of a class 2 medical certificate referenced in MED.B.055(d) may require psychiatric and psychological evaluation as determined by the AME, AeMC or medical assessor of the licensing authority. Follow-up, as necessary, should be determined in consultation with the medical assessor of the licensing authority.

GM 3 MED.B.055 Mental health

(a) The mental health assessment for class 2 applicants should include assessment and documentation of:

- (1) general attitudes to mental health, including understanding possible indications of reduced mental health in themselves and others;
- (2) coping strategies under periods of psychological stress or pressure in the past, including seeking advice from others;
- (3) childhood behavioural problems;
- (4) interpersonal and relationship issues;



- (5) current work and life stressors and
- (6) overt personal disorders.

(b) In regard to symptoms of concern and aspects to be taken into consideration when conducting mental health examination for class2 applicants, guidance presented in GM1 MED.B.055 should be used.

GM4. MED.B.055 Mental health

Drugs and alcohol screening tests used should:

- (a) provide information regarding medium-term consumption;
- (b) be accepted on national level by the competent authority based on the availability and suitability with the scope mentioned in GM2 MED.B.055(a) above.

Anlagen:

Anlage 1 Mental health Fragebogen

Anlage 2 Mental health Gesprächsleitfaden

Anlage 3 Mental health AMC1 MED.B.055(a)(3) Klasse 1 Erstuntersuchung

Anlage 4 Mental health AMC1 MED.B.055(b)(1) Klasse 1 Verlängerung/Erneuerung

Anlage 5 Mental health GM1 MED.B.005(a) symptoms of concern

Anlage 6 Mental health AUDIT Fragebogen zu Alkoholkonsum

Anlage 7 Mental health GM1 MED.B.005(b) Beurteilung des Untersuchers