

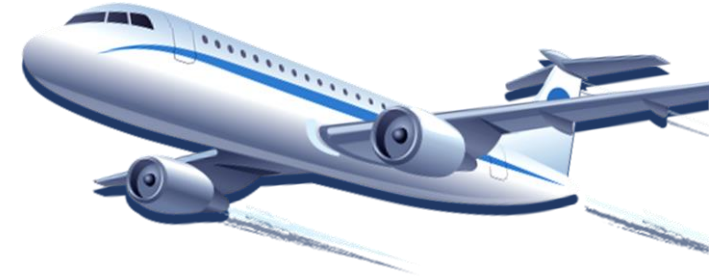


Mental Health Maintenance and Promotion Based on the Full Career Lifecycle

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Psychological
Selection of
Pilot Students**

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in the Flight
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Prospects**

PART 01

Initial Psychological Selection of Pilot Students



01

Initial Psychological Selection of Pilot Students

Initial psychological selection

Uniform psychological selection and specialized cognitive testing is required prior to enrollment in flight school

Theoretical learning Stage

Mental health management is mainly carried out in accordance with the requirements of the Ministry of Education of China (universities) and the CAAC(Flight schools).

Flight training Stage

the instructors and counselors are mainly responsible for the mental health of the students.

Career flight stage

conducted independently by the Air lines in accordance with the requirements of the CAAC.

Extended flights and concessions

Focus on career competencies with cognitive assessment.



01

Initial Psychological Selection of Pilot Students

1990`s

- Exploratory phase of psychological selection
- Initial development of a psychological selection tools
- Has not applied on a large scale

1995-2016

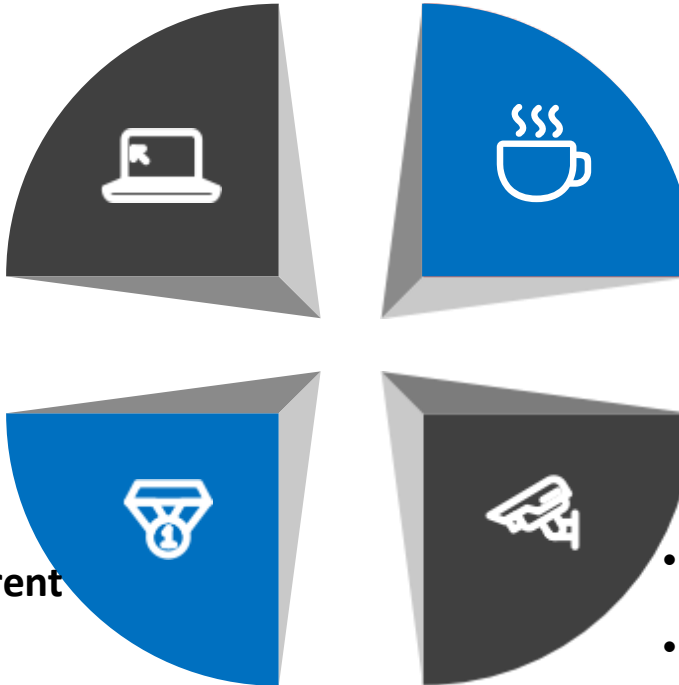
- the airlines and flight schools each used different psychological selection methods or tools
- there was no unified standard for psychological selection

2017-present

- the psychological selection were standardized (MMPI-2)
- more than 15,000 candidates being assessed each year
- personality assessments and cognitive tests were implemented independently by each airline and flight school.

future trends

- Application of new technologies
- adopting low surface validity mental health assessment tools
- multimodal mental state assessment techniques
- exploring the unification and standardization of personality assessment and cognitive testing.



01

Initial Psychological Selection of Pilot Students

1990`s
Exploration of
Psychological Selection
for Civil Aviation Based
on Military
Psychological Selection



01

Initial Psychological Selection of Pilot Students

**China Civil Aviation
Recruitment Added
Psychological Tests**
Evolved from the
psychological selection
of military pilots

1980s

**Introduction of the
psychological
selection test system
of the German
Aerospace Research
Institute (DLR)**

1995

**CAAC mandated
psychological tests
for flight recruitment
(MMPI-2)**

2015



PLM Roadmap Released
Building a system of
psychological
competency indicators

2020



Initial Psychological Selection of Pilot Students

Application Status

Mental Health Assessment Personality Cognitive Test



MMPI-2 localization

Mental health was assessed uniformly using the MMPI-2 localized questionnaire.



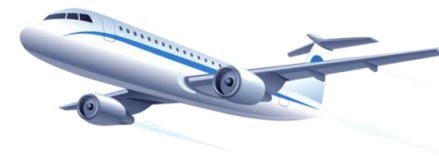
Personality assessment and cognitive testing

Personality assessments and cognitive tests are conducted independently by airlines and flight schools and are not standardized.

PART 02

Mental Health in the Training Stage of Pilot Students





2.1 Theoretical learning phase

mental health working groups are established, with full-time or part-time personnel responsible for the routine work of mental health education for pilot students and the main work includes:



Student Mental Health **Screening**



Psychological crisis intervention



Course on "***Mental Health Education for University Students***"



Some schools have peers supports



Talking + Counseling



Some schools have a multi-tiered **university-college-classroom** mental health maintenance system

02

Mental Health in the Training Phase of Pilot Students

2.2 Practical training phase

Flight training department or student administration to take on more work



PART 03

Pilots Mental Health Work



Pilots Mental Health Work

Mental Health Initiatives for Chinese Civil Aviation Pilots

Pilot Mental Health Support Programs

Mental Health Screening

Tri-Level Prevention system

Psychological assessment of pilots

Assessment Methodologies Establishment

Case Management

Mental health-related works in the epidemic/post-epidemic era

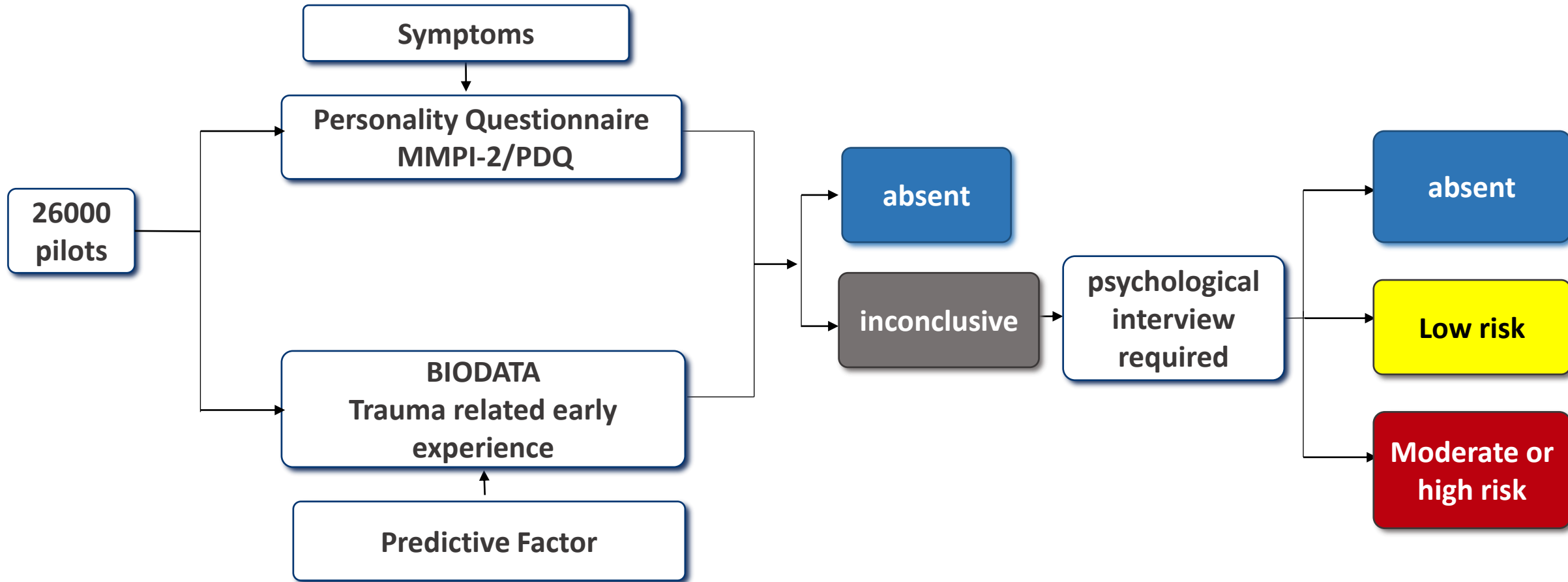
Mental health work group

Stress and Services Availability Investigation

The Release of Guidelines

Pilots Mental Health Work

3.1 Pilot Mental Health Support Programs



Pilots Mental Health Work

3.1 Pilot Mental Health Support Programs



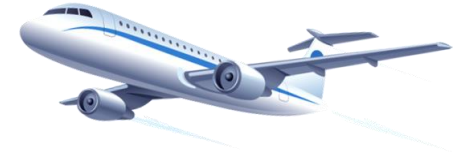
Primary Prevention Psychological Health Education for All Pilots: Increasing Psychological Awareness and Reducing Stigma Associated with Mental Illness



Secondary Prevention Targeting Pilots Identified through Screening: group therapy/work shops for mindfulness/ emotional orientation/ICBT for Insomnia



Tertiary Prevention Targeting Pilots at Moderate to High Risk :Psychological counseling services /psychological crisis intervention mechanisms



3.2 Psychological assessment of pilots

2015 Research program:

Psychological fitness Assessment for Aircrew Personnel in Medical Examination

Mental Health
Questionnaire
Evaluation Methods
and Criteria

Cognitive Function
Evaluation methods and
criteria

01

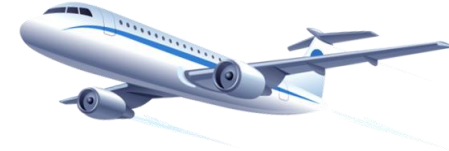
02

03

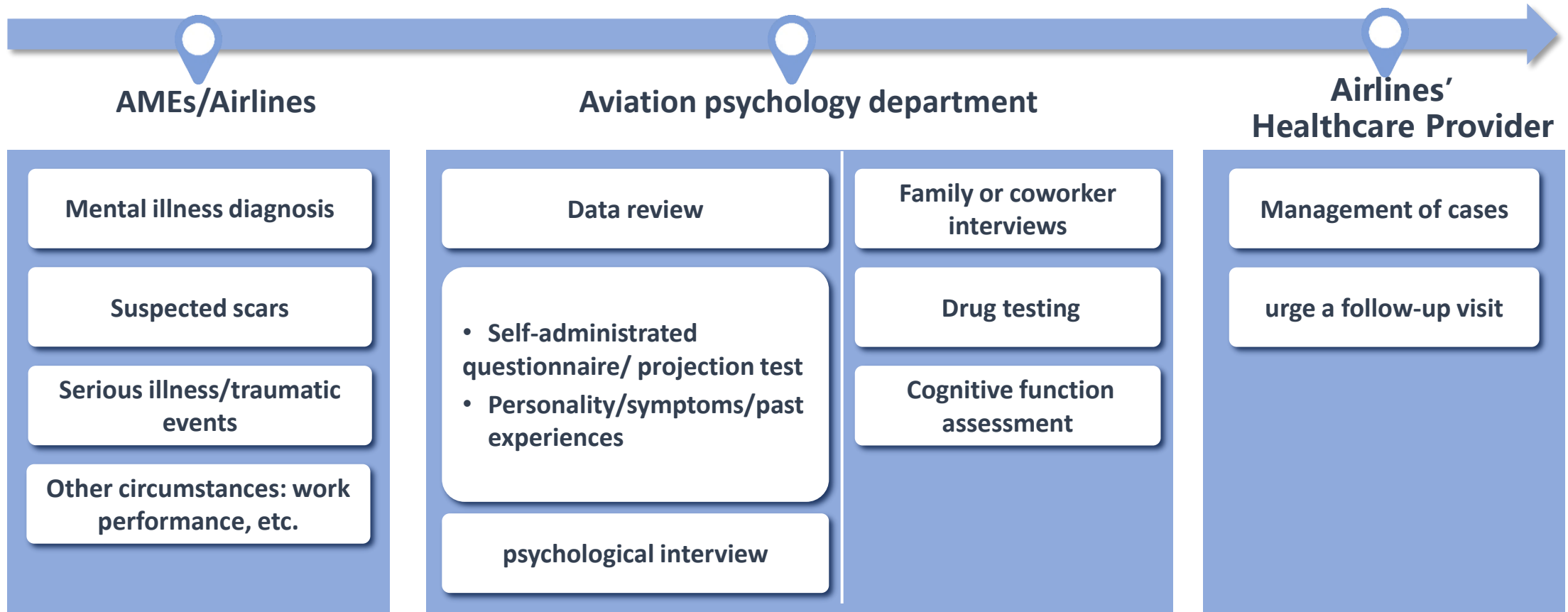
04

Psychological
interview outline

Assessment-
Management Process
Establishment



3.2 Psychological assessment and Case Management Process



Pilots Mental Health Work



Mental Health Work Group

CAA/aviation psychologists/airlines



Research and Studies During the Epidemic

Psychological stress survey for aircrew (PHQ/GAD) and survey of availability of mental health services from airlines



Initiatives

1. Psychology training for Airline Management Personnel
2. Mental health supporting Seminar and hotline service during isolation for aircrews
3. Guidelines will Release to Facilitate Psychological Health work in Airlines

PART 04

Future Work Prospects



Future Work Prospects

Establish and improve policy guidance

- ❑ Pilots/Cadet Pilots Mental Health Maintenance and Promotion
- ❑ Full-cycle mental health rating scale
- ❑ Mental competence/flying discipline
- ❑ Cognitive Ability Criteria for Concessions/Extended Flight
- ❑ Psychological crisis intervention/psychological assistance/psp
- ❑ ...

Encourage and support technological advances

- ❑ Updating the psychological selection process
- ❑ Standardized cognitive testing procedure need to developed
- ❑ New forms of assessment
- ❑ Mental health based on neurological mechanisms in the brain
- ❑ Mental state perception based on multimodal data
- ❑ ...

Strengthening personnel fostering

- ❑ Mental Health training in Civil Aviation Institutions
- ❑ Airlines should have full-time and part-time mental health staff
- ❑ Peer selection and training
- ❑ Cultivation of third-party cooperation
- ❑ ...

