### SITUATIONAL DEPRESSION
Adjustment Disorder with Depressed Mood or Minor Depression
All Classes
Updated 05/25/2022

<table>
<thead>
<tr>
<th>DISEASE/CONDITION</th>
<th>EVALUATION DATA</th>
<th>DISPOSITION</th>
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</thead>
</table>
| **A.** Single episode  
Completely resolved  
5 or more years ago | If the AME is able to determine the condition meets all of the following criteria:  
1. Was precipitated by an event/stressor that would cause the average person to become depressed;  
2. **Fully resolved within 6 months of resolution of the stressor** (with or without treatment);  
3. Single episode with NO recurrence;  
4. No evidence of psychosis/psychotic symptoms, no suicidal ideations or self-destructive ideations (at any time);  
5. No lifetime history of any other psychiatric condition(s) including substance abuse; and  
6. The AME has no concerns: | **ISSUE**  
Annotate this information in Block 60.  
If any of these criteria are not met or the AME has concerns,  
Go to Row C |

| **B.** Single episode  
Completely resolved  
Less than 5 years ago | The AME must review a current detailed Clinical Progress Note and actual clinical record(s) from the treating provider to verify the diagnosis.  
If upon review of the supporting documents, the AME is able to determine the condition:  
1. Diagnosis listed on all supporting documents is Situational Depression, Adjustment Disorder with Depressed Mood, or Minor Depression;  
2. Was precipitated by an event/stressor that would cause the average person to become depressed;  
3. **Fully resolved within 6 months of resolution of the stressor** (with or without treatment);  
4. Single episode with NO recurrence;  
5. No evidence of psychosis/psychotic symptoms, no suicidal ideations or self-destructive ideations (at any time);  
6. No lifetime history of any other psychiatric condition(s) including substance abuse; and  
7. The AME has no concerns: | **ISSUE**  
Annotate Block 60  
**AND**  
Submit any evaluation(s) to the FAA for retention in the pilot’s file.  
If a different underlying cause found, see that section.  
If any of these criteria are not met or the AME has concerns,  
Go to Row C |

**CAUTION:**  
Depression(s) requiring treatment longer than 6 months or not resolved by 6 months after the resolution of the event/stressor are NOT Adjustment disorders. While they may have a situational component, they are likely a Major Depressive Disorder (MDD) or other significant depressive diagnosis.
<table>
<thead>
<tr>
<th>C. All others</th>
<th>If currently taking an SSRI - see SSRI protocol <a href="http://www.faa.gov/go/SSRI">www.faa.gov/go/SSRI</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>No specific triggering event/stressor</td>
<td>If no longer on medication, the pilot should submit the following for FAA review:</td>
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<tr>
<td>Treatment or symptoms lasted 6 months or longer</td>
<td>1. Current detailed Clinical Progress Note (actual clinical record) from a <strong>board certified psychiatrist</strong>. It must include a summary of the history of the condition; current medications, dosage, and side effects (if any); clinical exam findings; results of any testing performed; diagnosis; assessment; plan (prognosis), and follow-up.</td>
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<tr>
<td>Continued/persistent symptoms</td>
<td>A good template for the psychiatrist to follow is Page 3 of the <strong>SSRI Initial Certification Aid, Psychiatrist Evaluation</strong>. The evaluation should also discuss any history of the rule out criteria listed (even if not on an SSRI).</td>
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<tr>
<td>2 or more episodes in a lifetime</td>
<td>2. The Clinical Progress Note must specifically include, if applicable,</td>
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<tr>
<td>Any additional psychiatric conditions, severe symptoms, or concerns</td>
<td>• Description of the triggering event/stressor;</td>
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<tr>
<td>Any AME concerns</td>
<td>• How long after the triggering event/stressor the condition started;</td>
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<td></td>
<td>• Characterize/specify the nature of the impairment(s), such as clinically symptom burden, list all behavioral symptoms, and describe social or other area(s) of impairment;</td>
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<td>• Describe treatment (medication and/or psychotherapy) with start and end dates;</td>
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<td>• Date of full resolution of symptoms or condition; and</td>
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<td>• Risk of recurrence.</td>
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<td>3. Copies of all treatment records such as emergency room, urgent care, hospital, and PCP or psychiatry notes describing event(s)/stressor(s), diagnosis, and treatment.</td>
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</table>

**DEFER**
Submit the information to the FAA for a possible Special Issuance.

**Follow up Issuance** will be per the pilot’s authorization letter.

Note: If Major Depression, Major Depressive Disorder (MDD) or Recurrent depression - see that section in **Psychiatric Conditions**.

If any of the supporting documents contain a diagnosis **other than** Situational Depression, Adjustment Disorder With Depressed Mood, or Minor Depression - see Row C or the corresponding disposition table.