

SITUATIONAL DEPRESSION

Adjustment Disorder with Depressed Mood or MINOR Depression

All Classes

(07/27/2022)

DISEASE/CONDITION	EVALUATION DATA	DISPOSITION
<p>A. Single episode Completely resolved</p> <p>CAUTION:</p> <p>Depression(s) requiring treatment longer than 6 months</p> <p style="text-align: center;">OR</p> <p>NOT resolved within 6 months <u>AFTER the resolution of the event/stressor</u></p> <p>ARE NOT adjustment disorders. While they may have a situational component, they are likely a Major Depressive Disorder (MDD) or other significant depressive diagnosis.</p>	<p>The AME should gather information regarding the diagnosis, severity, treatment, symptoms, and address ALL of the questions on the Situational Depression Decision Tool for the AME.</p> <p>If 5 or more years ago; treatment was not more than 6 months from the resolution of the stressor; there is no history of self-harm, psychiatric hospitalization, or persisting symptoms - the FAA will accept the AME history and notes in Block 60.</p> <p>If the single episode was 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.</p>	<div style="background-color: #008000; height: 15px; width: 100%;"></div> <p>If ALL items on the Decision Tool have been marked “YES,” the AME may:</p> <p>ISSUE Summarize this history including dates of symptoms and resolution. Annotate Block 60 with “discussed the history of Situational Depression, no positives to screening questions, and no concerns.”</p> <p>If any “NO” answers, any AME concerns, or unable to verify history - go to Row B.</p>
<p>B. All others</p> <p>No specific triggering event/stressor</p> <p>Treatment or symptoms lasted longer than 6 months from resolution of the stressor</p> <p>Continuing/persistent symptoms</p> <p>2 or more episodes in a lifetime</p> <p>Any additional psychiatric conditions, symptoms, or history (e.g. intensive</p>	<p>If currently taking an SSRI - see the SSRI protocol</p> <p>If no longer on medication, the individual should submit the following for FAA review:</p> <ol style="list-style-type: none"> 1. Current, detailed Clinical Progress Note (actual clinical record) from a board certified psychiatrist. 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 	<div style="background-color: #ff0000; height: 15px; width: 100%;"></div> <p>DEFER Submit the information to the FAA for a possible Special Issuance.</p> <p>Follow up Issuance will be per the pilots’ authorization letter.</p>

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<p>psychiatric treatment, suicide attempt(s), significant legal events, violence).</p> <p>Medication is currently used for this condition, even if “as needed” (prn).</p> <p>Any treating provider concerns</p> <p>Any AME concerns</p>	<p>performed; diagnosis; assessment; plan (prognosis), and follow-up.</p> <p>Note: A good template for the psychiatrist to follow is Page 3 of the FAA Specifications for Psychiatric Evaluation. The AME should also discuss any history of the rule out criteria listed (even if not on an SSRI).</p> <p>2. The Clinical Progress Note must specifically include, if applicable,</p> <ul style="list-style-type: none"> • Description of the triggering event/stressor; • How long after the triggering event/stressor the condition started; • Characterize/specify the nature of the impairment(s), such as clinical symptom burden, list all behavioral symptoms, and describe social or other area(s) of impairment; • Describe treatment (medication and/or psychotherapy) with start and end dates; • Date of full resolution of symptoms or condition; • Risk of recurrence; and • Copies of all treatment records such as emergency room, urgent care, hospital, and primary care physician or psychiatry notes describing event(s)/stressor(s), diagnosis, and treatment. 	

Note: If Major Depression, Major Depressive Disorder (MDD), recurrent depression, or depression requiring treatment - 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 the corresponding disposition table.

See the [Situational Depression Decision Tool for the AME](#).