

Applicable as at 3 August 2025

SCHEDULE 49: **PROTOCOL ON MENTAL HEALTH CONDITIONS**

[Schedule 49 inserted by the Director of Civil Aviation through SA-CATS 2/2024 w.e.f. 28 June 2024.]

1. **Anxiety Disorder**

1.1 **Applicability**

- (1) This protocol is applicable to an applicant for or a holder of the following medical certificate –
 - (a) Class 1;
 - (b) Class 2; and
 - (c) Class 3.

1.2 **Initial Medical Requirements**

- (a) On initial diagnosis, an applicant for or holder of a Class 1, 2 or 3 medical certificates shall be declared temporarily medically unfit until assessed by the Aeromedical Committee.
- (b) An applicant for or holder of a medical certificate shall submit a comprehensive clinical psychologist and psychiatrist report in a prescribed form.
- (c) A medically fit assessment may be considered by the Aeromedical Committee, if an applicant has been asymptomatic without the use of psychotropic medicines for a period of at least six months.
- (d) An anxiety disorder requiring long term use of medication may result in disqualification of an applicant or a holder of a medical certificate.

1.3 **Annual follow-up reports**

- (1) If an applicant or a holder on a medical certificate is declared medically fit, such an applicant for or holder of a medical certificate shall be required to submit Psychiatrist Report annually.

2. **Bipolar Mood Disorder**

2.1 **Applicability**

- (1) This protocol is applicable to an applicant for or a holder of the following medical certificate:
 - (a) Class 1;
 - (b) Class 2; and
 - (c) Class 3.

2.2 **Requirements**

- (1) An applicant for or holder of a medical certificate that presents with a diagnosis of Bipolar Mood Disorder shall render such an applicant or holder medically unfit.

3. Personality Disorder

3.1 Applicability

- (1) This protocol is applicable to an applicant for or a holder of the following medical certificate:
 - (a) Class 1;
 - (b) Class 2;
 - (c) Class 3; and
 - (d) Class 4.

3.2 Initial requirements following diagnosis

- (1) If an applicant or holder has a diagnosis of any type of Personality Disorder such applicant or holder of medical certificate shall be declared medically unfit.

4. Psychotic Disorder

4.1. Applicability

- (1) This protocol is applicable to an applicant for or a holder of the following
 - (a) Class 1;
 - (b) Class 2;
 - (c) Class 3; and
 - (d) Class 4.

4.2 Restrictions

- (1) Multicrew restriction.

4.3 Initial requirements for Psychotic Disorder

- (1) Cases are to be presented at the Aeromedical Committee and shall be reviewed on a case-by-case basis.
- (2) An applicant for or holder of a medical certificate with a history or occurrence of a functional psychotic disorder shall –
 - (a) be declared medically unfit until assessed by the Aeromedical Committee; and
 - (b) be required to submit a comprehensive Clinical Psychologist and Psychiatrist report to the Aeromedical Committee.
- (3) A medically fit assessment may be considered if –
 - (a) a cause can be identified as one which is transient, has ceased and the risk of recurrence is minimal; and

- (b) if there is stability for a period of at least one year without the need for anti-psychotic medication.

4.4 Follow-up reports

- (1) If an applicant for or holder of a medical certificate is declared medically fit, follow up reports shall be determined on a case-by-case basis.

5. Attention Deficit Hyperactivity Disorder (ADHD)

5.1 Applicability

- (1) This protocol is applicable to an applicant for or a holder of the following medical certificates –
 - (a) Class 1;
 - (b) Class 2;
 - (c) Class 3; and
 - (d) Class 4.

5.2 Initial requirements following diagnosis of ADHD

- (1) An applicant for, or holder of a medical certificate diagnosed with ADHD shall submit the following reports to the Aeromedical Committee –
 - (a) copies of medical records from date of diagnosis to date;
 - (b) copies of records detailing consultations and prescription of medications;
 - (c) a comprehensive assessment by the treating Clinical Psychologist, psychiatrist and when clinically indicated a paediatrician's report;
 - (d) copies of the academic records, employment history, traffic and aviation infringements and criminal records;
 - (e) a neuropsychologist evaluation report in this case, an applicant for or holder medical certificate of must be off medication for at least 90 days at the time of the evaluation;
 - (f) a urine drug test for ADHD medication taken within 24 hours of neuropsychological testing; and
 - (g) other medical reports to be submitted to the Aeromedical Committee for consideration.
- (2) A medically fit assessment may be considered if an applicant for or holder of a medical certificate –
 - (a) has absence of symptoms for a minimum of 180 days after treatment is completed;
 - (b) does not take any medication that may jeopardize safety such as stimulants; and
 - (c) has favourable neuropsychological testing results.

5.3 Follow-Up Reports

- (1) An applicant for, or holder of a medical certificate shall be required to submit a Psychiatrist Report annually.