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Development of a brief **MENTAL HEALTH** SCREENING CHECK-LIST

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01. Introduction

- **Aviation personnel are responsible for the safe carriage of thousands of people each day** and need to be physically and mentally fit to perform the job.
- It is important to **regularly evaluate the mental health of aviation personnel** due to the stressors they face that can increase the risk of developing a mental health disorder.
- Currently, **Aeromedical Centers (AeMCs) and aeromedical examiners (AMEs)** hold the **responsibility** of identifying cognitive and emotional issues in aviation personnel.

02. Introduction

- Performing **extensive psychiatric evaluations** as a regular part of aeromedical assessments is **neither productive nor cost-effective**.
- However, it is recommended that AMEs **pay more attention to common mental health disorders (CMDs)** as well as life stressors that can affect flight performance and flight safety.
- The use of **minimally intrusive, easy-to-use mental health check-lists** may help AMEs in the decision making process.

03. Objective of the present study

- Develop a **Mental Health Screening Checklist (MHSC)** to be used by AMEs as a brief screening tool.
- Devise an **automated strategy** to that can **identify** individuals with **moderate-to-high risk profiles** who may require professional help from mental health experts.

04. MHSC › development principles

- Should be **short**, yet exhaustive in the coverage of CMDs
max 3 minutes to complete
- Should use a **simple and direct** language
reduce misunderstandings, increase accountability of responses
- Should use a **limited number** of response options
decrease the cognitive burden of respondents' decision making

05. MHSC › how we used the checklist

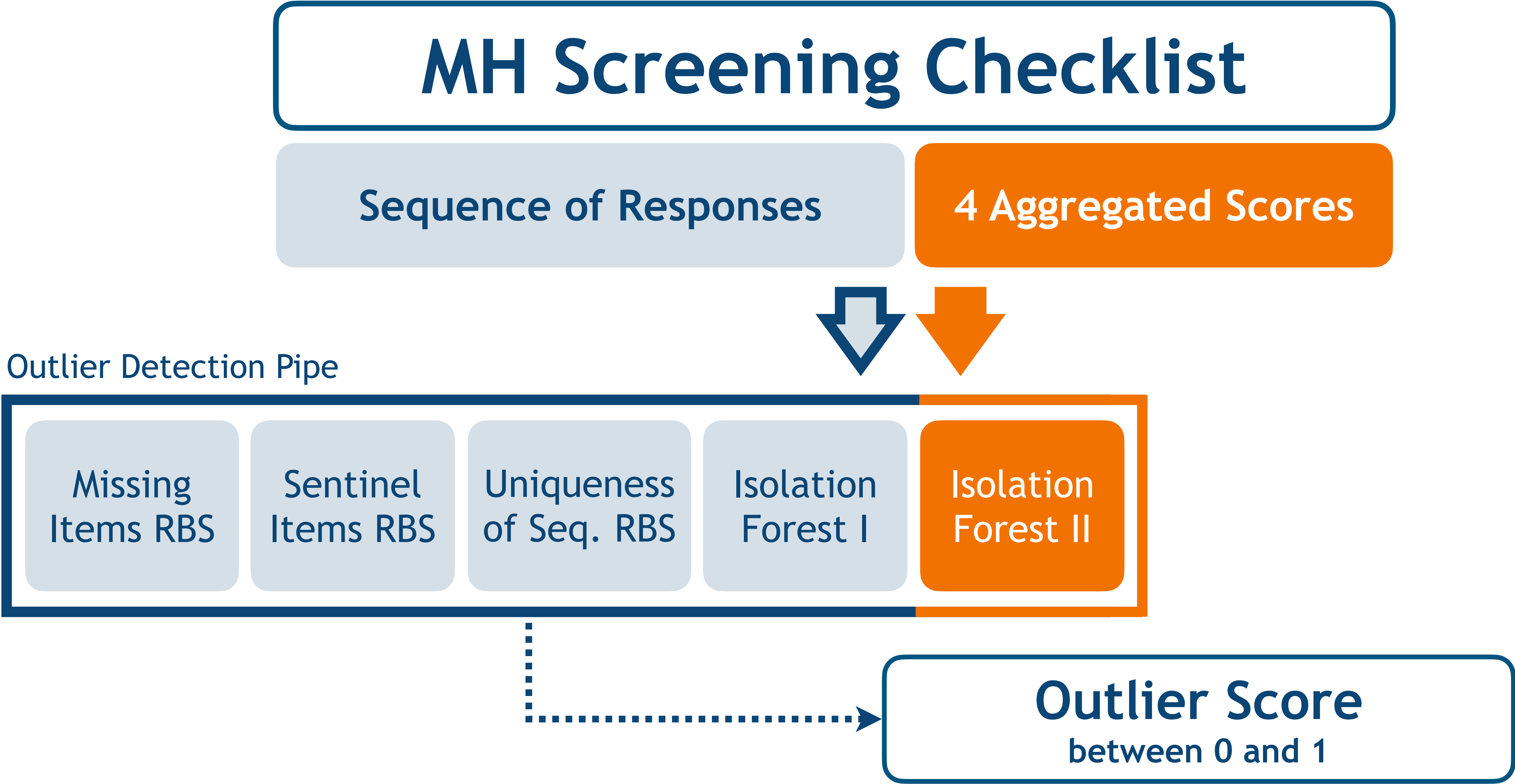
- We developed and **administered** our checklist to the research sample.
- We implemented an automated “**outlier detection pipe**” in order to identify those **profiles that significantly departed** from the majority of the other ones.
 - An **outlier profile** contains responses that fall outside the typical range.
 - Individuals with an **outlier profile** may be referred to a mental health specialist.

06. MHSC › areas of inquiry

| Area | Items | Response Options |
|-------------------------------------|-------|---------------------------------------|
| Fatigue, Stress | 2 | No · Some · A lot of problems |
| Maladaptive Personality | 4 | No · Some · A lot of problems |
| Life Concerns | 4 | No · Some · A lot of problems |
| Relevant Events, Conditions | 5 | Yes · No |
| NRG Drinks, Alcohol, Tobacco, Drugs | 5 | Never · Occasionally · Weekly · Daily |
| Perceived Psychological Well-Being | 1 | 10-points scale, from low to high |

Note items are grouped in 4 parts (I, II, III and IV)

07. MHSC outlier detection pipe > visual representation



08. MHSC outlier detection pipe › description of pipe's steps

| Step | Type | Description |
|------------------------|------------|--|
| Missing items | RBS | No missing items are admitted |
| Sentinel items | RBS | Negative emotionality · Aggressiveness towards others or self · Use of drugs · Psy Treatments · Legal issues |
| Uniqueness of sequence | RBS | Uniqueness of MHSC items sequence (part I & III) |
| Isolation forest I | MLA | <i>Outlierness</i> of MHSC items sequence (All parts) |
| Isolation forest II | MLA | <i>Outlierness</i> of MHSC aggregated scores |

RBS = Rule-Based System · **MLA** = Machine Learning Algorithm

09. Rule-Based Systems and Isolation Forests › few explanatory words

- A **rule-based system** is a type of expert system that uses a set of **predefined rules to interact with data and make decisions**. These rules are derived from the knowledge of human experts in a particular domain.
- An **isolation forest** is an **unsupervised machine learning algorithm that uses an ensemble of binary decision trees to identify outliers**. Simplifying a bit, we can say that an isolation forest:
 - grows each tree by selecting random features and splits that act as branching rules. By using such branching rules, the algorithm isolates points in the dataset (up until the maximum allowed tree growth);
 - outliers are rapidly isolated (i.e., they need fewer splits in order to be parted from the rest and thus are — on average — closer to the root of the trees);
 - the number of splits required to isolate each point is used as an outlier score.

10. MHSC research › sample

73
PILOTS







25
CREW

46
APPL

124 males • **20** females

67 between 17-30 • **49** between 31-50 • **28** over 50

11. MHSC research › items endorsement rates › fatigue, stress

| % | Rank | | | Item |
|---|--|---|---|--|
| | P | C | A | |
| 9 |  |  |  | Fatigue, difficulties in recovering from fatigue |
| 9 |  |  |  | Stress, feeling of being overwhelmed |

P = Pilots · C = Cabin Crew · A = Applicants

12. MHSC research › items endorsement rates › maladaptive personality

| % | Rank | | | Item |
|---|------|---|---|---|
| | P | C | A | |
| 1 | | | | Difficulties in controlling impulses |
| 6 | | | | Negative emotionality |
| 1 | | | | Aggressiveness towards others or self |
| 3 | | | | Difficulties in interpersonal relationships |

P = Pilots · C = Cabin Crew · A = Applicants

13. MHSC research › items endorsement rates › life concerns

| % | Rank | | | Item |
|----|---|---|---|-----------------------------|
| | P | C | A | |
| 10 | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | Concerns about private life |
| 10 | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | Concerns about job |
| 5 | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | Health concerns |
| 5 | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | Financial concerns |

P = Pilots · C = Cabin Crew · A = Applicants

14. MHSC research › items endorsement rates › lifestyle

| % | Rank | | | Item |
|----|------|---|---|---|
| | P | C | A | |
| 83 | ● | ● | ● | Energizing beverages (coffee, tea, energy drinks, etc.) |
| 63 | ● | ● | ● | Alcoholic beverages |
| 21 | ● | ● | ● | Tobacco or tobacco-related products |
| 0 | ● | ● | ● | Light drugs (e.g., marijuana) |
| 0 | ● | ● | ● | Other drugs |

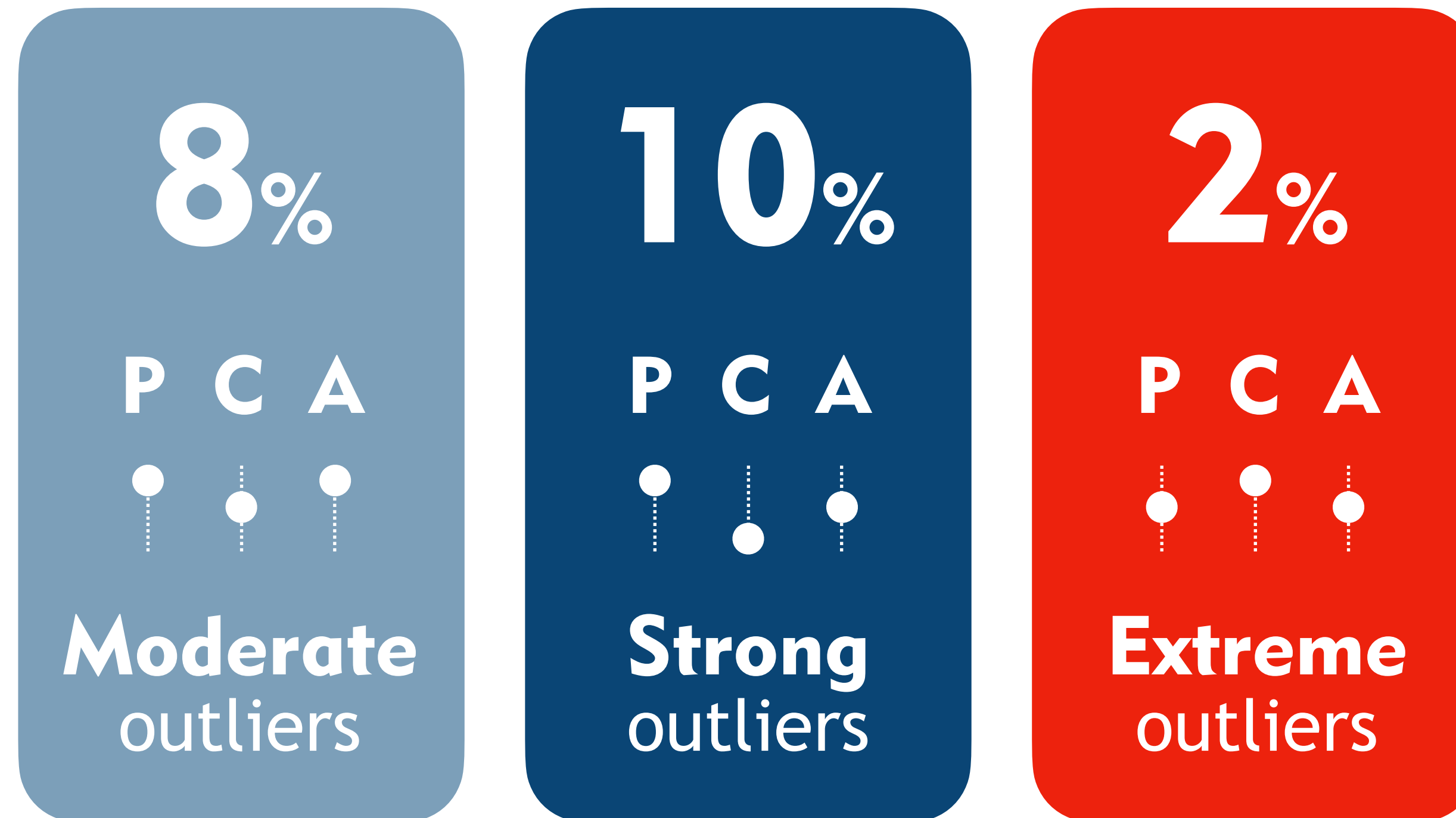
P = Pilots · C = Cabin Crew · A = Applicants

15. MHSC research › items endorsement rates › significant events and conditions

| % | Rank | | | Item |
|---|------|---|---|--|
| | P | C | A | |
| 2 | ● | ● | ● | Psychiatric or psychological treatments |
| 0 | | | | Access to corporate services dedicated to worker support |
| 3 | ● | ● | ● | Inconveniences, dangerous events, accidents in the workplace |
| 4 | ● | ● | ● | Other significant/relevant events |
| 2 | ● | ● | ● | Judicial/quasi-judicial/disciplinary proceedings |

P = Pilots · C = Cabin Crew · A = Applicants

16. MHSC research › outlier detection pipe › results › by level of outlieriness



P = Pilots · C = Cabin Crew · A = Applicants

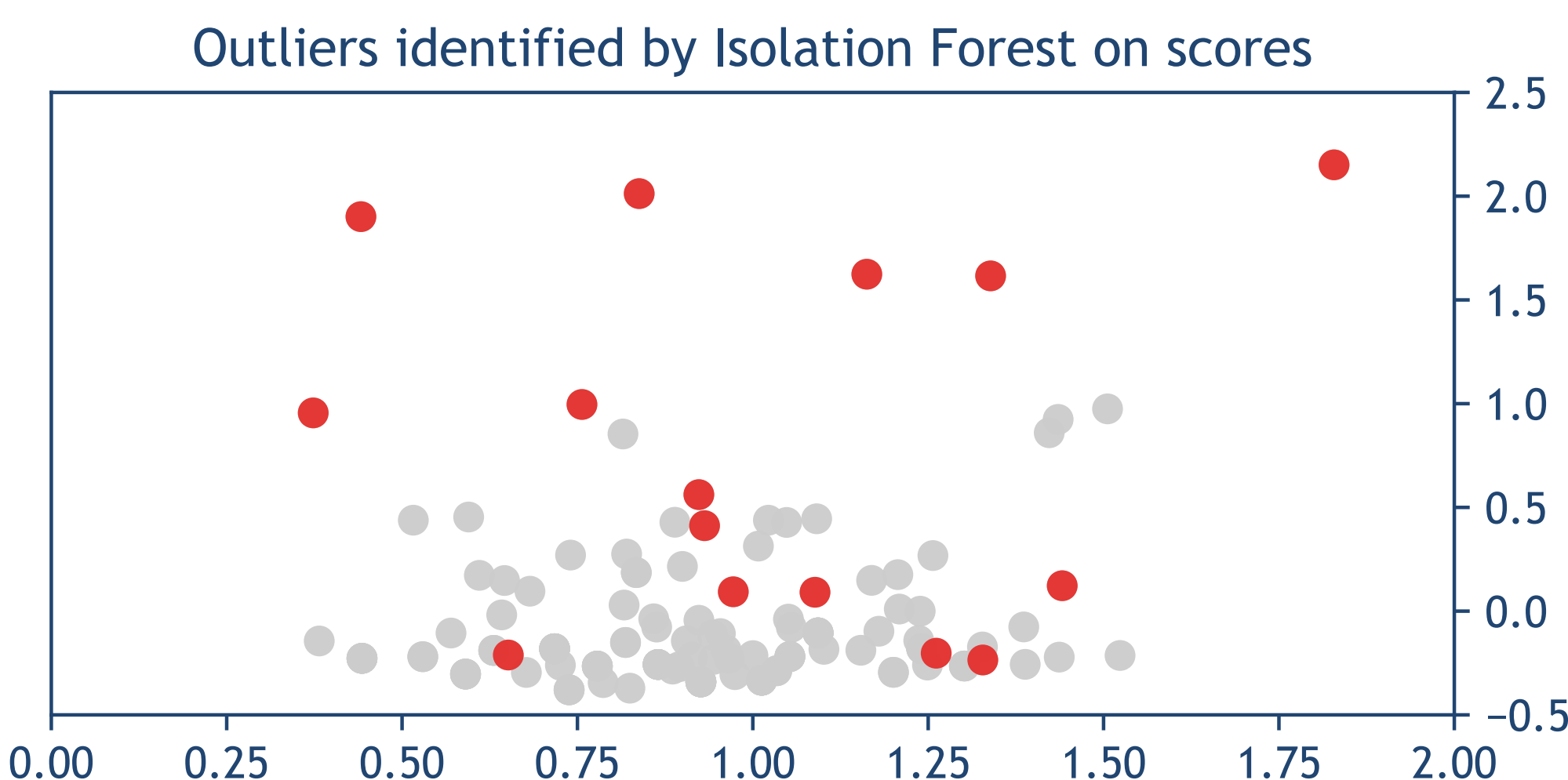
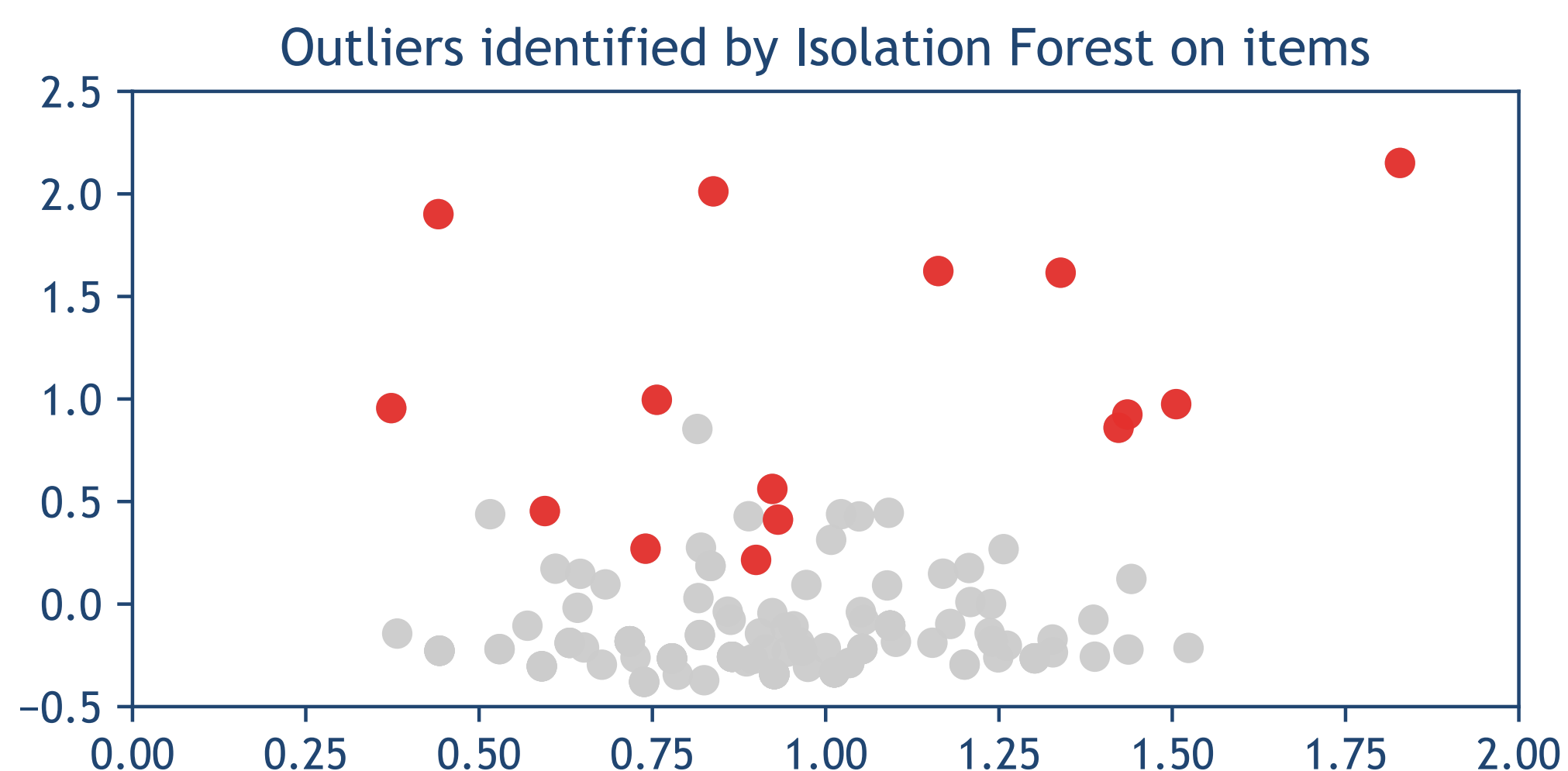
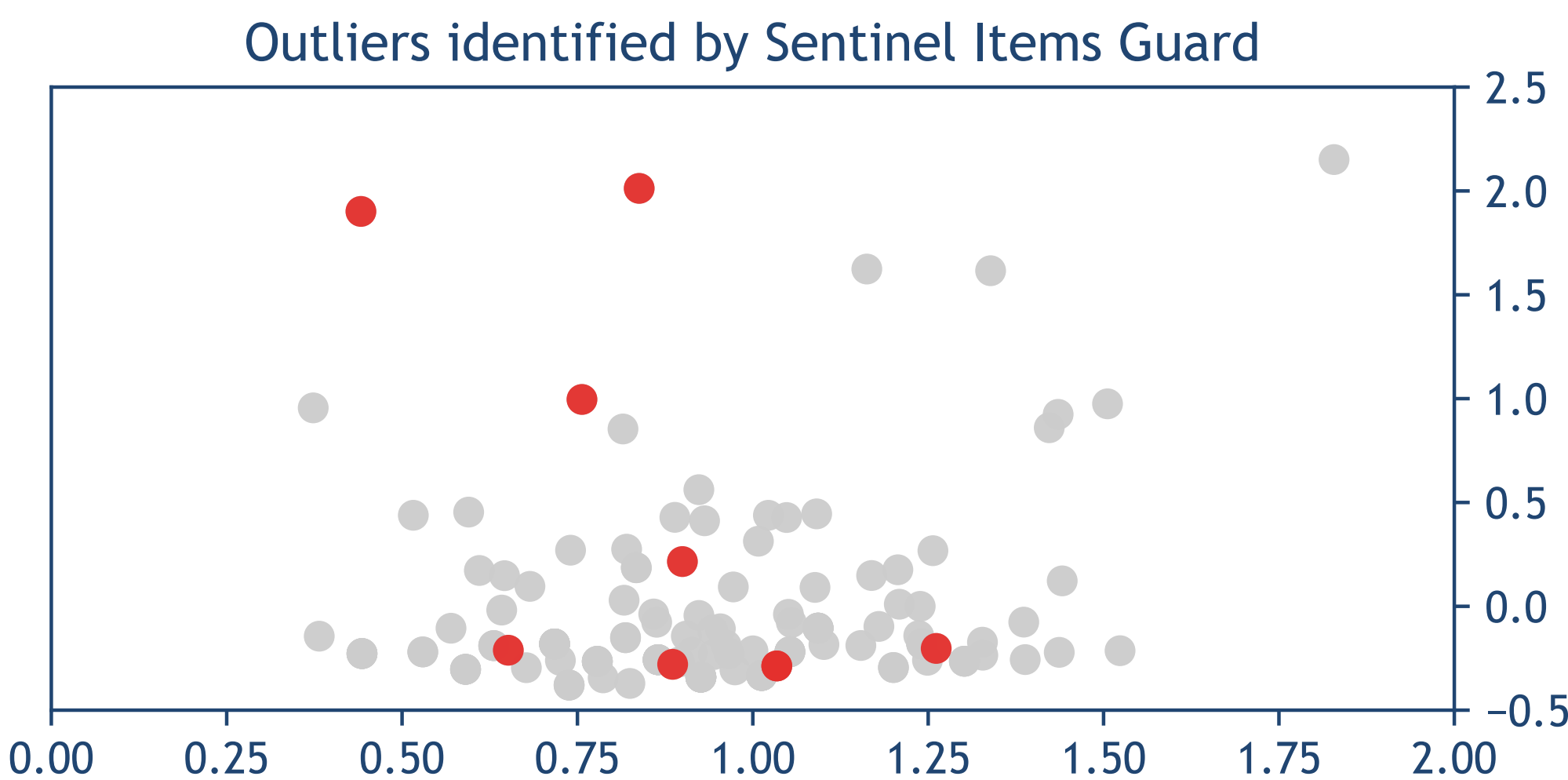
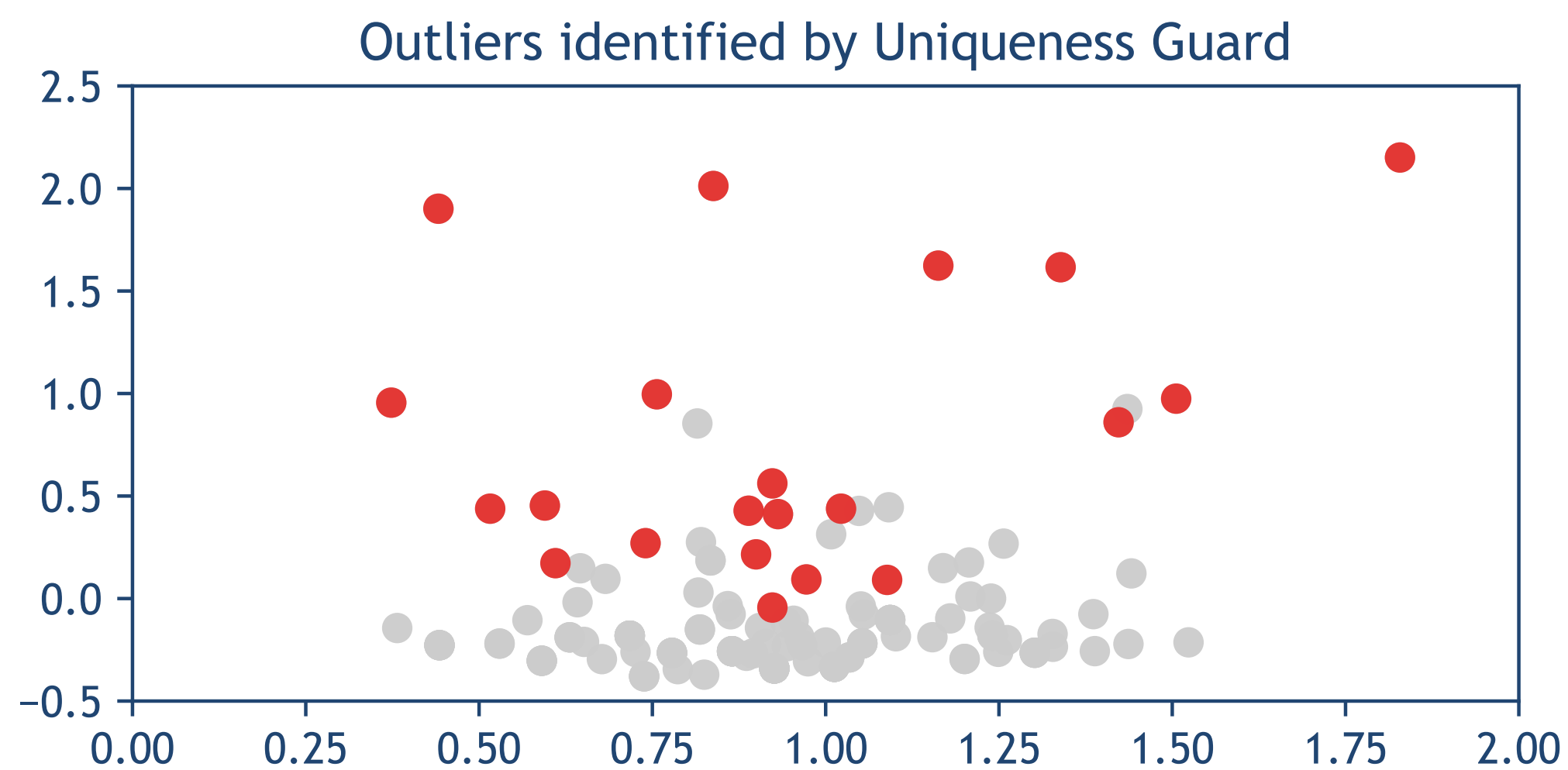
17. MHSC research › outlier detection pipe › results › by pipeline step

| Pipeline step | % |
|---------------------------|----|
| Missing items | 0 |
| Sentinel items | 10 |
| Uniqueness of sequence | 17 |
| ISOF on responses | 3 |
| ISOF on aggregated scores | 7 |
| Any combination of steps | 63 |

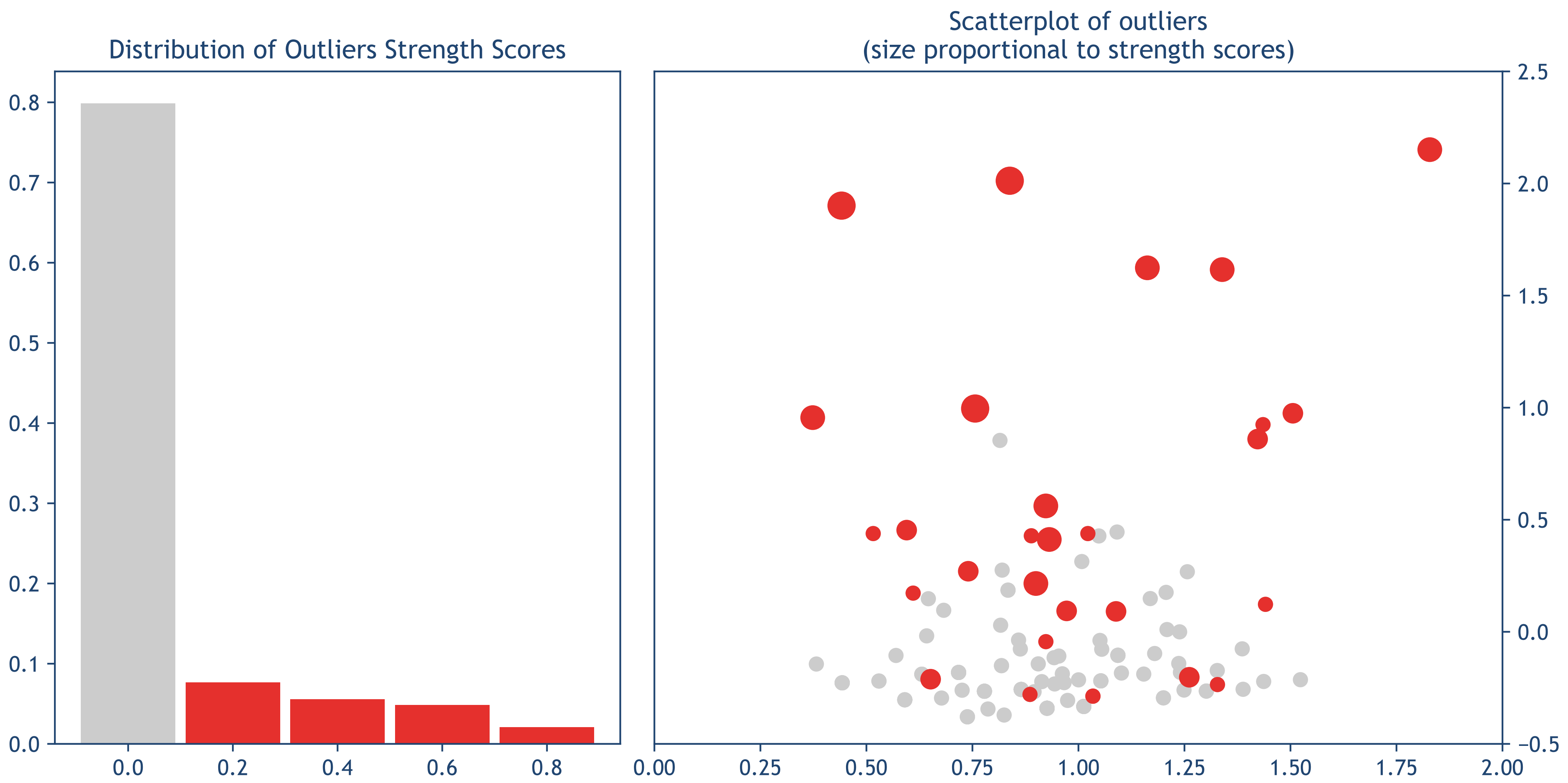
18. MHSC research › outlier detection pipe › visualizing outliers › part I

- In order to visualize the outliers identified by the pipe, **we reduced the original features space to a bi-dimensional space**, while preserving most of the information available.
- We employed a factorization technique called **Truncated Single Value Decomposition**, which works very well with sparse matrices like our dataset (i.e., profiles contains many zeroes).

19. MHSC research › outlier detection pipe › visualizing outliers › part II



20. MHSC research › outlier detection pipe › visualizing outliers › part III



21. MHSC › limitations, future directions

- Some steps of the **MHSC outlier detection pipe** need be trained on a **sample representative of the assessed population** before being able to make predictions.
- In those working cultures where mental health issues are considered a social stigma, **under-reporting phenomena** may be an issue as the MHSC is easily fakeable.
- An **MSHC profile** not flagged as **outlier** doesn't rule out the presence of a **mental health condition**.
- In future versions of the MHSC outlier detection pipe, **more sophisticated ML algorithms** (e.g., semantic reasoner models) **will be implemented**.

22. MHSC outlier detection pipe › measuring training time with different sized datasets



Macbook Pro M2, RAM 16Gb

Python 3.10.6 · Numpy 1.23.5 · Pandas 2.01 · Scikit-Learn 1.2.2 · PyOD 1.0.9

23. MHSC › additional resources

MSHC (ita-eng) + analysis



bit.ly/3MYTLeS



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