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ABSTRACT

Title: STRESS RELATED SYNDROMES IN AIRCREW: <i>DOES THE PHARMACOLOGICAL TREATMENT AFFECT THE PERFORMANCE ?</i>	
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Introduction: Chronic condition of stress can lead to the onset of mood and anxiety disorders. The incidence of these psychological dysfunctions is getting higher in the general population as well as in the aircrew community. According to WHO forecast, the depression, in particular, is expected to become the 2 nd inhabilitating disease in 2020. The guidelines for the treatment of the mood and anxiety disorders consider the early and long-term use of antidepressant Selective Serotonin/Noradrenaline Reuptake Inhibitors (SSRIs) or (SNRIs). The upcoming data from clinical studies seem to confirm the efficacy and tolerability of the psychopharmacological treatments, with any significant effect on the neurocognitive performance.	
Methods: Comparison of two groups, control (50 healthy subjects) and “pathological” (50 subjects in clinical remission of anxiety and depression) taking antidepressants, on their performance at the: tachistoscope, tremor test, mental efficiency test, visual response test.	
Results: No significant difference between the two groups has been founded	
Conclusion: The results show that the neurocognitive performance of subject taking for long term (at least 6 months) antidepressant SSRIs or SNRIs is largely comparable with the control group. According to the international guidelines, these findings confirm that their use is effective for the treatment of mood and anxiety disorders and suggest that when the clinical condition need it, their use could be allowed, under a right specialistic monitoring, even in the aircrew population.	
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