



**European Conference on Aerospace Medicine
2010 Athens
10th – 13th November 2010**

ABSTRACT

Title: STRESS RELATED DISORDERS IN FLIGHT ATTENDANTS	
Author(s) Name: V. BALOESCU, A. BALOESCU, G. CROITORU, I. PANAIT	
Affiliation: Aeromed Clinic, Bucharest, Romania	
Introduction: We discuss 2 disorders: somatoform autonomic dysfunction and mixed anxiety-depressive disorder.	
Methods: 15 flight attendants, with somatoform autonomic dysfunction and 9 flight attendants with mixed anxiety-depressive disorder according to ICD 10, were evaluated clinical, Hamilton for Anxiety Scale, Hamilton for Depression Scale, Clinical Global Impression Severity and Improvement Scale at baseline, 28, 84, 168, 252 days. They received treatment: tianeptine 37,5 mg/day (n=8), sertraline 103,5 mg/day (n=8), escitalopram 12,85 mg/day (n =8).	
Results: HAM-A scores: baseline-25.60; 28 days- 20.60; 84 days-13.48; 168 days-7.60; 252 days-3.59. CGI-S: baseline= 4.25 , CGI-I at 28 days =3,28; after 252 days=1,10. HAM-D scores: baseline-20,5; 28 days-18,6; 84 days-15,8; 168 days 11,3; 252 days-7,5. HAM-A scores in tianeptine subsample: baseline -25,76; 28 days =20.,30; 84 days=11,47; 168 days=7,10; 252 days-3.15. On sertraline HAM-A score: baseline= 26,24; 28 days= 21,32 ; 84 days= 13,04; 168 days= 7,75; 252 days= 3,47. HAM-A for escitalopram subsample: baseline-26,10; 28 days-19,76; 84 days-11,18; 168- 6,47; 252 days- 2,61. HAM-D scores in tianeptine subsample: baseline-20,20; 28 days-18,30; 84 days-14,15;168 days-10,20; 252 days-7,2. HAM-D in sertraline: baseline-19,90; 28 days-17,56; 84 days-13,90; 168 days-10,35; 252 days-6,9. With escitalopram HAM-D: baseline-20,25; 28 days-18,15; 84 days-13,20; 168 days-9,23; 252 days-6,8.	
Conclusions: 1) The medication is efficient and safe in both disorders. 2) It seems that escitalopram has better effect on the symptomatology. 3) It is important to discriminate this disorders from depression or other anxiety disorders. 4) All subjects have been characterized of fit for flying after 30 days from the cessation of medication.	
Name and address for correspondence: Mr. Virgil Baloescu, 55 Horia Macelariu ap.3A, Bucharest, Romania	
Telephone No.: 0040761601260	Fax No.: 0040212310039
E-mail: vbaloescu@hotmail.com	Date: 25/08/2010

