

COVID-19 & Aviation

This is an initiative of the Aviation Academy, Amsterdam University of Applied Sciences, in collaboration with Kura Human Factors, the Medical School of the Aristotle University of Thessaloniki under the umbrella of the Aeromedical Department of the Greek Civil Aviation Authority in partnership with the International Effort currently taking place to capture the impact of the Coronavirus pandemic (COVID-19) on the aviation community.

The COVID-19 pandemic has affected all aspects of our working and social lives and consequently our physical and mental health. In recent times there has been an increase in alcohol consumption of around 24.9%, about 30% of people eating less healthy and 40% not exercising as often as they did before; there is a significant impact on sleep - about 40% of people have lost sleep due to concern about COVID-19 and 50% of people experience extreme fatigue because of isolation at home. Meanwhile, the commercial activity of flights was almost 75% lower from 2019 to mid-April 2020 with serious worldwide effects and the coronavirus 2 (SARS-CoV-2) caused a rapid and tragic health emergency.

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Public Health School, University of Texas

To assess the impact of the COVID-19 pandemic and the risk of change and disturbances it brings to the aviation community, we aim to assess the state of aviation personnel during the COVID-19 pandemic, the impact on their health and to identify the current problems so that we can propose recovery actions.

The questionnaire consists of several parts such as the Pittsburgh Sleep Quality Index (PSQI), the State Trait Anxiety Inventory (STAI-S), a series of socioeconomic and aviation-related questions as well as an adaptation by WHO Regional Office for Europe (2020) COVID-19 Snapshot Monitoring (COSMO Standard): Monitoring knowledge, risk perceptions, preventive behaviours, and public trust in the current

coronavirus outbreak - WHO standard protocol, and PsychArchives. Although the questionnaire may initially appear long, following trials, we estimate that the total time to complete it spans between 4 to 8 minutes.

The questionnaire comprises of three parts:

1. Initially there are some general questions for your current function in

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aviation, so that we can categorise results per aviation group, and baseline health parameters (such as current weight per height), which will help us form more specific and accurate mitigation strategies where needed.

2. The second part of the questionnaire focuses on sleep quality and asks you to self-assess your sleep habits during the past month of the pandemic.
3. Lastly, there are questions about your emotional wellbeing and your concerns regarding the new COVID-19 coronavirus.

We kindly ask you not to skip parts so that the questionnaire can be of scientific use and for us to be able to draw conclusions. This initiative aims to improve the actions taken at cross-national level in response to the pandemic of the new COVID-19, while contributing to the global community's effort to deal more effectively with the effects of the pandemic in aviation, and subsequently in aviation safety. Your responses will be anonymous and will be used solely for scientific purposes.

This is a non-commercial study that does not receive funding. Your participation is voluntary and can be terminated at any time without the need of any justification.

Follow this link to the Survey:

https://hva.eu.qualtrics.com/jfe/form/SV_2rGschAATXtRjBH

For any questions you are invited to contact:

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