

programa

ganhar asas

June 2007

“Ganhar Asas”

A Group Treatment for Flying Phobia

TAP/UCS Experience and First Results

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→ **Reasons for implementing *Ganhar Asas* Program**

→ **Program development**

→ **Structure (evaluation, intervention and aftercare)**

→ **One year results**

Introduction

Reasons for implementing *Ganhar Asas* Program

- **Clinical evidence/International statistics**
- **Empirical observation**
- **“No Show” phenomenon**
- **Limits of individual therapy**
- **Success rates of group treatment programs in other countries**

Program Development

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Our Team

→ 2 Clinical Psychologists / Cognitive-Behavioral Therapists

→ 1 Commercial Pilot

→ 1 Flight Attendant

→ 1 Maintenance Engineer

→ 2 Assistants

→ 1 Audiovisual Technician

Our Team



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Evaluation protocol

- **Clinical interview**
- **BDI (Beck Depression Inventory), Beck**
- **SCL-90 (Symptom Check-List-90-R), Derogatis**
- **FFS (Fear of Flying Survey), Solberg**
- **FAM (Flight Anxiety Modality Questionnaire), Gerwen, Spinhoven, Dyck, Diekstra**
- **MCMII – II (Millon Clinical Multiaxial Inventory), Millon**

Exclusion Criteria

→ **Lack of motivation**

→ **Associated psychopathology**

claustrophobia

depression

panic disorder

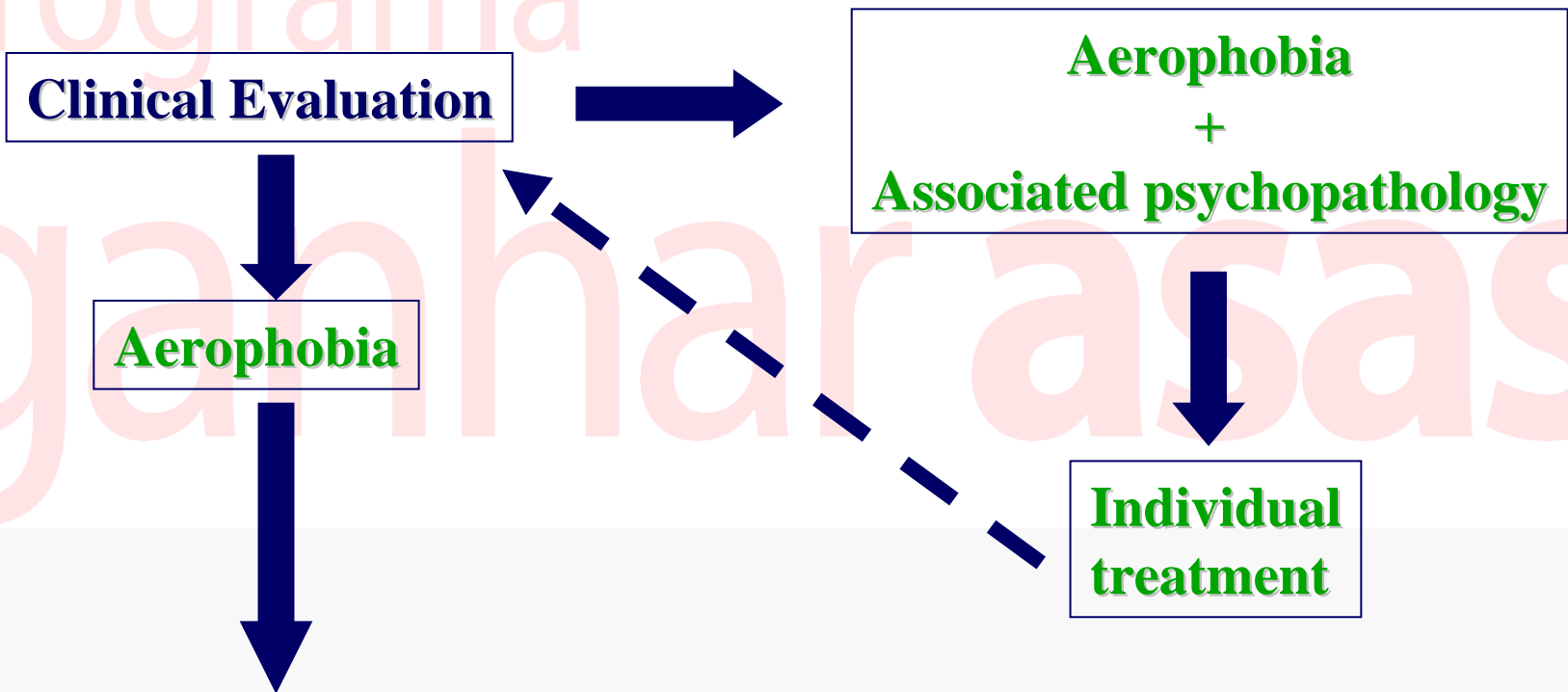
PTSD

personality disorders

other psychiatric conditions

...

Treatment Referral



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Pre-program briefing

→ Presentation of selected participants

- age
- professional status
- level and type of motivation to overcome the problem

→ Distribution of a hand-out with resumed information / topics concerning each participant

→ Explanation of each clinical case and its particularities

- age of onset
- personality traits
-

→ Group distribution in the room

1st Day

Morning

→ Presentation

→ Psychological Aspects of Fear of Flying - **psychologist**

Lunch

Afternoon

→ Aviation Technical Aspects - **pilot**

→ Anxiety Control Techniques - **psychologist**

2nd Day

Morning

- Short debriefing
- Aircraft maintenance - **engineer**
- Check-in and Pre-Flight Procedures - **flight attendant**
- The Flight and the Cabin (Mock-up) - **flight attendant**
- Flight Simulator - **pilot**

Lunch

Afternoon

- Real Flight (LIS-MAD-LIS)
- Post-flight debriefing
- Program evaluation by participants

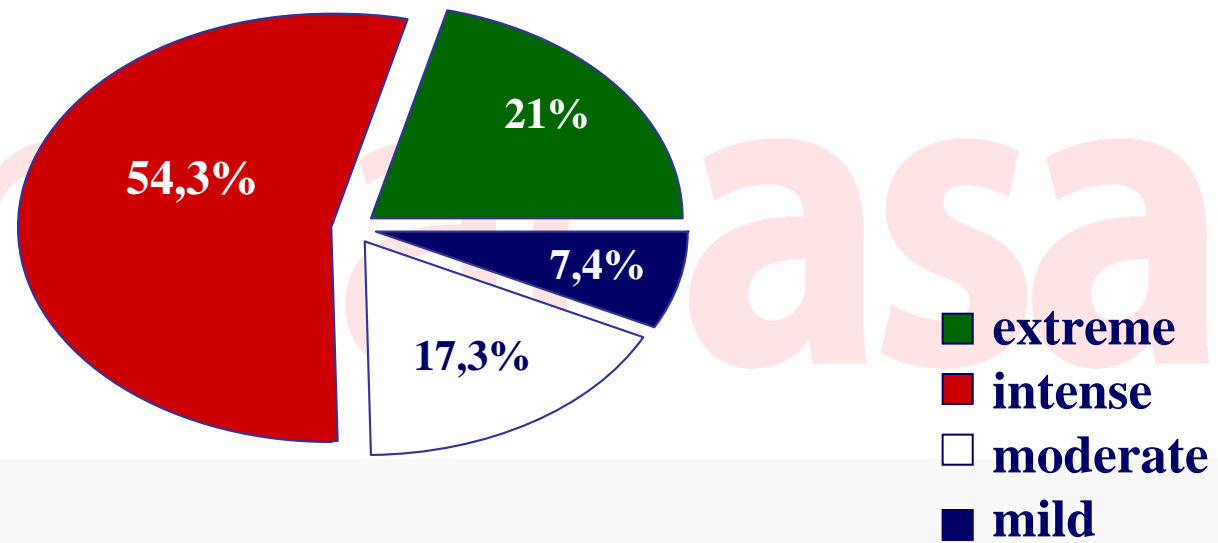


Post-flight debriefing

- questions
- check how everybody feels
- team telephones for aftercare
- program evaluation
- personalized suggestions
- certificate of achievement
- DVD with images taken during the course

One Year Results

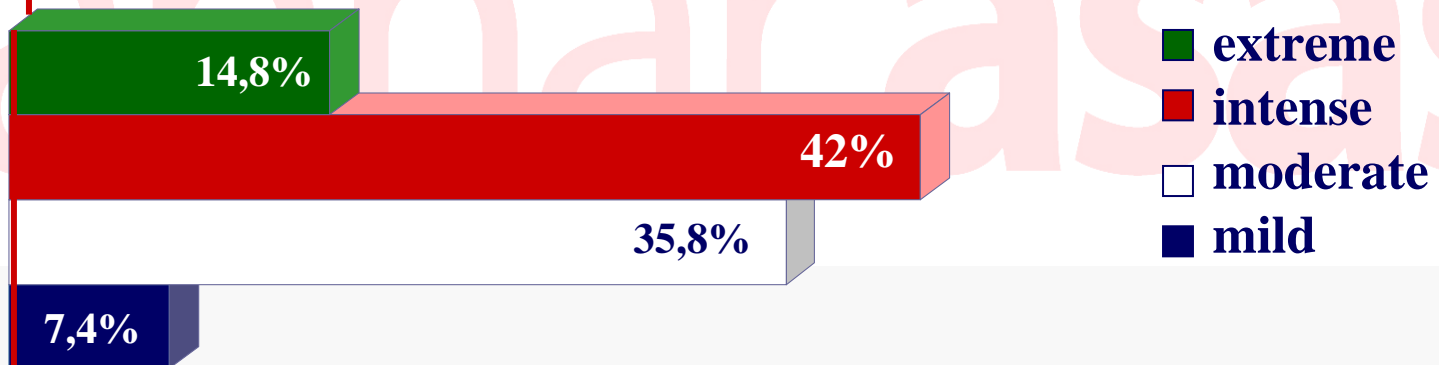
**FFS
level of fear**



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One Year Results

**FFS – subscale
level of anticipatory anxiety**



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One Year Results

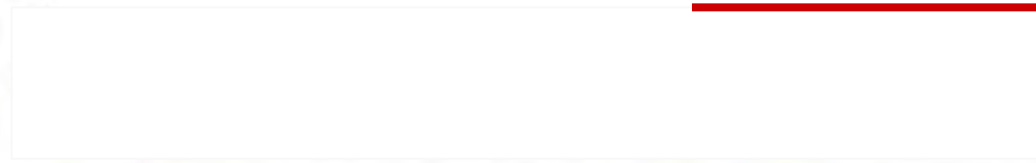
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One Year Results

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Level of general Satisfaction



93,5%



6,5%

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One Year Results

Follow-up



Average number of flights = 5,5

Why not?

76,9% - no opportunity

23,1% - avoided

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