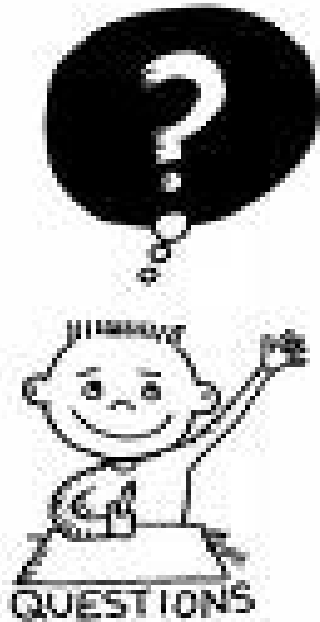


# Cognitive coping strategies of unsuccessfully treated fearful flyers

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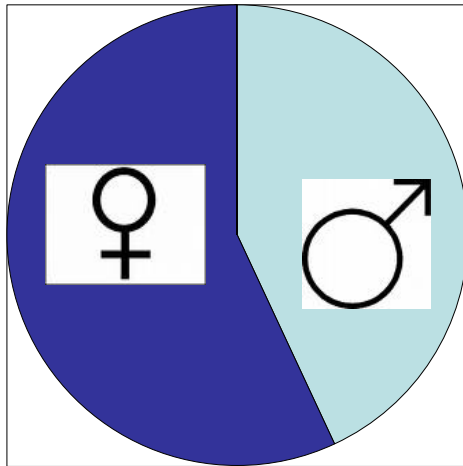
2003 – 2007 (Jan.)  
1951 fear of flying clients:

1085 2 ½ day training  
22 refused to take the flight



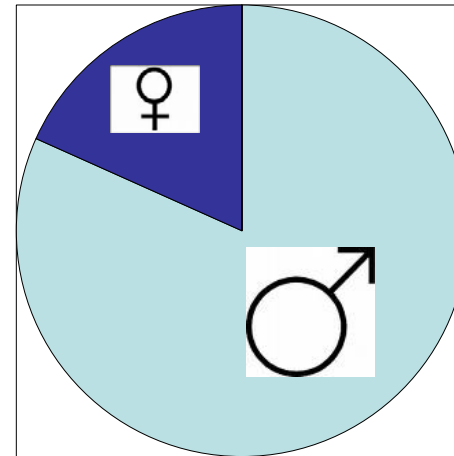
Can we identify  
predictive  
variables for not  
completing the  
training with a  
flight?

All Clients  
N = 1063



Female 56,9 %  
Male 43,1 %

Non-flyers  
N = 22



Female 18,2 %  
Male 81,8 %

## Age & educational level

| Group    | Age                  | Education                      |
|----------|----------------------|--------------------------------|
| N = 1063 | 39,9 yrs<br>Sd 11,17 | Low 35%<br>Med 14%<br>High 51% |
| N = 22   | 35,1 yrs*<br>Sd 9,25 | Low 46%<br>Med 9%<br>High 46%  |

## Prelim. Results Fear of Flying scales VAFAS & Flight Anxiety Situations

|                 | VAFAS<br>Level of<br>fear | FAS<br>Anti-<br>cipating | FAS<br>InFlight | Difference<br>Anticip. –<br>Inflight<br>anxiety | FAS<br>total   |
|-----------------|---------------------------|--------------------------|-----------------|---|----------------|
| Group<br>N=1063 | 8,11<br>sd1,3             | 30,0<br>sd10,4           | 26,9<br>sd8,6   | 3,12<br>sd9,7                                   | 70,5<br>sd22,2 |
| Group<br>N = 22 | 8,27<br>sd1,3             | 35,0*<br>sd9,6           | 28,5<br>sd7,3   | 6,5<br>sd6,7                                    | 79,2<br>sd20,3 |

\*p<.05; \*\*p<.01; \*\*\*p<.001

## Prelim. Results Fear of Flying scales Flight Anxiety Modalities

|                 | FAM<br>Somatic | FAM<br>Cognitive | FAM<br>Panick<br>attacks | FAM<br>Total   |
|-----------------|----------------|------------------|--------------------------|----------------|
| Group<br>N=1063 | 15,0<br>sd9,8  | 17,6<br>sd7,0    | 3,6<br>sd3,3             | 33,2<br>sd10,7 |
| Group<br>N = 22 | 15,0<br>sd10,6 | 18,9<br>sd7,1    | 3,7<br>sd3,7             | 34,6<br>sd11,1 |

## Prelim. Results Cognitive Coping Scale CERQ-f

|                 | CERQ-F<br>Rumination | CERQ-f<br>Putting into<br>perspective | CERQ-f<br>Other<br>blame | CERQ-f<br>Catastro-<br>phizing | CERQ-f<br>Avoidance |
|-----------------|----------------------|---------------------------------------|--------------------------|--------------------------------|---------------------|
| Group<br>N=1063 | 12,7<br>sd3,4        | 7,7<br>sd3,5                          | 5,3<br>sd2,5             | 10,5<br>sd4,3                  | 10,7<br>sd4,5       |
| Group<br>N = 22 | 14,1*<br>sd3,1       | 7,4*<br>sd2,5                         | 7,2*<br>sd3,3            | 13,1**<br>sd4,1                | 13,6**<br>sd4,2     |

\*p<.05; \*\*p<.01; \*\*\*p<.001



# Preliminary Conclusions

## Descriptive:

- males tend to avoid more than women
- avoiders are younger
- avoiders anticipate stronger

## Cognitive coping:

- avoiders ruminate more
- avoiders are less able to put things into perspective
- avoiders blame others more for their discomfort
- avoiders have more catastrophizing strategies
- avoiders use more avoiding strategies

THANK YOU for your attention

