

# **A Cognitive/behavioural treatment program for flight anxiety with two years follow-up**

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# Aims

**To study the effect of a treatment program for flight anxiety, and to assess different factors of flight anxiety**

# Subjects

- **Self selected subjects with flight anxiety**
- **The results from the 61 first groups are presented**
- **751 participants, 504 women (mean age 40.3 years) and 247 men (mean age 39.2 years)**

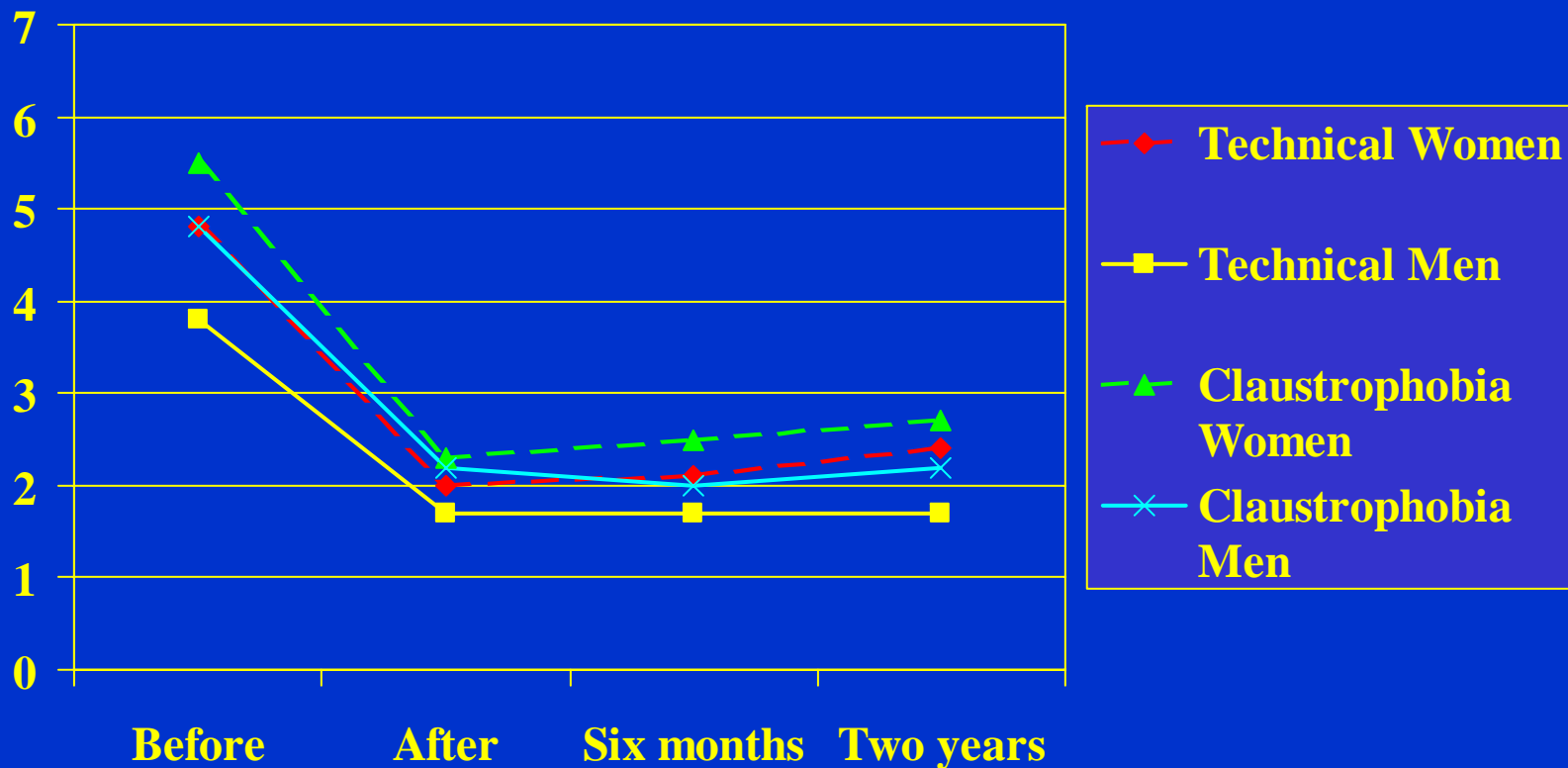
# Methods

- **A 19 items questionnaire was used to measure flight anxiety on a VAS scale (0-10 cm)**
- **Factor analysis**
  - **Factor one: technical concerns (15 items)**
  - **Factor two: claustrophobia/control (four items)**
- **Number of flights two years before and two years after treatment**
- **Use of alcohol and tranquillizers during flight**

# Methods

- **Group treatment (12-15 subjects)**
- **Six weeks, four hours each time**
- **30 minutes domestic return flight**
- **Teaching by**
  - **Pilot**
  - **Technician**
  - **Medical doctor**
  - **Cabin attendant**
  - **Staff from the control tower**
  - **One hour group session by psychiatrist**
  - **Use of cockpit simulator**

# Flight anxiety at before and after treatment (VAS scale 0-10)



# Number of flights two years before and two years after treatment (%)

	Women Two years before	Women Two years after	Men Two years before	Men Two years after
0	41	8	40	5
1-2	19	17	13	8
3-4	12	18	9	12
5-10	16	33	16	23
11-20	7	16	8	24
> 20	5	9	14	27

## Use of alcohol before and two years after treatment (%)

	Women Before	Women After	Men Before	Men After
Not at all	36	60	34	55
Sometimes a little	30	27	32	36
Always a little	14	10	7	6
Sometimes a little, sometimes much	15	3	21	3
Always much	6	0	6	1



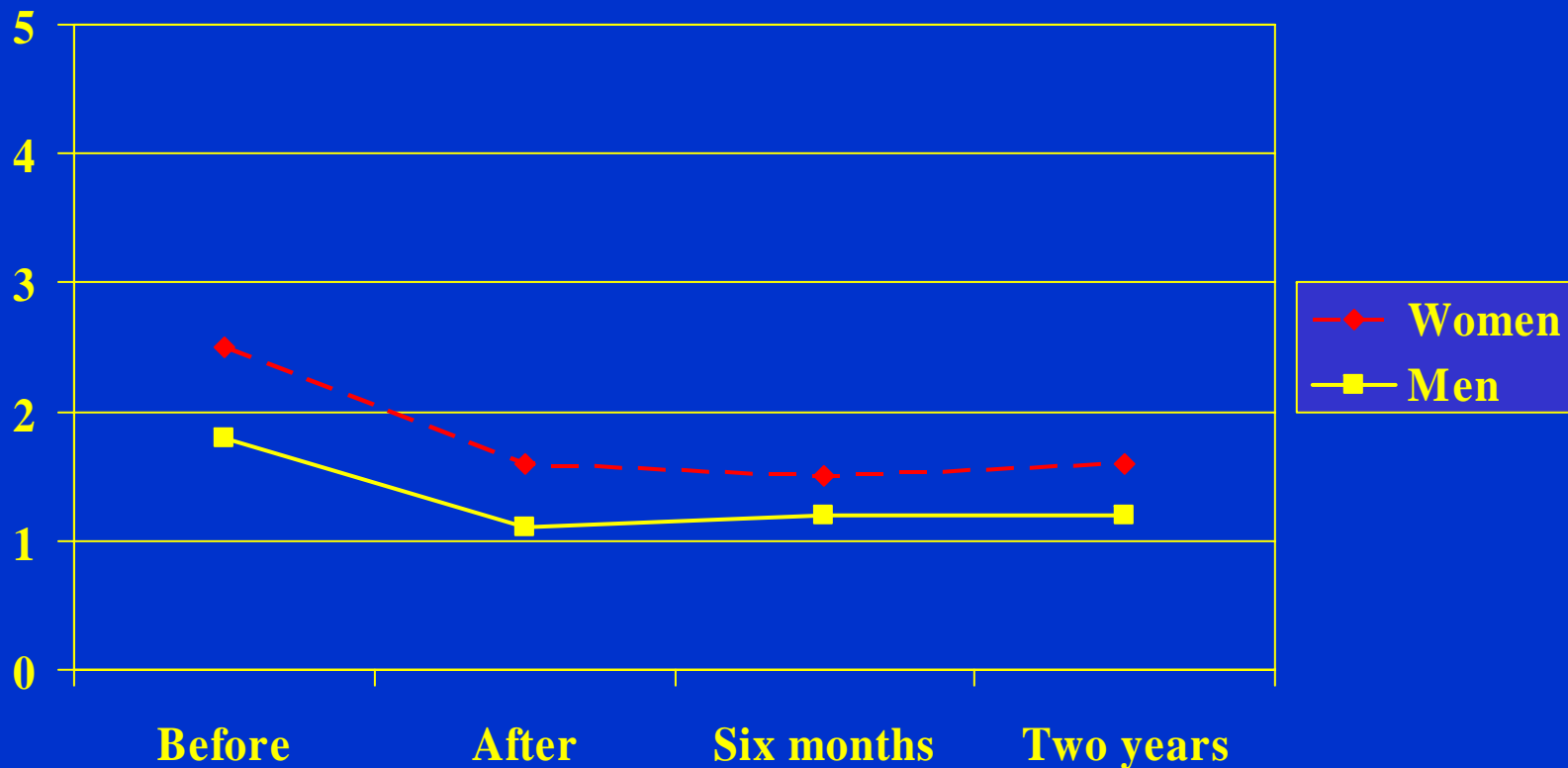
## Use of tranquilizers before and two years after treatment (%)

	Women Before	Women After 2 yrs	Men Before	Men After 2 yrs
Not at all	56	79	71	85
Sometimes a little	21	10	14	8
Always a little	11	8	3	6
Sometimes a little, sometimes much	9	3	6	1
Always much	4	1	6	1

## Degree of flight anxiety before and two years after treatment (%)

	Women Before	Women After 2 yrs	Men Before	Men After 2 yrs
Not afraid at all	0	6	0	8
Sometimes a little afraid	0	20	0	35
Always a little afraid	3	34	7	35
Sometimes very afraid	7	18	11	11
Always very afraid, do not cancel	14	6	15	2
Sometimes cancel flights	47	10	37	5
Never fly	28	6	30	4

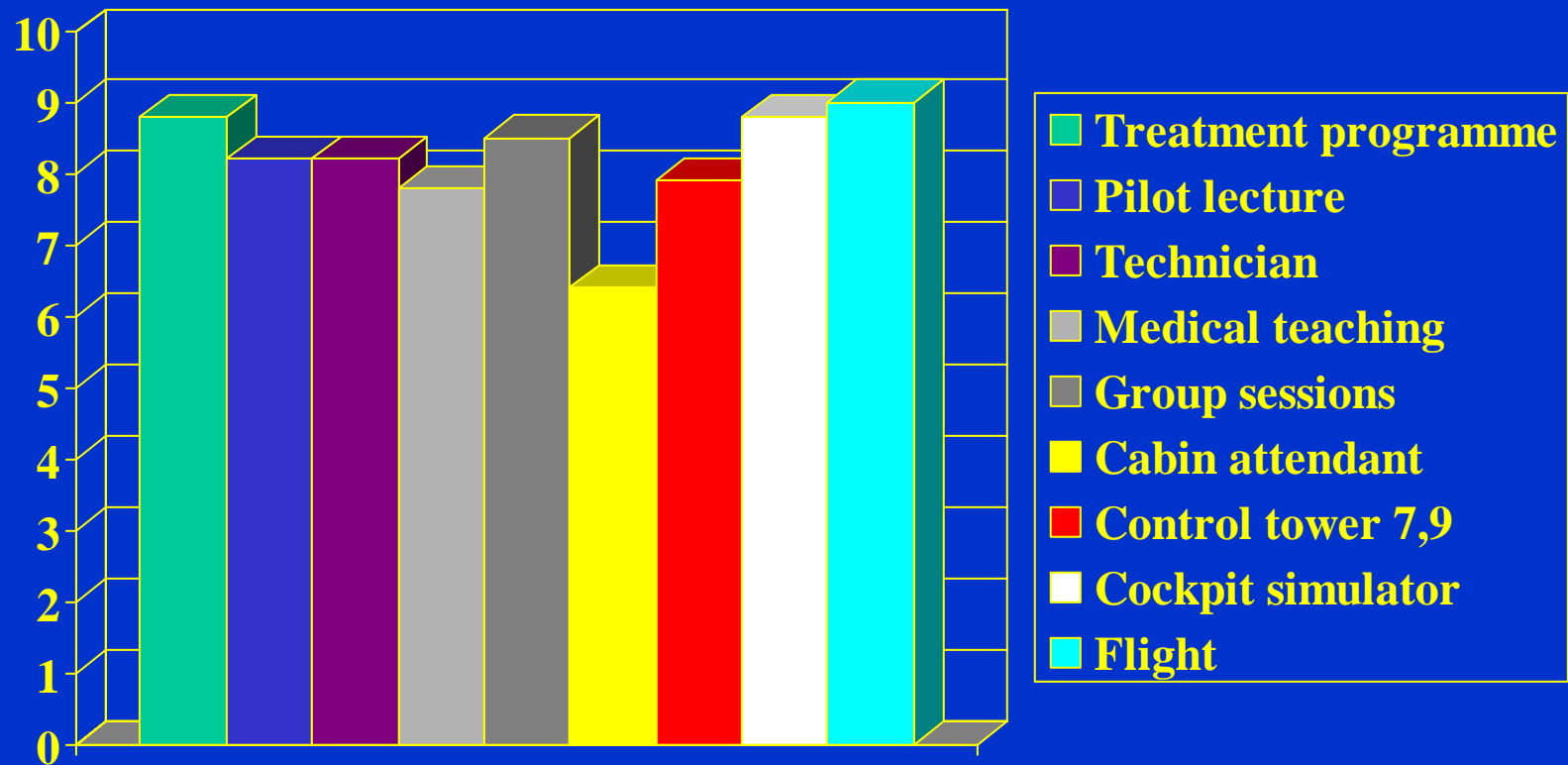
# Other phobias before and after treatment (VAS scale 0-10)



# Other nervous problems

- **There were no significant differences at the four time points for those who had**
  - **Other nervous problems**
  - **Consulted a psychiatrist/psychologist**

# Evaluation



# Conclusion

- **The treatment program had a significant effect on the flight anxiety, with the same degree of improvement for technical and claustrophobic anxiety**
- **The number of flights increased significantly after treatment**
- **The use of alcohol and tranquilizers decreased after treatment**
- **The treatment effect was stable for men, but decreased somewhat for women**