

Flight Phobia among Norwegian Airline Passengers Impact of 9/11?

**O Ekeberg¹, B Fauske¹, E Linde¹,
R Hersoug², B Berg Hansen²**

Aims

- 1) The prevalence of flight anxiety among Norwegian airline passengers according to sociodemographic variables**
- 2) Whether passengers feel more afraid after the terror act of September 11, 2001**

Methods

- **A questionnaire completed during domestic flights in Norway in 2003**
- **484 responses (response rate 80%)**
- **48% women, mean age 42 years**
- **Flight phobia: Always very afraid during flights**

Degree of flight anxiety (%)

	Women (n=229)	Men (n=247)	Total (n=476)
Not afraid at all	37	64	51
Sometimes a little afraid	45	30	38
Always a little afraid	10	5	7
Sometimes very afraid	3	1	2
Always very afraid, do not cancel	3	0.0	2
Sometimes cancel flights	2	0.4	1

However

- **4.5% had cancelled flights during the last two years**

Number of years with flight anxiety

Reported by 17.4% of the sample

	Women (n=56)	Men (n=28)	Total (n=84)
< 1 year	4	14	7
1-2 years	5	7	6
3-5 years	7	11	8
6-9 years	10	4	8
≥ 10 years	73	64	70

More Flight Anxiety after 9/11 (%)

	Women (n=208)	Men (n=225)	Total (n=433)
Not at all	35	60	48
A little	43	33	38
Moderately	14	6	10
Quite much	6	1	3
Very much	3	0.4	2

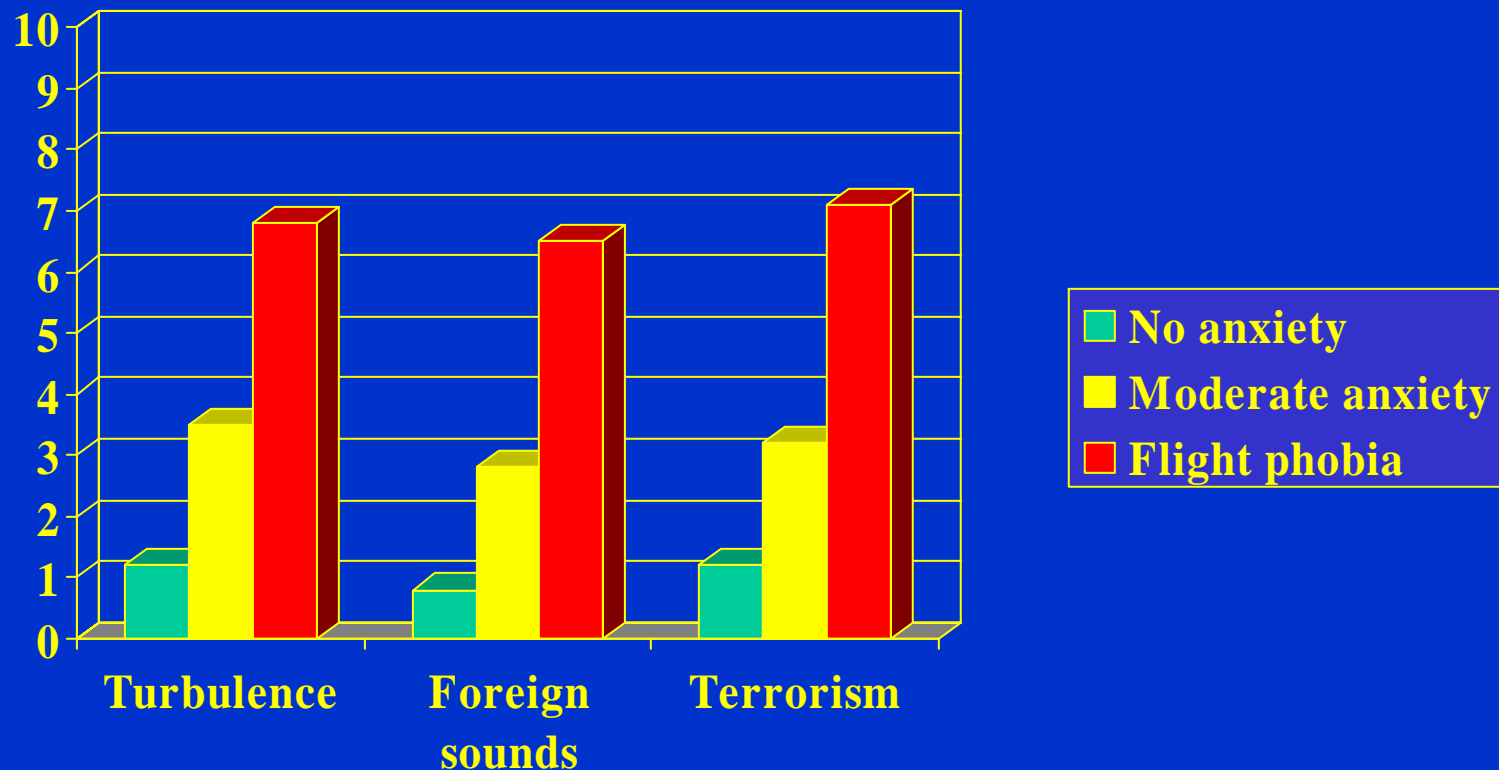
More Flight Anxiety after having children (%)

	Women (n=53)	Men (n=26)	Total (79)
Not at all	31	69	56
A little	29	22	25
Moderately	9	6	7
Quite much	12	3	7
Very much	10	0	5

More Flight Anxiety after frightening flight (%)

	Women (n=60)	Men (n=34)	Total (n=94)
Yes	35	38	37
No	65	62	63

Concerns according to degree of flight anxiety (VAS scale 0-10)



Confidence that airline companies and airports do enough to ensure safety (%)

	(n=421)
Not at all	6
A little	10
Moderately	25
Quite much	41
Very much	18

Opinion about frequency of flight accidents

(%)

	(n=450)
1 per 100	1
1 per 1 000	1
1 per 10 000	3
1 per 100 000	12
1 per 1 000 000	34
1 per 10 000 000	37
1 per 100 000 000	12

Degree of flight anxiety among Norwegian airline passengers in 1986 and 2003 (%)

	1986 (n=300)	2003 (n=476)
Not afraid at all	52	51
Sometimes a little afraid	36	38
Always a little afraid	8	7
Sometimes very afraid	2	2
Always very afraid, do not cancel	1	2
Sometimes cancel flights	1	1

Expected number of deaths in flight accidents (%)

	Women (n=207)	Men (n=239)
0	5	3
1-20	4	6
21-40	4	3
41-60	6	11
61-80	16	17
81-99	39	41
100	27	19

Conclusion

- **Women passengers are more afraid than men during flight**
- **The impact of September 11 is rather moderate, and not significantly different from having children**
- **The concern about terrorism is comparable to turbulence and foreign sounds**
- **The prevalence of flight anxiety among passengers is the same in 2003 and 1986**