

비행 공포증의 치료

Treatment of Fear of Flying

17 - 4 2

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Abstract

Fear of flying (FoF) is a new anxiety disorder gaining growing concerns in the modern society. FoF, which is a clinical manifestation of diverse anxiety disorders, can compromise occupational and social functioning of an individual. Many industrialized countries already have treatment programs for FoF. Multi - component cognitive - behavioral group treatment program is effective for FoF and is composed of education on flight and anxiety, cognitive reconstruction, relaxation technique, tape - recorded imaginary exposure, training in mock - up, exposure in a stationary aircraft, real flight, etc. The virtual reality exposure therapy (VRE) is also effective for FoF.

Keywords : Fear of flying;

Cognitive - behavioral therapy;

Virtual reality exposure therapy

: ; ; 가

(fear of flying)

가

. 1982

2,500

1/3

(1). 가

가 10 ~ 40%

(1 ~ 4).

(specific phobia situational type)

2.6% ,

, 가

(5). 20%

(6).

,

가

가 (7).

가 1975 가

, 2000

(8).

. Diagnostic and Statistical Manual of
Mental Disorders 4th edition(DSM - IV)

가
(situational specific
phobia) (9).
(acrophobia), (agora-
phobia), (claustrophobia),
(social phobia)

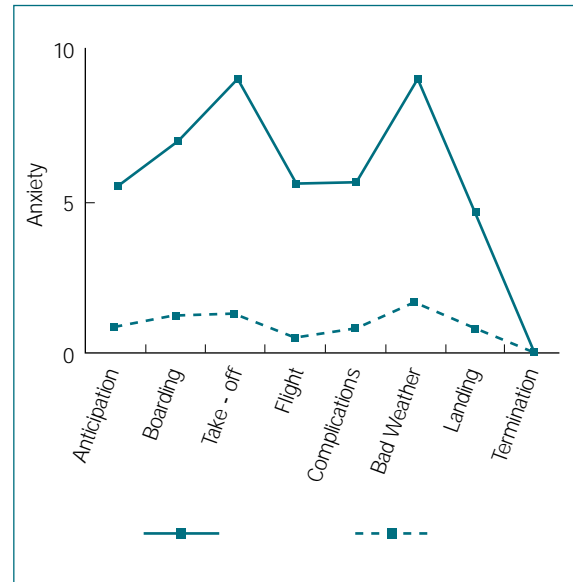
(panic disorder with
agoraphobia) (generalized anxiety dis-
order) (8).

1/3 ~ 3/4 가
(10, 11), 가
가

(post - traumatic stress disorder)

(12),

(13).



1.

(14).

10% ,

(15)

100

1

가

가

가

가

가

(multicomponent cognitive-behavioral group treatment)

(15).

(15, 17), 1996

(8), 2003

(14).

(16).

(8)

(15).

(systematic desensitization)

(15).

(graded exposure)



A)

C)

가

B)

D)

747 가

2.

가
가 .

voking cognition) 가 ,
.

, , .

가

(habituation)

가

가

(rational

.

self - analysis)

가

(18, 19).

(anxiety - pro- ,

(15). (24) 가 가
(2A), 가 . 가
747
(2B). .
, , . (2D).
(emotional processing theory)
330 747 (stimuli),
(2C). (response), 가 ,
가 (meaning) 가 (25,
, 가 가 26).
. 가 , ,
가 ,
, 가 가 . ,
(8). 가
70 ~ 98% (25). 가
(8). ,
가
(20 ~ 22), 가 (Standard expo-
sure therapy) 가
(23). (27) 가
(28).
가
(virtual reality exposure thera-
py)
(habituation) 가 가
. head - mounted display(HMD) . 1920
, HMD 가

(need for control)

70~98%

가

10

가

가

가

5

100%

가

가

10~40%

가

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