

# 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), (agoraphobia), (claustrophobia), (social phobia)

(panic disorder with agoraphobia) (generalized anxiety disorder) (8).

1/3~3/4 가 (10, 11), 가 가

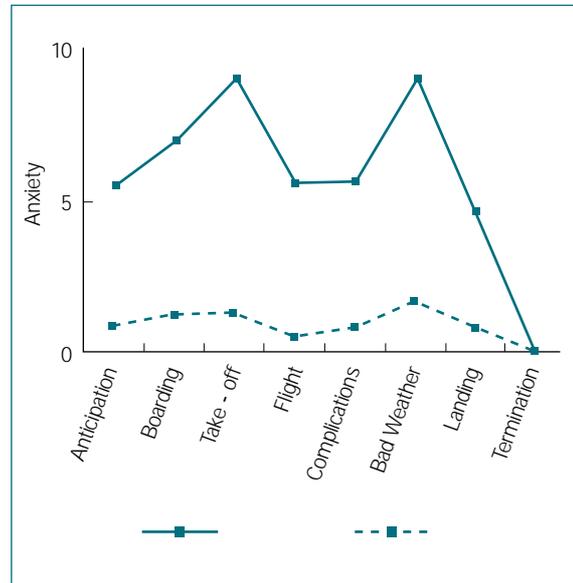
(post - traumatic stress disorder)

(12),

(13).

가

가



1.

(14).

10%

(15)

100

1

가

가

가

가 .

(multicomponent cognitive-behavioral group treatment)

(15). 가 (15, 17), 1996

가 (8), 2003

가 (14). (16).

(16). (8)

가 (15).

(systematic desensitization) 가

가 , 가 (15).

1

가 ,

가 가 가

가 가 (graded exposure)

가 가 , 가 ,

가 ,



A)  
C) 가

B) 747  
D) 가

2.

가  
가 .  
 ,  
 ,  
 가  
 , (habituation) 가  
가  
 (rational  
self - analysis)  
(18, 19). (anxiety - pro- , 가

(15). (24) 가 가  
 ( 2A), 가 . 가  
 747

( 2B). .

( 2D).  
 (emotional processing theory)  
 (stimuli),  
 330 747  
 ( 2C). (response), 가  
 가 (meaning) 가 (25,  
 , 가 가 26).  
 가 . ,  
 가 ,  
 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)

가  
 가  
 가  
 100%  
 가  
 가

10

5

10~40%

70~98%

가  
가

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