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Poster Presentation Research

# The Efficacy of Cognitive-Behavioral Therapy on Reducing Driving Phobia and Driving Cognitions in Women of Shiraz City

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***Abstract***

The fear of driving can be severe enough to be considered a phobia. It is often great enough that people will avoid driving at all costs and instead find someone to drive them or use public transportation, regardless of how inconvenient or expensive. This fear will cause many to avoid driving, create excuses to not drive, or even refuse to get a driver's license for years. The aim of this study was to determine the efficacy of cognitive-behavioral therapy on reducing driving phobia and driving cognitions among women of Shiraz city. The design of this study is an experimental pre-test post-test with control group. At first, 40 subjects were chosen and then driving cognition questionnaire and driving situation questionnaire were completed. In the second stage 30 subjects who have more score in both of tests selected after interview and divided to 2 groups, experimental and control. Experimental group participated in 12 sessions of therapy. In this research, the main idea of the driving fear program which is related to Rich Presta has been used. 7 sessions were related to method of cognitive therapy for specific phobia and 5 sessions included behavioral practice with car by helping a driving instructor. Data analyzed by SPSS 16. The results showed that this treatment significantly had reducing effects on driving phobia and driving cognitions ($P$<0.001). This finding showed that cognitive-behavioral therapy can be useful for women who suffer from driving phobia.

***Keywords:*** Driving Phobia, Driving Cognitions, Cognitive-Behavioral Therapy.

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