Aggressive Driving Study and Intervention

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- Approximately 56% of deadly vehicle crashes involve one or more unsafe driving behaviors associated with aggressive driving.

- Speeding contributes for approximately “30% of deadly crashes”.

- 80% of people polled believe aggressive driving is a serious problem.
  
  Source: PROFESSIONAL SAFETY (June 2009)
Aggressive Driving Statistics
Study

- Participants—702 College students
- 65% female, 35% male
- About 50% drive during the rush hours
Have you been a target?

Tailgating | Acceleration | Sudden braking | Cut off | Horn Use | Flashing Lights | Rude gestures | Percent

[Graph showing percentages for different types of aggressive driving behaviors]
Have you been a target?

- Tailgated
- Sudden acceleration
- Sudden braking
- Cut off
- Horn use
- Flashing lights
- Prevented another from a merge

Percent
Fantasized About?

- Physical violence
- Verbal insults
- Mentally condemned
- Veer off road
- Pulled over
- Crash
- Tailgate

0% 20% 40% 60% 80%
Intervention

- Based upon Albany Model
- 5 two hour sessions over 5 weeks
- More integrated stress management techniques and practice
- Groups of 10
• The way two drivers think about and interpret an event can be very different.

• Rethink.