Description of Data

The purpose of this study was to learn how and what management strategies individuals utilize to combat anxiety triggers while driving. Semi-structured interviews were conducted with individuals from Jan-March 2024. Participants had to be ≥18 years of age at time of study, reside in the United States, and experienced or were concerned about their driving anxiety. Participants were recruited through email and advertisements using non-probability sampling techniques. The interviews (n=10) were conducted using a standardized, pilot tested script and were audio recorded and transcribed. A thematic analysis with inductive coding was performed to determine themes.

Herein are the cleaned transcripts. These transcripts have had identifiable information redacted/deleted. You will see X's over individual words or phrases or large swaths of text removed/deleted to protect participant confidentiality--especially if participants were telling very specific events or stories.

There is also an excel spreadsheet which contains basic demographic data from participants along with a data dictionary that explains what the variables and attributes mean.

Transcript 1

Speaker 1 (00:04):

Just to get this conversation started, could you tell me a little bit about yourself?

Speaker 2 (00:10):

Speaker 1 (00:31):

Okay. And in a typical week, where and how much do you normally drive?

Speaker 2 (00:37):

Most of my driving is generally local. A lot of times I'm just doing normal errands, going to work, et cetera. I [redacted] o those are usually the places where I drive. Sometimes it might be local like X or places to go outside or things like that. But I'd say I definitely drive probably less than a hundred miles a week.

Speaker 1 (01:12):

Okay, thank you. And then we are curious to learn about how your driving anxiety began. When did you first notice that you were becoming anxious while driving?

Speaker 2 (01:24):

It wasn't a problem I had until I was, I

(01:34):

Kind of more closer to my thirties. I had a nervous breakdown and after that I was never really the same. And I noticed then that I started getting panic attacks really bad and they would come out in certain situations, driving being one of them. That's not the only one, but I just got weird. And the driving was probably the one that came out the most. But then I also started getting other weird phobias that I never had [redacted] I mean things that I never had a problem with before. So that's sort of what's bond all of this. And like I said, so now that I'm in my mid forties, this has been going on for a couple years now.

Speaker 1 (02:34):

Okay. Well thank you for that. Could you also describe the most recent time when you became anxious while driving?

Speaker 2 (02:43):

Well, it's kind of funny that, so actually I had, last night I was driving home from X. It was late at night. My husband and I ran a quick trip out there to see X. And I was driving and I was on the highway, which I'm sure we'll talk about this, but sometimes my panic attacks come out on highways. And we were coming down closer to get off at the X exit where we live. And my husband and he was kind of agitated and agitated and complaining about work and going on and on. And I'm a very sensitive person. I have a tendency to pick up other people's emotions, and in my mind, anxiety and agitation are two things that get crossed. So a lot of times if I feel agitation, it makes me anxious. So really, I was kind

of picking up on his energy and I started to get nervous and we've been married for 20 years, so he kind of knows me and he's like, he's like, am I making you anxious? And I'm like, yeah, you kind of are. And so he laughed and he switched the topic and then he was trying to make me laugh and then that was enough to distract me and then I was fine.

Speaker 1 (04:01):

Well, thank you. You did kind of lead into my next question. Are there any situations or circumstances that make your driving anxiety worse? If so, could you tell me about them? This could be personal factors such as other life stressors or even environmental factors such as heavy traffic, bad weather crossing bridges or anything similar.

Speaker 2 (04:24):

Yeah, so it's kind of both those things that you mentioned. So my driving anxiety will come out if I'm anxious about something in my life or if I'm upset or agitated about something. Sometimes I'll just, my panic attacks will be worse and then they happen to come out when I'm driving. So it's that. And I've also noticed for me, when I'm coming home from work, that transition between work and then coming home, especially because there's a lot of traffic on the road, it's typically maybe around six o'clock at night, that can sometimes make me get a little anxious. There's also driving conditions. I've noticed the older I've gotten, my eyesight's gotten worse at night, so I have a tendency to, like, driving at night or really bad weather, I hate tunnels. I don't like going through those, Highways for some reason. I think it's just because my mind is, my mind can think. There's not a lot going on that sometimes highways are another one for me, or if there's no place to pull over, sometimes just having that security blanket of knowing that if I have a problem, I can pull over. Not having that sometimes makes me anxious. So if I'm going through Jersey barriers or things like that can sometimes make me, that can upset me because it's like, well, I've got nowhere I can pull over it if I have a panic attack.

Speaker 1 (06:02):

Okay. And then are there any situations or conditions that you avoid to decrease your anxiety while driving? Some examples would be taking different routes, travel at different times of day, et cetera.

Speaker 2 (06:16):

I do all those. So if I'm having a really anxious day, I try to take routes to wherever I need to go. I have a tendency to take backways, back roads and things like that where there's less people where if I have to pull over, there's no, it's not going to really impact anybody or things like that. So I'll do those kind of things. And if I'm really anxious, if I'm having a bad anxiety day, my triggers like we've talked about, I'll have a tendency to avoid them. So heavy traffic, things like that, I will go different ways and sometimes I will go very long ways to avoid those kinds of things. If I have to go 25 miles out of my way to avoid something, I will. It's that bad.

Speaker 1 (07:05):

Well, thank you for that one. Are there any protective or safety measures that you take before you drive? And if so, could you please describe them?

Speaker 2 (07:22):

I'm a safe driver generally, so I will obviously engage in the normal stuff like wearing my seatbelt. I don't use my phone and drive. A lot of times I'll either turn my phone, mute it, turn it down, or I'll turn it off. And I don't usually have it anywhere near me. I don't play with the phone either. So those are two of my big things that from a safety perspective that I do.

Speaker 1 (07:54):

Okay. And then what are your biggest fears or concerns while driving?

Speaker 2 (08:02):

Okay. I consider one rational and one irrational, and I'll explain what I mean by that. So my irrational fear is that for some reason I'm not going to be able to get home, which even on some of the days where I've had panic attacks numerous times, trying to get from point A to point B, I've always managed to get home, but it's that fear of not being able to get to my safe place that I know it doesn't make sense, but anxiety doesn't have to. So that's my big one. And then my main one that is rational is that I don't want to do anything if I would act erratic or freak out or do anything stupid that I would hurt somebody that was in the car with me or somebody else around me. Once again, I mean it's more realistic, but I know it's still a little irrational, but it's like that bothers me.

Speaker 1 (09:05):

I appreciate your perspective for that. How do you typically manage or cope with your anxiety while you're driving?

Speaker 2 (09:14):

So I've gotten kind of good at this over the years. So as humans, I don't think we're really good at doing two things at one time. And so when I'm anxious or worked up, I have to kind of distract myself mentally. So I'll try to focus on the radio and singing or something to that effect, or I'll try to, if I have a passenger, which I always prefer to have one because I feel safer with somebody with me, if I have an issue, I can be like, okay, I can pull over and that person can take over.

(09:56):

So I'll try to engage in conversation. Sometimes I'll change my focus if I'm really uptight, I'll just tell myself, breathe, look at the five feet in front of the car and just kind of focus, literally stare at the five feet in front of the car. And I've done that, but I've tried other things in the past other than general breathing, just breathe, calm down, just it's fine, you're fine. Kind of telling myself that mentally I used to, because I don't want to play with my phone because that's bad, but I used to, because sometimes I get anxious at stoplights or basically heavy intersections where there's a lot of traffic and a lot going on. I used to actually have flip cards in the car. I very rarely ever use them, but I had that there where I could flip through pictures or it would ask weird questions or just something to distract me because I didn't want to hold my phone and because that's illegal. So I didn't want to do that, but I didn't use them that much. And I do stress balls in my car and my husband's truck where if I need to focus my attention, I'll focus on, okay, squeeze the ball for five seconds, breathe and then do it again. So I also do use a stress ball if I'm really worked up about something.

Speaker 1 (11:24):

Well, thank you for that one. How has your driving anxiety impacted your life, if at all? Some examples, personal relationships, personal freedom, et cetera.

Speaker 2 (11:37):

It's actually greatly impacted my life in a lot of different ways. So before all this started, I drive everywhere. I mean, I'd be driving the beltway around DC with nothing. So because I'm like this now and I haven't managed to get back to, I mean, I don't think there is a normal anymore for me. This is normal for me at this point. It has impacted my personal freedoms. If there's some places that I'm like, yeah, I don't want to go there by myself, I won't go. Whereas before I used to. So that's a problem sometimes visiting friends or family, whereas before I used to just hop in the car and go, I don't anymore. Sometimes I'll have people come visit us or come visit me so that I don't have to drive there. Even just pleasure things. If I'm really having a bad day and my husband and I want to go do something where we might need two cars, like a through hike or if we kayak where we have to bring both cars to put at the start and the end, sometimes I'll be like, Hey, I'm having a bad day, I can't.

(12:52):

And so we miss out on those opportunities. From a professional standpoint too, it has been a problem because when I go to conferences and things like that, I don't drive. So a lot of times I will look for alternative transportation like flying or a bus or train or things like that, or going with somebody else because I don't feel comfortable in a city or something that I don't know, I won't drive. Or even if it's something that's close by, relatively speaking regionally, more than likely I won't drive there or it takes me a long time to get there because I'll take back roads if it is something that I do want to go to. So yeah, it's been a huge problem for me and it's been an adjustment for me and people that I live with my husband because I am a little codependent at this point.

Speaker 1 (14:03):

Well, that's definitely understandable and I appreciate your perspective on that. What motivates you to continue to drive even though you get anxious?

Speaker 2 (14:16):

It's kind of a few things. So number one, I get mad at myself because I used to never have issues like this. And so a lot of it is I know I'll make myself, because that's the thing with anxiety, the more you let yourself be isolated, the more isolated you'll be. And so sometimes I'll be like, no, I'm not going to miss out on this. I'm not going to miss out on that. Or No, I'm going to drive to this wilderness area and hike and I'll make myself go. If it takes me three times as long as it normally would, will make myself get in that car and go. So that's one thing. And then also when you live in a rural area like X we're not like DC where you can hop on a train or you can hop on something and get across town or get here or there, we don't have that. You need a car in these kind of places. And so I just know that it's something I can't just stop doing. So I just make myself do it because otherwise I'd almost be like a prisoner to myself. As weird as that sounds.

Speaker 1 (15:30):

That's definitely understandable, and I thank you for that. What measures, if any, have you taken to decrease your anxiety while driving? This could be therapy, medication, supplements, or even behavioral changes such as drinking less caffeine, et cetera.

Speaker 2 (15:50):

So I've done a few things over the years because I've been dealing with this for a while now, almost 15 years. So when this first started and it started getting really bad, I couldn't, to give you a perspective of

how bad it was at that time, I couldn't drive down a neighborhood road, because I'd have have panic attacks left and right I mean, which was completely crazy. And I got to this point where I looked at my husband and I'm like, I can't even get down the road. And he's like, you need help. You need to go to therapy. And so initially I did cognitive behavior therapy and I think it helped me think about what I was doing, why I was doing it and trying to, one thing the therapist really got on me about was to, I can't be a prisoner to myself. I got to make myself do this because the more that I cut back, the worse it's going to get. Whereas it's like exposure therapy, the more you do it, the easier it becomes. So that sort of helped shift my mindset a little bit. So I did that. I also, I do take anxiety medication every day. I got to the point it had nothing to do with, not really with this, I was just having a lot going on in my life and things like that. And I was having panic attacks all the time and I ended up going on medication and that really helped.

(17:35):

That just helped my general anxiety really a ton to the point where, I mean, that really made a difference. It doesn't take away my panic attacks, but I don't have 'em like I used to. And then the other thing I do is if I know I'm going to be going somewhere, let's say I got a meeting in Xthat I got to be to in person, just as an example. So if I know I'm going to do that, I'll drive there. I take back roads there, but I'll lay off the caffeine. I might just have as opposed to a lot, I'll have a little, because that does make a difference. So I also really try to regulate my health and my health behaviors. So if I get a normal amount of sleep, which for me is six, six and a half hours for me, I found this out, especially from going to therapy, that you have to be very regimented in your, because you being off your schedule sometimes can actually increase anxiety, just general anxiety for people like me.

(18:51):

So I try to go to bed within the same timeframe every night. I try to get the same amount of sleep every night. I try to eat the same times every day. So there's strategies that I have that have definitely made a difference where it's like if I'm really tired, if I get, we'll say four hours sleep, I'm going to be anxious as hell and I'm going to have a migraine. So it's just like I know me at this point in my life. So if I can kind of stay on a rough schedule, I mean, it's not to the minute it is not that regimented, but if it's like, okay, I'm generally going to bed around 11, 11:30, 12 within that timeframe, that's fine. And so I kind of did a combination of all those three to be able to still live my life and function and get around.

Speaker 1 (19:45):

Okay. And is there anything that you think could improve your anxiety while driving?

Speaker 2 (19:55):

I mean, I'm always trying to figure out if there's anything else I could be doing to make it easier, but I think at this point I've kind of realized that it's more or less exposure therapy and I just have to keep doing it. That's one of the reasons why last night I was tired. It was late, but I still drove the 40 miles home and I, 10 miles without being on highway at least because actually, yeah, probably more than that. But because I know I can't stop because if I do, it gets worse.

Speaker 1 (20:33):

All right. Well those were all the questions that I had for you at this time. Is there anything else that you think we should know or anything that you would like to share about your driving anxiety?

Speaker 2 (20:46):

No, I think that pretty much covers it.

Speaker 1 (20:49):
Well, thank you so much for your time. Your insights have been incredibly valuable to our project.

Transcript 2

Speaker 1: Just to get this conversation started, could you tell me a little bit about yourself?

Speaker 2:

Speaker 1: Could you tell me what you do for a living, where you're from, any hobbies you enjoy, et cetera?

Speaker 2:

Speaker 1: And then in a typical week, where and how much do you normally drive?

Speaker 2: It's considerably less. I used to drive to work five days a week and I no longer do that, but I drive to the store to pick up groceries. I don't shop. I pick them up. This weekend I had a girlfriend date, so I drove to that. If I have a nail appointment, I drive to that. So it's very limited and I would say 10 hours a week.

Speaker 1: Okay. We are curious to learn about how your driving anxiety began. When did you first notice that you were becoming anxious while driving?

Speaker 2: At its worst, it was about five years ago. My parents were sick and it was prior to Covid, so it's probably six or seven years ago. My parents live in X. I still have one parent in X and I literally had to drive back and forth three, four times a week. And the interstate driving is the worst and I cannot stand the trucks and I just feel like everybody's out to get me.

Speaker 1: That's completely understandable. Could you describe the most recent time when you became anxious while driving?

Speaker 2: Oh, it was Saturday and I know where I was. I was up at Xand it's a four way stop, but three, one direction. There's three ways to go. You can turn, I forgot my rings today. You can turn left and right or you can go straight and they're turning. And I just was, and I got beeped at because I didn't go at the right time.

Speaker 1: Okay. Well, is there any situations or circumstances that make your driving anxiety worse? If so, could you tell me about them? This could be personal factors such as other life stressors or even environmental factors such as heavy traffic, bad weather or crossing bridges, et cetera.

Speaker 2: Traffic. So I lived in X since I was 10 and X was a different place. And the infrastructure that we have now is what we had then take for instance, none of that was there. None of the little housing developments were on X Road. There was nothing across X. So all of this and so much like the X and those things, there was nothing. It was fields and so it's crazy, but X has built up so much. The fact that I live five miles, I don't even live five miles, I live four miles from here. It takes me 25 minutes to get to work. So I feel like that's my thing and I have no patience and it gets really bad with the traffic.

Speaker 1: Alright. And then are there any situations or conditions that you avoid to decrease your anxiety while driving? For example, do you take different routes, travel different times of the day, et cetera?

Speaker 2: Normally now I will pull up an app and look at the best way to take before I go anywhere, especially in X.

Speaker 1: And then are there any protective or safety measures that you take before you drive? If so, could you please describe them?

Speaker 2: Nothing specific. No, I mean, but I do do the app. Oh yeah? Yeah.

Speaker 1: And then what are your biggest fears or concerns while driving?

Speaker 2: That I'm going to wreck.

Speaker 1: Alrighty. And then how do you typically manage or cope with your anxiety while you are driving?

Speaker 2: I listen to books. I can no longer listen to music, I listen to books or a podcast.

Speaker 1: Okay. And then are there any actions, you kind of answered this, but I'll just go into a little more. Are there any actions that you take or things that you do or even don't do when you become anxious while driving? You said the audio books, but

Speaker 2: That's probably it. And I turn it on when I'm leaving and that's mostly so if I get stopped somewhere, I am already invested in that and I feel very comfortable listening to that. But the music, I used to love to listen to music and I can't anymore. That makes me anxious. I don't know why other people would probably say, oh my God.

Speaker 1: And then how has your driving anxiety impacted your life, if at all? For example, personal relationships, personal freedom, et cetera?

Speaker 2: I don't think it really has because the parental thing went on for at least five years and we still go up there. But now my husband is retired from his other job, but he's substitute teaching in X, so he still does the bulk of the driving. But the other day he said, do you want me to take you on Saturday? And I was like, no, I can do it. And I was fine, but I have no intention of stopping him from driving me to work.

Speaker 1: And then what motivates you to continue to drive even though you get anxious?

Speaker 2: I want to be self-sufficient and I don't want it to depend on anyone.

Speaker 1: Oh yeah, that's definitely understandable.

Speaker 2: And then I don't want to wait for him to pick me up because I have no patience.

Speaker 1: And then what measures, if any, have you taken to decrease your anxiety while driving? This could be therapy, medication, supplements, or even behavioral changes such as drinking, less caffeine, et cetera.

Speaker 2: Well, I only drink when I drive. I'm kidding.

Speaker 1: It didn't hit me for a second.

Speaker 2: I'm really good at it. When my parents got sick, I had anxiety issues before that weren't necessarily connected to the driving. And when my parents got sick, I went back on medicine and everything got better. So I don't feel as anxious, but it's still an issue.

Speaker 1: And then you kind of got this one already, but how effective do you feel that these measures were?

Speaker 2: I feel good. If I felt too anxious to drive, I wouldn't drive. So it allows me to still be self-sufficient and get where I want to go and do girl lunches and that kind of stuff.

Speaker 1: Alrighty. And then are there any measures that you would like to try to decrease your anxiety while driving? If so, what would they be?

Speaker 2: I don't know.

Speaker 1: Okay, that's completely fine. No worries. And then is there anything that you think could improve your anxiety while driving?

Speaker 2: My personal idea is we have one highway system for trucks. No, because it's always going to be there. I feel like I have to be prepared to drive on the roads.

Speaker 1: Alrighty. And then those were all the questions that I had for you at this time. Is there anything else that you think we should know or anything that you would like to share about your driving anxiety?

Speaker 2: Nothing specific. I think I've shared everything, but I would be super interested in the results of this.

Speaker 1: We can definitely pull that off. Thank you so much for your time. Your insights have been incredibly valuable to our project.

Transcript 3

Speaker 1: Just to get this conversation started, could you tell me a little bit about yourself?

Speaker 2:

Speaker 1: Alrighty. And then could you just tell me where you're from and any hobbies that you enjoy, et cetera?

Speaker 2:

Speaker 2:

Speaker 1: Alright. Well in a typical week where and how much do you normally drive?

Speaker 2: I don't drive too much in a typical week, I drive to and from work, to and from the grocery store, pretty much that's it. And then sometimes to other social engagements and things like that. My home is approximately like a five minute drive from my office, so then my commute is relatively short. This is different. I used to have a commute that was much longer, more like 20 to 30 minutes. So it's kind of nice to be closer sometimes in a week. I'm not sure if this is an upcoming question, but I do, my family is in X and in X, and so probably now that we've had our son, it's less but maybe once every other month. I do make a drive about four and a half hours to X and about eight hours to X to visit family.

Speaker 1: Okay. So just the next thing I have, we are curious to learn about how your driving anxiety began. When did you first notice that you were becoming anxious while driving?

Speaker 2: I think everything that I felt surrounding anxiety is more situational. So I would say that it kind of began in the first times when I was a brand new driver and I would get lost going somewhere. I've started to notice that if I'm going somewhere that I specifically have never been before or don't know where it is, I do typically feel a little bit more anxious in those situations. But it's pretty, I wouldn't say in my day-to-day driving that I feel a level of anxiety, especially things I do often. Sometimes on the trips I do get a little bit anxious, just especially because sometimes we've made those trips in bad weather. So I would say anytime there is bad weather, I just get nervous. Being from X, I'm used to a lot of snow, but not snow on these roads it's a different story. So sometimes with bad weather that can increase the anxiety as well.

Speaker 1: Alrighty, well thank you for that. Could you describe the most recent time when you became anxious while driving?

Speaker 2: That's a good question. I'm trying to think of the last real time. It wasn't super recently. I haven't been anywhere very new recently, probably it was like when we were going to have my son and I was at the point where we were trying to learn where the hospital was. I can remember feeling a little anxiety even though we had done a trial run of how to get to the hospital and where to go. I remember the day of being incredibly anxious

that we were going to get lost somehow going to the hospital. So I would say that was in September.

Speaker 1: Alrighty. Well, thank you. Are there any situations or circumstances that make your driving anxiety worse? If so, could you tell me about them? This could be personal factors such as other life stressors or even environmental factors such as heavy traffic, bad weather, crossing, bridges, et cetera.

Speaker 2: I would say heavy traffic and bad weather of the two that you listed are definitely true. And then I kind of said of if I know I'm going somewhere that I have not been before and there's a question, especially if there's a question about where am I going to park, I don't know exactly what I'm looking for, so I'm not sure where I turn in those kinds of cases.

Speaker 1: Alrighty. Well that's definitely understandable. Are there any situations or conditions that you avoid to decrease your anxiety while driving? Some examples include take different routes, travel different times of the day, et cetera,

Speaker 2: To be in our post covid world. To be honest, if there's bad weather, for example, I just won't drive. So part of that it feels like a safety thing, but part of it is also because I know I'll be white knuckling. Even just my short commute to work kind of freaks me out in the snow. So I would say that that is something where I will just specifically just not travel. Also, my husband will drive a lot, so if I'm feeling like, yeah, I don't really want to, then he will be the one that does it. So sometimes if it's snowy and I can't be on Zoom, he'll actually drive me to work.

Speaker 1: Alrighty. We kind of led into this next one, but are there any protective or safety measures that you take before you drive? If so, could you please describe them?

Speaker 2: I mean, I always wear a seatbelt. That's just always number one. I know some people will kind of fly by the seat of their pants, but I don't, I always wear it not just because it's the law, but because I'll be freaked out potentially. If I don't do it, then something happens I would say. Or if I'm feeling incredibly something's maybe not safe.

Speaker 1: You froze up there for a second. Will you just tell me the last little bit? It wasn't very long, so it might've been my internet, but you seem good now.

Speaker 2: My husband will drive me in those cases. And then I think another thing that I do is I make sure as it's gotten colder and the windows freeze up, I just make sure that I have defrosted windows and things before I take off, that kind of thing.

Speaker 1: Alrighty, thank you for that one. And I'm sorry about my technical issues. If anything else happens, I'll figure something out.

Speaker 2: Yeah just let me know. I'm sorry.

Speaker 1: No you're fine. How do you typically manage or cope with your anxiety while you are driving?

Speaker 2: Probably the biggest thing is I just kind of have some positive self-talk going on. You are okay, you've been driving for over 10 years now you know what you're doing. Other things that I might do is if I was listening to something on the radio, whether that was a podcast or music, I might turn it off if I'm feeling more that way. Sometimes it feels like a distraction, so I might turn that off or positive talk I think are the two things.

Speaker 1: Alrighty. Well, how has your driving anxiety impacted your life, if at all? For example, personal relationships, personal freedom, et cetera.

Speaker 2: I don't really know that it has. I think the level that I feel it must be pretty mild compared to what some other people face because I don't really, I don't know. I find another way to do something if I'm feeling too anxious and I don't really feel a lot of weird feelings about having to do that. So I would say overall I don't feel like it's really impacted my life too much.

Speaker 1: Okay. Well what motivates you to continue to drive even though you get anxious?

Speaker 2: Got to go, got to do it. I got to go to work and it has to happen. I have to go visit my family. That's a must. These things, I just know that it's kind of like the carrot at the end for a bunny, right? It's an idea of there's something good on the other side of this and there's an obligation on the other side of this and I have to do it, I can't not do it.

Speaker 1: Oh yeah.

Speaker 2: Yeah. So I think, I don't know if that's kind of answers the motivation question.

Speaker 1: Yep, you're good. Thank you. And then what measures, if any, have you taken to decrease your anxiety while driving? This could be therapy, medication or even behavioral changes such as drinking, less caffeine, et cetera.

Speaker 2: Honestly, so I see I have the questions pulled up and I see that you have an if yes and no, that thing. So I would say I don't really do anything specific about the driving. I have been in therapy before for unrelated things to the driving and that never came up honestly. I just think because it doesn't impact my life in a huge way. Kind of back to that other question is like, yeah, I feel it. Yeah, it's there, but it's something that I'm, that's not debilitating to me. So it's not something that I've ever felt rose to the occasion of needing extra support.

Speaker 1: Okay. Well, are there any measures that you would like to try to decrease your anxiety while driving? And if so, what would they be?

Speaker 2: That's a good question. I'm not sure of exactly what, I mean, I would be willing to try something in those moments that's different than just talking to myself, but I don't have anything specific in mind.

Speaker 1: And then similarly, is there anything that you think could improve your anxiety while driving?

Speaker 2: I don't know. That's a good question because reading it too and I'm thinking I really don't know. I think some of what I feel is kind of a natural thing of being worried about those conditions, especially bad weather and things like that. Probably just more practice on these roads in the bad weather to be honest, would probably be helpful. But I can't really think of anything really specific.

Speaker 1: Yeah, these roads, I definitely understand that one. Those were all the questions that I have for you at this time. Is there anything else that you think we should know or anything that you would like to share about your driving anxiety?

Speaker 2: I don't think so. I think you basically, you've asked it from many directions, so I think you've gotten a good sense of where I am at.

Speaker 1: Well, thank you so much for your time. Your insights have been incredibly valuable to our project.

Transcript 4

Speaker 1: Just to get this conversation started, could you tell me a little bit about yourself?

Speaker 2:

Speaker 1: Okay. And then could you just tell me where you're from and any hobbies that you enjoy?

Speaker 2:

Speaker 1: Alright. Well, in a typical week where and how much do you normally drive?

Speaker 2: So I really just drive to and from work and I'm only driving to and from work about three times a week. I use the X anywhere from one to four times a week. On the weekends I drive to and from church and on Wednesday nights I drive to and from church and then I'll do occasional driving for social outings. But for the most part that's the typical week.

Speaker 1: Alright, well we are curious to learn about how your driving anxiety began. When did you first notice that you were becoming anxious while driving?

Speaker 2: It started right when I initiated driving, so as early as when I was in driving school when I was 15. And I've learned to cope with it better across the years, but that's when it started.

Speaker 1: Well, thank you for that. Could you describe the most recent time when you became anxious while driving?

Speaker 2: Yeah, so I'm learning the curves of roads in X and how crazy they are. I feel like my anxiety has increased with driving, moving here just because it's a lot different from the type of driving I was using in the X area. The most recent experience I had, I should also say that now I have to drive five hours to go home. And so the most recent experience I had was when I was driving home after winter break, sorry, like driving to X and the rain was just really bad and it was cold, so it was icy and so I was more nervous because of the traction on the roads. And then I, I'm really scared of bridges and highways that look like bridges from far away. You can tell it's a huge bridge. So there are several of those on my route to get home. And so I always get a lot more anxious when I'm going over bridge overpasses anywhere where it says a sign that says “bridge will ice before road’ or something. Those make me nervous. And then so even if the weather isn't bad, those things scare me.

Speaker 2: And then in my typical daily driving, it's that I'm more anxious about other people affecting my drive than myself. But also the roads are set up differently here with rules and stuff. So in X I'm used to doing a X left to turn left, whereas here it's a lot of waiting for the green left sign or allowing to go during a blinking light. And so also feeling like I don't have a full understanding of the rules of the road in X has made me more anxious during the day.

Speaker 1: Excuse me. We kind of led into this one, but are there any situations or circumstances that make your driving anxiety worse? If so, could you tell me about them? This could be personal factors such as other life stressors or even environmental factors such as heavy traffic, bad weather, crossing bridges, et cetera.

Speaker 2: Yeah, so definitely bad weather as far as regular roads, I'm also getting used to driving on one way, not one-way roads but where there's no median. So one car's going this way and the other car's going that way. So driving at night on those types of roads make me more anxious. And then I already said the bridges, bumper to bumper traffic doesn't really scare me. Now when I'm driving and there's an accident that makes you have to slow down really quickly, I immediately turn on my hazards and I get scared of someone who's going to run into me in the back. I think that's because I had someone actually do that to me.

Speaker 2: I didn't put it on your questionnaire because it wasn't a major accident, but it was a fender bender that really scared me from someone coming up from behind. And then I get really nervous for downtown city driving. So if there's a place that I want to go downtown and I don't know where to park or there's not a parking lot for that location, I will avoid social, social things that are downtown any type of downtown. So downtown here in town, downtown X, downtown X, if I don't know where to park, I get super anxious about finding a safe place to park. I can't just nonchalantly say I'm going to park at a parking booth or I'm going to park on the side of the road, it's the weekend. If there's not a legitimate place for me to park, I will avoid doing those things. So for example, there was this cool coffee shop that someone invited me to here when I first moved here and it was the wharf I think where you had to park on the side of the road. There wasn't any parking. And I ended up leaving because I got too anxious and I couldn't find a spot. And I'm also not familiar with the area, so I just left. Now even Toledo where I lived there for 15 years, I lived 10 minutes from downtown. I would only go downtown if my roommate drove me or somebody picked me up and took me there because the anxiousness I had when trying to find a parking spot is what scared me the most. And so I would just avoid it at all costs.

Speaker 1: Well that's definitely understandable. Are there any situations or conditions that you avoid to decrease your anxiety while driving some examples, take different routes, travel different times of the day, et cetera?

Speaker 2: Yeah, so for the downtown stuff, I will try to find a ride instead of driving down there by myself. And thankfully I'm friends with a lot of X who are understanding and so I am completely open with them and share that. It's because I have anxiety while driving downtown or to places that I'm unfamiliar with. Another way I cope is just avoidance. I just don't go or I just avoid going. What was the question again?

Speaker 1: Are there any situations or conditions that you avoid to decrease your anxiety while driving? And then some examples were take different routes, travel different times of the day, et cetera.

Speaker 2: Also, I check the weather a ton before I go home to X because I will change my plans so that I don't have to drive in the rain or the snow or I'll avoid going if the weather is bad. So I'll avoid that. Also, it's way more expensive to take the turnpike home. It's like 40 bucks, but I will drive that because it's more familiar and it has less turns on it and I'm more comfortable driving on highway like that than back roads or roads that only have one lane.

Speaker 1: Well, are there any protective or safety measures that you take before you drive? If so, could you please describe them? We kind of led into this, but

Speaker 2: Yeah, so planning my route, not just using a GPS in the moment, but looking at it before, if I go to a restaurant I'm not familiar with, I either ask the friend who invited me if there's parking lot or I'll look on Google Maps and actually zoom in and see if there's parking. I think we covered the rest of it.

Speaker 1: And then what are your biggest fears or concerns while driving?

Speaker 2: I just get scared that I'm going to get hurt, that I'm going to crash my car, that I'm not going to know what to do. Once I do, I mean I know what to do, but I just have that feeling. Or when I go over bridges, I immediately think I'm going to fall off the side of the bridge. Do you know the X Bridge?

Speaker 1: Where's it at?

Speaker 2: So the X Bridge is the bridge that is X miles and takes you from the X.

Speaker 1: Okay. No, I thought maybe there's one in X, close to X. It's like that that I've been over and I think it's about the same.

Speaker 2: So it's a X mile bridge and it sways based on, it's a cable swing bridge or I don't know the true definition of it, but my grandparents lived in X when I was a kid. And so I feel like my experience of being terrified on that bridge is what made me scared of future bridges when I drove, even to this day, if I take the X Bridge, I'll pull over and have my sister drive us over the bridge because I'm too scared to do it myself. Now in that case it's like once in a blue moon, so I can do that. But when it's just regular bridges, when on my typical route to get home to X, I have to do them. I can't just avoid it. So I will notice myself sweating, gripping the wheel really tight. I'll turn off the music so that I'm only concentrating on the road and I'm constantly looking at my rear view mirrors. And also once I get in a lane, I try to stay in that lane. I don't change lanes unless I absolutely have to.

Speaker 1: Well, we kind of led into this next one again. I'm sorry. How do you typically manage or cope with your anxiety while you are driving?

Speaker 2: Yeah, so yeah, I think I touch on all of that. I also take anxiety medication now. So I initiated with going to counseling about it and meeting with a psychiatrist. And that really helped. And I really never even desired to be on anxiety medication. I was just

like, no, I could fix this through talk therapy. Well, I can't, no matter what I did, what coping strategies they gave me, it just wasn't working. I mean, it worked a little bit, but not enough. It's like I might have felt better mentally, but physically I was still having panic attacks, squeezing the wheel, having to pull over, avoiding things. And so I went on anxiety meds when I was in undergrad and I've been on them ever since. And it really helped me. And then when I have transition periods, when I transitioned here and had a heightened issue of anxiety while driving, I started counseling again when I got here. So I do talk therapy and the anxiety meds, I do the anxiety meds consistently. And then I only do the talk therapy when I'm having a exacerbation of the anxiety.

Speaker 1: Alrighty. Well thank you for that. How has your driving anxiety impacted your life, if at all? For example, personal relationships, personal freedom, et cetera.

Speaker 2: I feel like it affected me a lot more before I went on anxiety medication, especially with just, I was avoiding a lot more things that involved driving just because it was more difficult and it was just easier to just not go than to actually go through all the steps of needing to go. Now with the anxiety meds, I feel like I'm doing a lot more than I was doing before. I also feel more comfortable in, I have a SUV and that increased my comfortability with driving as compared to I was driving a manual Kia and yeah, I learned that I wanted four wheel drive and I wanted to be in a bigger vehicle in case something were to hit me. Did that answer your question?

Speaker 1: Yep, you're good. Thank you. And then what motivates you to continue to drive, even though you get anxious?

Speaker 2: I can't go home unless I drive. It would take longer to get a flight from X to X than it does to drive there. I also get anxious parking at airports, so I don't want to go there anyway. I normally, I was very lucky when I lived in X because my family lives like 10 minutes from the airport, so they would just always drop me off and never had to worry about parking at the airport or paying for it. But I certainly have the benefit of the PRT to get to and from work. And I was very intentional in picking a home that was close to the university because I wanted to limit the amount of time of my commute as much as possible. So it was almost like the location I chose to live in was a result of my anxiety with driving.

Speaker 1: Alrighty. Well we kind of hit on this a little bit, I apologize. What measures, if any, have you taken to decrease your anxiety while driving? This could be therapy, medication, supplements, or even behavioral changes such as drinking, less caffeine, et cetera.

Speaker 2: Yeah, so I think mainly the anxiety meds. I also have a as needed med for if I have panic attacks. And so I keep some of those in my car and I'll pull over if I have a really bad situation. But that hasn't happened in two years. I haven't had to actually pull over. I do the talk therapy when I'm experiencing a transition or when I moved here. And then just being open and honest with my family and friends and having them pick me up if that is a possibility.

Speaker 1: And then how effective do you feel that these measures were?

Speaker 2: I mean, I think they're working as good as they could. I feel like I'm improving with more experience that I get, but it's still there. There's still things that I avoid because I have anxiety and I mean I think that's just a part of having anxiety. So I feel like I'm very proactive at getting help when I need it. And I think that's just the result of the profession I'm in and not being afraid to be like, Hey, I have anxiety and not being ashamed of it.

Speaker 1: Alrighty. Well, are there any measures that you would like to try to decrease your anxiety while driving? And if so, what would they be?

Speaker 2: I feel like I've tried everything honestly. I feel like since I've been dealing with this since I was younger, that I've tried everything. So I really tried to fix it before going on meds and then I learned that nope, I have to be on meds. And I remember going back to my psychiatrist and he's like, how are you feeling? I was like, yeah, this, I don't know why I avoided this for so long. It works. So yeah, I don't think that there's anything that I could do that would make me better than what I'm already doing besides decreasing my avoidance of going to places and being more willing to go step out of my comfort zone to do something.

Speaker 1: And then similarly, is there anything that you think could improve your anxiety while driving?

Speaker 2: Yeah, I think I've tried everything. So meds, turning cameras, I mean turning the audio off if needed. I got a bigger car, I made sure my commute was less than 10 minutes when I moved here. So I think all of those things have helped.

Speaker 1: Alright, well those were all the questions that I have for you at this time. Is there anything else that you think we should know or anything that you would like to share about your driving anxiety?

Speaker 2: It really heightened when I was in X doing home health because in home health you never know where you're going. And as an evaluator, it's not like I was going to the same place. I was going to a different place all the time. And so that was actually a big reason why I wanted to get out of home health because of my anxiety with driving and with parking. It overwhelmed me too much that I felt like it was impacting my work. And so yeah, it has led me to make different decisions about working because of that.

Speaker 1: Okay. Well thank you so much for your time. Your insights have been incredibly valuable to our project.

Transcript 5

Speaker 1 (00:06):

Just to get this conversation started, could you tell me a little bit about yourself?

Speaker 2 (00:11):

Speaker 1 (00:29):

I think you covered everything. The only thing, any hobbies that you enjoy or anything like that,

Speaker 2 (00:36):

Speaker 1 (00:41):

Awesome, thank you. And then in a typical week, where and how much do you normally drive?

Speaker 2 (00:48):

Mostly to and from work and from taking my son to daycare sometimes to and from my parents' house, the grocery store, that's about it. So I think I selected on the demographic thing between 100 and 300 miles.

Speaker 1 (01:05):

Awesome, thank you. And then we are curious to learn about how your driving anxiety began. When did you first notice that you were becoming anxious while driving?

Speaker 2 (01:15):

I'd say it's pretty mild. I usually don't have any other than definitely if there's black ice or worse weather conditions. I think I was 16 and there was obviously right when I got my license, shortly after there was black ice and I went around a curve and hit a guardrail. It was very minor but still scary because it's a very scary feeling to lose control of your car. And so still whenever it's just cold outside, I'm like probably over cautiously drive very slow now you just remember that and you're like, that was so scary. But otherwise I'm really not otherwise affected. But definitely if it's below freezing I'm like, okay, there could be stuff out there, you don't even know it. And I had another time probably in college, I commuted, I'm from X, I commuted to X and X back all through undergrad here. And I remember getting on the interchange at X. So I was getting on X and it was that big curve. Again, black ice, I didn't hit anything but I swerved back and forth then just scares you so you're like things you don't even see and you're like, oh my God. Not that I even drive fast anyway at baseline I feel like, but it was just needing to be slower than normal, not even knowing.

Speaker 1 (02:42):

Alright. And then could you describe the most recent time when you became anxious while driving?

Speaker 2 (02:49):

It was probably a few months ago when that, I don't know if you were here when that random Tuesday X got gridlocked because there was black ice and I about slid into someone again. So just again, when

those crappy conditions just hit and you're like, oh my gosh, and I didn't end up coming to work, no one could get anywhere. So it just throws your whole day off because you're like, oh, is this going to affect my work schedule? Is it going to affect, am I going to have to take my kid to work? And then do you have you kid with you in the car?

Speaker 1 (03:22):

Oh, for sure. And then we kind of led into this, but are there any situations or circumstances that make your driving anxiety worse? If so, could you tell me about them? This could be personal factors such as other life stressors or even environmental factors such as heavy traffic, bad weather, crossing, bridges, et cetera.

Speaker 2 (03:39):

Yeah, I'd say bad weather and more so just like other people around you in the bad weather. I think I trust myself pretty good in general, but yeah, it's the other people that you can't control too. So bad weather and lots of people around you in bad weather.

Speaker 1 (03:54):

Oh yeah. And then are there any situations or conditions that you avoid to decrease your anxiety while driving? Some examples, take different routes, travel different times of the day, et cetera?

Speaker 2 (04:10):

I don't think so. Not necessarily.

Speaker 1 (04:14):

Okay, and then are there any protective or safety measures that you take before you drive? If so, could you please describe them?

Speaker 2 (04:24):

I guess these are general, maybe not every time before I drive, but just having, making sure I always have my winter tires and I keep salt in my car during the winter months. I mean this isn't current, but when I was in college and I had a small car, my dad would put a bag of sand in my trunk to weigh it down a little more. But nothing now on the daily, maybe

Speaker 1 (04:49):

The salt is smart. I never really thought about that.

Speaker 2 (04:52):

You never know until you get stuck and you're like, I just had a little traction.

Speaker 1 (04:58):

And then what are your biggest fears or concerns while driving?

Speaker 2 (05:03):

Definitely getting into a serious accident, but then now if I would have my son with me or my dog hurting someone else or just having a situation that you can't control. So just something that it just happens, you can't control it.

Speaker 1 (05:23):

Oh yeah, I definitely get that. I wrecked with my dog in the car and it was like, oh

Speaker 2 (05:27):

Awful.

Speaker 1 (05:29):

And then how do you typically manage or cope with your anxiety while you are driving?

Speaker 2 (05:35):

I just try to tell myself, I don't care how mad these other people are getting. If I'm going very slow, they can go around me and I try to just stay calm of, I'm just going to go as slow as I want to go. I'm going to move out of the way. And they can go around like, oh my gosh, those people I used to get all bent out of shape over, oh, they're probably so annoyed that I'm driving slowly and like, it's all worth it. If they want to go around me and wreck they can.

Speaker 1 (06:02):

Alrighty. Well, how has your driving anxiety impacted your life, if at all? Some examples include personal relationships, personal freedom, et cetera.

Speaker 2 (06:14):

I wouldn't say it's really had an impact.

Speaker 1 (06:19):

And then what motivates you to continue to drive even though you get anxious?

Speaker 2 (06:25):

Just a pain in the butt to otherwise not, it's more of a pain I think to work from home because I have my son, he needs to go to school so I can work and my dog and cat would be a very big distraction. And then just depending on other people to drive you, it's too hard. We've all, I'm sure had to carpool in certain situations when your car's in the garage or something and it's a pain. So just having that independence outweighs unfortunately, the small anxieties.

Speaker 1 (06:56):

Yep. Well, what measures, if any, have you taken to decrease your anxiety while driving? This could be therapy, medication, supplements, or even behavioral changes such as drinking, less caffeine, et cetera.

Speaker 2 (07:10):

I don't think anything like you've listed, but just sometimes just staying and not going, even in the passing lane, if it's on the interstate, just staying out of the way and saying, you know what? I'm just

going to take my time, get my own pace. So then I don't have to deal with worrying about people behind me or worried about, oh, are they annoyed that I'm going slow? So just staying out of the way.

Speaker 1 (07:32):

Well, I do have to ask, since you said no to all the ones that I listed, could you elaborate why you have not taken any of these measures? If not, it's not a big deal.

Speaker 2 (07:42):

I guess I just don't feel like I've had enough of an impact on my life. It's not a daily thing, it's very situational. So I think it's very, you can cope with it. At least I could cope with it easy enough since it's so situational. I guess if it was more of a everyday thing or it was impacting other parts of my life, then you'd want to intervene in other ways. But it's pretty doable in the amounts.

Speaker 1 (08:10):

Well thank you for that. Are there any measures that you would like to try to decrease your anxiety while driving? If so, what would they be?

Speaker 2 (08:19):

I don't think so. I don't think it's really necessary right now.

Speaker 1 (08:24):

And then this next one kind of bounces off of that.

Speaker 2 (08:27):

That’s okay.

Speaker 1 (08:28):

Is there anything that you think could improve your anxiety while driving?

Speaker 2 (08:34):

I think just continuing to reinforce your feelings and staying calm and just not allowing it to impact the rest of different aspects of life.

Speaker 1 (08:47):

Well thank you. Those were all the questions that I had for you at this time. Is there anything else that you think we should know or anything that you would like to share about your driving anxiety?

Speaker 2 (08:58):

I don't think so.

Speaker 1 (09:00):

Alright, well thank you so much for your time. Your insights have been incredibly valuable to our project.

Speaker 2 (09:06):
Alright, thank you. Good luck with it.

Transcript 6

Speaker 1: Okay, just to get this conversation started, could you tell me a little bit about yourself?

Speaker 2:

Speaker 1: Alrighty. And then could you just tell me what you do for a living and any hobbies that you enjoy?

Speaker 2:

Speaker 1: And then in a typical week, where and how much do you normally drive?

Speaker 2: For the past year, a year ago we moved to a house that is closer to work to my daughter's school. So we've been driving much less. So now I drive only to get my daughter to afterschool activities pretty much around town and to grocery stores.

Speaker 1: Alrighty. And then we are curious to learn about how your driving anxiety began. When did you first notice that you were becoming anxious while driving?

Speaker 2: It's hard to tell. I guess I've always felt like I'm not a very good driver because I got my driving license in X when I was older and I didn't have a car in X. So my first car, I got it in X in X, so I didn't have as much experience as I thought other people had. So that always gave me more anxiety around myself driving, my partner driving and he was in the same boat. And so that's probably when it started when I got the car and driving more. But as I got more comfortable with driving, I think I became more anxious about other people's behavior, the driver's behavior. So now I'm more anxious about people not following rules and cutting me off and that sort of thing.

Speaker 1: Alrighty. And could you describe the most recent time when you became anxious while driving?

Speaker 2: So a few days ago somebody ran the red light in front of me and I was braking and I was thinking about that for a long time afterwards it kept turning in my head like how they keep running, it's red lights and what if my daughter was walking across the walkway or something. So that got me pretty upset.

Speaker 1: Alright, well that's definitely understandable. Are there any situations or circumstances that make your driving anxiety worse? If so, could you tell me about them? This could be personal factors such as other life stressors or even environmental factors such as heavy traffic, bad weather, crossing, bridges, et cetera.

Speaker 2: Well, usually when I'm tired after work, I really don't like driving after the dark, so if I have to drive after dark and bad weather, I'm more likely to be anxious. Yeah, that's pretty much it.

Speaker 1: Alrighty. Well are there any situations or conditions that you avoid to decrease your anxiety while driving? Some examples, take different routes, travel different times of the day, et cetera.

Speaker 2: So yeah, I try to avoid driving at night.

Speaker 1: Alrighty. And then are there any protective or safety measures that you take before you drive? If so, could you please describe them?

Speaker 2: Well, I mean I want to be alert so I guess I don't drink before driving. Try not to do anything too strenuous to just try to keep myself alert if I know I have to drive, especially for a long time coffee, lots of coffee.

Speaker 1: Well what are your biggest fears or concerns while driving,

Speaker 2: Getting into an accident. Basically the big accident I mentioned in the questionnaire was a few years back on a highway at full speed. My husband was driving but we ran over big deer and everybody was okay who had my infant daughter in the car and my in laws, but the car was totaled and of course it was dark and late in evening and we were pretty freaked out. So that's kind of my biggest fear running into animals or having other kinds of car accidents at high speed.

Speaker 1: Alrighty. And then how do you typically manage or cope with your anxiety while you are driving

Speaker 2: I turn on music and sing along, that calms me and yeah, I switch with my partner. We usually try to drive together.

Speaker 1: Well thank you for that. How has your driving anxiety impacted your life, if at all? Some personal relationships, personal freedom, et cetera?

Speaker 2: Well in general I like driving and I think since we moved back closer so I don't have to commute, I probably have less anxiety than I used to when I had to commute to school here. So I guess then it was just kind of not having a very happy start in the morning sometimes if there was traffic or an accident, they spend extra time driving around before getting to school to get to work. So that was kind of affecting my mood I think a little bit more. But now that I don't commute I actually feel much better.

Speaker 1: Alright, well what motivates you to continue to drive even though you get anxious?

Speaker 2: So I do enjoy the freedom of just getting in the car and going anywhere. I do like going to nature in the summer, like X. That was kind of like a big, excursions around town and to X and back, getting to X. I like some concerts and events in X. So these are my traveling and exploring is my biggest motivation.

Speaker 1: Alrighty. And then what measures, if any, have you taken to decrease your anxiety while driving? This could be therapy, medication, supplements, or even behavioral changes such as drinking, less caffeine, et cetera.

Speaker 2: Well yeah, with caffeine I find that if I don't drink enough I just get sleepy and tired faster while driving. So that's not the big option. Well, so I have been diagnosed with depression a couple years ago and I've been taking medications for depression and they kept saying that's depression and anxiety, that this medication treats. So that I think helps.

Speaker 1: Alrighty. And then how effective do you feel that these measures were?

Speaker 2: I think they're pretty effective.

Speaker 1: Alright. And then are there any measures that you would like to try to decrease your anxiety while driving? If so, what would they be?

Speaker 2: I don't know. Yeah, I didn't really thought about it.

Speaker 1: Okay, that's fine. And then similarly, is there anything that you think could improve your anxiety while driving?

Speaker 2: Well, I think I've done that by basically cutting out my daily commute. I think that was kind of the biggest source of my anxiety. Yeah, so I think that worked really well. And now also I have my in-laws staying with me. They take up a lot of the driving of my daughter around for afterschool activities that decrease my driving and my anxiety as well. So now I take my pleasure to let go other directions exploring.

Speaker 1: Well, thank you for that. Those were all the questions that I had for you at this time. Is there anything else that you think we should know or anything that you would like to share about your driving anxiety?

Speaker 2: Not really.

Speaker 1: Alrighty. Well thank you so much for your time. Your insights have been incredibly valuable to our project.

Transcript 7

Speaker 1: Just to get this conversation started, could you tell me a little bit about yourself?

Speaker 2:

Speaker 1: Oh, wow.

Speaker 2:

Speaker 1:

Speaker 2:

Speaker 1: Well, that's definitely understandable. Could you tell me what you do for a living, where you're from, and any hobbies that you enjoy?

Speaker 2:

Speaker 1: Alrighty. And then in a typical week, where and how much do you normally drive?

Speaker 2: Not much generally, just to the X. Alrighty. It would be like 12 minutes, one direction, generally once a week.

Speaker 1: And then we are curious to learn about how your driving anxiety began. When did you first notice that you were becoming anxious while driving? I know we talked about this a little bit, but

Speaker 2: No, you're fine. Yeah, so definitely after the pandemic it would've been, let's see, after the pandemic, I would've noticed it probably mid 2022 would be the beginning. Okay. And then, yeah, it just got a little bit worked from there.

Speaker 1: Alrighty. And then could you describe the most recent time when you became anxious while driving?

Speaker 2: Yeah, that would've been probably Friday, actually Friday, someone was driving beside me, clearly playing on their phone. You could see them playing on their phone and we were getting ready to take an exit from X. And because they were looking at their phone, they kept slowly merging into my lane. And I was in that weird, I'm a weirdo who doesn't like to blow the horn when I drive either. So I was like, I don't know if I blow the horn to tell them that they're going to wreck into me, running me off the road or what I do. And I eventually blew the horn. It was fine. But yeah, that was super good. That was a lot of panicked breathing, high heart rate sort of situation. And then I was okay after it. But

Speaker 1: That's funny you mentioned that because my most recent time with that was actually the same exact place. Just a couple days ago they were doing road work and there was a

wreck and I had to come to a very fast stop and I was not expecting it, so Right. Exactly the same place

Speaker 2: Exactly the same place, intersection. Yeah. Yeah.

Speaker 1: And then are there any situations or circumstances that make your driving anxiety worse? If so, could you tell me about them? This could be personal factors such as other life stressors or even environmental factors such as heavy traffic, bad weather, crossing bridges, et cetera.

Speaker 2: Bad weather, just because I know I can drive in the weather, I don't think anybody else can based on experience. So bad weather would be one if I have my dog in the car with me. As of right now, my dog is my only child, so that I treat her as a child. But I'm also pregnant currently as well. So the closer I get to being to my due date, the more stress that caused me. Basically if there's heavy traffic and bad weather, then I'm like, alright, well I am definitely more on guard right now.

Speaker 1: Oh yeah. Well that's definitely understandable. Are there any situations or conditions that you avoid to decrease your anxiety while driving? Some examples include taking different routes, traveling different times of day, et cetera.

Speaker 2: I like to avoid when most people are on the roads, so I drive during the daylight and specifically I avoid that 6:00 AM to 8:00 AM time window or the 4:00 PM to 6:00 PM window. As long as we're voicing that we can make, it'll be fine.

Speaker 1: Alrighty. And then are there any protective or safety measures that you take before you drive? If so, could you please describe them?

Speaker 2: Being totally honest, not quite sure what we mean by this. So the only thing I can think of is yes, I always wear my seatbelt. Airbags are good, all that good stuff. And I tend to let either my mom or my husband, because we're always in communication constantly. I let 'em know like, Hey, I'm going to go to blah, blah, blah, and then I let 'em know once I make it

Speaker 1: There. Oh no, that's great. That's kind of the track we've been on, so thank you. I'm sorry that wasn't very clear.

Speaker 2: Yeah, no, no, you're good. I just wanted to make sure.

Speaker 1: Yep, you're good. Thank you. And then what are your biggest fears or concerns while driving?

Speaker 2: Just wrecking and death. Yeah, just wrecks and death are the biggest things.

Speaker 1: Alrighty. And then how do you typically manage or cope with your anxiety while you are driving?

Speaker 2: Lots of defensive driving, just kind of being aware of what's going on. If I am carpooling with someone, this is where it doesn't make any sense. If I'm carpooling with my mom or husband, then they can drive and that's fine. But if I'm carpooling with anyone else for a work event, I have to drive because I just don't trust other drivers. That's the problem. Oh yeah. This is not what it boils down to with everything, whether I'm driving or I'm driving other people. So I do that and then if I don't need to drive somewhere to do something, I just don't.

Speaker 1: Alrighty. And then how has your driving anxiety impacted your life, if at all? For example, personal relationships, personal freedom, et cetera.

Speaker 2: I'm definitely a homebody. I'm much more of a homebody now than I used to be because of that. I used to just go on, oh hey, I need a gallon of milk instead of waiting for a weekend, I'll go get it now. And instead I'm like, well, I'll stay here and maybe I'll use the Walmart delivery thing and have them bring it to me. I'll pay extra money to not leave my house.

Speaker 1: Oh yeah, I definitely get that. So what motivates you to continue to drive even though you get anxious?

Speaker 2: I don't want to become an actual agoraphobic shut-in is my main reason because I can see myself doing that very easily. That's the main reason, not fall into this anxiety thing too much. I just try to still function.

Speaker 1: Alrighty. And then what measures, if any, have you taken to decrease your anxiety while driving? This could be therapy, medication, supplements, or even behavioral changes such as drinking, less caffeine, et cetera.

Speaker 2: Podcasts help a lot. Podcasts help. Regular talk radio doesn't really help me. Regular music doesn't really help me. Just general podcasts generally super boring podcast for everyone else where it talks about the etymology of diseases and stuff like that. Something that makes me think that is going to be at the same volume level the whole time.

Speaker 1: Perfect. And then how effective do you feel that these measures were?

Speaker 2: I love that it helps a lot. That's been super effective.

Speaker 1: Perfect. And then are there any measures that you would like to try to decrease your anxiety while driving? If so, what would they be? And if you don't have any, it's completely okay.

Speaker 2: Yeah, I was going to say right now I don't have any. I apologize, but I don't have any.

Speaker 1: No, you're completely fine. And then similarly, is there anything that you think could improve your anxiety while driving?

Speaker 2: Oh, of course. I mean, but it's not going to be one that I can fix if I wish everybody else would stop being bad drivers. Mainly. I wish people would stop playing on their phones. Let's stop playing on our phones for sure.

Speaker 1: Well, those were all the questions that I had for you at this time. Is there anything else that you think we should know or anything that you would like to share about your driving anxiety?

Speaker 2: Not that I can think of at all right now. This was good. Thank you for getting back to me and letting me participate.

Speaker 1: No problem. Thank you so much for your time. Your insights have been incredibly valuable to our project.

Speaker 2: Perfect.

Transcript 8

Speaker 1: Just to get this conversation started, could you tell me a little bit about yourself?

Speaker 2:

Speaker 1: Alrighty. And then the only other thing, do you have any hobbies that you enjoy?

Speaker 2:

Speaker 1: Awesome, thank you. And then in a typical week where and how much do you normally drive

Speaker 2: To and from work, so I'd say not very long. 15 minute commute.

Speaker 1: Okay. And then we are curious to learn about how your driving anxiety began. When did you first notice that you were becoming anxious while driving?

Speaker 2: Way back when I was getting my learner's permit and learning how to drive. There's a specific situation. Do you want me to tell you a specific example?

Speaker 1: Yeah, that's great. Thank you.

Speaker 2: I remember I was with my parents and they were teaching me how to drive and we were about to merge onto a highway and I'd never merged it onto a highway before, so I was initially very nervous and then they were like, you're not going fast enough. And they were screaming at me like you got to speed up to merge. And that's what was my initial event I would say.

Speaker 1: Alrighty. And then could you describe the most recent time when you became anxious while driving?

Speaker 2: Sure. Yesterday. Sometimes I get really anxious when there's, X, it's hard to drive anyway. And then when somebody cuts you off or it feels like you're kind of in a situation where you're making another driver angry, I get very anxious about that.

Speaker 1: Well, that's completely understandable. Are there any situations or circumstances that make your driving anxiety worse? If so, could you tell me about them? This could be personal factors such as other life stressors or even environmental factors such as heavy traffic, bad weather, crossing, bridges, et cetera.

Speaker 2: Sure. Heavy traffic, being in unfamiliar driving spaces, driving in cities that I'm not familiar with especially. And then if someone does get along with what I said before, someone does get angry while driving and flips me off or does something kind of rude, that definitely amps it up.

Speaker 1: Well, are there any situations or conditions that you avoid to decrease your anxiety while driving? Some examples would be taking different routes, travel different times a day, et cetera.

Speaker 2: Yeah, pretty much in this area I try to avoid the heaviest commute times, so I'll either go super early for work or wait until 8:30 and then drive then, and then in the evenings I try to do the same thing, but sometimes it's just unavoidable because of responsibilities. Yeah.

Speaker 1: Alrighty. And then are there any protective or safety measures that you take before you drive? If so, could you please describe them?

Speaker 2: Sure. I guess I would just say things like basic safety checks, like my seatbelt, looking in my rear view mirror before I back up even though I have a backup cam and just kind of checking the area. I also always make a point to be intentional about looking at my car and seeing if there's a low tire or anything that could create a challenge.

Speaker 1: Perfect. And then what are your biggest fears or concerns while driving?

Speaker 2: Definitely something like an accident or I get migraine headaches as well, so sometimes I'm worried that I'll get a migraine and black out or do something that renders me unable to drive and then that creates an accident. So I think in general, just some type of collision that would lead to a lot of complications.

Speaker 1: I appreciate your perspective for that one. How do you typically manage or cope with your anxiety while you were driving?

Speaker 2: Sure. One of the big things I do is listen to podcasts. If my anxiety is particularly bad, I usually choose a comedy podcast and just try to really focus on what they're saying and get my mind off of what I'm thinking about. And then I take more proactive measures. I try to do a physical exercise each week and then also meditation.

Speaker 1: Alrighty. And then how has your driving anxiety impacted your life, if at all? Some examples would be personal relationships, personal freedom, et cetera.

Speaker 2: There were times when it was so bad that I couldn't even leave the house, I would just stay home and not really involve myself with friends or the community because I was just too scared to even drive at all. And I think that's the most severe it's been. Now it's more stable. So I would say it's more minor inconveniences, just being really nervous if I'm feeling late or I am very unfamiliar with the place, even going to a new doctor's office and not knowing where to park or how to get there kind of amps up that regular anxiety feeling. So yeah.

Speaker 1: Alrighty. And then what motivates you to continue to drive even though you get anxious?

Speaker 2: I feel like most people that get anxiety about one thing also get it in several other areas of life. So I think just the fact in talk therapy and different things, just talking about how completely normal and to have anxiety and also there are still things that we have to do in spite of having those anxious feelings. So I think just keeping on with holding up to my responsibilities that I've committed to. And then also I know I feel better when I am engaged socially with others. So just all of that kind of combined motivates me.

Speaker 1: Alrighty. And then what measures, if any, have you taken to decrease your anxiety while driving? This could be therapy, medication, supplements, or even behavioral changes such as drinking, less caffeine, et cetera.

Speaker 2: Sure. One would be therapy. I mentioned medication as well. And then meditation I try to do every day. It's not always every day, but probably every other I get walking. Walking meditation is one that I really like because then I feel like I can do a little exercise and move and sometimes just sitting there with anxious feelings doesn't feel good. So walking gives me something to do. And there's one other thing that I can't think of, but I think the same question was on the form and I wrote it on there.

Speaker 1: Okay. And then how effective do you feel that these measures were?

Speaker 2: I feel like they're effective. It just takes time. It takes time to get a good plan in place and find the right fit for each person.

Speaker 1: Oh, for sure. Well, thank you for that. Are there any measures that you would like to try to decrease your anxiety while driving? If so, what would they be?

Speaker 2: I think I've tried pretty much everything. I think the only thing that I haven't tried is I've heard of some people use podcasts where it kind of walks you through the drive or the commute. So that would be something I'd be willing to try to see how that kind of played out.

Speaker 1: I've never heard of that. That's cool. Well, thank you. Is there anything that you think could improve your anxiety while driving? I know that one's kind of similar, but

Speaker 2: Yeah, I mean, I guess it's environmental factors that I can't control if there were less cars on the road or just less chaos. In this area, we have the hub of WVU mat and there's just constantly emergency vehicles passing through everywhere. So it would be more environmental control, which I can't control.

Speaker 1: Well, thank you. Those were all the questions that I had for you at this time. Is there anything else that you think we should know or anything that you would like to share about your driving anxiety?

Speaker 2: I don't think so. I think you had a pretty thorough interview planned.

Speaker 1: Alrighty. Thank you. And thank you so much for your time. Your insights have been incredibly valuable to our project. I'll go ahead and turn this off. Well, thank you. I really appreciate your time.

Transcript 9

Speaker 1 (00:04):
Just to get this conversation started, could you tell me a little bit about yourself?

Speaker 2 (00:09):

Speaker 1 (00:26):
Alrighty. And could you just tell me where you're from? Any hobbies you enjoy?

Speaker 2 (00:29):

Speaker 1 (00:43):

Speaker 2 (00:44):

Speaker 1 (00:46):
Alrighty. And then in a typical week, where and how much do you normally drive?

Speaker 2 (00:51):
Oh, well, right now I haven't driven in five weeks. I had surgery and I'm not ready to go back to driving just yet.

Speaker 1 (00:57):
Okay, that is perfectly fine. Thank you. And then we are curious to learn about how your driving anxiety began. When did you first notice that you were becoming anxious while driving?

Speaker 2 (01:10):
I'm going to have to say that it started. It has to be at least 10 years ago when I was going out to, I'm a nurse, so I was on my way out the door to go to a client's house about five o'clock in the morning, not realizing there was ice on the ground. And I went to the first stop sign, made my right, next thing I know I'm going sideways down the street and there's cars piled up all over the place. And yeah, it was very, very traumatic. Very traumatic. And from that, that's what really started it, because before then I could drive anywhere in the dark, in the snow, any kind of weather at all, and any kind of road conditions. And I was fine. But at that point that really, really gets me. It never left my head.

Speaker 1 (01:56):
Alrighty. And then could you describe again, if you don't want to answer any of these, it's completely fine. Could you describe the most recent time when you became anxious while driving?

Speaker 2 (02:06):

The most recent time? Well, I would have to be five weeks ago when I stopped driving because I was constantly, yeah, it was always an issue with me after that.

Speaker 1 (02:17):

Alrighty. And then are there any situations or circumstances that make your driving anxiety worse? If so, could you tell me about them? This could be personal factors such as other life stressors or even environmental factors such as heavy traffic, bad weather, crossing, bridges, et cetera.

Speaker 2 (02:35):

Well, the first thing would be bad weather. That would be the first time on list slippery roads, because that's where the problem originally started on an icy road. So I could start being affected by that by the night before. If the weather mat says tomorrow we're going to have a little ice and slippery on the road, that's where it starts. It doesn't start when I'm actually driving. It starts as somebody mentions it.

Speaker 1 (03:02):

Alrighty. And then are there any situations or conditions that you avoid to decrease your anxiety while driving? Some examples will be take different routes, travel different times of day, et cetera.

Speaker 2 (03:13):

Yeah, all of those if I had to. However, if the roads are bad, I don't drive at all.

Speaker 1 (03:18):

Okay. And then are there any protective or safety measures that you take before you drive? If so, could you please describe them?

Speaker 2 (03:27):

Okay. Again, you will think I'm crazy. I usually pray.

Speaker 1 (03:31):

I completely get that. You are fine, I promise.

Speaker 2 (03:34):

Yeah. Yeah, that's what I, and I keep quiet in the car, then my husband will be driving and he doesn't want to be hearing all the crazy going on, so I'll keep quiet so he can concentrate on the road.

Speaker 1 (03:47):

Alrighty. And then what are your biggest fears or concerns while driving,

Speaker 2 (03:54):

Getting in an accident and the other drivers on the road? There are a lot of crazy drivers out there. I don't know how they are in your area over here. People don't use blinkers anymore. They pull out right in front of you. They stop short. I mean, it list goes on and on. It's hardly ever a nice relaxing drive.

Speaker 1 (04:15):

Oh yeah, I definitely get that. And then how do you typically manage or cope with your anxiety while driving?

Speaker 2 (04:23):

I don't look out the window. Well, do you mean when I'm driving or when I'm in a car?

Speaker 1 (04:27):

Either one. It's mostly just when you're driving, but whatever you,

Speaker 2 (04:33):

Well, my husband knew she does mostly driving since I'm not working. He will do all the driving. The only time I was driving is when I had to go to and from work and maybe to the grocery or something like that. But other than that, if we going somewhere, he will do the driving.

Speaker 1 (04:49):

Okay. And then are there any actions that you take or things that you do or even don't do when you become anxious while driving?

Speaker 2 (05:00):

I might just take my phone out of my purse and do something on there to distract me for a while until we get to the exit where we're going. I'm constantly asking, are we there yet? Are we there yet? Can we get off here? Yeah, that's basically it.

Speaker 1 (05:14):

Alrighty. And then how has your driving anxiety impacted your life, if at all? Some examples will be personal relationships, personal freedom, et cetera.

Speaker 2 (05:25):

Yeah, I would say personal freedom, to tell you the truth. Because if I really want to go someplace and my husband will have to drive, I won't take a chance to do it, even though I had in the past. But ever since that situation, that was it. That just disrupted everything.

Speaker 1 (05:40):

Alrighty. Well, I appreciate your perspective. What motivates you to continue to drive even though you get anxious?

Speaker 2 (05:48):

Well, I have to go places. I don't go many distances by myself. And we tried the two of us try not to go too far anymore by anyway.

Speaker 1 (05:58):

Alrighty. And then what measures, if any, have you taken to decrease your anxiety while driving? This could be therapy, medication, supplements, or even behavioral changes such as drinking, less caffeine, et cetera.

Speaker 2 (06:12):

No, I guess it's just putting in my head that we have to go and we're going to take the safest route possible and drive as safely as we can.

Speaker 1 (06:19):

Alrighty. And then how effective do you feel that these measures were

Speaker 2 (06:27):

So-So I still mostly have a knot in my stomach when we're driving.

Speaker 1 (06:31):

Alrighty. And then are there any measures that you would like to try to decrease your anxiety while driving? If so, what would they be?

Speaker 2 (06:40):

I don't know what they would be to tell you the truth, I really

Speaker 1 (06:43):

Don't. That's fine. That's completely fine

Speaker 2 (06:45):

Because there's nothing else that would really be on my mind. It's just the driving one that's done. I feel better.

Speaker 1 (06:54):

And then this one's similar, I do apologize, but is there anything that you think could improve your anxiety while driving?

Speaker 2 (07:04):

I don't know. Maybe mentally if I could get it out of my head and just put that situation out my head, maybe that would help. But it doesn't seem to work as much as I try, it's there.

Speaker 1 (07:18):

Well, those were all the questions that I had for you at this time. Is there anything else that you think we should know or anything that you would like to share about your driving anxiety?

Speaker 2 (07:29):

No, I don't believe so.

Speaker 1 (07:31):

Alrighty. Well thank you so much for your time. Your insights have been incredibly valuable to our project. Okay.

Transcript 10

Speaker 1: Just to get this conversation started, could you tell me a little bit about yourself?

Speaker 2:

Speaker 1: The only thing I would have is hobbies that you enjoy.

Speaker 2:

Speaker 1: Awesome, thank you so much. And then in a typical week, where and how much do you normally drive?

Speaker 2: So I typically drive Monday through Friday to and from work, and that's about 25 to 30 minutes depending on traffic just because I refuse to take the interstate.

Speaker 1: I definitely get that. So, and then we are curious to learn about how your driving anxiety began. When did you first notice that you were becoming anxious while driving?

Speaker 2:

Speaker 1: Well, I appreciate your perspective on that. Could you describe the most recent time when you became anxious while driving?

Speaker 2: Oh my gosh. I feel like I'm anxious every day.

Speaker 1: I definitely get that.

Speaker 2: It's really more so if I have somebody else in the car with me, my son, I take him to school every single day, I'm fine. But if it is just me by myself and they had a two hour delay last week, so I was by myself. I'm more anxious on days when it's just me and I will typically, I know you didn't ask yet, but I will. This has been kind of my crutch for a while now. I get to a certain spot in my drive. Nothing has ever happened at that spot, but I just try to make it a little further each time. And I'll call my husband on my way to work. And then once I get to work, I hang up the phone and I'm fine. And it's typically only to work. I can drive home just fine. I still call him just because that's our routine, but it's not that I feel the need to call him because I'm anxious. It's just more of the going to work, not coming home from work.

Speaker 1: Alrighty. And then are there any situations or circumstances that make your driving anxiety worse? If so, could you tell me about them? This could be personal factors such as other life stressors or even environmental factors such as heavy traffic, bad weather, crossing bridges, et cetera.

Speaker 2: So definitely heavy traffic and bad weather doesn't really bother me, but definitely heavy traffic. And then if for some reason there's an accident and my route gets, I have to take a different route, I become very anxious about that.

Speaker 1: Alrighty. And then are there any situations or conditions that you avoid to decrease your anxiety while driving? Some examples will be taking different routes, traveling different times of the day, et cetera.

Speaker 2: Definitely taking different routes. I know that I could hop on the interstate and be at work a lot faster, and that really just stems from a few years ago. I was driving to a conference for work and a tractor trailer crossed the median into the green coming into our lane and almost hit us, but he turned just in time. So ever since then I have not really enjoyed driving the interstate. And I don't know if you'll ask this or not, but my driving anxiety, it even gets to me just being the passenger, especially if we are taking the interstate for a while after that had happened, I would have to close my eyes and just hold my breath and I would not, while I was driving, if I was a passenger, that would be really bad if I was driving close my eyes and hold my breath when we would pass the tractor trailer and I could hear the sound, the difference in the sounds with the tires. And I could tell once we got to the front of the tractor trailer and I would open my eyes. So I don't, can't even tell you the last time I drove, I've ridden in a car, but I've drove on the interstate, it's been years.

Speaker 2: So I try to avoid that. And then time of day like that doesn't bother me either.

Speaker 1: Alrighty. And you said you didn't know if we asked about being a passenger. I don't, but I really appreciate you telling me that because that's very interesting. Are there any protective or safety measures that you take before you drive? If so, could you please describe them?

Speaker 2: You mean do I wear a seatbelt, things like that?

Speaker 1: Yeah, that's kind of what path we've been going on with this one. It's kind of not very clear, but yeah.

Speaker 2: Yes, I definitely wear my seatbelt. I always make sure my phone is at the front so that if something were to happen, I can get to my phone. Those are probably the two biggest. And check my mirrors before I get ready to go.

Speaker 1: Perfect, thank you. And then what are your biggest fears or concerns while driving?

Speaker 2: I honestly think just being in an accident, it terrifies me the most. And then I was going to say something else, then I lost it. Shoot.

Speaker 1: That's alright. If you think of it, just tell me and I'll jump, I'll tell you the question again or you can just tell me what you thought of. It's no big deal. Okay, thank you. And then how do you typically manage or cope with your anxiety while you are driving?

Speaker 2: So I will call somebody on the phone, definitely music has been very helpful. And then I always try to keep gum or some kind of ginger mint in my car. And if I can't get ahold of somebody on the phone, if I'm really anxious, I'll just eat a piece of gum or take one of the mints and that tends to kind of help settle me down.

Speaker 1: Awesome, thank you. And then how has your driving anxiety impacted your life, if at all? For example, personal relationships, personal freedom, et cetera.

Speaker 2: I definitely would say personal freedom. I will drive around town if I need to, but I have friends that live 45 minutes away and I used to go and travel to see them and I don't need to take the interstate for that, but I still just get super anxious and I'll have it scheduled, but then I end up backing out because I just get myself so worked up that I'm afraid to travel to go see them. And so they tend to travel to me. So it's definitely affected my freedom and I am getting ready to look for a new career path and things like that. And that also plays into effect because I know how far I want to travel or where my safety zone is, and it impacts the job market for me as well.

Speaker 1: Oh yeah. Well, what motivates you to continue to drive even though you get anxious?

Speaker 2: Well, I need a paycheck and just really trying to show my kids if I can do it, you can do it too. My son, he, he'll be 15 in May, and so he'll be driving soon. And so I want him to see that it's not a big deal.

Speaker 1: Alrighty. And then what measures, if any, have you taken to decrease your anxiety while driving? This could be therapy, medication, supplements, or even behavioral changes such as drinking, less caffeine, et cetera.

Speaker 2: I just think using my coping skills with the music and the phone and the gum and stuff like that has been a huge benefit to me. And just being able to acknowledge that I'm anxious instead of just throwing and holding it in. Being able to say, wow, I'm really anxious today. Because once I feel like I get that out, then it's a little bit better.

Speaker 1: Oh yeah. Well, how effective do you feel that these measures were?

Speaker 2: I mean, I feel like they're pretty good for the distance that I travel right now. I think they're okay.

Speaker 1: Perfect. And then are there any measures that you would like to try to decrease your anxiety while driving? If so, what would they be?

Speaker 2: Oh, that's a really great question. I mean, I just feel like if I could just make myself, especially the small trips, if I could travel from here to X, which is 30 minutes from here,

on my own, I think that would really help decrease a lot of the extra anxieties, just putting my limits, my boundaries.

Speaker 1: Alrighty. And then similarly, is there anything that you think could improve your anxiety while driving? That one's a hard one. I know, I'm sorry.

Speaker 2: No, it's okay. That could improve my anxiety while driving. Yeah, I don't know. I don't know that I have a good answer for that because I feel like I use pretty decent coping skills right now, so.

Speaker 1: Awesome. That's fine. That's completely fine. Well, those were all the questions that I had for you at this time. Is there anything else that you think, sorry, got stumbled up. Is there anything else that you think we should know or anything that you would like to share about your driving anxiety?

Speaker 2: I don't think so. I feel like what you asked was, they were pretty thorough questions.

Speaker 1: Awesome. Thank you so much for your time. Your insights have been incredibly valuable to our project.

Data Dictionary		
Variable	Field Label	Attribute Values
age	Age (in years)	Free Text
gender	How do you describe yourself?	1, Male | 2, Female | 3, Transgender Male | 4, Transgender Female | 5, Nonbinary | 6, Genderqueer/Genderfluid | 7, Prefer not to say | 8, Prefer to self-describe
sex	What sex were you assigned at birth (on your original birth certificate)?	1, Male | 2, Female | 3, Prefer not to say
age_driver_s_license	Age when you received your driver's license:	16-20| 21 or older
accident_hx	Have you been in/witnessed a major accident?	Yes|No
dx	Have you been diagnosed with an anxiety disorder by a medical professional (i.e., phobia, generalized anxiety disorder, panic disorder, obsessive compulsive disorder, etc.)?	1, Yes| 0, No
rx	Have you taken/currently take any prescribed anxiety medications? If yes, please list:	Yes|No
alt_tx	Have you used/currently use other methods to manage your symptoms (i.e., talk therapy, supplements, meditation, aromatherapy, etc.)? If yes, please explain:	Free Text
time_of_day	What times of the day do you typically drive?	Free Text
purpose1	Current purposes for driving: Social	1, Yes| 0, No
purpose2	Current purposes for driving: Work-related	1, Yes| 0, No
purpose3	Current purposes for driving: Domestic (groceries, errands)	1, Yes| 0, No
purpose4	Current purposes for driving: Community	1, Yes| 0, No
purpose5	Current purposes for driving : Other	1, Yes| 0, No
hours_miles	Miles driven per week:	1, Less than 100 miles | 2, 100-300 miles | 3, 300-500 miles | 4, More than 500 miles