Use of a Driving Simulator to Assess Health Belief Model Variables for Distracted Driving Prevention

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Use of Cell Phone Applications

The use of cell phone applications to distract drivers can be a major problem. These applications often provide information that can be distracting, such as sending push notifications, blocking text messages, blocking calls, tracking miles driven in a safe manner, incurring safe driving patterns, and the sharing of one’s location (DHHS, 2017). In addition, a summary of data collected from several local companies utilized by the public along with the benefits they provide to the driver, the passenger(s), and others:

- Apps: iOS 11 Update (https://www.apple.com/ios/11/)
- automatically detects driving behavior based on motion and will block notifications from entering the driver’s phone
- can connect to Bluetooth in the car and the setting will be automatically changed
- allows the driver to set notifications and reminders
- has a feature to automatically block the phone when you are driving for over 15 MPH
- provides a feature to disable notifications, tracks safe miles driven, and shares location

In-Vehicle Information Systems

Recent research from the American Automobile Association (AAA) indicates that the purpose of the hands-free In-Vehicle Information Systems (IVIS) is to improve the safety of making phone calls or adjusting entertainment system settings. However, all of the systems increase the amount of distraction that a driver will be exposed to, thereby increasing the risk of being involved in an accident (AAA Foundation for Traffic Safety, 2017). The study showed that drivers using IVIS faced higher risks of accidents.

Prevention

Use of Simulators

Studies that show people who are on a simulator course, study less ways to avoid driving distractions such as wearing headphones, accentuating speed, or driver reaction time, indicating the driver is not paying attention and is at a higher risk for causing or being involved in an accident (Kramer, Smith, & Gobet, 1986). Driving while distracted allows all people on the road in a dangerous situation. Testing, playing games, and trying to look up a number can distract people from the road and increase the risk for a potential accident. Distracted driving continues to be a serious health hazard, and the National Transportation Safety Board has found that using a hands-free device on the use of portable electronic devices (PEDs) by all drivers (National Transportation Safety Board, 2011). However, no one has complete information on cell phone use (including hand-held options), while driving Insurance Institute for Highway Safety, Highway Safety Facts, 2016.

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References


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