

## New Car Driver Disorder Identified

*Close to one in three (29 per cent) drivers found to suffer from newly recognised disorder 'Traffic Stress Syndrome'.*

([PRWEB](#)) January 5, 2006 -- Traffic jams are not only bad for your mood – they can also damage your health, according to a new study from Direct Line <http://www.directline.com>

'The impact of traffic on drivers' report – co-authored by health psychologist David Moxon – identifies a new condition named Traffic Stress Syndrome (TSS), a form of psychological anxiety that manifests itself in certain drivers while stuck in traffic.

According to the study, close to one in three drivers – nine million\* UK motorists – currently suffer from TSS and show symptoms of the condition after being held up in traffic for as little as three to five minutes. One in five (20 per cent) experience increased heart-rates and headaches (19 per cent) and one in 10 endure sweaty palms (12 per cent). In more severe cases drivers report nausea, dizziness (eight per cent) and stomach cramps (eight per cent) among the symptoms experienced.

The impact of these symptoms along with the Direct Line research reveal a shocking picture of the full extent of TSS on driver behaviour. Loss of concentration and hazardous driving brought about by the condition, have resulted in over two million\*\* accidents for TSS drivers during or following traffic jams.

Registered Office: 3 Edridge Road, Croydon, Surrey, CR9 1AG Tel: 0208 686 3313 Other more common effects of the motoring condition include anxiety, irritation and heightened levels of anger. The research by Direct Line additionally identifies the UK roads which experience heavy traffic and where motorists are most likely to suffer TSS. The worst road for TSS is topped rather unsurprisingly by the M25 South East (31 per cent), followed by the M6 West Midlands (26 per cent) and the M25 Western Sector (25 per cent).

Direct Line spokeswoman, Emma Holyer, said: "The findings are very worrying – with more vehicles than ever on British roads, driving has inevitably become more stressful, and, as a result motorists are suffering. We would encourage drivers to take deep and slow breaths and try to think about other things than the jams when sitting in heavy traffic to avoid getting Traffic Stress Syndrome."

Psychologist David Moxon who was part of the research team, described the importance of the findings:

"TSS is a form of stress that manifests itself in frustrated drivers – there is evidence to suggest that chronic TSS can be detrimental to both the physical and mental health of the motorist."

Direct Line's top tips for sufferers of TSS compiled by David Moxon:

1. Take deep and slow breaths
2. Listen to calming or relaxing music
3. Use cognitive distraction tasks such as thinking of loved ones
4. If you have a recycle button on your air con use it – this will stop exhaust fumes from the traffic jam coming back into your car
6. Place some aroma-oil on a tissue and keep it in the cabin to fragrance your car



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