

The Effects of Motivational Interviewing on Motion Sickness

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Dear Editor,

We did a duty as a flight surgeon. We want to share our experiences about motion sickness and the effects of motivational interviewing on motion sickness.

Applied to student candidates prior to entering the Air Force Academy, under the name of Cadet Selection Flights and executed as 7-8 sorties under the surveillance of flight instructors, this training is mainly towards appraising students' characteristics of flying ability. All pilot cadets are gone through physical examination before cadet selection flight in a military hospital. Some cadets may show motion sickness symptoms during this flights. According to Hemmingway and Green (1945) study, 11% of 2689 fighter pilots in education suffered from motion sickness in at least one flight of the ten flights. In the U.S. Air Force and the German Air Force, 10 to 20% of the pilot trainees suffered from motion sickness during their training (Syburra et al. 2009). The most common symptoms: nausea, vomiting, vertigo, headache, anxiety, paresthesia, asthenia, muscle contraction and excitement. Nausea, skin pallor, cold sweating, increased salivation and drowsiness are called big five within symptoms by Graybiel et al. (1968). These cadets are examined by flight surgeon, after that flight psychologist have a motivational interviewing with these cadets.

We have questioned the candidate who had a motivational interviewing by the psychologist after the treatment of the flight surgeon that whether the candidate relived the complaints that he has at the previous sortie after the second sortie, and whether there is decrease or increase in the severity of the complaints compared to the previous flight. Most of the candidates showing motion sickness symptoms after the first flight expressed that their complaints are decreased after the motivational interviewing. We did not give any antihistaminic and antiemetic drugs before flight because according to flight regulation getting drugs is forbidden for pilot cadets before flying. The antihistamines such as dimenhydrinate, promethazine and meclizine cause increased sleepiness and impact on psychomotor performance (Paul et al. 2005).

We observed that only conducting motivational interviewing with the candidates without giving any drugs has a positive effect on the candidates in terms of motion sickness.

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