

# Accepted Manuscript

Virtual reality exposure therapy in flight anxiety: A quantitative meta-analysis

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PII: S0747-5632(17)30156-5  
DOI: 10.1016/j.chb.2017.03.007  
Reference: CHB 4832  
To appear in: *Computers in Human Behavior*  
  
Received Date: 04 November 2016  
Revised Date: 28 February 2017  
Accepted Date: 02 March 2017

Please cite this article as: Roxana A.I. Cardo, Oana A. David, Daniel O. David, Virtual reality exposure therapy in flight anxiety: A quantitative meta-analysis, *Computers in Human Behavior* (2017), doi: 10.1016/j.chb.2017.03.007

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Running head: VRET IN FLIGHT ANXIETY

### **Highlights**

- The effectiveness of VRET in flight anxiety was examined.
- Findings provide arguments for the use of VRET for treating flight anxiety.
- Quality trials, sample size, and number of exposures were significant moderators.

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