Key Cell Phone Distracted Driving Research Studies

Effective prevention is based on science. The Council's focus on cell phone distracted driving -- and our recommendation to prohibit hands-free and handheld phone use while driving -- is based on the knowledge from research. We have compiled the studies below to help provide background on why this is such a serious issue.

__Meta-Analyses & Literature Reviews__

These papers compile the findings of many studies, which is convenient to get an overview of the issue:

- **Is a hands-free phone safer than a handheld phone?**

- **Analysis of the Literature: The Use of Mobile Phones While Driving**

- **Cell phones and driving: review of research**

- **A meta-analysis of driving performance and crash risk associated with the use of cellular telephones while driving**

- **The Impact of Cell Phone Conversations on Driving, A Meta-Analytic Approach**

- **Effects of Cellular Telephones on Driving Behaviour and Crash Risk: Results of Meta Analysis**

__Crash Risk & Crash Data__

- **Young Drivers Report the Highest Level of Phone Involvement in Crash or Near-Crash Incidences**

- **2010 Motor Vehicle Crashes: Overview**
  National Highway Traffic Safety Administration. (2011). Traffic Safety Facts Research Note. **NOTE:** Beginning with 2010 data, NHTSA is using a new measure of distracted driving crashes. The new definition is more narrow, intended to focus on distractions most likely to affect crash involvement. Thus 2010 distraction numbers cannot be compared to previous years.

- **Distracted Driving 2009**

- **Trends in Fatalities From Distracted Driving in the United States, 1999 to 2008**

- **Role of mobile phones in motor vehicle crashes resulting in hospital attendance: a case-crossover study**
The role of driver distraction in traffic crashes

Cellular Phone Use While Driving: Risks and Benefits

Crashes Induced by Driver Information Systems and What Can Be Done to Reduce Them

Association between cellular telephone calls and motor vehicle collisions

Cognitive Distraction

This NSC white paper includes an extensive bibliography of research studies about cognitive distraction and phone conversation while driving:

Understanding the distracted brain: Why driving while using hands-free phones is risky behavior

Measuring Cognitive Distraction in the Automobile.

Text Messaging and Voice-Activated Texting

Research listed here about manual texting and speech-to-text systems:

New research reveals that voice-activated in-car technologies dangerously undermine driver attention.

Voice-to-Text Driver Distraction Study. New research findings suggest that voice-to-text applications offer no real safety advantage over manual texting.
Texas A&M Transportation Institute. 2013.

The Effect of Text Messaging on Driver Behavior: A Simulator Study

The effects of text messaging on young novice driver performance

Cell Phones Compared to Alcohol Impaired Driving

This study examined cell phone use while driving as well as alcohol-impaired driving:

Fatal Distraction? A Comparison of the Cell Phone Driver and the Drunk Driver

Cell Phone Conversation vs Passenger Conversation

People often ask how cell phone conversation differs from talking with passengers. Here is information about the difference:

Passenger and Cell Phone Conversations in Simulated Driving
**Driver Cell Phone Use Rates**

These studies estimate how many drivers are using cell phones, through direct observation of drivers in traffic, self-report surveys or other methods:

**Driver Electronic Device Use in 2012**

**Driver Electronic Device Use in 2011**

**Driver Electronic Device Use in 2010**

**Evaluations of Laws & Enforcement**

A message from NSC regarding evaluation studies of state legislation:

NSC Applauds IIHS Efforts to Understand Effects of Cell Phone Use Legislation - New Findings Support Need for Total Ban

These studies examine the effectiveness of laws and enforcement:

**High-Visibility Enforcement Demonstration Programs in Connecticut and New York Reduce Hand-Held Phone Use**

**Phoning While Driving**

**Phoning While Driving**

**Longer-term effects of Washington, D.C. law on drivers hand-held cell phone use**

**Effects of Washington, D.C. law on drivers hand-held cell phone use**

**Longer term effects of New York State's law on drivers handheld cell phone use**

**Drivers use of handheld cell phones before and after New York State's cell phone law**

**Teens & Young Drivers**

Studies that focused on teens, novice drivers and young adults:

**Young Drivers Report the Highest Level of Phone Involvement in Crash or Near-Crash Incidences**

**Distracted Driving Among Newly Licensed Teen Drivers**

**Teens and Distracted Driving: Texting, talking and other uses of the cell phone behind the wheel**
Public Opinion Surveys

Surveys have measured public support for hands-free, handheld and texting bans. Surveys also offer insight into driver attitudes, beliefs and behaviors:

2013 Traffic Safety Culture Index

National Distracted Driving Telephone Survey Finds Most Drivers Answer the Call, Hold the Phone, and Continue to Drive

National Phone Survey on Distracted Driving Attitudes and Behaviors

More Key Studies & Reports

National Phone Survey on Distracted Driving Attitudes and Behaviors

National Distracted Driving Telephone Survey Finds Most Drivers Answer the Call, Hold the Phone, and Continue to Drive

Distracted Driving and Driver, Roadway and Environmental Factors

Cell Phones and Driving: Research Update

The Impact of Driver Inattention on Near-Crash/Crash Risk: An Analysis Using the 100-Car Naturalistic Driving Study Data

Effects of Simulator Practice and Real-World Experience on Cell-Phone–Related Driver Distraction

Mobile telephone simulator study

NHTSA Status Summary: Using Wireless Communication Devices While Driving

Distractions in Everyday Driving

The Use of Mobile Phones in Road Traffic, SNRA inquiry into the use of mobile phones and other IT systems while driving
Patten, et al. (2003). Swedish National Road Administration.

Predicting the effects of in-car interface use on driver performance: an integrated model approach

Cell Phone Use
Monteressi. ExxonMobil Biomedical Sciences Inc.