

PHOBIA

What's a Phobia?

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A phobia (fo-bee-uh) is the fancy name for a fear.

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But a phobia isn't just any kind of fear.

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A phobia is different because it is an extremely strong fear of a situation or thing.

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It is also a kind of fear that doesn't go away.

A person who has a phobia will be afraid of something every time he or she sees or experiences it.

People who have phobias often go out of their way to avoid the situation or thing that scares them.

Different Kinds of Phobias

There are many different kinds of phobias.

The most common kind is social phobia.

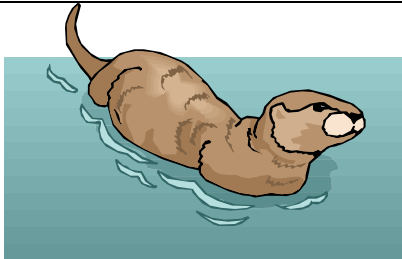
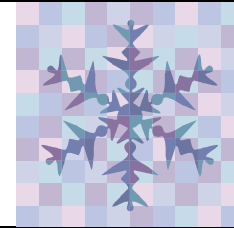
A social phobia can make someone feel scared of being embarrassed in front of other people.

Galeophobia or Gatophobia-
Fear of cats.



Hamartophobia- Fear of sinning.

Chionophobia- Fear of snow.



Lutraphobia- Fear of otters.

Mageirocophobia- Fear of cooking



Noctiphobia- Fear of the night.

Papyrophobia- Fear of paper.



Pharmacophobia- Fear of taking medicine.

Phobias (in the clinical meaning of the term) are the most common form of anxiety disorders.

An American study by the National Institute of Mental Health (NIMH) found that between 8.7% and 18.1% of Americans suffer from phobias.

Broken down by age and gender, the study found that phobias were the most common mental illness among women in all age groups and the second most common illness among men older than 25.

It is generally accepted that phobias arise from a combination of external events and internal predispositions.