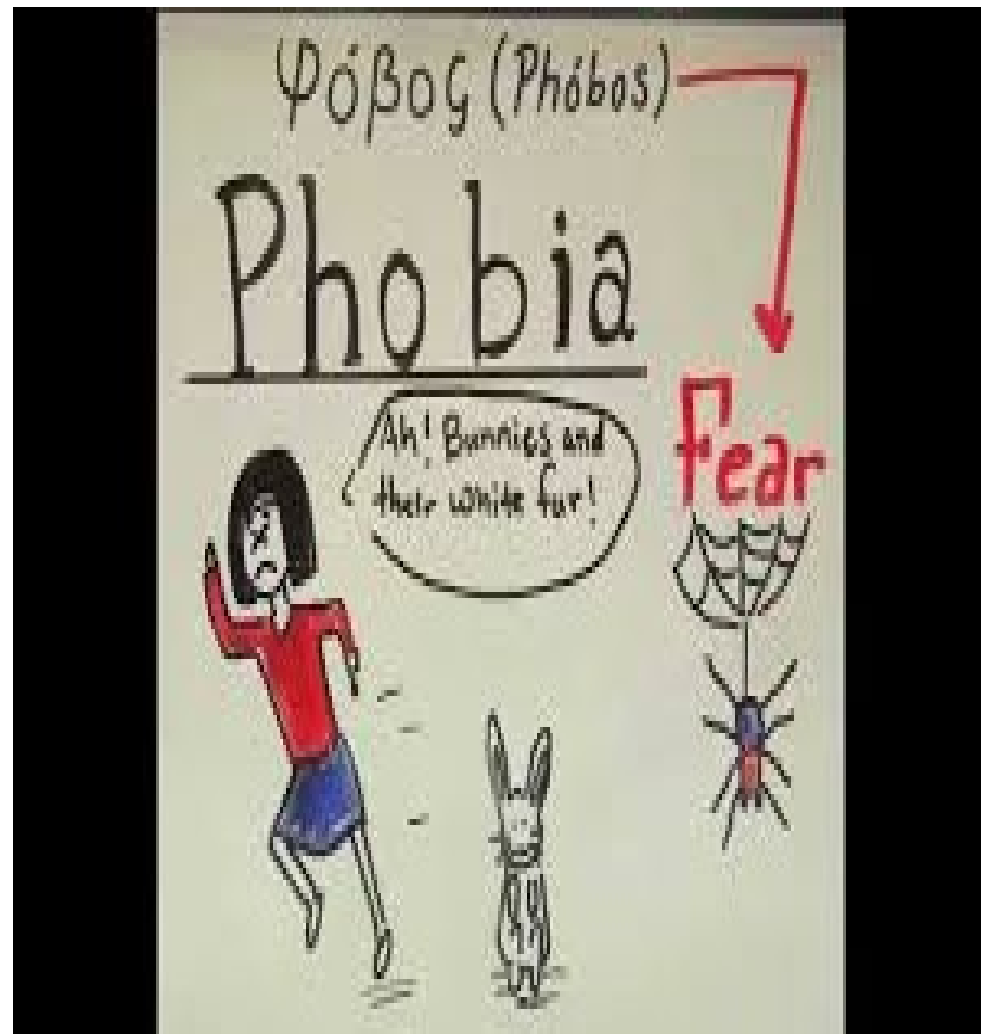




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PHOBIA

**B.A. PART -1
PSYCHOLOGY
HONS.
PAPER -2
ABNORMAL
PSYCHOLOGY**



Phobia ..

- The term "phobia" refers to a group of anxiety symptoms brought on by certain objects or situations.
- Psychopathologists define phobia as a disrupting, fear- mediated avoidance, out of proportion to the danger posted by a particular object or situation and indeed , recognized by the sufferer as groundless.
Davison & Neale.

SYMPTOMS ..

- **Symptoms of phobias may include:**
- Excessive or irrational fear of a specific object or situation
- Avoiding the object or situation or enduring it with great distress

SYMPTOMS CONT ..

- **Physical symptoms** such as pounding heart ,nausea or diarrhea , sweating , trembling or shaking, numbness or tingling, problems with breathing (shortness of breath), feeling dizzy or lightheaded, feeling like you are choking

SYMPTOMS CONT ..

- Anticipatory anxiety which involves becoming nervous ahead of time about being in certain situations or coming into contact with the object of your phobia; for example, a person with a fear of dogs may become anxious about going for a walk because he or she may see a dog along the way

TYPES OF PHOBIA

- According to DSM- 4 there are three types –

Specific Phobia

Agora Phobia

Social Phobia

SPECIFIC PHOBIA

- A specific phobia, formerly called a simple phobia, is a lasting and unreasonable fear caused by the presence or thought of a specific object or situation that usually poses little or no actual danger.

Example -

**Fear of dog –
cynophobia**

**Fear of spiders –
arachnophobia**

**Fear of snake -
ophidiophobia**



Types of specific phobia-

- There are different types of specific phobia, based on the object or situation feared, including:
- **Animal phobia** - Examples include the fear of dogs, snakes, insects, or mice. Animal phobias are the most common specific phobias.

Cont..

- **ILLNESS OR INJURY PHOBIA** – It is an abnormal , pathological fear of having an injury . Another name for injury phobia is Traumatophobia. It is associated with BII (blood – injury- injection) phobia .
- Ex- Fear of death - Thanatophobia
Fear of cancer - Cancerophobia

Cont..

- **Blood Phobia** – also known as **Hemophobia** or Hematophobia is extreme irrational fear of blood.
- Some early texts refer to this category as Blood – injury – illness phobia.

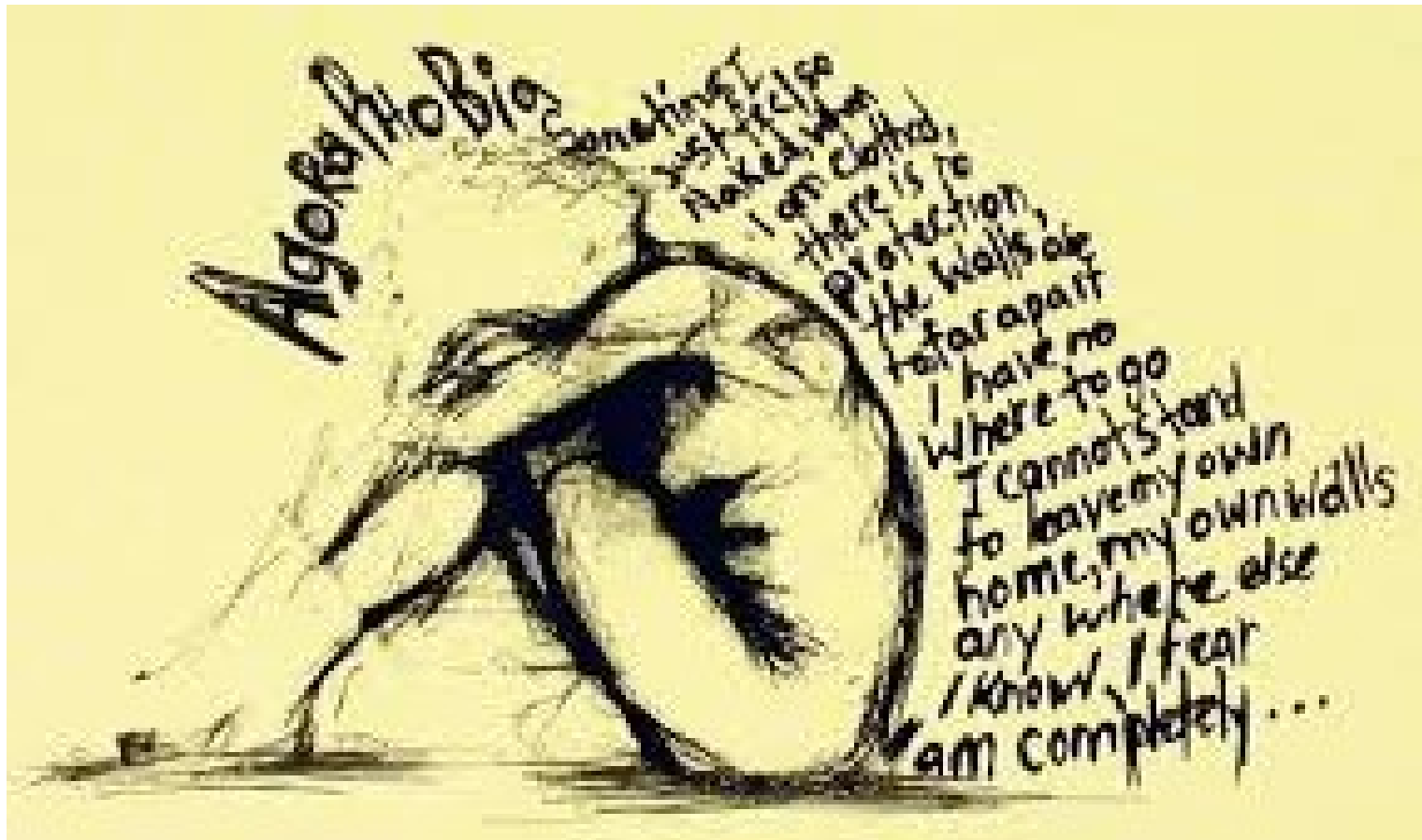
Cont ..

- **Inanimate object phobia** – also known as Automatonophobia that represents a sentient being.
- Ex-fear of height- acrophobia
- Fear of darkness – nyctophobia
- Fear of being alone - monophobia

AGORAPHOBIA

- Agoraphobia is a fear of having a panic attack in a situation where it would be challenging or embarrassing to escape. This fear often leads to persistent avoidance behaviour in which the person begins to stay away from many places and situations in which they fear panic may occur.¹ For example, some commonly avoided circumstances include driving a car, leaving the comfort of home, shopping in a mall, traveling by airplane, or simply being in a crowded area.

AGORA PHOBIA



SOCIAL PHOBIA

- **Social phobia, sometimes referred to as social anxiety disorder, is a type of anxiety disorder that causes extreme fear in social settings. People with this disorder have trouble talking to people, meeting new people, and attending social gatherings. They fear being judged or scrutinized by others. They may understand that their fears are irrational or unreasonable, but feel powerless to overcome them.**

SOCIAL PHOBIA

Social Anxiety Disorder



CAUSES OF PHOBIA

Biological factors - The brain has special chemicals, called **neurotransmitters**, that send messages back and forth to control the way a person feels. Serotonin and dopamine are two important neurotransmitters that, when “out of whack,” can cause feelings of anxiety

CONT ..

- ***Environmental factors:*** A traumatic experience (such as a divorce, illness or death in the family) or even just a major life event like the start of a new school year may also trigger the onset of phobic disorder.

TREATMENT

- **Biological Therapy**
- **Psychoanalytic Therapy**
- **Behavioural Therapy**
- **Cognitive Therapy**



Thanks

