

The short answer is **yes**, this could potentially be a physical sign of **psychological trauma**, specifically related to medical settings or doctors. However, it is important to understand the mechanism behind it to rule out other causes.

Here is a breakdown of why this might be happening.

## 1. The "Trauma Trigger" Response

If your eyes specifically wobble *only* when you look at a picture of a doctor (and not when you look at other pictures, like a landscape or a dog), this suggests the cause is **psychological or emotional** rather than a defect in your eyes themselves.

- **Conditioned Response:** In psychology, this is often called a "conditioned response." If you have past trauma involving medical professionals, your brain may identify the image of a doctor as a "threat."
- **Fight or Flight:** Upon seeing the threat, your brain instantly activates the sympathetic nervous system (fight or flight). This floods your body with adrenaline.
- **Visual Disturbance:** This adrenaline surge can dilate your pupils and cause your eye muscles to tremble or spasm, leading to "shaky" vision or a feeling that your eyes are wobbling.

## 2. Functional Neurological Symptoms (FND)

There is a recognized condition called **Functional Neurological Disorder (FND)**.<sup>1</sup> This is where the "hardware" of the body (the eyes and nerves) is normal, but the "software" (how the brain sends signals) glitches due to stress or trauma.

- **Psychogenic Nystagmus:** This is the medical term for "wobbly eyes" caused by psychological factors. It can manifest as rapid, involuntary eye movements triggered by specific emotional stressors.
- **Convergence Spasm:** Anxiety can sometimes cause the eyes to involuntarily cross or spasm when trying to focus, causing the image to blur or shake.<sup>2</sup>

## 3. Iatrophobia (Fear of Doctors)

You may be experiencing a physical symptom of **Iatrophobia**, which is a specific phobia of doctors or medical tests.<sup>3</sup>

- Physical symptoms of phobias often include trembling, dizziness, and visual disturbances.
- Because the trigger is visual (a picture), your brain may be struggling to process the image because it is trying to "look away" or scan for danger, resulting in a wobble.

## 4. Excluding "Organic" Causes

It is helpful to check if this happens in other contexts to rule out physical eye conditions.

- **Does it happen when you are tired?** (Could be simple eye strain).
- **Does it happen when you look at any complex image?** (Could be an inner ear issue or general nystagmus).
- **Does it happen ONLY with doctors?** If it is strictly limited to doctors, the likelihood of it being trauma-related is significantly higher.

## **Summary**

If you have a history of bad experiences, pain, or fear involving doctors, your brain is likely reacting to the picture as a "danger signal," causing your eye muscles to tense or tremble. This is a real physical symptom, but its root is likely emotional.

Suggested Next Step:

Since this involves a physical symptom (eye movement), it is safest to start with a check-up with an optometrist or ophthalmologist. You can tell them, "My vision gets shaky when I am stressed or look at specific triggering images."

If they confirm your eyes are healthy, the next step would be to speak with a **therapist who specializes in trauma or medical anxiety** to help desensitize this reaction.